

# Tsiothohrkó:wa/January 2022

Tsitewatakari:tat—Let's Get Healthy Program  
Diabetes Center for Excellence  
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## Diabetes and Coronavirus (COVID-19)

If you think you may have been exposed to COVID-19 or you feel like you are developing symptoms, contact your health care provider. Seek medical care immediately if you experience any of the emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

If you do become sick, here are some common tips. Please note these may vary for each person:

Drink lots of fluids. If you're having trouble keeping water down, have small sips or ice chips every 15 minutes or so throughout the day to avoid dehydration.

If you are experiencing a low (blood sugar below 70 mg/dl or your target range), follow the 15-15 Rule: eat 15 grams of simple carbs that are easy to digest, like honey, jam, Jell-O, juice or regular soda, and re-check your blood sugar in 15 minutes to make sure your levels are rising.

Check your blood sugar extra times throughout the day and night (generally, every two to three hours; if using a continuous glucose monitor (CGM), monitor frequently).

Be aware that some continuous glucose monitor (CGM) sensors (some Dexcom, Medtronic models) are impacted by acetaminophen (Tylenol). Check with your manufacturer to see if your CGM is affected, and if so, check your blood sugar with finger sticks to ensure accuracy if you're taking acetaminophen.

Wash your hands and clean your injection/infusion and finger-stick sites with soap and water or rubbing alcohol if soap and water isn't available.

<https://www.diabetes.org/coronavirus-covid-19/know-what-to-do>

### Inside this Issue

Sick Days	2
Diabetes & COVID-19	3
Resolutions	4
Winter Safety	5
Recipes	6,7
Announcements	8

# Sick Days

## Diabetes and Preparing for Sick Days

When you get sick with things like colds, flu, or COVID-19, the illness and stress from it causes your body to release hormones that raise blood sugar (blood glucose) levels, making it harder to keep your blood sugar in your target range.

And while having diabetes does not make you more likely to get a cold or flu, it does raise your chances of getting seriously sick. Having a plan for sick days ahead of time will help you manage your diabetes and will make additional complications less likely.

One thing to keep in mind is to be sure you're getting enough water—so drink plenty of it. If you're having trouble keeping water down, have small sips every 15 minutes or so throughout the day.

You'll also want to be sure to get your annual flu shot to make getting the flu less likely.

**Manage your blood sugar:** Being sick can make it hard to eat. Having simple carbs handy like regular soda, Jell-O, or popsicles will help keep your blood sugar up if you are at risk for lows. Use the 15-15 rule to treat the lows you may have. Making sure your blood sugar remains in target is one of the best ways to help your body deal with sickness

**Have a plan:** Before you get sick, decide on an action plan with your health care team. This plan should include the following:

- When to call your doctor (in most cases if you are vomiting or have diarrhea more than three times over 24 hours or have had a fever over 101° for 24 hours).
- How often to check your blood sugar.
- What foods and fluids to take during your illness.
- How to adjust your insulin or oral medication, if you need to.
- Discuss what over the counter medications you should use for colds, flu, etc. Some can raise your blood sugar or affect your usual medications.

After you've discussed these topics with your diabetes care team, be sure to write your plan down to reference when you're feeling sick. You will also want to keep a list of emergency information such as your doctor's phone number, a list of medications you're taking, and your insurance information

**Create a Sick-Day Kit:** If you do get sick, it'll make things easier if you already have a sick-day kit ready to go with the things you'll need. You might want to include:

- A glucose meter
- Extra batteries
- Supplies for your insulin pump or continuous glucose monitor
- A week's worth of glucose-lowering medication (don't store these longer than 30 days before use)
- Glucose tabs or gels
- Flu or cold medications that won't disrupt your diabetes management

<https://www.diabetes.org/diabetes/treatment-care/planning-sick-days>

# Diabetes & COVID-19

## How COVID-19 Impacts People with Diabetes: FAQ's

### **Q: Are people with diabetes more likely to get COVID-19?**

A: There is not enough data to show whether people with diabetes are more likely to get COVID-19 than the general population. The problem people with diabetes face is they're more likely to have worse complications if they get it, not greater chance of getting the virus. Also, the more health conditions someone has (for example, diabetes plus heart disease), adds to their risk of getting those serious complications from COVID-19. Older people are also at higher risk of complications if they get the virus.

### **Q: Is COVID-19 different from the seasonal flu?**

A: COVID-19 is proving to be a more serious illness than seasonal flu in everyone, including people with diabetes. All of the standard precautions to avoid infection that have been widely reported are even more important when dealing with this virus.

We encourage people with diabetes to follow the guidance of the CDC to be sure you're doing everything you can to protect yourself and others. As always, people with diabetes should get a flu shot this year, although it's important to understand the flu vaccine will not protect against COVID-19.

