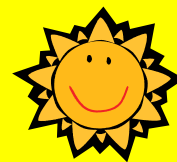




Seskéha/August 2019

Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center For Excellence
66 Margaret Terrance Memorial Way
518-358-9667



Wellness Week 2019

Wellness Week took place July 8th to the 11th. The Let's Get Healthy Program participated in many community events offered during the week such as the Bike Rodeo, Wellness Fair, Poker Walk and more! This year was a true success in all ways, with huge community and program participation and amazing prizes! A special thanks to all that made this see what week possible and can't wait to



August is Summer Sun Safety Month



Your skin is your body's largest organ, so it's not a surprise that skin cancer is the most common kind of cancer, with about 3.5 million cases of basal and squamous cell skin cancer diagnosed in the United States each year.

These cancers in the outer layer of your skin occur most where your skin is exposed to the sun, such as the face, ears, neck, lips and the backs of your hands.

Melanoma, a more dangerous type of skin cancer that begins in the cells that make pigment, will account for about 73,000 new cases this year. You can reduce your risk of getting skin cancer by protecting your skin from overexposure to ultraviolet rays, which are emitted by the sun but also by tanning beds and sunlamps.

The American Cancer Society notes the best way to avoid overexposure to harmful rays is to stay in the shade. But when you in the sun, it suggests you "Slip, Slop, Slap

know you will be and Wrap."

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wrap on sunglasses



INSIDE THIS ISSUE:

Nutrition Page	2
Fitness Page	3
Garden Fresh Recipes	4-5
Heart Disease and Diabetes	6
Dental Care	7
News/Upcoming Events	8

<https://healthplans.providence.org/fittogether/find-your-fit/manage-health-conditions/>

Nutrition Tips to Help Wound Healing

We've all had a wound: a cut, scratch or scrape that breaks the skin. Most wounds on healthy people heal quickly when kept clean and free of infection, while other types of wounds are more serious and often require medical intervention.

Serious wounds may include decubitus ulcers, also known as pressure sores or bed sores, which develop where bones are close to the skin — such as ankles, back, elbows, heels and hips. These wounds are a risk for people who are bedridden, use a wheelchair or are unable to change their position.

People with diabetes also have a higher risk of developing foot ulcers that can take months to heal.

Fortunately, healthful food choices may help with recovery by providing the energy, vitamin, mineral and protein requirements necessary to promote healing.



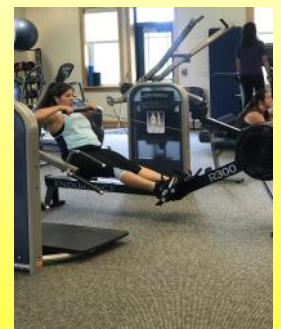
Promote Wound Healing with Good Nutrition

1. Plan healthy, balanced meals and snacks that include the right amount of foods from all the food groups — lean protein, fruits, vegetables, dairy and whole grains.
2. Choose vegetables and fruits rich in vitamin C, such as strawberries or spinach. For adequate zinc, choose whole grains and consume protein, such as eggs, lean meat, low fat dairy or heart healthy fish. Some wounds may require a higher intake of certain vitamins and minerals to support healing. Speak with your healthcare provider before starting any new supplements.
3. Include adequate protein throughout the day. Include a source of protein at each meal or snack. A sample menu may include boiled eggs for breakfast, black bean tacos for lunch, Greek yogurt for a snack and chicken breast at dinner.
4. Stay well-hydrated with water or other unsweetened beverages, such as herbal teas or unsweetened ice tea.
5. For people with diabetes, controlling blood sugar levels help prevent wounds from developing and to support healing and recovery.

