

Ohiarí:ha/June 2023

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



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

Worldwide, more than 55 million people are living with Alzheimer's or another dementia. People with diabetes may be at even greater risk for Alzheimer's.

Family Health and Fitness Day

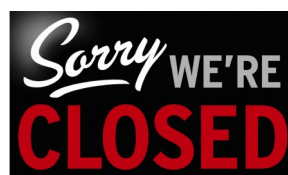
Family Health and Fitness Day is celebrated on June 10, 2023. This day promotes the importance of physical activities and encourages families to take part in physical activities together.

June is Pride Month

Pride Month commemorates the 1969 Stonewall Uprising in New York, which sparked a movement for LGBTQ+ rights and activism. It is a time to celebrate the community and their contributions to history, society, and culture.

We are closed Monday June 19

In observance of Juneteenth



Inside this Issue

Men's Health	2
Brain Health	3
Family Fitness	4
Fitness & Pride Month	5
Food Safety	6
Recipes	7
Announcements	8

Men's Health

Men are less likely than women to get routine physical exams and screenings. A survey by the American Academy of Family Physicians found that 55% of men surveyed had not seen their doctor for a physical exam in the previous year, even though 40% of them had at least one chronic condition. Nearly one-fifth of men ages 55 and over said they had never undergone screening for colon cancer, and almost 30% said they "wait as long as possible" to seek medical attention when they are feeling sick or in pain.

Men: Stay Healthy at Any Age

Get checked out! Screening, or checking, for early signs of certain health problems can help diagnose them early. The following screening approaches are generally recommended for older men; ask your healthcare provider if they're right for you.

Blood pressure check: At least once a year.

Cholesterol test for high blood cholesterol levels: Cholesterol screening should be done after consulting with your healthcare provider. Screening frequency depends on your age and general health.

Diabetes check: At least once; if you have high blood pressure or high blood cholesterol levels, or diabetes runs in your family, get checked more often. Watch for symptoms and contact your provider. Early diagnosis and treatment can lead to improved outcomes. Native Americans are twice as likely as Caucasian to have diabetes. Prevention is key.

Screenings for prostate cancer and colorectal cancer: Colon cancer screening should begin at age 45 or 10 years prior to the diagnosis of colon cancer in an immediate relative. For example, get screened at age 36 if your mother was diagnosed at age 46. Many organizations advise men to be screened for prostate cancer starting at age 50. Talk to your health care professional about which option is best for you.

Hearing and vision screening: Every year.

Depression screening: Every year. If you feel down, sad, or hopeless for two or more weeks, or have little interest in or get little pleasure from things you once enjoyed, you may be depressed. Don't try to "tough it out." Untreated depression is bad for your mental and physical health. Talk to your healthcare provider and get the treatment you need.

Abdominal aortic aneurysm screening: Once between the ages of 65 and 75 if you've ever smoked. An abdominal aortic aneurysm is an enlarged or swollen blood vessel in your abdomen that can be dangerous. If your healthcare provider finds you have an abdominal aortic aneurysm, it can be treated.

Dental check-up: As often as your dentist recommends, and at least once a year. Your dentist should clean your teeth and check for cavities. If you wear dentures, they should be checked to make sure they still fit properly. Your dentist should also check for signs of diseases of the mouth, including cancer.

Sexually transmitted disease screening: If you are sexually active but not in a monogamous relationship, these screenings are important at any age. Talk with your healthcare provider about this and how to practice safe sex.

Discussion about sexual concerns: Erectile dysfunction (ED), or difficulty getting or maintaining an erection, is relatively common among older men. You should let your healthcare provider know if you have ED both because it can be treated and because it can be an early warning sign of heart and artery disease.



Brain Health

Diabetes and Alzheimer's disease are two of the most common diseases that affect older adults worldwide. Diabetes is a chronic health condition that affects the body's ability to process glucose. Alzheimer's is a progressive brain disease that damages brain cells and cell connections, resulting in memory loss and other essential mental functions.

Research suggests that diabetes may increase a person's risk of Alzheimer's disease. Among people without diabetes, almost 2 in 1,000 will develop Alzheimer's. For people who do have diabetes, this rate increases to 6.25 per 1,000 people.