### **Q: What are the symptoms and warning signs I should be watching out for?**

A: People with COVID-19 have reported a wide range of symptoms, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Pay attention for potential COVID-19 symptoms including:

- |                            |                              |                        |
|----------------------------|------------------------------|------------------------|
| • Fever or chills          | • Cough                      | • Shortness of breath  |
| • Difficulty breathing     | • Fatigue                    | • Muscle or body aches |
| • Headache                 | • New loss of taste or smell | • Sore throat          |
| • Congestion or runny nose | • Nausea or vomiting         | • Diarrhea             |

### **Q: What should I do if I think I'm developing symptoms of COVID-19?**

A: If you feel like you are developing symptoms, call your doctor.

When you call:

- Have your glucose reading available
- Keep track of your fluid consumption (you can use a 1-liter water bottle) and report
- Be clear on your symptoms (for example: are you nauseated? Just a stuffy nose?)
- Ask questions on how to manage your diabetes

<https://www.diabetes.org/coronavirus-covid-19/how-coronavirus-impacts-people-with-diabetes>

# Resolutions

Focus on setting a SMART goal this year for success in maintaining your New Year's Resolution

## S - Specific

**What do you want to achieve?** When thinking about your resolution, ask yourself if you'll be able to tell if the goal has been met or not. When you're working towards something that has a specific, focused result, you'll be more likely to stay on track, versus trying to accomplish something that has an undefined, general result. For example, instead of promising yourself, "I will eat healthy," commit to something more tangible, like, "I will eat a piece of fruit with my breakfast." At the end of the day, you'll be able to look back and determine whether you did-or did not-eat that piece of fruit.

## M - Measurable

**Can your progress be measured in some way?** Making your resolution measurable means that you'll be able to put a numerical benchmark on the goal. By adding a quantitative value, you'll be able to concisely track and manage progress toward your goal. For example, you might craft a goal like, "I will take three 10-minute walks throughout the day," instead of something more vague like, "I will exercise more." With a value attached to your goal, you'll be able to count the minutes and know whether or not you were successful.

## A - Attainable

**What steps will you take to reach this goal?** A goal within your reach is more likely to keep you motivated and set you up for success. However, if you set a goal that's too easy, you won't feel challenged and could feel like you haven't made real progress. Set a goal that's doable given your current health condition, but will push you and leave you feeling proud. For example, if you haven't exercised in years, are a few pounds overweight and have recently quit smoking, don't set a goal of spending hours training for a marathon. A better goal for you might be to take a 15-minute walk around the block every other day. And, if that's too much, drop it down to a 10-minute walk and work your way upward. It's a measurable goal and you'll be more likely to stick to the plan if you feel good doing it.

## R - Realistic

**Is it realistic?** When looking at your goal through a realistic lens, consider barriers to achieving your goal. These barriers could be your work schedule, budget concerns, family obligations and more. Just because you're setting healthy goals-great job doing so!-doesn't mean the rest of your life will pause. For example, if you'd like to take Zumba more regularly, it'd be unrealistic to say that you'll take a \$20 class every day when your work schedule really only allows for classes on the weekends and your budget is limited to \$10 per class. Instead, you might set a more realistic goal of paying for an online Zumba class for \$5 and doing it on Saturday mornings, before your day is filled with commitments.

## T - Timely

**What is the time frame that you have set for achieving this goal?** The most successful goals also include a time limit for them to be achieved. Choosing the time period is a balance between giving yourself enough time for the goal to be reached, but not so much time that you procrastinate or forget about the goal. For example, your 2022 resolution might be, "I will lose 10 pounds in the next 3 months," instead of, "I will lose 10 pounds this year." Since transforming your health is a process and not an instant change, you'll want to make sure to set a time limit that is safe, doable and keeps you motivated.

# Winter Safety

## Staying Safe and Proper Shoveling Technique

As for any yard maintenance job, priority #1 in snow shoveling is safety, followed closely by comfort and efficiency. Consider doing the following before you even step outside:

- Stretch your muscles to prevent injury.
- Dress in layers to stay warm.
- Vow to take breaks: Continuous or heavy snow shoveling can strain your cardiovascular system.
- "Wax" your shovel blade, making it slippery and thereby preventing snow from sticking to it. Although candle wax, floor wax, or car wax may be used, Pam cooking spray works fine, too.

Once you step outside and start wielding your shovel, remember the following:

- Bend your knees and lift with your legs.
- As you lift the snow, keep the shovel blade close to you, to reduce back strain.
- Switch off between snow shoveling right-handed and left-handed, so that you're working different muscles.
- Periodically change your grip on the hand holding the bar (palm under vs. palm over).
- When the snowfall is heavy (1 foot in depth), don't try to clean right down to the ground with a single scoop. Instead, skim the top 6 inches off, then scoop up the bottom 6 inches. Otherwise, you could be hurting yourself by lifting too much.



