

Tsiothohrkó:wa/January 2024

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



The Let's Get Healthy Program provides care for eligible community members through the Saint Regis Mohawk Tribe Health Services. Our services encompass diabetes treatment, diabetes prevention and education. You do not have to be diagnosed with diabetes to utilize our prevention services.

If you have diabetes, you know how challenging it can be to manage. Healthy eating, physical activity, monitoring your condition, taking medication and reducing your risk for complications are probably part of your daily routine. At times, all of this might seem overwhelming. As a member of your healthcare team, our staff will work with you to develop a plan to stay healthy, and give you the tools and ongoing support to make that plan a regular part of your life.

Diabetes education is an important part of your diabetes care. Diabetes may not have a cure, but you can control it and live well. Your diabetes educator will spend time with you developing a plan that helps you overcome the barriers you face in managing your diabetes, develop problem-solving and coping skills and adopt healthy behaviors. Some examples of the activities you may work on together are:

- Helping you understand exactly what diabetes is and how it affects your body
- Explaining how diabetes medications work
- Figuring out what types of food are best for you and how to plan meals that fit your life and budget
- Offering tips to help you cope with stress and solve problems as they arise

Meeting with a diabetes educator is a great first step. Effective diabetes education is a process and takes time. For more information or to schedule an appointment with a Nurse Case Manager, please call (518) 358-9667 and start your journey to a healthier you.

We are closed Monday Jan. 1st & Monday Jan. 15th
In observance of New Year's Day &
Martin Luther King, Jr. Day



Inside this Issue

Resolutions	2
New Services	3
Calendar	4
Fitness	5
Recipes	6,7
Announcements	8

Resolutions

Keeping your New Year Resolutions

Choose an obtainable goal:

Resolving to look like a super model is not realistic for the majority of us, but promising to include daily physical activity in our lives is very possible.

Avoid choosing a resolution that you've been unsuccessful at achieving year after year. This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.

Create a game plan:

At the beginning of January, write a comprehensive plan. All successful businesses start with a business plan that describes their mission and specifics on how they will achieve it. Write your own personal plan and you'll be more likely to succeed as well.

Break it down to make it less intimidating:

Rather than one BIG end goal, dissect it into smaller items. Set several smaller goals to achieve throughout the year that will help you to reach the ultimate goal. Even if you aren't able to reach your final goal, you will have many smaller, but still significant, achievements along the way. If your goal is to complete a 5K walk, your smaller goals could be 30 minutes of walking 5 days per week and strength training 3 days per week to increase your muscular endurance.

Don't do it alone:

Ask friends and family members to help you so you have someone to be accountable to. For example, if you resolve to be more positive ask them to gently remind you when you start talking negatively. Reward yourself with each milestone. If you've stuck with your resolution for 2 months, treat yourself to something special. But, be careful of your reward type. If you've lost 5 pounds, don't give yourself a piece of cake as a reward. Instead, treat yourself to something non-food related, like a professional massage.

Get professional assistance, if needed:

Everyone needs help and sometimes a friend just isn't enough. Sometimes you need the help of a trained professional. Don't feel that seeking help is a way of copping out. Especially when it comes to fitness, research studies have shown that assistance from a fitness professional greatly improves success rates.

Limit your number of promises:

You'll spread yourself too thin trying to make multiple changes in your life. This will just lead to failure of all of the resolutions.

Diabetes and the Flu

People with diabetes are 3 times more likely to be hospitalized from the flu and its complications than people without diabetes. Here are a few everyday tips to protect yourself:

- Cover your mouth when you cough or sneeze
- Wash your hands often
- Avoid touching your eyes, nose or mouth to reduce the spread of germs
- Avoid close contact with people who are sick
- Always have enough medications and supplies on hand to last 1 week in case you get sick
- Check your glucose often; being sick can cause changes in your blood sugar levels

New Services

Please welcome our new Registered Dietitian, Camilla Henry

Camilla is a graduate of the University of the District of Columbia and of Concordia University. Coming from a long line of healthcare workers, and after working many years herself as a medical professional, Camilla witnessed first-hand how food and nutrition play an intricate role in disease prevention and healing. It was this realization that pushed her into the field of nutrition and dietetics. It is this passion to assist her fellow man that drives her professionally to guide and educate those she serves on how to improve and maintain nutritional health for disease prevention and overall good health



Camilla will provide 1 on 1 nutrition education and individualized care and services.

