

Ohiarikhó:wa/July 2021

Tsitewatakari:tat—Let's Get Healthy Program
Diabetes Center for Excellence
66 Margaret Terrance Memorial Way
Akwasasne, NY 13655
518-358-9667



July is Wellness Month in Akwasasne

There are many fun, healthy activities taking place in July. Follow the Tribe's website for more details!

Blood Drive

Thursday July 13

At the former IGA building

10:00 am - 3:00 pm

Community Health Walk

With Mary Herne

Thursday July 22

At the Tewathahita Walking Trail

9:30 am - 11:30 am

We will be closed

**Monday July 5th
For Independence Day
&
Wednesday July 14th
For Staff Development**

July is Minority Mental Health Awareness Month

The National Alliance on Mental Illness (NAMI) states the intent is to improve access to mental health treatment and services and promote public awareness of mental illness.

1 in 5 U.S. adults experience mental illness each year

1 in 20 U.S. adults experience serious mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

50% of all lifetime mental illness begins by age 14, and 75% by age 24

Suicide is the **2nd leading** cause of death among people aged 10-34



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**YOU ARE
NOT
ALONE**

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

Diabetes and Mental Health

Diabetes takes a toll on more than your body. It's normal to feel emotional strain—and it's important to ask for help.

With diabetes, you have a lot on your mind.

Tracking your blood sugar levels, dosing insulin, planning your meals, staying active—it's a lot to think about. It can leave you feeling run down, emotionally drained and completely overwhelmed. It's called diabetes burnout. And that's why it's important to stay in touch with your emotions as you manage your diabetes. What are you feeling? Stressed out? Angry? Sad? Scared? Take time to take inventory of your emotions and reach out to those around you to talk honestly and openly about how you feel.

Better yet, find a mental health care provider to guide you through the emotional terrain around your disease. With diabetes, feeling physically good is half the battle. Feeling mentally good is the other half.

It's natural to feel angry

It can start with your diagnosis. It can go from “why me?” to pure rage at your disease. Anger is an important part of your journey toward accepting your life with diabetes. And while it can feel good and empowering, out-of-control anger can be harmful to you and those around you—and it can lead to depression and stress.

The key to dealing with your anger starts with being able to identify what's making you angry. Is it fear? Is it loss of control? Is it anger at yourself? As you find yourself getting angry, try to identify its root cause—and then work to transcend it.

When you feel anger, there are a number of things you can do to help alleviate it:

- Take a breath
- Take an even deeper breath
- Get a drink of water or tea
- Write out your feelings in a journal
- Meditate
- Shake your arms loose
- Take a walk
- Try meditation
- Exercise/yoga



Beware of denial

As with pretty much every emotion you feel when you're diagnosed with diabetes, denial is natural. Everyone feels that sense of, “not me,” or “I don't believe it,” or “there must be some mistake.” But at some point, you have to accept your diagnosis and take action. By continuing to deny it, you run the risk of not taking action to fight the disease and keep yourself healthy.

An important part of steering out of denial is recognizing how it sounds in your head—and how it makes you avoid critical care. If you catch yourself saying or thinking any of the following phrases, you may be in denial:

- *“One bite won’t hurt.”*
- *“This sore will heal itself.”*
- *“I’ll go to the doctor later.”*
- *“I don’t have time to do it.”*
- *“My diabetes isn’t serious.”*

Everyone goes into denial from time to time—but there are things you can do to make sure you don’t stay there. Work with your diabetes care team to make a plan and set your goals. Ask your diabetes educator for help and be accountable to them. And tell your family and friends how they can help you stick to your treatment plan

Depression can sneak up on anybody

Sometimes, there’s a sadness or an emotional flatness that just won’t go away. Sometimes, you just feel hopeless—and have no idea what comes next. However it shows up, depression can be hard to detect and can wreak havoc with your self care. Spotting depression is important—and it’s important to check for these symptoms:

- Loss of interest or pleasure
- Change in sleep patterns
- Waking up earlier than normal
- Change in appetite
- Trouble concentrating
- Loss of energy
- Nervousness
- Guilt
- Morning sadness
- Suicidal thought
- Withdrawal from friends and activities
- Declining school and work performance

Mental health conditions can also begin to develop in young children. Because they’re still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

If you feel like you might be depressed, talk with your doctor or contact the Saint Regis Mohawk Tribe’s Mental Health - Kanikonri:ihne (Good Mind Counseling) Program at (518) 358-3141. It takes time for depression to lift, but once you have the proper emotional tools in place, you can learn to recognize the symptoms and act fast.

