

Tsiothóhrha/December 2023

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



Control your Diabetes this Holiday Season

Focus on Friends and Family - The holidays are a time to slow down and cherish time with friends and family. Instead of focusing on food, play a game together, volunteer as a family, or play outside.

It's a Party, But Don't Overdo It - Choose the foods you only have once a year, eat small portions slowly and really enjoy the foods you choose. Eat the same amount of carbohydrates you would normally have. If you plan on having dessert, cut back on the carbs you eat for your meal. Use a smaller plate. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. If you want to go back for seconds, wait 10 minutes to see if you really are hungry.

Drink in Moderation - If choosing alcoholic beverages, remember to have a snack with it to prevent low blood sugar later on. The recommendation is no more than 2 drinks for men and no more than 1 drink for women. To help control glucose levels it is best to stay away from drinks mixed with regular soda, or cocktail mixers that are sweet, like daiquiri mixes.

Stay Active - One reason we struggle to maintain weight and glucose control over the holidays is that we are not as active. Keep up with your regular exercise routines and schedule time to exercise if you have a busy day. Plan a walk with your family after a holiday meal. Invite a friend to exercise with you.

Don't Skip Meals - Saving your appetite for a big holiday party or feast? Don't. Skipping meals during the day may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

**We are closed Monday December 25th
In observance of Christmas Day**



**Elder's Fitness Class is cancelled
Friday December 29th**

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Healthy Tips

Helpful Holiday Tips - If You Have Diabetes

Some people with diabetes wonder, “what’s the big deal if my blood sugar levels go up a little or if I gain a few pounds over the holidays?”. If you’re in good overall health and doing well with your diabetes control, a day or two of indulging during the holidays shouldn’t be a problem. How long that overindulgence goes on, and how many times, though, are important factors. The holidays can easily extend well past the New Year. If you slip into bad eating habits, you can do long-term damage, raise your blood sugars and gain weight. You can keep your weight and blood sugar levels under control during the holidays using these tips:

Maintain your schedule: If you overeat and try to compensate by skipping a meal, this may cause you to overeat when you have your next meal. Even on your holiday and days away from work, try to get up, eat, exercise and take your diabetes medications about the same time as you usually do.

Check your blood sugar frequently: If you are taking insulin or medications that lower your blood sugar, check your blood sugar more frequently, especially before driving a car or adjusting your insulin doses. Make allowances for the changes in your work and exercise schedules as well as your eating opportunities.

Budget your sweets and treats: To keep your blood sugars from skyrocketing, include sweets and treats as part of your carbohydrate budget — not in addition to it. Start with salad and choose protein and plenty of vegetables for dinner.

Watch your alcohol intake: Moderate alcohol intake can have a blood sugar-lowering effect, so don’t drink on an empty stomach. Recommendations for alcohol for those with diabetes are no more than one drink per day for women and no more than two per day for men. (One drink equals 5 ounces of wine, 12 ounces of beer, 1.5 oz of distilled spirits.)

Download mobile tools: You can download mobile apps to your phone, including apps that help you count carbohydrates of certain dishes, and let you know how much insulin you need to take (if you use it before meals).

Order smart in restaurants: You’d be pleasantly surprised how many restaurants offer healthy options not listed on the menu. Ask for options with less saturated fat, avoid fried food and sugars. You can also substitute sides. Ask for a baked potato or fresh, steamed or stir-fried veggies instead of mashed potatoes.

Cook light, healthy dishes to take with you to parties: If you’re going to a holiday dinner, ask if you can bring a dish — one lower in calories and fat — such as a vegetable tray or vegetable-based appetizer. There are many delicious, diabetes-friendly recipes, like a fresh salsa that you can bring to holiday parties.

Be ‘party smart’: At the party, enjoy some of the vegetable-based appetizers first, then a meat or cheese appetizers. Place your appetizers on your napkin instead of a plate and you’ll be less likely to overfill it. Another tip: don’t stand near the buffet table or food when talking at a party. It’s also important to stay hydrated. Drink water with a lemon twist. Keep a calorie-free drink in your hand to keep your hands busy.

Stay active: If you can’t stick to your usual exercise program during this busy time, do some fun activity with family or friends. If 30 minutes a day at one time isn’t possible, break your exercise up into 10- to 15-minute segments, two or three times a day.

