

Ohiarí:ha / June 2022

Tsitewatakari:tat—Let's Get Healthy Program
Diabetes Center for Excellence
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June is Men's Health Month

Men's Health Month seeks to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. It is crucial that men get regular checkups and be aware of the risks for their age, ethnicity, and lifestyle

Alzheimer's & Brain Awareness Month

Alzheimer's and Brain Awareness Month is observed in June as an opportunity to spread the word about and discuss Alzheimer's disease and other dementias. Throughout the month, the Alzheimer's Association encourages people to support the movement by wearing purple and training their brains to fight the disease. It is estimated that by 2025, over 7 million Americans will be affected. People with diabetes may be at even greater risk for Alzheimer's

Safety Month

Falls are the 2nd leading cause of unintentional injury-related death. As we age, we often develop new health conditions, begin taking more medications and lose muscle mass. The threat of an injury-inducing fall weighs heavily on the minds of many older adults and their caregivers—and for good reason. Falls account for more than 95 percent of hip fractures, which can have a devastating and often permanent impact on an elder's physical and mental health

We are closed Monday June 20th in Observance of Juneteenth

Officially Juneteenth National Independence Day, Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African-Americans.

Juneteenth recognizes June 19, 1865 as the date that news of slavery's end reached slaves in Texas and other states in the southwest. Today Juneteenth commemorates African American freedom, emphasizes education and achievement, and is also often observed for celebrating African-American culture.

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Men & Heart Disease

The term *heart disease* refers to several types of heart conditions, including coronary artery disease and heart attack. Heart disease is the leading cause of death for men in the United States.

Type 2 diabetes affects American Indians and Alaska Natives at three times the rate of their white peers and is linked to high rates of heart attacks and strokes. In 2018, American Indians/Alaska Natives were 50% more likely to be diagnosed with coronary heart disease than their white counterparts.

What are the symptoms of heart disease?

Sometimes heart disease may be “silent” and not diagnosed until a man experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include:

- Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath
- Arrhythmia: Fluttering feelings in the chest (palpitations)
- Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins

Even if you have no symptoms, you may still be at risk for heart disease.

What are the risks for heart disease?

In 2016, 47% of men had hypertension, a major risk factor for heart disease and stroke. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use



How can I reduce my risk of heart disease?

To reduce your chances of getting heart disease, it's important to do the following:

- Know and control your heart health numbers - A1c, blood pressure, and cholesterol. Get these checked regularly with your doctor
- Maintain a healthy weight. Being overweight is hard on your heart. Health professionals recommend losing 5% to 10% of your initial weight over the course of about 6 months
- Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week
- Eat a heart healthy diet with foods high in fiber, whole grains, good fats such as avocados, nuts, fish, with plenty of fruits and vegetables, and low in saturated fat, sodium, and added sugar
- Don't smoke. Cigarette smoking greatly increases your risk for heart disease, so if you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease
- Get quality sleep. Most adults need 7 to 8 hours of sleep a night
- Limit alcohol use. Avoid drinking too much alcohol, which causes high blood pressure
- Lower your stress level and find healthy ways to cope. Practice meditation, relaxation therapies, or yoga

Brain Health

Scientists are finding more evidence that could link Type 2 diabetes with Alzheimer's disease, the most common form of dementia. Several research studies suggest that adults with Type 2 diabetes have a higher risk of developing Alzheimer's. Alzheimer's disease is a progressive and fatal brain disorder that gradually affects a person's memory and ability to learn, reason, make judgments, communicate and carry out daily activities. As Alzheimer's progresses, individuals may have changes in personality and behavior, such as anxiety, suspiciousness or agitation, as well as delusions.

Doctors don't know yet what causes Alzheimer's disease or exactly how Alzheimer's and diabetes are connected. But they do know that high blood sugar can harm the brain in several ways:

- *Diabetes raises the risk of heart disease and stroke, which hurt the heart and blood vessels. Damaged blood vessels in the brain may contribute to Alzheimer's disease.*
- *The brain depends on many different chemicals, which may be unbalanced by too much insulin. Some of these changes may help trigger Alzheimer's disease.*
- *High blood sugar causes inflammation. This may damage brain cells and help Alzheimer's to develop.*

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. It's never too late or too early to incorporate healthy habits:

Break a sweat - Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body.

Hit the books - Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

Butt out - Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

Follow your heart - Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes— negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

Heads up - Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when riding a bike and take steps to prevent falls.

Fuel up right - Eat a healthy and balanced diet that is lower in fat and higher in fruit and vegetables. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

Catch some Zzz's - Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take care of your mental health - Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

Buddy up - Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your community — if you enjoy singing, join a local choir or share activities with friends and family.

Stump yourself - Challenge your mind. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

Safety

Lower Your Risk of Falling

More than 1 in 4 older adults fall each year. Falling can lead to broken bones, trouble getting around, and other problems — especially if you're age 65 or older.

