

# Ohiarihkó:wa/July 2023

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



## ***Minority Mental Health Awareness Month***

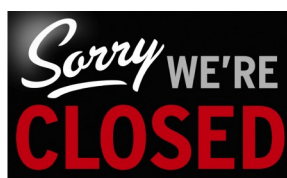
National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States.

In 2020, about 1 in 5 American adults experienced a mental health condition. One in 6 young people have experienced a major depressive episode. Additionally, suicide is a leading cause of death in the United States. In fact, it was the second leading cause of death for people ages 10-24. Suicide accounted for the loss of more than 45,979 American lives in 2020, nearly double the number of lives lost to homicide.

## ***UV Safety Month***

The U.S. Department of Health and Human Services has named July as Ultraviolet (UV) Safety Month. The goal is to spread the word about how important it is to protect everyone's skin from the harmful effects of UV rays. Most individuals don't realize that UV light is a form of radiation. The sun emits radiation in the form of UV light. Exposure to both UVA and UVB are associated with the development of skin cancer, so it is important to protect the skin during exposure to sunlight.

**We are closed Tuesday July 4th**  
**In observance of Independence Day**  
**& Friday July 28th**  
**For SRMT Employee Appreciation Day**



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# Mental Health

American Indian and Alaska Native (AI/AN) children and adolescents have the highest rates of lifetime major depressive episodes and highest self-reported depression rates than any other ethnic/racial group. In 2014, suicide was the second leading cause of death for AI/ANs between the ages 10 and 34. Suicide was the leading cause of death for AI/AN girls between ages of 10 and 14; in AI/AN females from ages 15 to 19, rates of completed suicides were almost 4 times higher than white females counterparts.

Mental health matters! Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, act, handle stress, relate to others, and make choices. Mental health is just as important as physical health at all stages of life.

***Here are some ways you can manage stress, anxiety, grief, or worry:***

**Take breaks from news stories:** including those on social media. It's good to be informed, but constant information about negative events can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.

**Take care of your body:** Staying physically healthy can improve your emotional well-being. Here are some ways to improve your health:

- **Eat healthy.** Have fruits and vegetables, lean protein, whole grains, and low-fat or no-fat dairy. Limit foods with unhealthy fats, salt, and added sugars.
- **Get enough sleep.** Go to bed and wake up at the same time each day to help you sleep better. Adults need 7 or more hours per night.
- **Move more and sit less.** Every little bit of physical activity helps. Start small and build up to 2 ½ hours a week. You can break it into smaller amounts such as 20 to 30 minutes a day.

**Limit alcohol intake:** Choose not to drink, or drink in moderation on days you drink alcohol. Moderation means having 2 drinks or less a day for men or 1 drink or less for women.

**Avoid using illegal drugs or prescription drugs** in ways other than prescribed. Don't take someone else's prescription. Substance use treatment is available, and recovery starts with asking for help.

**Avoid smoking, vaping, and the use of other tobacco products.** People can and do quit smoking for good.

**Continue with regular health appointments, tests, screenings, and vaccinations.**

**Make time to unwind:**

- Take deep breaths, stretch, or meditate.
- Try to do some other activities you enjoy.

**Connect with others:**

- Talk with people you trust about your concerns and how you are feeling.
- Connect with your community-based or faith-based organizations.

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://988lifeline.org)



# UV Safety Month

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

Unprotected sun exposure can cause harm:

*Vision problems and damage to your eyes*  
*Suppression of the immune system*

*Skin cancer*  
*Premature aging of the skin*

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

**Cover Up:** Wearing a hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and sunglasses - for eye protection.

**Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

**Choose the Right Sunscreen:** This is extremely important. The U.S. Food and Drug Administration's (FDA) regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both UV-A and UV-B rays.

**Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

***For those living with diabetes, special precautions should be taken when dealing with the heat:***

**Stay Hydrated:** Dehydration can happen to anyone on hot days. It is important to stay hydrated by drinking caffeine-free beverages throughout the day. The best choice is WATER!

**Watch for Signs of Heat Exhaustion:** People with chronic conditions like diabetes or heart disease are more prone to heat exhaustion by overheating. Take extra precaution when exercising or working outdoors on hot days. Symptoms to be on the lookout for include dizziness, fainting, excessive sweating, skin that is cool or clammy, muscle cramps, headaches, or nausea. If you experience these symptoms move to a cooler place and drink plenty of fluids, water is best, but you may also want to try a sports drink.

