

Seskéha/August 2023

Tsitewatakari:tat—Let's Get Healthy Program
Diabetes Center for Excellence
66 Margaret Terrance Memorial Way
Akwasasne, NY 13655



Wellness Week 2023

Wellness Week took place July 17th - 21st. The Let's Get Healthy Program participated in various community events including the Color/Bubble Run, the Health Fair and our own Walk for Wellness. This year saw many amazing activities implemented by outstanding programs and staff. Niawen:kówa to those who attended this year's activities making it a successful week!



We are closed Monday August 7th
For Kahwá:tsire Raonenhnísera (Family Day)

& Thursday August 31st
For Health Services Staff Development Day



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Wellness Week

Health Fair



Walk for Wellness

August is Summer Safety Month

Skin cancer is the most common of all cancer types. More than 5 million skin cancers are diagnosed each year in the United States. That's more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

UV rays from the sun cause DNA damage, leading to skin cancer and aging. Use sunscreen. Here are a few things to look for:

- Broad Spectrum – Protects against both UVA and UVB rays
- SPF 30...at least! SPF 30 blocks 97% of UVB rays
- Expiration Date – Sunscreen lasts two to three years
- Lip balm with an SPF of at least 30

How to apply it:

- Be generous! One ounce (about a palmful) should be used to cover the arms, legs, neck and face
- Don't forget your ears, hands, feet and under sides of your arms
- Kids burn more easily. Babies younger than 6 months old should be kept out of direct sunlight



Why You Should Drink More Water

As temperatures rise, make sure you're drinking enough water to beat the heat. Staying hydrated carries a host of health benefits—it helps us maintain a normal body temperature and blood pressure, flushes out toxins, regulates our gut health, and cushions our joints. It also helps the body keep a delicate balance of sodium, vitamins, minerals, and hormones, among other important nutrients.

Studying the Health Benefits of Staying Hydrated

A new study gives us even more reason to fill our water glass. The study suggests that people who are well-hydrated are less likely to develop many chronic diseases and may even live longer than those who don't drink enough fluids.

Researchers caution that the study can't speak to cause and effect, only that there seems to be an association between being adequately hydrated and being healthier. Of course, people who drink water regularly are also more likely to have other healthy habits. For example, being physically active, making good food choices, and keeping up with routine health checks and screenings—all of which also support good health and can help prevent chronic illness.

Tips to Get Enough Water

- Make drinking a glass of water one of the first things you do each morning—and before each meal
- Check the color of your urine. Your urine can tell you a lot about whether you are getting enough fluids. Ideally, it should be clear or a light-colored yellow, if it's darker, you need to be more hydrated
- Invest in a fun reusable water bottle. Set reminders if you need a nudge to drink throughout the day
- Mix up your water options. Try adding some fruit, like pineapple, watermelon, or lemon, or vegetables and herbs, like cucumber or mint. Choose seltzer or sparkling water over juices and sugary beverages
- Don't forget fluids are in many foods too. About 20% of the fluid we need comes from foods like vegetables and fruits. Enjoy cucumbers, watermelon or any of your favorites!
- If you feel thirsty—and certainly if your lips show signs of being dry—you're already not getting enough fluids. Start drinking water right away if you have these symptoms
- Up your water intake when it's hot and humid, especially if you are also being active
- Limit alcohol and caffeinated drinks. These can cause you to lose water

Signs You Aren't Drinking Enough Water

Not being well hydrated can leave you feeling sluggish and generally unwell. Common signs may include:

- Dark yellow or orange urine (the darker your urine, the more dehydrated you are)
- Feeling dizzy, lightheaded, or tired
- Having a dry mouth or lips
- Getting more headaches
- Feeling nauseous
- Getting muscle cramps when you're active



How Much Water Should You Drink?

It really depends on your age, how active you are, where you live (in terms of the climate), body weight, and certain medical conditions. Most people should drink 8 glasses of water per day. If you have heart failure or another condition for which you need to be careful of how much fluid you drink each day, talk with your doctor or dietitian about how to stay hydrated.

How Does Diabetes Affect Your Body?

It can take work to get your diabetes under control, but the results are worth it. Without the effort, you could set yourself up for a host of complications. Diabetes can take a toll on nearly every organ in your body, including:

1) Heart & Blood Vessels: Heart disease and blood vessel disease are common problems for many people who don't have their diabetes under control. You're twice as likely to have heart problems and strokes as people who don't have the condition. You might not notice warning signs until you have a heart attack or stroke. Problems with large blood vessels in your legs can cause leg cramps, changes in skin color, and less sensation.

Blood vessel damage or nerve damage may also cause foot problems that, in rare cases, can lead to amputations. People with diabetes are ten times more likely to have their toes and feet removed than those without the disease.