A fracture (broken bone) can cause pain and disability. It can also make it hard to do everyday activities without help, like cooking or taking a shower. Broken hips may lead to serious health problems — and even death.

The good news is there are lots of things you can do to lower your risk of falling. Take these steps:

- Talk with your doctor about falls and how to prevent them
- Do exercises to improve your balance and strength
- Review all medicines with your doctor or pharmacist — some medicines can make you dizzy or sleepy and cause you to fall
- Get your vision checked by an eye doctor every 1 to 2 years — and be sure to update your glasses or contact lenses when your vision changes

We tend to think we're safer on flat ground, but thousands of people are injured each year at home. Make your home safer:

- Maintain good lighting indoors and out
- Properly arrange furniture to create open pathways, keep floors and surfaces clear of clutter, for example, keep electrical and phone cords out of traffic areas
- Add grab bars inside and outside your bathtub or shower and
- Put railings on both sides of stairs
- Wear sensible footwear
- Never stand on chairs, tables or any surface with wheels

Exercise and be active every day so you can keep doing what's most important to you. Exercising on a regular basis can help enhance strength, balance and coordination and decrease the risk of falling. One of the main ways exercise helps is by strengthening an individual's bones as well as the muscles that protect them. Additional benefits include improved reaction time, coordination and cognitive function

Practice all 4 types of exercise for the most benefits and to prevent risk of falling:

Endurance: Often referred to as aerobic, endurance activities increase your breathing and heart rates, improve the health of your heart, lungs, and circulatory system. Activities include; brisk walking, yard work, dancing, climbing stairs.

Strength: Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls.

Balance: Balance exercises help prevent falls, a common problem in older adults that can have serious consequences. Many lower-body strength exercises also will improve your balance.

Flexibility: Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway.

Eating Healthy on the Go

Everyone is busy, and let's face it, not everyone wants to spend hours in the kitchen every day. Instead, a lot of us may only have time to eat on the go. Whether grabbing a pre-made meal from the store or from your own refrigerator, convenience is key. But sometimes, the foods that are most convenient aren't always the healthiest. Here are five ways to eat healthy on the go:

1. Be Honest about Your Time & Goals - When setting any type of goal, one of the first things to do is evaluate your time, foods you enjoy and those you dislike, and barriers that could hinder your progress.

It's helpful to take some time to think about how hectic your schedule is or can be. This means assessing the busiest times where healthy eating typically isn't a priority and when you're most likely to grab the first meal you can find.

- Are the mornings more hectic for you than the afternoons? At the end of the day, are you more likely to grab take-out on the way home? Think about the night before you have your busiest days. Are you setting yourself up for success and preparing as needed for the busy days ahead?

These questions are designed to reflect on how your time is actually being spent. Once you examine your schedule, you'll be able to use the other strategies below to fit your schedule.

2. Learn To Meal Prep - Did you know that meal prep isn't just portioning out the same amount and type of food into separate containers? Meal prep can be:

- Batch cooking, which is making food items ahead of time in bulk (e.g., a container of brown rice)
- Having snacks wrapped and ready to go
- Having vegetables and fruits chopped ahead of time

3. Snack Smart - When you're busy, a good snack can keep you from overeating later in the day. However, some snacks may be loaded with calories and have little nutritional value. Whether you're making your own snacks or buying them at a store, here are some ways to make healthier choices:

- Keep non-perishable snacks such as unsalted nuts (walnuts, almonds, cashews, etc.), or trail mix on hand. These snacks are great sources of healthy fats and protein and keep you full
- Prepare vegetable snacks with a delicious dip such as hummus or salsa
- Prepare your own snack packs. Snack pack ideas include chopped fruit, string cheese, granola, rice cakes, smoothie-ready ingredients, frozen fruit, or yogurt

4. Make Healthier Fast Food Choices - Let's face it, fast food is a convenient option when our days are hectic or when we're too tired to cook a meal at home. When finding yourself at a drive-thru, focus on ordering:

- A side salad or fruit instead of fries
- Instead of a burger or a fried chicken sandwich, order a grilled chicken sandwich
- Aim for smaller portion sizes. If you want fries, get a small size instead of medium or large
- Instead of soft drinks, order water, unsweetened tea, or diet/no-calorie soda

5. Think Ahead with Scheduling Apps - Meal planning apps allow you to organize and schedule your meals ahead of a busy week. You can plan what to eat each day and purchase ingredients accordingly. Other benefits to using meal planning apps include:

- Knowing how many calories, carbs, fat, protein, and other nutrients you're consuming each day
- Stressing less over deciding what to eat
- Creating a grocery list to only buy what you need
- Recipe ideas that fit a variety of food preferences

Recipes

Baja Turkey Burgers

Ingredients:

- 12 oz. lean ground turkey
- 2 C packaged coleslaw mix
- 1/2 C salsa verde
- Sprouted whole wheat buns
- 1 avocado, peeled and thinly sliced
- 1/8 tsp salt