Shining Star Testimonial

I started coming to the LGHP in April 2018 because I was in a weight-loss challenge and I needed this to get me started on living a healthier lifestyle. Now I am working out 4-5 times a week during my lunch break. I make better decisions on what to eat and I meal prep for the week to ensure I do not go off track. Their dietitian, Heather, has helped me on what to foods to eat. If I miss a class or a class is cancelled during the week, I work out on the weekend to make up for the missed day. Just a couple things that working out has helped me in so many ways. I have more energy and have become healthier, stronger and lost about 20 lbs. since then. But I have hit a plateau so I started to do HIIT (High Intensity Interval Training) workouts in the morning to change it up but still do WOD (Workout of the Day) with the instructors on my lunch. All of the instructors are awesome and know how much we can push ourselves and wants us to be better, do more and lift heavier the next time.

Thank you so much Jess, Krista & AJ!



Choosing Your Exercise Intensity



How hard should you be exercising? Your exercise intensity must generally be at a moderate or vigorous level for maximum benefit. For weight loss, the more intense or longer your activity, the more calories you burn. Balance is very important. Overdoing your workout or physical activity can increase your risk of soreness, injury and burnout.

Start at a light intensity if you're new to exercising. Gradually build up to a moderate or vigorous intensity. Consider your reasons for exercising. Do you want to improve your fitness, lose weight, train for a competition or do a combination of these? Your answer will help determine the appropriate level of exercise intensity.

The Department of Health and Human Services recommends these exercise guidelines for most healthy adults. For aerobic activity a person should get at least 150 minutes a week of moderate aerobic activity such as brisk walking, swimming or mowing the lawn or 75 minutes a week of vigorous aerobic activity such as running or aerobic dancing.

You can also do a combination of moderate and vigorous activity. It is best to do this over the course of a week. You can achieve more health benefits if you increase your exercise to 300 minutes or more of moderate aerobic activity a week. Even small amounts of physical activity are helpful, and accumulated activity throughout the day adds up to provide health benefits.

For strength training a person should work all major muscle groups at least twice a week. Consider free weights, weight machines or activities that use your own body weight such as rock climbing or heavy gardening. Or try squats, planks or walking lunges. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

Just remember to be realistic and to not push yourself too hard, too fast. Fitness is a lifetime commitment, not a sprint to a finish line. Talk to your doctor if you have any medical conditions or you're not sure how intense you should exercise.

Reference:

Mayo Clinic Staff (2019). *Choosing your exercise intensity*. Retrieved from



7 Common Summer Workout Mistakes to Avoid

1. **Not drinking until you're thirsty:** Exercising in the Summer means your body is using water to regulate your temperature. When you're low on fluids, fatigue sets in and you can't perform optimally.
2. **Not using sunscreen:** Summer sun can hit you hard, even if it is partly cloudy.
3. **Not checking the clock:** Summer temperatures climb earlier in the day.
4. **Wearing improper clothing:** Skin hugging outfits are not the best choice. Choose loose fitting and light colored clothing.
5. **Skimping on electrolytes:** High temperatures means more sweat, which can translate into more electrolyte loss.
6. **Not checking the weather forecast:** Keep an eye on humidity levels.



You can take that first step in your journey to a healthier you by joining one of our many Community Classes. These are open to anyone over the age of 18. Please stop in and grab a Fitness Calendar. You can also view it on the Saint Regis Mohawk Tribe website and the Let's Get Healthy Program Facebook page.

Garden Fresh

Cucumber Salad with Greek Yogurt Dressing

Ingredients:

- 1 lb. fresh cucumbers, thinly sliced, (3 medium)
- ¼ cup onion, thinly sliced
- ¼ cup fresh dill, chopped
- ½ cup plain greek yogurt
- 2 tsp Dijon mustard
- 2 tsp olive oil
- Fresh garlic clove, minced or pressed
- 2 tsp white vinegar
- ½ tsp white sugar or sugar substitute



Directions:

Place the cucumbers, onion and dill in a bowl. In a separate bowl combine the yogurt, mustard, oil, garlic, vinegar and sugar, whisk to combine.

Add the dressing to the cucumbers and mix well.

Refrigerate until ready to eat.

Best if eaten on the same day it is made.