## Recipes

### Chicken, Mushroom and Barley Soup

#### Ingredients:

- 2 C cooked chicken, shredded
- 1 C cooked barley
- 32 oz. low sodium chicken broth
- 1 medium onion, diced
- 2 carrots, diced
- 3 celery stalks, diced
- 1 lbs. white mushrooms, sliced
- 2 tsp olive oil
- 1 sprig fresh thyme
- 2 bay leaves
- 1/2 tsp each salt & black pepper



#### Directions:

Add oil to a soup pot over medium heat. Add the onion, carrots, celery and mushrooms. Sauté for 5 minutes. Add broth, thyme, bay leaves, salt and pepper. Bring to a boil then reduce to a simmer, covered for 20 minutes.

**Note:** To bulk cook barley, add 11 oz. dry pearled (quick-cooking) barley to a pot of 4 cups boiling water. Cover, then reduce to a simmer for 10-12 minutes. Remove from heat, keep covered off the heat for 5 minutes. Makes 6 cups cooked barley. This barley can be used in any recipe calling for cooked barley. Store in an airtight container in the refrigerator for 7 days or package in freezer bags in one cup increments for up to 6 months.

### Tips and Tricks to Making Homemade Soup Tasty and Healthy:

- Use a no salt or low sodium stock in place of broth for more flavor
- Choose ground turkey breast instead of ground beef in chili for less calories, fat and cholesterol
- Add whole grains like quinoa, barley or wild rice in soups for added fiber
- Choose no salt tomatoes in place of regular tomatoes for lower sodium soups
- Add frozen chopped spinach to soups or chili for added nutrients and antioxidants
- Read your labels and stay away from bouillon and broths with added flavors, colors and ingredients you are unsure of
- Add pureed vegetables, a dash of fresh or dried herbs and spices for flavor
- Save leftover beans or chopped vegetables in the freezer and add them to your soups



# Recipes

## 8 Ingredient Chili

### Ingredients:

- 2 (15 oz) cans red kidney beans, rinsed and drained
- 2 lbs. ground turkey breast
- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- 2.5 cups low sodium V8 juice
- 1 TBSP olive oil
- 2 TBSP chili powder
- 1 tsp ground cumin



**Ready in less than 30 minutes!**

**Try this: Add cooked quinoa to the chili for a complete meal**

### Directions:

Heat olive oil in a 4 quart saucepan over medium - high heat. Add ground turkey, yellow onion and green pepper. Cook until meat is browned and vegetables are tender, stirring often, about 5 minutes. Add chili powder and cumin. Stir and cook until fragrant, about 2 minutes. Add V8 juice and kidney beans, heat until boiling. Reduce heat to low, cover and cook for 15 more minutes or until meat is cooked through and vegetables are fully cooked. Serve warm.

## Oatmeal

Oatmeal is a great source of whole grains and a common breakfast food, but not all oatmeal is healthy. Steel cut oats or old fashioned rolled oats are the least processed. Quick oats and instant oats are the most processed. Next time you are out shopping, take some time in the hot cereal section and read the labels.

Add in your own flavors and extras. Some healthy options include; natural peanut butter, chopped walnuts, almonds, milled flax seed, chia seeds, maple syrup, honey, sliced bananas, fresh berries, chopped apples, a few dark chocolate chips, ground cinnamon. Just remember to add extras sparingly, not all at once.

## Overnight Oats

### Ingredients:

- 1/2 C old fashioned oats
- 1/2 C milk
- 1/2 tsp maple syrup
- 1/4 tsp vanilla extract

### Directions:

Combine oats, milk, maple syrup and vanilla in a mason jar or bowl. Seal with a lid and shake to mix, or stir if using a bowl. Refrigerate overnight or at least 6 hours and up to 4 days. Stir and add toppings right before serving.

### Tips for the best overnight oatmeal:

Refrigerate overnight and wait and add your toppings, such as nuts, berries or other fresh fruit, right before serving. If you are using frozen berries such as blueberries or raspberries, you can add those on top of the oats the night before and they will defrost overnight.

Overnight oats will last for 4 days in the refrigerator, so they are a great option for make ahead meal prep breakfasts. You can make individual portions of oats in individual serving containers (such as mason jars). The oats in a jar are perfect for grab and go breakfasts to take to work or school.

## Announcements

The Fitness Room has reopened!

If you are interested in utilizing the Medical Fitness Program

(formerly called Move for Health)

please call Heather Garrow at: (518) 358-9667 to see if you are eligible.

Due to COVID-19 safety measures, we have reduced participant capacity.

We have also reduced the number of fitness classes. At this time, we cannot offer community classes

If we find our staff and participants are safe and the number of community COVID-19 cases decline, we can eventually add more time slots and/or increase the fitness room capacity and we hope to do that soon.

Niá:wen for your patience

**We will be closed**  
**Monday January 17th**  
**In observance of**  
**Martin Luther King, Jr. Day**



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