**Exercise:** Exercise is important for everyone with diabetes, choose to exercise early in the morning or late in the evening when the sun is not so hot. You may also choose to exercise in an air conditioned facility such as The Diabetes Center for Excellence or go for a walk in an air conditioned building like the mall.

**Check Glucose More Often:** The heat and warm weather can cause fluctuations in glucose levels. Check your glucose levels more often in hotter weather. Always carry extra fluids and healthy snacks with you.

**Safe Storage of Supplies:** Store your glucometer, insulin and test strips in a cool dry place. Do not leave your supplies in a car or near the window. Never store insulin in a freezer or in a car glove compartment as the temperatures are too extreme, carry your insulin on you if you have to.

**Special Precautions for Pump Users:** For those using insulin pumps, excessive perspiration can cause the adhesive on the infusion site to be ineffective. When you are sweating or working out check to make sure your infusion site is secure. If you are experiencing changes in your infusion site due to the heat or sweating, contact your pump trainer and they can recommend other adhesives for you to use.

## Wellness Week

For Wellness Week Event information,  
follow the Akwesasne Health and Wellness Facebook page



JOIN THE  
LET'S GET HEALTHY PROGRAM  
AT THE

# **WALK FOR WELLNESS**

**JULY 21, 2023**  
**11:00 A.M. - 1:00 P.M.**  
**TEWATHAHITA WALKING TRAIL**  
**GENERATIONS PARK**

COMPLETE THE CHALLENGES AROUND THE  
TRAIL TO EARN CARDS. BEST POKER HAND OF 5  
CARDS WINS.



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# Fitness

## *July Fitness Challenge*

Join us for "No Jiggle July". Complete the exercise of the day and get your fitness card stamped. If you miss a day, you can make it up. The exercises are categorized by the day of the week. Monday and Friday are cardio. Tuesday will be upper body focused, core exercises on Wednesday, and Thursday will be lower body. Once your card is completed, your name will be entered into our monthly prize drawing

In our "Pushing into Summer" June challenge, fitness room participants are rocking it as they surpassed our goal of 500 pushups with having completed over 1600 total push-ups.

## GUIDE TO EXERCISING OUTDOORS

### Prepare for your Workout

Check the weather forecast - Weather can be unpredictable. Even if it looks like blue skies and sunshine, it's worth it to check the forecast. Some other things to watch out for are air quality alerts, wind chill or heat indexes, and UV levels.

Dress For The Weather- When it's hot outside wear lightweight, light-colored clothing to help keep you cool in the hot summer sun. Bonus points for moisture-wicking fabrics that lift and pull sweat off your body. No matter the temperature outside, don't forget your sunscreen!

### Strength Training Exercises to do Outdoors

There are tons of ways you can perform strength training outside of the gym. All you need is your body weight, the great outdoors, and some creativity. Here is a list of 10 exercises you can do at a park:

**Park Bench Push-Ups:** Beginners, put your hands on the bench and feet on the ground. Advanced athletes, flip that: put your feet on the bench and hands on the ground.

**Monkey Bar Pull-Ups:** Use any solid fixture from the monkey bars, to a solid tree branch.

**Squats:** Squats are a lower body staple. Build your legs through any variation of the squat, including bodyweight squats, sumo squats, jump squats, or resistance band squats.

**Lunges:** Take advantage of the miles of open space during your park workout. Use trails or flat grassy areas to perform walking lunges.

**Bench Dips:** Place your hands on the seat behind you, keeping your legs bent or outstretched in front of you. Then lower yourself down and squeeze your triceps to raise back up.

**Planks:** Work your entire core by holding a plank for 30 seconds to 1 minute. You can do any variation of a plank, like side planks, up-down planks, or planks with arm or leg extensions.

**Step-Ups:** Target your quads, glutes, and hamstrings in one movement. Find a park bench, curb, or tree stump and alternate your step – try to avoid pushing off with your foot on the ground. Remember, the higher the step, the stronger the burn!

**Single-Leg Glute Bridges:** Do these on a flat, grassy surface. Lie on your back and elevate one foot while pressing firmly with the foot on the ground – feel the burn in your glutes and hamstrings.

**Donkey Kicks:** On your hands and knees, press your heel to the sky and squeeze your glutes.

**Mountain Climbers:** Get in the plank position and alternate bringing your knee across your body to your elbow. Really squeeze your abs and obliques for a core-crushing workout.