Researchers do not yet completely understand how diabetes and Alzheimer's are connected, but they know that diabetes increases inflammation and damages the body's blood vessels. This can damage many organs in the body, including the brain. According to the Alzheimer's Association, the high blood sugar levels that are often a hallmark of type 2 diabetes are also linked to increased beta-amyloid protein, a key characteristic of Alzheimer's disease. Researchers believe that the insulin resistance characteristic of type 2 diabetes exacerbates the brain plaques that occur in Alzheimer's disease. Alzheimer's disease is sometimes called "type 3 diabetes" because of its connection to insulin resistance in the brain.

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. Try to manage stress by practicing yoga, meditation, and deep breathing techniques.

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.

Family Health & Fitness

Studies show that parents who involve themselves in their children's physical activity had a greater impact on children's behaviors as compared to verbally encouraging and observing their children's physical activity. Parents are the role models of their children, so sharing physical activities together can improve overall health and well-being and also will let you enjoy your time together.

Regular physical activity is important as it helps lower the risk of chronic diseases including diabetes, obesity, high blood pressure, depression, cancer, osteoporosis and osteoarthritis.

Here are some tips for families to stay fit and healthy together:

Take a walk together - Taking a daily walk in the park or neighborhood for 20-30 minutes per day with your kids is a perfect way to reflect on the day and learn about what's going on in each other's life. This will help family members to connect with nature and re-energize.

Enjoy fun activities together - Go cycling together, go to your local park for a fun game, plan to do a painting or drawing together.

Practice hobbies together - If you and your child have a hobby, pick it up and enjoy it together. If you or your kid loves any kind of sports, play it together, it can be tennis, badminton or soccer. If dance is your hobby, learn a new form of dance and teach the kids a few moves, and if gardening is your hobby, introduce the kids to healthy foods and teach the importance of our relationship with Mother Earth.

Give fitness gifts to your child - Instead of buying an expensive toy or video game for your child's birthday, buy something that will allow your kids to stay fit. These gifts could be a tennis racquet, soccer ball, skates or a bicycle. This will help both you and your kids to include physical activity and help boost fitness.

Try a new activity - Try new and adventurous activities with your kids as it will not only boost fitness, but also will increase your family bond. For example, you and your child can go on a hike together.

Set up a nutrition plan for your family - When it comes to staying fit and healthy, nutrition plays an important role too. Start the day with a nutritious breakfast; keep your lunch and dinner light and simple, eat meals together as a family without electronic devices, eat more fresh fruits, vegetables and whole grains and drink plenty of water.

Keep track of your goals - Have a commitment or goal like being physically active for 30 minutes per day with your children as this will help you stay on track. Introduce fun and easy ways to stay physically active and incorporate them into your daily routine.

Try family competitions - Set up fun competitions and challenges that include physical activities. Ask your family members and kids to jump rope ten times without missing or seeing who can do the hula hoop longer.

Be a good role model - Kids imitate their elders in whatever activity they do. If you adopt a healthy lifestyle and make exercise a priority, your child will learn its importance too. Talk positively to your children about exercise and encourage them to stay fit and healthy.

Fitness & Pride Month

June Fitness Challenge

Join us for our “Pushing into Summer” challenge. For the month of June, we will be encouraging fitness room participants to complete the number of pushups that corresponds to the date. For example, 1 push-up on June 1st, 2 push-ups on June 2nd, etc. Individual goals are to complete the push-up challenge each day and the overall goal is to complete a combined total of 500 push-ups by the end of June.

All levels of push-ups count (floor, wall, elevated, decline, knee).

June is Pride Month

Pride Month is the promotion of the self-affirmation, dignity, equality, and increased visibility of 2SLGBTQQIA+ people as a social group.

Pride Month by the numbers:

- ⇒ 52% of 2SLGBTQQIA+ people have experienced depression recently.
- ⇒ 46% of lesbian, gay, and bisexual people are open about their sexual orientation with their family.
- ⇒ 1 in 8 2SLGBTQQIA+ people have experienced unequal treatment from healthcare staff.
- ⇒ 43% of 2SLGBTQQIA+ employees haven’t revealed their orientation at work.

Despite the progress we have made as a country toward granting equal rights to those who identify as 2SLGBTQQIA+, this community continues to experience worse health outcomes and reduced access to care when compared to their heterosexual and cisgender counterparts. We all deserve compassionate, medically accurate informed healthcare.