She will be available for appointments at the Diabetes Center on
Wednesdays 8:30 am - 4:30 pm and Fridays 7:30 am - 3:30 pm.

To make an appointment with Camilla, please call the Diabetes Center at (518) 358 - 9667.

Camilla will also be in the Diabetes Center Fitness Room
for an informal meet and greet and Q&A on
Wednesday January 3rd & Wednesday January 24th, 9:30 - 11:30 am

Joslin Vision Network (JVN) Telemedicine

JVN is an Indian Health Services Program designed for early diagnosis and treatment of diabetic retinopathy to prevent complications and decrease vision loss and blindness

A trained professional uses a digital camera with specialized computer software to take images. The images are immediately sent to a reading center where eye doctors interpret them and report any abnormalities needing further evaluation and possible treatment

The JVN is a 15 minute appointment and dilation is not required. This does not replace your annual comprehensive diabetes-specific eye exam. For more information or to see if you qualify for this service, speak to your health care provider or call the Diabetes Center to make an appointment

AI/AN with diabetes are at increased risk for diabetes-related vision loss, largely because only half get the annual diabetic eye exam needed for timely diagnosis and treatment

This program has significantly contributed to a decrease in diabetes related vision loss and blindness in American Indians and Alaska Natives through improved compliance with standards of care

Studies show that early detection and treatment of eye disease caused by diabetes can reduce the incidence of severe vision loss

Fitness

January Fitness Challenge at the Diabetes Center

Rollin' in the New Year!

Participants will roll a pair of dice. The number on the dice corresponds to an exercise they will complete. They will then roll the dice a second time to determine the number of reps they will need to complete. Once finished, they will be able to enter their name for our monthly drawing.

We had 62 ornaments on our Christmas tree for those who completed December's 12 days of FITMAS!

LET'S GET HEALTHY AT THE DIABETES CENTER FOR EXCELLENCE Tsiiothohrko:wa/January 2024

MON	TUE	WED	THU	FRI
1 CLOSED Ohserase	2 LUNCH CRUNCH 12:15-12:45pm HEARTBEATZ 4:15-5:00pm	3 ELDER FITNESS 9:00-9:30am LUNCH CRUNCH 12:15-12:45pm FAB ABS 4:15-4:45pm	4 LUNCH CRUNCH 12:15-12:45pm CLUB CIRCUIT 4:15-5:00	5 ELDER FITNESS 9:00-9:30am
8 ELDER FITNESS 9:00-9:30am LUNCH CRUNCH 12:15-12:45pm FULL BODY SCULPT 4:15-5:00pm	9 LUNCH CRUNCH 12:15-12:45pm HEARTBEATZ 4:15-5:00pm	10 ELDER FITNESS 9:00-9:30am LUNCH CRUNCH 12:15-12:45pm FAB ABS 4:15-4:45pm	11 LUNCH CRUNCH 12:15-12:45pm CLUB CIRCUIT 4:15-5:00	12 ELDER FITNESS 9:00-9:30am
15 CLOSED Martin Luther King Jr. Day	16 LUNCH CRUNCH 12:15-12:45pm HEARTBEATZ 4:15-5:00pm	17 ELDER FITNESS 9:00-9:30am LUNCH CRUNCH 12:15-12:45pm FAB ABS 4:15-4:45pm	18 LUNCH CRUNCH 12:15-12:45pm CLUB CIRCUIT 4:15-5:00	19 ELDER FITNESS 9:00-9:30am
22 ELDER FITNESS 9:00-9:30am LUNCH CRUNCH 12:15-12:45pm FULL BODY SCULPT 4:15-5:00pm	23 LUNCH CRUNCH 12:15-12:45pm HEARTBEATZ 4:15-5:00pm	24 ELDER FITNESS 9:00-9:30am LUNCH CRUNCH 12:15-12:45pm FAB ABS 4:15-4:45pm	25 LUNCH CRUNCH 12:15-12:45pm CLUB CIRCUIT 4:15-5:00	26 ELDER FITNESS 9:00-9:30am
29 ELDER FITNESS 9:00-9:30am LUNCH CRUNCH 12:15-12:45pm FULL BODY SCULPT 4:15-5:00pm	30 LUNCH CRUNCH 12:15-12:45pm HEARTBEATZ 4:15-5:00pm	31 ELDER FITNESS 9:00-9:30am LUNCH CRUNCH 12:15-12:45pm FAB ABS 4:15-4:45pm	HOURS: MONDAY-THURSDAY 7:00am-5:00pm FRIDAY 7:00am-1:00pm	

