

# Kentenhkó:wa /November 2022

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



## November is American Diabetes Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on managing diabetes by building your health care team.

## Monday November 14th is World Diabetes Day

World Diabetes Day (WDD) was created in 1991 by the International Diabetes Foundation and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. The campaign is represented by a blue circle logo that was adopted in 2007 after the passage of the UN Resolution on diabetes. The blue circle is the global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.



**We are closed**

**Friday Nov. 11th**

**Thursday Nov. 24th**

**&**

**Friday Nov. 25th**



### Inside this Issue

Health Care Team	2
Healthy Eating	3
Events	4
Fitness	5
Recipes	6,7
Announcements	8

## Building your Health Care Team

Working with health care professionals who can offer you the personal care you need may help improve your health. And while it takes a team to manage diabetes, remember that you are the most important participant in your diabetes care. After all, you are the one who is affected by diabetes and cares for it every day. Only you know how you feel and what you're willing and able to do. You do the exercise. You make and eat the foods on your meal plan. You take the medicine or inject the insulin. You check your blood sugar (glucose) levels and keep track of the results. You are the first to notice any problems.

Your health care team depends on you to talk to them honestly and to tell them how you feel.

**Here are some tips to help you manage diabetes and build your health care team:**

### **You are the center of your care**

Learn as much as you can about your disease and talk with your primary care provider about how you can get the support you need to meet your goals

### **Manage diabetes as early as possible**

Take steps to improve your health. Talk with your primary care provider about how you can manage your diabetes, follow the ABCs, and create a diabetes care plan. Research has shown that taking action soon after being diagnosed can help prevent diabetes-related health problems such as kidney disease, vision loss, heart disease, and stroke.

### **Build your diabetes health care team**

A team of health care professionals can tailor your care for your specific needs. Besides a primary care provider, your health care team may include a Case Manager, Registered Dietitian, Endocrinologist, Fitness Specialist, Pharmacist, Mental Health Counselor, and an Ophthalmologist

### **Prepare for visits with your providers**

Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.

Take notes at your appointment, ask for a summary of your visit

Have a blood pressure check, foot check, and weight check. Talk with your team about medications and new treatment options

### **Make physical activity and healthy eating part of your daily routine**

Try to be active most days of the week and follow a diabetes meal plan. Choose fruits and vegetables, whole grains, lean meats, tofu, beans, seeds, and non-fat or low-fat milk and cheese.

### **Start with small changes to create healthy habits**

Set measurable and realistic goals. Consider joining a support group that teaches techniques for managing stress and ask for help if you feel down, sad, or overwhelmed. Sleeping for 7 to 8 hours each night can help improve your mood and energy level.

### **Stay on top of your vaccinations**

Ask your health care team about the vaccines you should get to reduce your risk of getting sick.

# Healthy Eating

## Take Charge: Emotions and Eating

Emotions can influence what, when and how much we eat. For example, you have probably heard that some people eat to cope with stress. Others eat to preoccupy themselves when they feel bored.

When you eat based on your emotions, it can hinder your weight loss efforts. Often, situations that trigger certain negative emotions prompt eating. Review the words below, think about each of the emotions, note any emotions that trigger your desire for food and add any other emotions or situations that trigger you to eat.

Afraid | Alone | Angry | Anxious | Blue | Bored | Content | Depressed | Disappointed | Fearful | Frustrated | Good | Grief | Guilty | Happy | Hungry | Insecure | Jealous | Lonely | Nervous | Peer Pressure | Regret | Sad | Scared | Self-pity | Shame | Sleepy | Stress | Tired | Unsure | Worried

If you have recently eaten and find yourself craving food again, do a quick emotional check. Do you want food because you are hungry—or to fill an emotional need? Here are some tips to keep your eating in check:

- Remember which emotions and situations trigger you to eat
- Write a list of other things to do to fulfill that emotional need, for example, call a friend, drink some water or tea, or do a few yoga stretches. See below for additional ideas
- Assess your physical hunger using the Hunger-Satiety Rating Scale

<b>Full</b>	10 = Stuffed to the point of feeling sick
	9 = Very uncomfortably full, need to loosen your belt
	8 = Uncomfortably full, feel stuffed
	7 = Very full, feel as if you have overeaten
	6 = Comfortably full, satisfied
<b>Neutral</b>	5 = Comfortable, neither hungry nor full
	4 = Beginning signs and symptoms of hunger
	3 = Hungry with several hunger symptoms, ready to eat
	2 = Very hungry, unable to concentrate
<b>Hungry</b>	1 = Starving, dizzy, irritable

- Track the food you eat, how hungry you are when you eat and how you feel at the time. You may get a better idea of which emotions trigger eating when you are not physically hungry
- If you are having a hard time, reach out for help. Involve family members and friends to help support your weight loss efforts. Support groups, therapy and members of your health care team can also help