** Try using white wine vinegar or apple cider vinegar*

** Sugar can be eliminated or try switching sugar for a stevia based blend.*

** You can use any onions available: white, sweet, red, scallions or shallots*

Pineapple Mango Salsa

Ingredients:

- 1 cup fresh pineapple, chopped
- 1 cup fresh mango, chopped
- 1/4 cup sweet onion, minced
- 1 jalapeño, cut in half, seeds removed and finely minced
- 2 TBSP lime juice
- 1/2 teaspoon cumin powder
- 1/4 cup fresh cilantro, rinsed and chopped
- Ground black pepper as desired

Tips & Tricks:

Use as a side dish. Accompany with fish or chicken.

Use as a dip with tortilla chips. Add leftovers to make a salad with wheat berries or quinoa.

Directions:

Add all ingredients together in a mixing bowl. Mix well and let sit in the fridge for 20 minutes to allow the flavors to blend together.

**Use gloves when chopping jalapeños.*

***To make as a salad add 1 cup cooked, cooled wheat berries or quinoa.*

**Add colored bell peppers, red or orange will add color.*

** Use red onion or yellow onion in place of sweet onion if you have it.*

Fresh Garden Salsa

Ingredients:

- 1 medium size cucumber, peeled, seeded and chopped
- 1 medium size tomato, seeded and chopped
- 1 green or colored bell pepper, seeded and chopped
- 1/4 cup yellow onion, chopped
- 1 clove garlic, minced
- 1 Jalapeño, seeded and minced-*use gloves when cutting jalapeno*
- 1 TBSP lime juice
- 1 TBSP fresh parsley, washed, patted dry and minced
- 1 TBSP fresh cilantro, washed, patted dry and minced

Directions:

Mix all ingredients together and gently stir. Store in an airtight container in the refrigerator for up to 3 days. Serve chilled with whole grain tortilla chips.

Serve as a side dish or make it a main course by serving with cooked quinoa and grilled shrimp

Try These EASY Meal Ideas:

Add cooked, chilled quinoa to salsa to make it a salad and serve with grilled shrimp.

Use as a topping on cooked chicken and serve with tortilla chips.

Health Benefits

Loaded

Low

High

Eat

Eat

Versa

Local Farmers

Massena

Massena

Monday

Massena

Thurs

Sunday

Akwesasne

Gene

Tuesda

JCEO M

Gene

Cook

Fresh S

Aug

11:30 a

RSVP b

Space for

Featur

Cucu

Fresh T

Black

Pineapple

Fresh Recipes

Benefits of Zucchini:

• Rich with Vitamin A
• Low in calories
• High in fiber
• Easy to cook
• Easy to grow
• Nutritious vegetable

Farmer's Markets

Farmer's Market
Memorial Hospital
Days 2:30 - 5:30 pm
&

Tractor Supply
Days 2 - 6 pm
Days 10 am - 2 pm

Farmer's Market
Arboretum Park
Days 11am - 2pm

Mobile Market
Arboretum Park

Cooking Demo Salsa Recipes

August 22nd
10 am - 1:00 pm

Free August 20th
for 8 participants

Recipe recipes:
• Tomato Salsa
• Bean Salsa
• Mango Salsa

Zucchini Burrito Boats

Ingredients:

- 4 medium size zucchini, cut in half lengthwise
- 1 TBSP olive oil
- 1 jalapeno pepper, seeded and minced *optional*
- 1 bell pepper, stem, seeds removed and diced
- ½ cup onion, diced
- 1- 15 ounce can of black beans, drained and rinsed
- 1 cup cooked brown rice or quinoa
- 1 cup salsa (jarred or fresh)
- ½ cup frozen yellow corn, thawed
- 2 tsp cumin
- 1 tsp chili powder
- ½ cup fresh cilantro, washed, patted dry and minced
- 1 cup reduced fat cheddar cheese, shredded



Directions:

Preheat the oven to 400. Using a metal spoon scoop out the seeds from the center of each zucchini. Place the zucchini skin side down in a baking dish.

Heat a tablespoon of olive oil in a pan over medium heat. Add the onion, bell pepper and jalapeno, cook for 2-3 minutes.

Add the beans, rice/quinoa, salsa, corn, cumin and chili powder to the pan with the onions and peppers. Cook for about 5 minutes or until cooked through.