There’s no shortage of things you can do to support the well-being of 2SLGBTQQIA+ people:

- Educate yourself. Learning and using accurate and appropriate terminology - intentionally, consciously - can help create more affirming environments for everyone.
- Create an atmosphere in which someone feels safe sharing information about their identity with you.
- Be sensitive and respectful to all gender orientations and identities and don’t make assumptions.
- Believe people when they share their identity with you and if someone shares their pronouns with you, take the time to internalize and utilize them. Pronouns are not just a preference, they are expected.
- Be a compassionate person and actively fight for the rights of your 2SLGBTQQIA+ friends.

To learn more, visit: [The Trevor Project.org](https://www.thetrevorproject.org)



2SLGBTQQIA+

Stands for: Two Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual, and those whose identities are not included in the abbreviation

*Akwesasne’s Safe Zone
Committee holds events to gather
in a safe space and support our
2SLGBTQQIA+ community*

Recipes

Keep Your Foods Safe This Summer

With Memorial Day behind us, we have officially kicked off the summer season. With summer comes picnics, barbeques and parties. Be sure to keep your food and your family safe this summer.

When bringing food to a picnic or summer party:

- * Use an insulated cooler filled with ice or frozen gel packs to keep your cold foods cold
- * Foods that should be kept cold include raw meats, cut up fruit or vegetables, dairy products and summer salads that contain eggs, mayo, dressings, cheese or meats
- * A cooler that is filled maintains its temperature longer than a cooler that is only partially filled
- * Keep your food and your coolers out of the direct sun and refill with cold ice packs or ice

When serving food outdoors:

- * Food should never be left out for more than ONE HOUR. That is from the time it's put on the table to the time it takes to put it away in a fridge or back into a cold cooler
- * Keep cold foods cold on ice or serve in small amounts at a time
- * Keep hot foods hot, once food has been cooked on the grill it should be kept at a temperature of 140 degrees F.
- * Always use a clean plate and tongs when serving food that is cooked. Keep raw foods, cooked foods and utensils separate

For more information: www.foodsafety.gov

Pico de Gallo

Ingredients

- 1 large tomato, coarsely chopped*
- 1/3 C coarsely chopped cilantro
- 1/4 C finely-chopped onion
- 1 fresh jalapeno pepper, seeds removed, minced **
- 2 TBSP fresh lime juice
- 1/2 C diced cucumber or radishes (optional)
- 1/2 avocado, pit removed, diced (optional)

Directions:

Combine all ingredients in a medium bowl, stir well. Cover and chill for 1 to 4 hours to allow flavors to blend.

* If flavorful fresh tomatoes aren't in season, substitute 2 to 3 roma or plum tomatoes or 1 (15-ounce) can of diced tomatoes, drained.

** To adjust the heat, use more or less jalapeno.

What's the difference between Pico de Gallo and Salsa?

Pico de Gallo, referred to as salsa fresco, is a type of salsa. It's a fresh, uncooked mixture of chopped tomatoes and onions, cilantro, lime juice, and salt. Salsa is often cooked and canned and may contain more liquid than Pico de Gallo.



Recipes

Cajun Shrimp Kabobs w/DIY Cajun Spice

Ingredients:

- 1 lb. large shrimp (if frozen, thaw. If raw, keep cold until grill time)
- Non-stick cooking spray
- 2 TBSP paprika or smoked paprika
- 2 tsp garlic powder
- 1 tsp dried oregano leaves
- 1 tsp onion powder
- 1 tsp ground black pepper
- ¼ tsp dried thyme leaves
- ¼ tsp cayenne pepper (optional)
- 2 tsp brown sugar
- 1 TBSP extra virgin olive oil
- 4 Skewers



Tips:

Wooden skewers can be used but metal skewers work well and don't burn.

Shrimp are done cooking when color is white and opaque. Store bought Cajun spices are very high in sodium – 400mg sodium in 1 tsp! Our DIY Cajun spice is No SALT added!

Directions:

Coat the grill rack with non-stick spray. Preheat the grill to medium high heat. In gallon size Ziploc bag add all the spices and shake. Add the shrimp and the olive oil and massage the spices into the shrimp. Separate the shrimp into 4 equal amounts and thread on skewers. Grill each kabob for 3 minutes on each side until shrimp are caramelized (from the brown sugar) and opaque. If using raw shrimp you may need to cook for 4 minutes on each side. Remove from the grill and serve hot.

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 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.

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

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.



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