# Summer Grilling

## Healthy Grilling

- Don't leave cooked foods out of refrigeration for long periods of time. Put them away after serving. Any prepared dish should be put away within 1 hour of serving.
- Keep cold foods on ice when they are out of the refrigerator.
- Never leave uncooked meat beside the grill. Keep it in the fridge until you are ready for it.
- Never leave extra cooked meat sitting on the grill.
- Thaw frozen foods in the fridge. NEVER thaw foods on the counter or beside the grill.
- Marinate meat in a sealed container in the fridge.
- Never use leftover marinade as a dipping sauce. Use fresh marinade that has not come in contact with raw meat.
- Never baste foods with the same brush that was used on raw foods. Clean it or use a new one!
- Clean the grill before each use. Clean any excess food residue using a grill brush.
- Wash your hands: before, during and after food preparation. This is especially important after handling raw meat.
- Always use utensils that have been cleaned in hot, soapy water. Switch utensils between raw food and cooked foods.
- Use a clean dish/serving try for cooked food. Do not place cooked food on the same dish you used for the raw meat.

### Grilled Vegetables

#### Ingredients:

2 portabello mushrooms  
1 eggplant  
1 zucchini  
1 yellow squash  
1 onion  
1 bunch thick asparagus  
1 red bell pepper  
2 TBSP extra virgin olive oil  
1 TBSP kosher salt  
1 TBSP freshly ground black pepper

#### Nutrition Facts

Calories: 162  
Total Fat: 8 gg  
Carbs: 21 g  
Protein: 6 g



#### Directions:

Prepare the grill with clean grates and preheat to medium heat, 350°F to 450°F. Trim the ends of the eggplant, zucchini, yellow squash and onion and cut into ½" to ¾" slices. Seed the red bell pepper and cut into quarters. Trim the ends of the asparagus.

Drizzle the vegetables with olive oil and sprinkle evenly with salt and pepper. Grill the vegetables with the lid closed until tender and lightly charred, about 8 to 10 minutes for the bell peppers, onion, and mushroom; 5-7 minutes for the yellow squash, zucchini, eggplant and asparagus. Serve warm or at room temperature.

## Recipes

### Mediterranean Turkey Burger

#### Ingredients:

- 3/4 C plain Greek yogurt
- 1/3 C reduced fat crumbled feta cheese
- 1 English cucumber, grated
- 2 TBSP chopped fresh mint
- 2 cloves garlic, grated
- freshly ground pepper, to taste
- 1 1/4 lbs. lean ground turkey
- 2 TBSP extra-virgin olive oil
- 4 whole grain hamburger buns
- Lettuce and tomato slices, for topping

#### Nutrition Facts

Calories: 420  
Total Fat: 20 g  
Carbs: 24 g  
Protein: 37 g



#### Directions:

Combine the yogurt, feta, cucumber, mint, half of the garlic, 1 tablespoon water, ground black pepper in a small bowl. Refrigerate until ready to serve.

Combine the turkey, the remaining garlic, ground black pepper in a medium bowl. Form into four 1/2-inch-thick patties.

Prepare the grill by pre heating and cleaning thoroughly. Prepare the grill grates by brushing with olive oil or spraying (when grill is off) with PAM for Grilling. Over medium heat grill the burgers on one side until almost cooked through 7-8 minutes. Carefully flip the burgers and finish cooking on the other side, until burger reaches internal temperature of 160 degrees. Remove from the grill and place on a clean plate for serving.

Prepare whole grain buns using yogurt mix, top with lettuce and tomato. If looking for a low carb option use boston lettuce leaves to wrap the burger.

### Mediterranean Chopped Salad

#### Ingredients:

- 2 TBSP extra-virgin olive oil
- 2 TBSP red-wine vinegar
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp ground pepper
- 1 (15 oz.) can no-salt-added chickpeas, rinsed
- 1 C diced cucumber
- 1 C quartered cherry tomatoes
- 1/3 C chopped parsley
- 1/4 C finely chopped red onion
- 1/4C halved Kalamata olives
- 1/4 C crumbled feta

#### Nutrition Facts

Calories: 256  
Total Fat: 14 g  
Carbs: 24 g  
Protein: 9 g



#### Directions:

Whisk oil, vinegar, garlic powder, salt and pepper in a large bowl. Add chickpeas, cucumber, tomatoes, parsley, onion, olives and feta; toss to coat

# Fitness Room

The fitness room is open

**Monday - Thursday: 6:00 am to 5:00 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](mailto: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

**SCULPT & BURN:** Monday and Wednesday, 4:15 - 5:00 p.m.

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.

**LUNCH CRUNCH:** Tuesday and 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.



## **JULY ONLY:**

**The fitness room will open at 6:00 am**

**Closing times will remain the same**



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