Remember the reason for the season: Put the focus on family and friends and not on food. Enjoy what you do eat. Savor each bite! Most important, remember to include time for exercise, meals and relaxation. The holidays will only be great if you’re in good health to enjoy them.



Hyperglycemia

Hyperglycemia is the technical term for high blood glucose (blood sugar). High blood glucose occurs when the body has too little insulin or when the body can't use insulin properly. Hyperglycemia can be acute or chronic. Acute hyperglycemia lasts only briefly and is often the result of a high-carbohydrate meal, a missed dose of medicine, stress, or illness. Chronic hyperglycemia, on the other hand, is a state of long-term elevated blood glucose. It is often the result of undiagnosed diabetes or of an inadequate diabetes treatment regimen. Chronic hyperglycemia is arguably the more dangerous of the two, as long-term elevated blood glucose has a toxic effect on the body's tissues. In fact, some of the signs of high blood glucose are actually the result of cellular damage caused by high blood glucose.

The symptoms of elevated blood glucose are:

Hunger	Dry, itchy skin	Yeast infections	Loss of sensation
Fatigue	Excessive urination	Erectile dysfunction	Wounds that are slow to heal
Weight loss	Unquenchable thirst	Urinary tract infections	Burning sensation in toes and fingers
Blurry vision	Frequent illness	Difficulty concentrating	Black splotches blocking your vision

Some of the symptoms have a rapid onset, while others require a long period of high blood glucose to set in.

Do you know what is happening in your body to cause all of these unpleasant symptoms?

The first is excessive urination as the body tries to get rid of the sugar. Some people affected need to urinate every hour, all day long. This fluid loss leads to dehydration, triggering unquenchable thirst. The dehydration can also cause dry, itchy skin.

In addition, the dehydration can cause transient blurry vision as your body is losing enough fluid to cause the lenses of the eyes to dry out and actually warp out the shape of your eye. If you are seeing black splotches blocking your vision, it could be a sign of retinopathy-broken blood vessels in the back of the eye.

While so much sugar is being excreted in your urine, the body cannot get enough fuel for day-to-day processes, so it burns fat reserves instead, leading to weight loss. The inability to process sugar in the blood also triggers hunger and leads to fatigue.

Nerve damage from long term elevated blood sugar can cause a burning sensation in the toes and fingers or can lead to a loss of sensation in either or both. Damage to small blood vessels can make cuts, scrapes and wounds slow to heal. Elevated blood sugar can also cause problems with your immune system, making it more likely you'll catch every cold and flu bug that comes along, resulting in frequent illnesses.

Hyperglycemia can also make both yeast infections and urinary tract infections more common and more serious in women. It can also cause erectile dysfunction in men.

High blood sugar can lead to irritability and difficulty concentrating. Most of these symptoms creep up a little at a time over weeks, months or even years. It can be hard to recognize them as warning signs that something dangerous is happening in your body. The gradual onset of this set of symptoms leads many people to write them off as a part of the normal aging process.

It's important to note that individuals differ in their sensitivity to the effects of high blood glucose: Some people feel symptoms more quickly or more strongly than others. But each sign or symptom has a specific cause behind the effect.

Once treated and controlled, people are often amazed at how much better they feel. So, if you are experiencing any of these symptoms, especially if you are experiencing more than one, see your doctor.

Stress

Tips on Stress Management When Dealing with Diabetes Care

The holidays are fast approaching, and with them come a variety of potential stressors related to both diabetes care and life itself! Having a plan for dealing with stress can be helpful and promote a feeling of security. Practicing healthy reactions to stress can turn them into habits that will kick in when the going gets tough. Here are strategies that can assist in the promotion of healthy reaction to stress:

Challenge panicky thoughts

“I will never be able to get my glucose down”. The word “never” is extreme. Look at where you are right now and in this moment. You are safe and secure. There are no threats to your wellbeing. Take a deep breath and relax.

Act now

If your diabetes to-do list looks and feels overwhelming, pick out just one thing that is doable right now and act on it. Take a walk, schedule exercise. Don't try and make a list of changes all at once.

Breathe

Stress alters your physical responses. You may become short of breath and tense. Your heart rate may increase. Make an effort to breathe slow and deep. Practice counting your breaths as you inhale and exhale. Inhale for count of four, hold your breath for a count of seven, and then exhale for a count of eight.

Have a mantra

Think of a meaningful phrase that can help you get through the situation. For example, instead of dreading to check your glucose because of fear of the results, one can focus on the fact that it is only a number that is helpful in assisting in the management of diabetes.