Stir in ¼ cup of the cilantro into the filling.

Spoon the filling into the zucchini until they are full.

Sprinkle each zucchini boat with shredded cheese.

Cover with baking dish with foil and bake for 25 minutes.

Remove the foil and set the oven to BROIL. Broil for 5 more minutes.

Remove from the oven and sprinkle with remaining cilantro.

Balsamic Tomato Bruschetta

Ingredients:

- 4 medium size tomatoes, seeded and chopped
- 1 whole Baguette
- 5 cloves garlic, minced
- 2 TBSP olive oil
- 1 TBSP balsamic vinegar
- 6 whole basil leaves
- ground black pepper, to taste



Directions:

Preheat oven to 450 degrees.

In a small skillet, heat olive oil over medium-high heat. Add garlic and stir, lightly frying for about minute, removing before the garlic gets too brown. Pour into a mixing bowl and allow to cool slightly. Add tomatoes, balsamic, basil, and pepper to the bowl. Toss to combine, then taste and add more basil if needed, and more pepper if needed.

Cover and refrigerate for an hour if you have the time.

Cut the baguette into diagonal slices to allow for the most surface area possible. Arrange baguette slices in a single layer on a baking sheet. Place in the oven until toasted and golden brown about 5

What if grape or cherry tomatoes are not available?

If grape or cherry tomatoes are not available you can use plum or roma tomatoes as they have less seeds than regular garden tomatoes.

Also try a mixture of red and yellow grape tomatoes for a fun and colorful appetizer.

If using garden tomatoes, remove the

What is the link between heart disease and diabetes? (Part 1)

Heart disease is the leading cause of death in men and women in the U.S. The most common cause of heart disease is accumulation of cholesterol in the arteries that supply the heart with blood. The medical term is atherosclerotic cardiovascular disease (ASCVD) and it describes the buildup of cholesterol that results in narrowing of the heart's blood vessels.

Key risk factors for heart disease, also called cardiovascular disease, include high blood pressure, high cholesterol and smoking. Other contributors to heart disease include diabetes, obesity, poor eating habits, physical inactivity, and excessive alcohol use. People with diabetes are twice as likely to have a heart attack or a stroke as people without diabetes. Among people with diabetes over age 65, approximately 68% die from heart disease and 15% die from stroke. The chance of developing heart disease among people with diabetes is not dependent on how well you manage your blood glucose.

So, when we think about diabetes, we should really be thinking about heart disease as well! To most people, heart disease means heart attacks, chest pain or stroke. However, sometimes heart disease hides among a group of symptoms that are only slightly elevated above normal levels. People who possess any three of the following are defined as having metabolic syndrome and have twice the risk of developing heart disease:

- ⇒ Large waistline – greater than 35 inches for women, and 40 inches for men
- ⇒ High triglycerides – greater than 150 mg/dL on a fasting blood test
- ⇒ Low HDL “good” cholesterol – less than 40 mg/dL on a fasting blood test
- ⇒ High blood pressure – greater than 130/85 mmHg or taking blood pressure-lowering medicine
- ⇒ High blood glucose – greater than 100 mg/dL on a fasting blood test

Diabetes management requires many different techniques, each with a different goal. Believe it or not, management involves goals for blood pressure, cholesterol, physical activity, and weight in addition to your blood glucose. People with diabetes who understand their goals are able to be active members in treatment decisions with their healthcare provider.

Blood Glucose:

Both high blood glucose (sugar) and low blood glucose can be a problem for people with diabetes. High blood glucose can damage blood vessels, worsen cholesterol levels and make blood pressure more difficult to manage. When blood glucose falls, the body responds by increasing the heart rate and adrenaline. In people with heart disease, increased heart rate can cause a heart attack. Daily management of blood glucose should be reviewed with your diabetes care team. Be sure to bring your blood glucose meter or logbook to each visit. A laboratory test called a hemoglobin A1C estimates a 3-month average of your blood

Monitoring Parameters	Recommended Ranges	When to Check
Fasting Blood Glucose	80-130 mg/dL	8 hours without food
Post Meal Blood Glucose	< 180	2 hours after eating
A1C Goal – Most Adults	<7%	3 months if unmanaged, every 6 months if at goal
A1C Goal – Less Strict*	<8%	3 months if unmanaged, every 6 months if at goal

glucose. Both the hemoglobin A1C and self-monitored blood glucose are used together for treatment decisions. Below are recommendations from the American Diabetes Association for blood glucose monitoring.