2) Eyes: Diabetes is the leading cause of new vision loss among adults ages 20 to 74 in the U.S. It can lead to eye problems, some of which can cause blindness if not treated. Glaucoma, cataracts, diabetic retinopathy, vision problems or sudden vision loss are a few of the complications caused by uncontrolled blood sugars. Studies show that regular eye exams and timely treatment of these types of issues could prevent up to 90% of diabetes-related blindness.

3) Kidneys: Diabetes is the leading cause of kidney failure in adults in the U.S., accounting for almost half of new cases. You usually don't notice any symptoms with early diabetes-related kidney disease. In later stages it can make your legs and feet swell. Drugs that lower blood pressure (even if you don't have high blood pressure) can cut your risk of kidney failure by 33%.

4) Nerves: Over time, high blood sugar levels can harm your nerves. As many as 70% of people with diabetes get this type of damage.

Peripheral diabetic neuropathy can cause pain and burning or a loss of feeling in your feet. It usually starts with your toes. It can also affect your hands and other body parts. Autonomic neuropathy stems from damage to the nerves that control your internal organs. Symptoms include sexual problems, digestive issues (a condition called gastroparesis), trouble sensing when your bladder is full, dizziness and fainting, or not knowing when your blood sugar is low.

You have many options to treat your pain. The doctor might prescribe an antidepressant, a medication that stops seizures, there are medications that go on your skin, like creams or patches. There is also a device that stimulates your nerves.

5) Gums & Teeth: Having diabetes puts you at higher risk for gum disease. Your gums might be red and swollen and bleed easily. If you keep your blood sugar under control, visit your dentist regularly, and take good care of your teeth each day by brushing, flossing and rinsing with an antiseptic mouthwash, you can avoid gum problems and tooth loss.

Some people have to make only small lifestyle changes to keep their blood sugar under control to halt or even reverse a diabetes complication. Others need medications or even surgery to manage complications and prevent them from getting worse. Treatment of complications focuses on slowing down the damage.

The most important ways to slow diabetes complications are to keep your blood sugar levels under control, eat right, exercise, lose weight, avoid smoking, and treat high blood pressure and high cholesterol.

Fitness

August Fitness Challenge

Join us for our August Plank Challenge! Participants will perform a plank and record their time each visit. The challenge is to increase the time. Modifications are available for all fitness levels.

We had 19 participants complete our “No Jiggle July” fitness challenge. There were a total of 18 exercises completed during the month.

Exercise & Osteoporosis

Osteoporosis is thinning of the bones which can cause painful fractures. Some risk factors of osteoporosis are: age, being female, low body weight, low hormones or menopause, smoking and some medications. Females are more likely to get osteoporosis because women generally have smaller/ thinner bones than men. Estrogen, a hormone found in women that protects bones, decreases when women reach menopause, which causes bone loss. One of the best ways to prevent Osteoporosis is regular exercise. Just like your muscles, your bones get stronger when you work out. Below are some exercises that help with Osteoporosis:

Weight Bearing Exercises: Walking, hiking, dancing, stair climbing

Resistance Training: Free Weights, resistance bands, water exercises

Flexibility: Stretching, Tai Chi, Yoga

Last day for Yoga Class is August 30th

What is Yoga?

Yoga is a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Yoga does more than burn calories and tone muscles. There are different types of yoga. Some are fast paced and intense and some are gentle and relaxing. Yoga is low impact and can be done inside or outside. There are many benefits of a regular practice.

Benefits of Yoga:

- Mind-Body approach to health that is relaxing and energizing
- Flexibility for all ages and abilities, good for those with arthritis
- Strengthens muscles, protects against injury
- Improves posture
- Reduces pain level
- Supports a healthy immune system
- Good for bone health, reduces risk for osteoporosis as it is considered a weight bearing activity
- Increases your blood flow
- Increased oxygen to your hands and your feet
- Helps lower blood pressure
- Reduces depression and increases feelings of happiness and overall wellbeing
- Lowers blood glucose
- Can help with memory and focus



Recipes

Swap sugary drinks for water to cut down on sugar intake

Most sweetened beverages contain a lot of added sugars, increasing your calorie and sugar intake, even if you don't realize it. Choosing water over sweetened drinks like soda, sports and energy drinks, lemonades, fruit juices, and sweetened powdered drinks will cut your sugar and calorie intake, and make you feel more hydrated. Water has many benefits, other than being sugar and calorie free. Use these tips to help you cut out sugary sweetened beverages from your day and replace them with water.

- Don't keep sugar sweetened beverages in your house, if they are there you are much more likely to be tempted to drink them.
- Order water at restaurants. Not only will this help you cut back on sugar and calories, but you will be saving money too, since drinks at restaurants can get expensive and add to your bill.
- If you are really craving soda, try flavored seltzer water or plain sparkling water with a little bit of 100% juice
- Keep a water bottle with you. If you have water handy in your car, next to your chair, and in your bag, you will be less tempted to reach for a sugary drink.