Go to your happy place

When you feel stress building, take a moment and stop what you are doing. Imagine yourself in a peaceful, calm place. It could be the seashore, or the mountains, or a campsite on the river. Imagining this can help calm a stressful heart.

Move

Exercise is a good stress reliever. Even 15 minutes of moderate exercise can release hormones that promote a feeling of well-being. If you work at a computer all day, make sure to get up and move around every 30 mins. These help in the regulation of blood glucose during the day.

Meditate

Focusing on specific thoughts, whether it be sights, sounds or breathing helps to quickly de-clutter the mind. Meditation can, over time, assist you in a more calm reaction to stressful situations.

Give thanks

Being mindful of life's gifts can help improve your outlook. Keep a journal of reasons to be thankful. Write down 3 things you are grateful for each night before going to sleep or first thing in the morning to start your day off right.

Own your choices

If you decide to indulge on something extra at a holiday dinner, don't feel guilty about it. Remember that you are in control, and can make adjustments along the way that can accommodate for the indulgence, be it further adjustments to diet, insulin or exercise.



Fitness



December Fitness Challenge at the Diabetes Center

Join us for 12 days of FITMAS!

We start with one exercise on the first day. Each day a new exercise is added, plus the previous days' exercise. Reps also increase each day. Your name goes on an ornament to decorate our Christmas tree and will be entered to win a prize.

Mr. Turkey and our fitness room participants completed 500 miles traveled for our November fitness challenge! Great job everyone!

Being Active is Traditional

For generations, Native people have lived active lives: growing crops, hunting, fishing, and gathering berries, herbs, and traditional medicines. Cultural ways are active, such as dancing, running, drumming, carving, and playing games. Being active improves mental and spiritual well-being - it is good medicine.

Movement helps muscles use sugar for energy, which may improve blood sugars. Any increase in movement is good for you:

- Feel less stressed and have a happier outlook
- Increase strength, balance, and flexibility
- Improve blood sugar, blood pressure, and cholesterol levels
- Achieve or maintain a healthy weight



Be safe when being active

- Choose a safe place. If you have a cell phone, take it with you
- Check blood sugar before and after exercise. If less than 100, eat a food or drink with sugar, such as a half cup of juice, or small fruit, or a few pieces of hard candy
- Bring water and stay hydrated
- Bring hard candy or glucose tablets in case your blood sugar drops too low while being active
- Warm-up and cool down. Go at a slower pace at the start and end of your activity
- Wear comfortable shoes. Check your feet for sores, cuts, blisters, corns, or redness before and after exercise, as well as daily. Let your provider know if you find any of these

Stay Motivated During the Winter Months

These tips will help you stay active during the winter!

- *Plan ahead
- *Commit to an exact number of workouts each week
- *Join an exercise group/class
- *Stay social
- *Eat fruits, veggies and protein
- *Do something you enjoy
- *FOCUS on how it FEELS to stay active
- *Dress warm for outdoor activities



Recipes

Baking Tips for Healthier Treats

Choose Healthier Fats: Substitute canola oil for butter, margarine, vegetable oil, and other fat in recipes. Avoid using stick margarines in baking. You will decrease the saturated and trans fat and increase the healthy monounsaturated fats.

More Fiber: Choose a whole wheat flour for baking. If a recipe calls for 1 cup of flour, use 1/2 cup all purpose flour and 1/2 cup whole wheat flour. Milled flax seed can also be used in baking, it adds fiber and can be used in place of eggs or oil. Read the package directions.

Applesauce: Replace half the fat in a recipe with unsweetened applesauce. Generally, in boxed mixes like brownies or cakes, you can use all applesauce and no fat. For each Tbsp of fat replaced, you save 15 grams of fat. *When replacing the fat in a recipe with applesauce, lower the baking temperature by 25 degrees and check often.*

Dairy substitutions: Use skim milk or evaporated skim milk in place of cream or whole milk. Replace sour cream with plain yogurt and choose low-fat or fat-free cream cheese, ricotta, etc.

What about the eggs: For each whole egg, replace it with 2 egg whites in a recipe. That cuts cholesterol from 215 mg to 0mg! 1/4 cup of egg beaters is equal to 1 egg and can be used in place of whole eggs with great results.

Spice it up! Cut half the sugar in a recipe and not even know the difference. Instead, add in a dash of cinnamon, a splash of vanilla, or a sprinkle of nutmeg. When cutting back on sugar add in a Tbsp of juice or skim milk to keep the batter moist.