*Less strict A1C for people who are sensitive to low blood glucose levels (advanced age, history of severe heart disease, long duration of diabetes).

Blood Pressure:

Recommendation For	BP Targets
Individuals with diabetes & hypertension	Goals should be individualized
Individuals with diabetes & hypertension at higher risk of cardiovascular disease	<130/80mmHg
Individuals with diabetes & hypertension at lower risk of cardiovascular disease	<140/90 mmHg
Individuals with diabetes & preexisting hypertension who are pregnant & being treated with antihypertensive therapy	120/80 – 160/105 mmHg

Managed blood pressure will decrease damaged blood vessels as well as decrease the risk of stroke, heart attack and heart failure. For this reason, your blood pressure should be checked at every office visit. Your diabetes care team may recommend a drug called an ACE-inhibitor or ARB in order to reach blood pressure goals. These medications have benefits beyond blood

What is the link between heart disease and diabetes? (Part 1) (continued)

Weight: 7% sustained weight loss:

People who are overweight or obese are at high risk of heart disease especially those with diabetes. Calculation of body mass index (BMI) is a way to compare your weight with your height. People with a healthy weight have a BMI between 18 and 24.9 kg/m² while overweight people have a BMI between 25 and 29.9 kg/m² and obese people have a BMI greater than 30 kg/m². A sustained weight loss of 7% is ideal in people who are overweight. Your diabetes educator or registered dietitian can help create an individualized plan to help you meet your weight loss goals.

Physical Activity: 150 min over 3 days of physical activity and 2 days of resistance training:

Physical activity reduces ASCVD risk, improves blood glucose management, and increases weight loss. Activities should involve both physical activity and resistance exercise. Physical activity exercises include swimming, running, biking and anything else that gets your heart rate up. Resistance training exercise is short-lasting and high-intensity and should work all major muscle groups like using resistance bands, weight training or exercises that use your own body weight to work your muscles. Some diabetes medications may require adjustment and additional monitoring during exercise. Before beginning a new physical activity program, talk to your healthcare provider to ensure your body is healthy enough for your new plan.

Cholesterol: Moderate to high statin dose: 30-49% reduction in LDL or high statin dose >50% reduction in LDL.

One of the most effective strategies to reduce your risk of heart disease is to manage cholesterol. Excess cholesterol builds up in our arteries and eventually leads to heart attacks and strokes. This process is also known as atherosclerotic cardiovascular disease (ASCVD). Medications called statins reduce LDL cholesterol (or “bad” cholesterol) and ASCVD risk by 20%. You can calculate your risk with the online calculator found at:

<http://tools.acc.org/ASCVD-Risk-Estimator/>.

People with an estimated ASCVD risk above 7.5% should be started on statin therapy.

Cholesterol Monitoring: Laboratory tests should be ordered every 4 to 12 weeks in people not reaching their LDL goal on statin therapy. Those at their goal only need testing every 6 to 12 months.

Aspirin Therapy: 81 mg daily in people with ASCVD or a 10 year ASCVD risk of 10%

Aspirin 81 mg (also known as baby aspirin) reduces ASCVD risk in people who already have heart disease and those at high risk. It's not safe for everyone to take aspirin, so be sure to talk to your diabetes care team before starting.

How Are you Doing With Your Dental Care?

Dental care and maintenance is very important to everyone, but especially those with diabetes because diabetes compromises one's ability to fight infections, even in your mouth. The Indian Health Service Division of Diabetes Treatment and Prevention recommends the following for oral care: an inspection of gums and teeth at diagnosis, then at each visit AND a dental exam by a dental professional at diagnosis, then every 6-12 months. Diabetes can also cause dry mouth and inflammation of the gums which can eventually lead to tooth decay. What do you need to know to keep your mouth healthy?