Nutrition Facts

Calories: 370
Total Fat: 13g
Cholesterol: 65mg
Carbohydrates: 37g
Protein: 25g
Sodium: 420mg



Directions:

Preheat a grill to medium high. In a large bowl, gently mix the turkey and ¼ cup of the salsa until just combined. Form the mixture by hand into four patties, about 4 inches in diameter. Grill the burgers until well done (an internal temperature of at least 165° F), about 5 minutes per side. If desired, lightly grill the buns, too. Onto the bottom portion of each bun, arrange ¼ of the avocado slices and sprinkle with the salt. Top each with a turkey burger patty, ½ cup of the coleslaw mix, and 1 Tbsp of the remaining salsa. If desired, add a slice of tomato and a lettuce leaf to each. Cover the burgers with a bun top and serve.

Salsa Verde

Ingredients:

- 1lbs. Tomatillos (husks removed, rinsed and cut into quarters)
- 1 onion, quartered
- 1/2 C water
- 1 serrano pepper, chopped
- 2 cloves garlic, chopped
- 1 C fresh cilantro, chopped
- 2 TBSP lime juice
- 1/4 tsp salt



Directions:

Place the tomatillos, onion, water, serrano, and garlic in a large saucepan. Bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, covered, until the tomatillos are tender, about 15 minutes. Transfer the salsa to a food processor or blender. Add the cilantro, lime juice, and salt and pulse until smooth.

Tomatillos are a green tomato with a slightly sour flavor. Although they look very similar to regular tomatoes, they are not just an under ripened version. They have an outer husk that grows over the fruit which you remove before cooking or eating.

To remove the husks, soak them in a large bowl of lukewarm water. This helps to peel the husks and remove the stickiness.



Recipes

Mediterranean Chicken & Vegetable Kebabs

Ingredients:

- 1 lb. boneless skinless chicken breasts
- 1 zucchini, ends trimmed and cut into 1 inch coins
- 1 summer squash, ends trimmed and cut into 1 inch coins
- 1 red onion, 1 inch pieces
- 1 bell pepper, seeded and cut into 1 inch pieces

For serving: lemon, chopped fresh herbs (parsley or dill), crumbled feta cheese

Directions:

Cut the chicken into 1-inch pieces and place in a shallow baking dish. In a separate bowl, whisk together the marinade ingredients. Pour over the chicken and stir to coat. Place in the refrigerator to marinate for 30 minutes or up to 3 hours (do not let the chicken sit for longer or the vinegar will cause it to break down). If using wooden skewers, place the skewers in water to soak for at least 20 minutes.

Preheat the grill to medium-high heat (about 375 degrees F). Brush the grill grates with canola oil or coat with nonstick grill spray. Thread the kabobs: Thread a piece of chicken onto the skewer. Add alternating pieces of the red onion, zucchini, yellow squash, and red bell pepper until you've reached the end of the skewer, ending with chicken. Repeat with the remaining skewers, then discard the excess chicken marinade.

Grill the chicken until fully cooked through and the juices run clear, about 10 to 15 minutes, turning the skewers every few minutes so that each side has grill marks. Transfer to a serving plate and squeeze the lemon over the top. Sprinkle with fresh herbs and feta. Serve warm.

Marinade:

- 3 TBSP extra-virgin olive oil
- 3 TBSP red wine vinegar
- 2 tsp honey
- 4 cloves garlic, minced
- 1 TBSP dried oregano
- 2 tsp dried thyme
- 1 tsp kosher salt
- 1/2 tsp black pepper



Yogurt & Dill Cucumber Salad

Ingredients:

- 1-2 English cucumbers, washed and thinly sliced
- 1/4 C plain Greek yogurt
- 2 TBSP rice wine vinegar
- 1 TBSP fresh dill, washed and chopped
- 1/4 tsp ground black pepper

Directions:

In a medium size bowl, mix all ingredients except cucumber. When yogurt mix is done, add cucumber and serve.



TRY THIS!

Add other fresh herbs

Add minced garlic and a squeeze of fresh lemon juice

If you don't like Greek yogurt, use 2 TBSP plain yogurt and 2 TBSP low fat sour cream

Fitness Room

New hours beginning June 1st!

The fitness room will now be 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 questionnaires and be assessed at your first visit.

For current Move for Health participants, you may continue with your scheduled days and/or time slots, or attend at any other time the room is open.

- Please use the parking lot and entrance to the fitness room located at the back of the Diabetes Center.
 - COVID-19 safety guidelines are in place; please wear your mask at all times, stay 6 feet apart, and if you don't feel well, please wait until your symptoms subside.
 - Only 25 participants are allowed in the fitness room at one time.
 - The lockers are open for use during this time, but showers are not.
 - Remember to bring clean, dry shoes and a refillable water bottle.

NEW CLASS!

Cardio Blast: Monday and 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. All fitness levels welcome.

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



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