Mental Health | ADA (diabetes.org)

Eye Health

Diabetes is the leading cause of vision loss in people 18–64 years old. And there are no obvious signs or symptoms. But the great news is an annual routine eye exam could prevent 95% of vision loss caused by diabetes.

Vision loss is preventable with early detection, timely treatment and appropriate follow-up care.

Step 1. Know Your Risk for Diabetes

Many people have prediabetes or diabetes for years without knowing it because early symptoms can be so easy to miss. That's why an annual comprehensive eye exam is critical for prevention and early detection of diabetes-related eye complications

Step 2. Know the Warning Signs of Diabetic Eye Disease

Some diabetic eye diseases have no signs or symptoms until they are too obvious to ignore, which might present as:

- Blurred vision
- Dark spots or "holes"
- Flashes of light
- Seeing an increased amount of floaters
- Poor night vision

Step 3. Take Control of Your Eye Health

Routine eye exams can help identify problems that when treated can prevent or delay vision loss due to diabetic eye complications. Unfortunately, many people with diabetes don't get their eyes examined regularly.

Eye Health | ADA (diabetes.org)

Sun Safety with Mara Bazdarick-Russell, FNP

Join us at the Diabetes Center for Excellence

Tuesday July 27, 2021

9:00 am - 1:00 pm

This is an outdoor curbside event!

Learn tips to keep you safe from
sun exposure and more!



Take Control

Protecting your overall health can go a long way toward keeping your eyes healthy! It's important to make healthy choices and take good care of yourself.

Keep in mind that healthy habits like eating well and being active can lower your risk for diseases and conditions that can lead to eye or vision problems, like diabetes or high blood pressure. Follow these tips for healthy vision:

Get an Annual Dilated Eye Exam

It's important to get a comprehensive eye exam with dilation every year to allow for a more thorough examination of your eye and to catch conditions early, before permanent damage is done

Monitor Your Blood Sugar

When your blood sugar is too high, it can affect the shape of your eye's lens, causing blurry vision, which goes back to normal after your blood sugar stabilizes. High blood sugar can also damage the blood vessels in your eyes. Maintaining good control of your blood sugar helps prevent these problems

Monitor Your Blood Pressure and Cholesterol

High blood pressure and high cholesterol can put you at greater risk for eye disease and vision loss. Keeping both under control will not only help your eyes but your overall health

Make Healthy Lifestyle Choices

Smoking increases your risk of diabetic retinopathy and other eye conditions, but you can reduce that risk by quitting smoking. Regular exercise also has phenomenal health benefits—it can control diabetes and improve eye health

Protect your eyes

Every day, you can take simple steps to keep your eyes healthy
Use these tips to protect your eyes from things that can harm them



Wear sunglasses. Protect your eyes from the sun by wearing sunglasses — even on cloudy days! Be sure to look for sunglasses that block 99 to 100 percent of both UVA and UVB radiation.



Wear protective eyewear. Safety glasses and goggles are designed to protect your eyes during certain activities, like playing sports, doing construction work, or doing home repairs. You can buy them from most eye care providers and some sporting goods stores.



Give your eyes a rest. Looking at a computer for a long time can tire out your eyes. Rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.



If you wear contacts, take steps to prevent eye infections. Always wash your hands before you put your contact lenses in or take them out. Be sure to disinfect your contact lenses and replace them regularly.

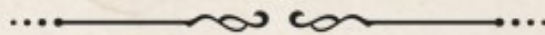
Hosted by: Health Promotion and Planning Program and
The Lets Get Healthy Program



Fitness and Fun Poker Walk

The Two
Best
Hands Win!