Toothbrushes

The American Dental Association recommends brushing twice daily for 2 minutes each time. This will remove the bacteria that causes decay. In addition, change toothbrushes or electric heads every two to three months or even earlier if they look worn. Manual toothbrushes should be soft bristled because they can easily sweep under gums to remove plaque which can be sticky. The use of medium and hard bristles will be too harsh on the tooth and also not effectively pick up the bacteria.

Electric toothbrushes are very effective in the removal of even more bacteria in the mouth because they rotate at a higher frequency. They are also helpful to those who are no longer able to effectively brush manually. While many electric toothbrushes are expensive, those priced lower are equally as effective.

Toothpaste

What is the most important quality to look for in toothpaste? Fluoride. In addition, inflammation of the gums leads to gum recession that eventually exposes roots of the tooth. This may cause more sensitivity to hot/cold. In that case, also choose a toothpaste for sensitive teeth.

Mouthwash

Mouthwash is NOT a substitute for brushing and flossing. However, it can assist in killing germs that cause plaque buildup as well as add another layer of protection against cavity. Avoid alcohol based mouthwash as it is drying to gum tissue. Dry tissue can increase the likelihood of decay and bad breath.

Floss

Daily flossing is an absolute must. Why? Because gum disease begins in-between teeth. Choose floss based on your mouth's

News

Guided Meditation

Fridays

9:50 - 10:15 am

Relaxation Lounge

No RSVP required



The pool is closed until further notice for repairs

Please stay tuned for continued updates



Cooking Demo

Fresh Salsa Recipes

August 22nd

11:30 am - 1:00 pm

RSVP by August 20th
Space for 8 participants



Featured recipes:

Cucumber Salsa
Fresh Tomato Salsa
Black Bean Salsa

Move for Health (MFH):

Nurse supervised exercise classes

Must be enrolled in LGHP

Monday-Thursday

8-9am, 9-10am, 10-11am,
11am-12pm & 3-4 pm

Community Classes:

No registration required

Public Fitness

Monday - Friday

5:00-8:00 am & 12:00-1:00 pm

Friday

8:00 am-10:00 am

Boot Camp

Monday & Wednesday

4:30-5:15 pm

Water Aerobics

Monday

5:00pm-6:00pm

Thursday

5:00pm-6:00pm

Supervised Swim

Wednesday & Friday

8:00-9:00 am

All exercises classes
offered by the
Let's Get Healthy Program
are free to ages 18 and older



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



Join the Let's Get Healthy Program and the Saint Regis Mohawk Health Services for **Diabetes Day**

Wednesday, August 21st

8:30 to 11:30 a.m.

Diabetes Center for Excellence



Meet your
diabetes team



Blood sugar
screenings



Have your
feet checked



Blood pressure
checks

**One-Stop
Diabetes
Health Care
Clinic**



Receive
information about
Health Services
Programs



Check out
the Move
for Health &
fitness room



Bring your
medications
& meet with
Pharmacy



Sample healthy
snacks & speak
with a Registered
Dietitian

For more information, please contact the Let's
Get Healthy Program Office at (518) 358-9667

This event is for Akwesasne community members eligible to
receive care through the SRMT Health Services

RAFFLES DOOR PRIZES

Family Participation Required - No Drop Offs

3rd Annual

Family

FUN DAY

in celebration of Child Support Awareness Month

August 7th
5:00 to 7:00 p.m.
Generations Park

Sponsored By

SRMT: Child Support Enforcement Unit, Health Promotion Planning, Early Childhood Development, Three Sisters,
Alcohol/Chemical Dependency Prevention, Tribal Police, Tribal Vocational Rehabilitation, Indian Child Welfare Act
(ICWA), Preventive/Foster Care, Cultural Restoration.
MCA: Akwesasne I-4 Program, Akwesasne Mohawk Police Service, Akwesasne Youth Fitness
Akwesasne Boys and Girls Club and Akwesasne Employment Resource Center