## Additional tips to fulfill an emotional need:

Dance\* Write in a journal\* Give yourself a manicure/pedicure \* Plan a healthy meal \* Take a walk\*  
Meditate \* Clean out a junk drawer\* Do a few sit-ups\* Brush your teeth\* Chop veggies to have on hand  
Drink a glass of water\* Look at old pictures\* Wash your car\* Chew some gum\* Take a soothing bath  
Stretch\* Read a book\* Straighten a closet\* Start a hobby\* Check in on an elderly person\* Do a few sit-ups

## Events

### In celebration of Diabetes Month

We will be holding community blood pressure and blood glucose screenings at the following locations:

Thursday November 10th @ Akwesasne Mini Mart: 11:00 am - 1:00 pm

Monday November 14th @ Ionkwakiohkwaró:ron: 11:00 am - 1:00 pm

Friday November 18th @ Twin Leaf Restaurant (Akwesasne): 11:00 am - 1:00 pm

**Please stop in to learn about our program, have your measurements taken, and enter to win a prize!**

### World Diabetes Day - Monday November 14th

Post a picture of yourself wearing **BLUE** to our Facebook page: *The Let's Get Healthy at The Diabetes Center for Excellence* for a chance to win a prize!

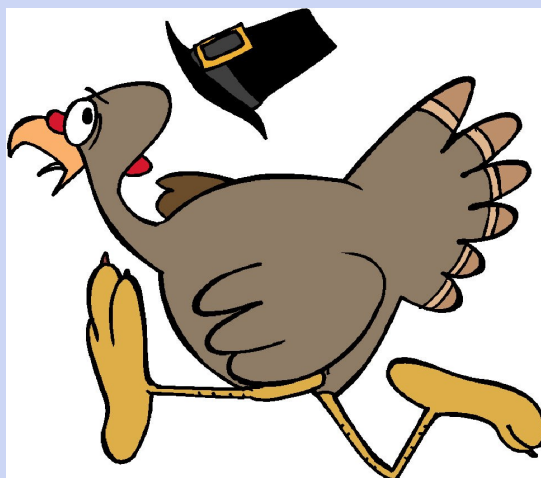
### November Fitness Challenge at the Diabetes Center

#### *Huffin' and Puffin' for the Stuffin' Turkey Trot Challenge*

Let's see how far Mr. Turkey will run before Thanksgiving! For every mile a participant achieves on one of the cardio machines, we will add a turkey footprint to our fitness center wall

Once participants achieve at least one mile, they will enter their name for a prize drawing

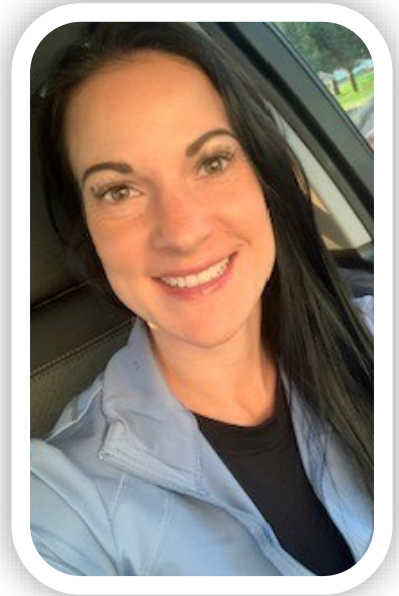
Entries are limited to one per day






## Fitness

Please welcome Megan Bushey, Health Promotion Specialist, to our team. Megan brings years of experience working with the Akwesasne community through her previous employment with the Alcoholism/Chemical Dependency Prevention Program and her membership with the Akwesasne Coalition for Community Empowerment. Megan is looking forward to becoming a certified personal trainer and to lead group fitness classes. Her passion and energy to help people along their fitness journey is an asset to our program. Megan enjoys working out, running, cooking, spending time with her family, being a busy sports mom, and going for rides on her bicycle. Megan looks forward to meeting everyone who comes into the fitness center and helping people reach their health and fitness goals.



**LET'S GET HEALTHY PROGRAM  
FITNESS CLASS SCHEDULE**

<b>MONDAY</b>	<b>SCULPT AND BURN 4:15-5:00pm</b>
<b>TUESDAY</b>	<b>LUNCH CRUNCH 12:15-12:45pm</b>
<b>WEDNESDAY</b>	<b>SCULPT AND BURN 4:15-5:00pm</b>
<b>THURSDAY</b>	<b>LUNCH CRUNCH 12:15-12:45pm</b>

 All fitness levels welcome    **FREE to attend**  
Located at the Diabetes Center for Excellence  
(518) 358-9667

Made with PosterMyWall.com

## Recipes

Between the turkey, stuffing, cranberry sauce and pies, the average American eats between 3,000 and 4,500 calories on Thanksgiving Day. Considering that the typical, moderately-active woman needs approximately 1,800 calories a day and the average man needs between 2,200 and 2,400, according to the Academy of Nutrition and Dietetics, that's nearly two days worth of calories in a single meal!