Stop by to try and win the best hand. You will receive a card for every lap you walk around the trail. If you would like to trade a card you can stop at one of our fitness tables to do a short workout circuit to trade your card



Where: Tewathahita Walking
Trail at Generations Park

When: July 7th, 2021

Time: 10:00 am-2:00 pm



Recipes

Basic Bean Burgers

Ingredients:

- 2 - 15oz cans of canned beans (any type, drained and rinsed)
- 1/2 C yellow onion, minced
- 1 C cooked whole grain such as brown rice, oatmeal, or quinoa
- 1 large egg
- 1 tsp garlic powder
- 1/2 tsp salt & black pepper
- Nonstick cooking spray



Nutrition Facts

Calories: 240
Total Fat: 1.5g
Cholesterol: 25mg
Carbohydrates: 24g
Protein: 7g
Sodium: 160mg
Potassium: 330mg

Directions:

- Add 1 1/2 cups of the beans to a large bowl with the onions. With a fork or potato masher, mash until mostly smooth (will be slightly chunky from onions). Note: If you have a food processor, you can blend until smooth then put in a bowl.
- Add the remaining beans, the cooked grain, egg, garlic powder, salt and pepper. Stir until well combined. Form bean mixture into 8, 1/2-inch thick patties. Add cooking spray to a non-stick skillet over medium heat. Add bean patties and cook about 2-3 minutes per side, until slightly brown. Work in batches if your pan is not big enough to hold all 8 burgers. Store in an airtight container in the refrigerator for up to 1 week or wrap individually in freezer bags or containers and freeze up to 6 months (freeze cooked burgers only, do not freeze the raw burgers).

Salsa Potato Salad

Ingredients:

- 3 C cooked red potatoes, unpeeled
- 2 celery ribs, washed and finely chopped
- 1/4 C sweet onion, finely chopped
- 1/2 C reduced fat cheddar cheese, shredded
- 2 TBSP Olive oil Mayo
- 1/3 C plain Greek yogurt
- 1/4 C mild salsa (choose lower sodium)
- 1 TBSP fresh parsley, minced
- Ground black pepper, to taste

Directions:

- Prepare the potatoes and chill for 30 minutes or until cool. In a medium size mixing bowl combine mayo, yogurt, salsa, parsley and black pepper. In a larger bowl combine potatoes, celery and onion. Add the mayo/yogurt mixture to the potatoes and mix gently to coat. Stir in the cheese. Cover and refrigerate until ready to serve.

Preparing Potatoes for Salad

- Scrub the potatoes clean
- Cut into equal size pieces (to ensure even cooking)
- Place cut potatoes in a large pot
- Cover potatoes with cold water
- Place on the stove over medium-high heat
- Bring to a boil and reduce to a simmer
- DO NOT COVER! It will make potatoes mushy
- Check potatoes every 5 minutes once simmering
- Check by pricking with a fork
- Drain the potatoes in a strainer and run cold water over them or add to an ice bath of water and ice cubes to chill quickly.

Announcements

The Fitness Room has reopened!

Due to COVID-19 safety measures, we have reduced participant capacity. We have also reduced the number of fitness classes. At this time, we cannot offer community classes

For the immediate future, priority is given to our program patients with diabetes

We have implemented additional protocols for utilizing the fitness room, including COVID-19 screenings

If we find our staff and participants are safe and the number of community COVID-19 cases decline, we can eventually add more time slots and/or increase the fitness room capacity and we hope to do that soon.

Niá:wen for your patience

Stay Hydrated this Summer!

- * The average adult should be drinking half of their body weight (lbs.) in water (oz.) per day. For example, if you weigh 200 lbs., you should be drinking 100 oz. of water each day.
- * Being hydrated helps manage and lower blood sugar levels.
- * While in the heat or exercising, it is recommended to drink 1 cup of water (8 oz.) every 15-20 minutes to avoid dehydration.
- * In hot environments dehydration can lead to heat cramps, heat exhaustion and heat stroke.



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