

Kenténha/October 2023

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



Breast Cancer Awareness Month

Indigenous Pink Day is a national breast cancer awareness campaign for Native people. The American Indian Cancer Foundation invites Indigenous people of all ages to wear pink and share photos on social media using the hashtag #IndigenousPink to raise awareness of breast cancer in Indian Country. Breast cancer is the most common cancer among Native women, and is the second leading cause of cancer death. However, all bodies have breast tissue and are at risk for developing breast cancer. Indigenous Pink Day aims to educate Native communities about the importance of early detection, and remind women, men, non-binary, and genderfluid relatives to talk to their doctors about breast cancer screening.

October 10th is World Mental Health Day

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. This year's theme is "Mental health is a universal human right".

Red Ribbon Week October 23 - 27

In 1988, The National Family Partnership (NFP) sponsored the first National Red Ribbon Celebration. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. Since that time, the campaign has reached millions of U.S. children and families.

**We are closed
Monday**

October 9th

**In observance of
Indigenous
Peoples Day**



Inside this Issue

Breast Health	2
Mental Health	3
Fitness	4
Red Ribbon Week	5
Recipes	6,7
Announcements	8

Breast Health

Indigenous Pink

▶▶▶▶▶▶ Breast Health

1 in 8



women will get breast cancer in their lifetime

Increased Risks



GENETICS
Inherited DNA changes in genes

GENDER
Being female



FAMILY HISTORY
Mother, sister, daughter has had breast cancer

BREAST DENSITY
Dense breast tissue

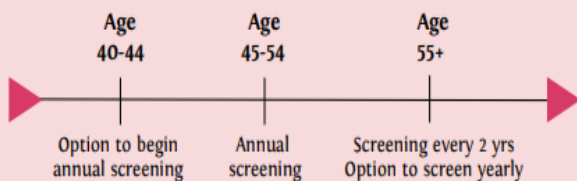


AGEING

CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

Screening Guidelines/Recommendations



Breast cancer is the **2nd** leading cause of cancer death for **American Indian women**.
A mammogram may save your life.

What can I do?

BREASTFEED

Breastfeeding reduces estrogen exposure that helps prevent breast cancer



REGULAR MAMMOGRAMS

Women 40+ should have the option to have a mammogram once a year



REGULAR BREAST EXAMS

Speak to your health care provider for options



WEIGHT CONTROL

Overweight or obese women are at a higher risk



EXERCISE

Exercising 3 days/week may lower your risk



LIMIT ALCOHOL USE

Alcohol can increase estrogen levels, which may increase your risk



American Indian Cancer Foundation®

Talk to your health care provider about when screening is best for you.

AICAF.ORG

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@AICAF_ORG

Breast Exam Clinic with Stephanie Leffler at the Diabetes Center

Wednesday October 18th

8:30 am - 3:30 pm

Please call (518) 358-9667 to make an appointment

Health Services Medical Providers are also holding breast exam clinics through the month of October

Call (518) 358-3141 to make an appointment



Mental Health

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness.

About Self-Care

Self-care means taking the time to do things that help you live well and improve both your physical and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some tips to help you get started with self-care:

- **Get regular exercise:** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated:** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- **Make sleep a priority:** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity:** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- **Set goals and priorities:** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Practice gratitude:** Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.
- **Focus on positivity:** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected:** Reach out to friends or family members who can provide emotional support and help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.

When to Seek Professional Help

Seek professional help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to perform usual daily functions and responsibilities

Don't wait until your symptoms are overwhelming. Talk about your concerns with your primary care provider, who can refer you to a mental health professional if needed.

If you or someone you know is struggling or in crisis, help is available: Call or text 988 or chat 988lifeline.org

This services is confidential, free and available 24/7

Fitness

OCTOBER FITNESS CHALLENGE



We invite you to participate in our October fitness challenge **IF YOU DARE**.....our brave participants will open a window or tombstone on our haunted house to determine what exercises they must perform. Once completed, they will add a flying bat to our haunted house scene.



September "Falling into Fitness" challenge had 15 participants who completed 12 exercises throughout the month. Once they completed an exercise they added a fall leaf to our tree. Great job to everyone who stepped up to the challenge!

Our Fitness Room

"Falling into Fitness" Tree

Elder Group Fitness Classes



ALL FITNESS LEVELS WELCOME



Every Monday,
Wednesday &
Friday
9:00-9:30a.m.



resistance
bands

chair
exercises

Located at the Diabetes Center for Excellence Fitness Room
Call (518) 358-9667 for more information

Made with PosterMyWall.com

RED RIBBON WEEK



October 23-27, 2023



SPONSORED BY THE ALCOHOLISM/CHEMICAL
DEPENDENCY PREVENTION PROGRAM

Monday

10/23

WEAR RED DAY

"Red-y to live drug-free and make a difference" Wear red (including red ribbon shirts/skirts/dresses)



Tuesday

10/24



MISMATCH DAY

Don't Let Drugs Mix You Up! Wear mismatch clothes

Wednesday

10/25

JERSEY DAY

Team up Against Drugs! Represent your favorite sports team by wearing a jersey or sports shirt.



Thursday

10/26



TIE-DYE DAY

Don't get Tied up with Drugs!
Wear Tie-Dye

Friday

10/27

Trunk-Or-Treat

SUPERHERO DAY

"I have the POWER to be drug-free"



Be kind to your mind, live drug free.