Make your water fun

If you don't enjoy plain water or just want something more, try adding in some fruit or herbs to give it flavor without adding a ton of sugar. One of the easiest is a squeeze of lemon juice or a lemon wedge for flavor. You could try combinations of different fruits, like sliced strawberries and watermelon, or lemon slices and fresh or frozen raspberries. Another option is freezing 100% fruit juice or pureed fresh fruit in an ice cube tray then adding the frozen fruit cubes to a glass of water for a refreshing pop of flavor!



Fresh Garden Salsa

Ingredients:

- 2-3 Medium tomatoes
- 1 jalapeño pepper, remove seeds
- 1/4 medium onion (preferably white)
- 1/4 C fresh cilantro sprigs
- 1/2 tsp garlic powder
- 1 TBSP fresh lime juice



Directions:

Dice tomatoes and transfer to a bowl. Wearing rubber gloves, remove seeds and finely chop the jalapeño. Finely chop enough onion to measure 1/4 cup and chop cilantro. Stir jalapeños, onion, cilantro, and garlic into tomatoes with lime juice and black pepper to taste. Salsa may be made 1 hour ahead and kept at cool room temperature or in fridge.

TRY THIS:

For something different, add chopped cucumbers to the tomato salsa for a garden salsa

To add extra spice to your salsa, add some or all of the jalapeño seeds to your salsa

Recipes

Grilled Salmon

Ingredients:

- 6 Wild-caught salmon fillets (4-6 oz. each)
- 5 TBSP olive oil
- 1 1/2 TBSP brown sugar
- 1 1/2 TBSP reduced sodium soy sauce
- 1 tsp lemon zest
- 1 tsp Dijon mustard
- 1 TBSP fresh parsley, chopped
- 1 tsp minced garlic
- 3/4 tsp salt
- 1/2 tsp pepper

Nutrition Facts

Calories: 321
Total Fat: 16 g
Carbs: 3 g
Protein: 34 g



Directions:

Place the olive oil, brown sugar, soy sauce, lemon zest, mustard, parsley, salt and pepper in a bowl. Whisk to combine. Reserve 1 TBSP of the marinade in the refrigerator for use later. Add the garlic to the bowl. Add the salmon to the bowl of marinade. Spoon the marinade over the salmon and cover the bowl. Marinate in the refrigerator for at least 1 hour, or up to 8 hours.

Remove the salmon from the marinade. Preheat an outdoor grill or indoor grill pan over medium-high heat. If you're using an outdoor grill, be sure to thoroughly coat your grill grates with oil. Add the salmon fillets and cook for 5-6 minutes on each side or until salmon is opaque throughout. Brush the reserved marinade over the salmon fillets, then serve.

Parmesan Zucchini Fries

Ingredients:

- 2 medium fresh zucchini
- 1 egg white
- 1/4 C low fat milk
- 1/2 C shredded parmesan cheese
- 1/2 C seasoned bread crumbs
(or add dried Italian herbs to plain bread crumbs)
- Cooking spray

Quick and Easy Recipe

Only 5 Ingredients!

Enjoy as a side dish
with grilled salmon



Directions:

Preheat oven to 425. Cut zucchini into 3 inch sticks (fries). Whisk the egg white in a small bowl and add the milk. Combine parmesan cheese and seasoned bread crumbs in a separate bowl. Dip the zucchini sticks into the egg mixture and then roll in the parmesan mixture. Coat a baking sheet with cooking spray and place the zucchini in a single layer on the baking sheet. Bake for 25-30 minutes or until golden brown. Serve warm.

Fitness Room

The fitness room is open

Monday - Thursday: 6:00 am to 4:00 pm

& Friday: 6:00 am to 1:00 pm

You do not need any prior appointments or clearance, you will complete a questionnaire and be assessed at your first visit. This is an “open gym” concept. Use any cardio or strength machines, and fitness equipment at your own pace. Our Health Promotion Specialists are available to assist and for any questions. Remember to bring clean, dry shoes and a refillable water bottle

Should you have any questions, or if you would like to schedule your 1st visit, you may call Megan Bushey at (518) 358-9667 or email Aaron Jock, Health Promotion Specialist: Aaron.jock@srmt-nsn.gov

Classes: All fitness levels welcome

YOGA: Monday and Wednesday, 12:15 - 12:45 pm.

Basic stretching, breathing and relaxation practices

LUNCH CRUNCH: Monday - Thursday, 12:15 - 12:45 p.m.

A 30 minute session to burn fat and increases strength. Each class will vary and you will leave feeling energized and refreshed.



Last day for Yoga Class - August 30th

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6:00 am to 4:00 pm

Friday

6:00 am to 1:00 pm



**Working Together Today
to Build a
Better Tomorrow**