** See page 8 for a description of classes*

Fitness

Exercise Intensity

Often when we are reading a magazine article or listening to health information on TV we hear phrases like light, moderate or vigorous intensity exercise. Below are definitions and examples:

Light exercise intensity: Light activity feels easy

- You have no noticeable changes in your breathing pattern
- You don't break a sweat (unless it's very hot or humid)
- You can easily carry on a full conversation or even sing

Moderate exercise intensity: Moderate activity feels somewhat hard

- Your breathing quickens, but you're not out of breath
- You develop a light sweat after about 10 minutes of activity
- You can carry on a conversation, but you can't sing

Vigorous exercise intensity: Vigorous activity feels challenging

- Your breathing is deep and rapid
- You develop a sweat after a few minutes of activity
- You can't say more than a few words without pausing for breath

Overexerting yourself

Beware of pushing yourself too hard too soon. If you're short of breath, in pain or can't work out as long as you'd planned, your exercise intensity is higher than your fitness level allows. Back off a bit and build intensity gradually.



Light	Moderate	Vigorous
Walking slowly Sitting Standing - cooking, washing dishes Fishing	Walking - very brisk (4 mph) Cleaning - heavy (vacuuming, mopping) Snow Blowing Bicycling - light effort (10-12 mph) Building a snowman Ice Skating	Jogging at 6 mph Shoveling snow Bicycling fast (14-16 mph) Playing volleyball Cross-country skiing Snowshoeing

People who exercise outdoors burn more fat than those who are training inside.

Don't let snow and cold temperatures keep you from enjoying fitness outdoors. Exercising outside actually burns more calories, because your body is working harder to regulate its core body temperature. The cold weather will help strengthen your heart to distribute blood throughout the body, and help build your tolerance to the freezing elements. Dress appropriately, making sure you dress in layers, and be sure to check the weather forecast to avoid extreme weather conditions.

Recipes

People often think that cooking healthy takes too much time and is expensive. It does not have to take a lot of time or money to prepare a healthy, balanced meal in under 30 minutes. The key is planning your meals for the week and having all the ingredients to make them.

Make sure your healthy eating plan includes:

- Fruits & vegetables - Aim for half your plate
- Whole grains - 1/4 of your plate (whole wheat, barley, quinoa)
- Protein - 1/4 of your plate (Fish, poultry, beans, nuts)
- Healthy Fats - In moderation (avocados, healthy oils –olive, canola, soy)

On these pages you will find some quick and healthy recipes to help get the new year started off right.
Let's make 2024 a happy and healthy year!

Breakfast - Egg Muffins

Ingredients:

- Non-stick cooking spray
- 1 C frozen spinach, thawed and squeezed
- 6 eggs
- 4 egg whites
- 1/4 C plain Nonfat Greek yogurt
- 1/4 C grated Parmesan cheese
- 1/4 tsp of salt and pepper

Nutrition Facts

Calories: 50
Total Fat: 3g
Carbs: 1g
Protein: 6g
Sodium: 135mg
Cholesterol: 95mg

These low-carb egg muffins are great for meal prepping. They store well in the fridge for up to 1 week, or you can freeze them and store for up to 3 months. This version calls for frozen spinach, but you could use 1 cup of any fresh or frozen vegetables that you have on hand

Directions:

- Preheat the oven to 350 degrees F. Spray each cup of a muffin pan with one spray of non-stick cooking spray.
- Add 1 heaping tablespoon of the thawed spinach to the bottom of each muffin cup in the muffin tin. In a medium bowl, whisk together the eggs, egg whites, yogurt, salt and pepper. Evenly divide the egg mixture among the 12 muffin cups. Top each egg muffin with 1 teaspoon of parmesan cheese.
- Place in the oven and bake for 20-25 minutes or until the eggs are slightly firm to touch. Remove from the oven and set aside to cool for 5 minutes. Remove from the muffins from the pan and serve or store in an airtight container in the refrigerator for up to one week, or freeze and store in a freezer bag for up to 3 months. To reheat from the refrigerator, place the muffin uncovered on a plate in the microwave for 30 seconds. To reheat from frozen, place the muffin uncovered on a plate in the microwave for 1 minute.

Quick and Healthy Snack Ideas:

Apple and natural peanut butter
Low fat cottage cheese and fresh berries
Low fat string cheese and a pear
Low sodium salsa and whole grain chips
Triscuits and reduced fat cheddar cheese
Cucumbers dipped in plain yogurt
Plain Greek yogurt with fresh fruit

Raw vegetables and hummus
Boiled egg
Almonds and a Clementine
Air popped popcorn
Tuna fish on whole grain crackers
Small bowl high fiber cereal with skim milk
Handful of mixed, unsalted nuts

Recipes

Lunch - Greek Quinoa Salad

Ingredients:

- 1/2 C cooked quinoa
- 1/2 C chickpeas, drained and rinsed
- 2 TBSP light Greek salad dressing
- 2 TBSP reduced fat feta cheese
- 2 TBSP kalamata olives, chopped
- 1 green onion, thinly sliced
- 1 C chopped assorted vegetables your preference - (cherry tomatoes, cucumber, red onion, bell peppers, kale)

Nutrition Facts

Calories: 234
Total Fat: 10g
Carbs: 31g
Protein: 7g
Sodium: 113mg



Directions:

- Mix all ingredients except cheese together.
- Before serving, add the cheese and mix into salad.

Dinner - Greek Bean and Vegetable Soup

Ingredients:

- 1TBSP Extra virgin olive oil
- 1 C onion, chopped
- 2 C zucchini, sliced
- 1/2 C celery, sliced
- 2 tsp garlic, minced
- 1 C low sodium vegetable broth
- 1 C water
- 4 C spinach
- 1/2 tsp dried thyme
- 1 1/4 tsp pepper
- 3 TBSP feta cheese (crumbled)
- 3/4 C canned navy or great northern beans, rinsed and drained
- 1 C canned whole tomatoes (low sodium, no-sugar added, drained)
- Optional:* whole wheat bread

Nutrition Facts

Calories: 420
Total Fat: 15g
Carbs: 57g
Protein: 20g
Sodium: 470mg



Directions:

- Heat oil in a large saucepan over medium-high heat. Add the onion, zucchini, celery, and garlic. Cook 2 to 3 minutes, until vegetables soften. Add vegetable broth, water, beans, and tomatoes. Break up the tomatoes with the edge of a cooking spoon. Bring soup to a simmer and cook 5 minutes.
- Add the spinach and thyme. Cook about 1 minute, until the spinach wilts. Add the black pepper. Ladle the soup into 2 bowls and sprinkle with the feta cheese.

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

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.

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

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

NEW*FULL BODY SCULPT: Monday, 4:15 - 5:00 pm

In this class we will use dumbbells to tone muscles and body definition, shed fat, improve balance and coordination, and burn calories—all in one workout.

NEW*HEARTBEATZ: Tuesday, 4:15 - 5:00 pm

A cardio class that will burn calories, reduce blood pressure, strengthen your heart and lungs, and reduce weight.

NEW*FAB ABS: Wednesday, 4:15 - 4:45 pm

A 30-minute class designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles.

NEW*CLUB CIRCUIT: Thursday, 4:15 - 5:00 pm

Participants will rotate through a circuit of up to 10 exercises that target different muscle groups by incorporating strength training and cardiovascular exercises. These can help improve your body composition by building muscle and losing fat.

Now that winter has arrived, please check our Facebook page for cancellations or delays

If you are unable to make your appointment due to the weather or sickness, please call the office and we will reschedule



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