Benefits of Avocados

Avocado Toast

Ingredients:

4-6 bread slices
2 ripe avocados
1 TBSP lemon juice
2 TBSP red onion chopped
1/2 tsp garlic powder
Salt and pepper

Optional toppings:

Sliced Tomatoes
Poached Egg
Chia Seeds

Nutrition Facts

Calories: 240
Total Fat: 16 g
Carbs: 23 g
Protein: 5 g
Sodium: 153 mg
Fiber: 8g



Directions:

Toast the slices of bread. In a medium sized mixing bowl, add the avocados and mash to desired consistency with a fork. Add in the lemon juice, red onion, garlic powder, and salt and pepper to taste. Spread the avocado mixture on top of the toasted bread and top with your favorite garnishes.

Avocados provide a substantial amount of healthy fat and are rich in many vitamins and minerals. They are a good source of vitamins C, E, K, and B6, as well as riboflavin, niacin, folate, magnesium, and potassium. They also provide lutein, beta carotene, and omega-3 fatty acids.

Avocados contain high levels of healthy, beneficial fats, which can help a person feel full between meals. Eating fat slows the breakdown of carbohydrates, which helps keep blood sugar levels stable. Fat is essential for every cell in the body and helps support the immune system.

A whole medium avocado contains about 240 calories, 13 g carbohydrate, 3 g protein, 22 g fat (15 g monounsaturated, 4 g polyunsaturated, 3 g saturated), 10 g fiber, and 11 mg sodium.

Avocados contain several nutrients and fiber that have been associated with a reduced risk of chronic diseases. The nutritional profile of avocados fits well with healthful dietary patterns such as DASH.

Avocados have a low glycemic index (GI) of about 40. Low GI foods are less likely to cause surges in blood glucose. Large epidemiological studies have found that replacing saturated fats with unsaturated (monounsaturated and polyunsaturated) fats can improve insulin sensitivity and reduce the risk of type 2 diabetes. These nutritional components are favorable for the prevention and control of type 2 diabetes.

Avocado, Kale and Quinoa Salad

Salad

1 avocado, halved, pitted, peeled and diced
4 C kale, chopped
1/2 C cooked quinoa
1/2 C sliced almonds
1/3 C cucumber, chopped
1/3 C dried cranberries
1/4 C goat (or Feta) cheese

Dressing

1/4 C olive oil
1/4 C apple cider vinegar
3 TBSP lemon juice
Zest of 1 lemon
1 TBSP honey
1/4 tsp ground black pepper
1/8 tsp sea salt



Directions:

Dressing - Whisk together all the ingredients. Set aside.

Salad - In a large bowl, place chopped kale, quinoa, sliced almonds, cucumbers, cranberries and goat cheese. Toss gently. Next, place avocado on top. Pour dressing on top, and gently toss to combine. Serve and enjoy!

Nutrition Facts

Calories: 390
Total Fat: 30 g
Carbs: 23 g
Protein: 11 g
Sodium: 170 mg

Recipes

Avocado Taco Soup

Ingredients:

- 1 TBSP extra virgin olive oil
- 1 yellow onion, finely chopped
- 1 lb. lean ground beef
- 3 (15 oz.) cans petite diced fire-roasted tomatoes, no salt added
- 1 (15 oz.) can tomato sauce, no salt added
- 1 (15 oz.) can kidney beans, reduced sodium, drained and rinsed
- 1 (15 oz.) can black beans, reduced sodium, drained and rinsed
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder
- 2 tsp kosher salt
- 4 C water
- 2 ripe, fresh avocados, halved, pitted, peeled and sliced



Optional Toppings

- 1 C toasted pepitas (pumpkin seeds)
- 4 green onions, sliced
- 1 pkg. corn tortilla chips to serve on the side
- Sliced lime

Directions:

In a large skillet, heat olive oil over medium heat. Add onion and sauté until soft and translucent. Add ground beef to the same skillet and continue cooking together with the onion for a further 10 minutes or so until the meat has browned. Transfer meat and onion mixture to a large stock pot.

In the stock pot, add canned tomatoes, tomato sauce, kidney beans, black beans, spices, and water. Stir well to combine. Bring soup mixture to a low boil, then reduce heat and simmer for 20 - 25 minutes until flavors have combined and soup is cooked through. Top with avocado and optional toppings before serving.

Healthier Halloween Treats

**NOT ALL HEALTHY TREATS HAVE TO BE BORING OR HEALTH FOOD
KIDS LOVE GETTING THINGS OTHER THAN CANDY FOR HALLOWEEN!**

**GLOW STICKS, NECKLACES & BRACELETS
GEMSTONE RINGS, BEADED NECKLACES
CRAFT KITS/DIY BRACELETS
FRUIT CUPS WITH JACK O' LANTERN FACES
STRING CHEESE WITH GHOSTS FACES
PENCILS, STENCILS, STICKERS
SUPERHERO MASKS
TEMPORARY TATTOOS
BOUNCY BALLS
STICKY HANDS, PLAYDOH**



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

LUNCH CRUNCH: Monday - Thursday, 12:15 - 12:45 pm

A 30 minute session to burn fat and increase strength. Each class will vary and you will leave feeling energized and refreshed.

SCULPT & BURN: Monday & 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.

NEW* ELDER FITNESS: Monday, Wednesday & Friday, 9:00 - 9:30 am

A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living.

YOUTH FITNESS: Tuesday & Thursday, 4:15 - 5:00 pm

The goal is to teach healthy lifestyles and provide a positive learning experience. Class will improve cardiorespiratory fitness and build strong bones and muscles.



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