Here are a few examples of Thanksgiving foods and how you can work them off!

- \* 1/2 C mashed potatoes (150 calories): Strength train for 45 min
- \* 1 piece apple pie (450 calories): 60 min group exercise class
- \* 1/2 C gravy (150 calories): 25 min brisk walk
- \* 1/2 C stuffing (180 calories): 1 hour of yoga
- \* 6 ounces of turkey (340 calories): 1 hour of dancing



### Here are some ideas to avoid overeating on Thanksgiving Day

#### Try healthier versions of your favorite foods:

Mashed potatoes → Mashed cauliflower  
Candied yams → Roasted sweet potatoes  
Green bean casserole → Sautéed beans  
Dark meat turkey → Turkey breast

#### Skip the high carb/high calorie extras:

Cranberry sauce  
Dinner rolls or crackers  
Whipped topping or ice cream  
Alcoholic beverages  
Gravy or Butter

## Green Bean Salad

### Ingredients:

1/2 lb. green beans, trimmed  
2 TBSP chopped walnuts  
2 TBSP finely chopped fresh parsley  
2 TBSP red onion, chopped  
2 TBSP olive oil  
1 tsp red wine vinegar  
1 tsp Dijon mustard  
Salt & pepper to taste



### Directions:

Bring a large pot of water with a steamer basket to a boil, add green beans and steam for about 4 minutes. Transfer to a serving bowl. Toast the walnuts in a small dry skillet over medium heat until they become fragrant, about 2 minutes, and then transfer them to a small bowl to cool. Add the parsley and onion to the walnuts and stir to combine.

In another small bowl, whisk together the oil, vinegar and mustard. Toss the dressing with the green beans, top with the walnut mixture and season with salt and pepper. Serve warm or at room temperature.

## Recipes

### Garlic & Herb Mashed Cauliflower

#### Ingredients:

- 2 heads cauliflower
- 2 TBSP olive oil
- 3 cloves garlic, chopped
- 1/2 C plain Greek yogurt
- 1/2 C fresh chives, chopped
- 1/4 C fresh parsley
- 1 tsp salt
- 1 tsp pepper



#### Nutrition Facts

Calories: 197  
Total Fat: 12g  
Carbohydrates: 19g  
Protein: 7g  
Sugar: 7g

#### Directions:

Wrap cauliflower in a clean dish towel, then turn it upside down and bang it against the surface of your counter until you feel the cauliflower crack (be sure to rotate to break it up on all sides). Pull florets off of stem and break the bigger florets into smaller pieces. Bring a large pot of water to boil over high heat. Add the cauliflower pieces to the pot and boil, covered, for 15-18 minutes. Drain the cauliflower. Mash the cauliflower with a fork until smooth. Mix in remaining ingredients. Allow to cool for 5 minutes. Enjoy!

### How many carbs on your plate this year?

1/2 C mashed potatoes = 15 grams  
1/3 C wild rice = 15 grams  
1/2 C yellow corn = 15 grams  
1/4 C cranberry sauce = 25 grams

1 C winter squash = 15 grams  
1 small dinner roll = 15 grams  
1/6 slice of apple pie = 45 grams

### Maple Roasted Brussels Sprouts & Sweet Potatoes

#### Ingredients:

- 2 C brussels sprouts, ends trimmed, outer leaves removed, and sliced in half\*
- 1 large sweet potato, cut into 1/2 inch cubes
- 1 TBSP extra-virgin olive oil
- 2 TBSP maple syrup, divided
- 1/2 tsp chili powder
- Salt and pepper



#### Directions:

Preheat oven to 450 degrees. In a large bowl combine the sweet potatoes and brussels sprouts. Toss with the olive oil and 1 tablespoon of maple syrup. Add the chili powder and 1/4 teaspoon each of salt and pepper. Roast for 15 minutes, then remove from oven, flip and roast for 15-25 minutes more until browned. Remove from oven and toss with the remaining 1 tablespoon of maple syrup. Serve warm.



# 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.

- 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
- The lockers are open for use during this time, but showers are not
- Remember to bring clean, dry shoes and a refillable water bottle

## **Specialized Fitness Classes:**

**CARDIO BLAST:** 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. All fitness levels welcome.

**NEW!! LUNCH CRUNCH:** Tuesday and Thursday, 12:15 - 12:45 p.m. A half hour session to burn fat and increase strength. Each class will vary and you will leave feeling energized and refreshed. All fitness levels welcome.

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)



Congratulations to the  
winner of our Halloween  
Spooktacular Group  
Fitness Class -  
Alyson Thompson!



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