Oatmeal Cranberry Christmas Cookies

Ingredients:

- 1 1/4 C old fashioned oats, dry
- 1/4 C quick cooking oats, dry
- 1 tsp cinnamon
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1 large egg
- 1/4 C packed brown sugar
- 1/2 C coconut oil
- 1/2 C cranberries, dried
- 1/3 C chips white chocolate chips
- 2 tsp coconut oil

Nutrition Facts

Calories: 234
Total Fat: 13 g
Carbs: 26 g
Protein: 4 g
Sodium: 61 mg



Directions:

- Take 3/4 cup of old fashioned oats and turn it into oat flour in a blender or food processor. Add to a bowl with remaining old fashioned oats, quick cooking oats, cinnamon, salt, vanilla, egg (at room temperature), brown sugar and melted coconut oil. Stir until combined. Add cranberries and stir again. Let chill in the fridge for 30 minutes. This solidifies the coconut oil and makes the dough thick enough to scoop.
- Preheat the oven to 375 degrees and make small dough balls and place on cookie sheets. Slightly flatten your dough balls so they don't bake too tall! Bake for 7-9 minutes. Let cool.
- Using a double boiler or the microwave, combine white chocolate chips and coconut oil. Stir until smooth and then dip cookies and add sprinkles!

Recipes

Balsamic Tomato Bruschetta

Ingredients:

- 4 medium tomatoes, seeded and chopped
- 1 whole Baguette
- 5 cloves garlic, minced
- 2 TBSP olive oil
- 1 TBSP balsamic vinegar
- 6 whole basil leaves (chiffonade)
- Ground black pepper, to taste



Directions:

Preheat oven to 450 degrees. In a small skillet, heat olive oil over medium-high heat. Add garlic and stir, lightly frying for about 1 minute, removing before the garlic gets too brown. Pour into a mixing bowl and allow to cool slightly. Add tomatoes, balsamic, basil, and pepper to the bowl. Toss to combine, then taste and add more basil and more pepper if needed. Cover and refrigerate for 1 hour if you have the time. Cut the baguette into diagonal slices to allow for the most surface area possible. Arrange baguette slices in a single layer on a baking sheet. Place in the oven until toasted and golden brown about 5 minutes. Flip over and toast the other side. Remove the baguette from the oven and begin cooling. To serve, give the tomato mixture a final stir, then spoon generously over the slices of bread.

Slow Cooker White Chicken Chili

Ingredients:

- 1 ½ pounds boneless, skinless chicken thighs
- 4 C low-sodium chicken stock
- 3 (4-ounce) cans diced green chiles
- 1 (15.5 ounce) can cannellini beans, drained and rinsed
- 1 (15.5 ounce) can garbanzo beans, drained and rinsed
- 1 medium sweet onion, diced
- 4 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp dried oregano
- Kosher salt and freshly ground black pepper, to taste
- 2 TBSP freshly squeezed lime juice



Optional Toppings

- 1 C tortilla chips
- ½ C fresh cilantro leaves
- ½ C sour cream or plain Greek yogurt
- ½ C diced red onion

Directions:

Place chicken into a 6-qt slow cooker. Stir in chicken stock, green chiles, beans, onion, garlic, cumin and oregano; season with salt and pepper, to taste. Cover and cook on low heat for 7-8 hours or high heat for 5-6 hours. Remove chicken from the slow cooker and shred, using two forks. Stir chicken, cilantro and lime juice into the slow cooker; season with salt and pepper, to taste. Serve immediately with desired toppings.

Fitness Room



The fitness room is open

Monday - Thursday: 7:00 am to 5:00 pm

& Friday: 7:00 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

LUNCH CRUNCH: Monday - Thursday, 12:15 - 12:45 pm

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

SCULPT & BURN: Monday & Wednesday, 4:15 - 5:00 pm

Sweat your way through an aerobic workout that gets your heart pumping and body moving to increase your cardiovascular fitness and burn calories and body fat.

ELDER FITNESS: Monday, Wednesday & Friday, 9:00 - 9:30 am

A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living.

YOUTH FITNESS: Tuesday & Thursday, 4:15 - 5:00 pm

The goal is to teach healthy lifestyles and provide a positive learning experience. Class will improve cardiorespiratory fitness and build strong bones and muscles. *Last day of class is December 14th.*



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