Announcements

The Fitness Room has reopened!

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.

For the immediate future, priority is given to our program patients with diabetes.

We have implemented additional protocols for utilizing the fitness room, including COVID-19 screenings.

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.

Onerahtohkó:wa/May 2021

Tsitewatakari:tit—Let’s Get Healthy Program
Diabetes Center for Excellence
66 Margaret Terrance Memorial Way
Akwesasne, NY 13655
518-358-9667

May is National Blood Pressure Education Month
National High Blood Pressure Education Month is a time for reflection and action. Reflection to understand the causes, prevention and treatment for high blood pressure — and action to educate the public and bring the rates of high blood pressure down.

May 9-15 is National Women’s Health Week
National Women’s Health Week is a weeklong health observance led by the U.S. Department of Health and Human Services’ Office on Women’s Health. The week serves as a reminder for women and girls, especially during the outbreak of COVID-19, to make their health a priority and take care of themselves. It is extremely important for all women, especially those with underlying health conditions, such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and women 65 years and older, to take care of your health.

May is also National Physical Fitness and Sports Month
An annual observance, National Physical Fitness and Sports Month is a time to highlight the importance of staying active through sports and other fitness activities. Celebrate this observance by promoting the importance of 60 minutes per day of physical activity for kids (and adults 30 minutes per day) and providing opportunities to be physically active at school and at home.
High blood pressure is a common disease that develops when blood flows through your arteries at higher-than-normal pressures. Your blood pressure is made up of two numbers: systolic and diastolic. Systolic pressure is the pressure when the ventricles pump blood out of the heart. Diastolic pressure is the pressure between heartbeats, when the heart is filling with blood. For most adults, a healthy blood pressure is usually less than 120 over 80 millimeters of mercury, which is written as your systolic pressure reading over your diastolic pressure reading—120/80 mm Hg.

You usually don’t have symptoms from high blood pressure until it has caused serious health problems. That is why it is important to have your blood pressure checked regularly and to know your numbers. Your doctor will diagnose you with high blood pressure if you have consistently high blood pressure readings.

To control or lower high blood pressure, your doctor may recommend that you adopt a heart-healthy lifestyle. This includes choosing heart-healthy foods such as those in the DASH (Dietary Approaches to Stop Hypertension) eating plan. You may also need to take medicines. Controlling or lowering blood pressure can help prevent or delay serious health problems such as chronic kidney disease, heart attack, heart failure, stroke, and possibly vascular dementia.

**Undiagnosed or uncontrolled high blood pressure can lead to serious health problems:**
- Aneurysm
- Stroke
- Chronic kidney disease
- Eye damage
- Heart attack
- Heart failure
- Peripheral artery disease or carotid artery disease
- Vascular dementia

**Know when to call for help for complications**
Readings above 180/120 mm Hg are dangerously high and require immediate medical attention. Blood pressure this high can damage your organs. Call 9-1-1 if you experience:
- A sudden, severe headache
- Difficulty breathing
- Sudden, severe pain in your abdomen, chest, or back

High blood pressure can also lead to heart attack or stroke. Call 9-1-1 if you suspect this is happening to you or someone else. The signs and symptoms of a heart attack include:
- Nausea, vomiting, light-headedness or fainting, or breaking out in a cold sweat. These symptoms of a heart attack are more common in women.
- Prolonged or severe chest pain or discomfort not relieved by rest or nitroglycerin. This involves uncomfortable pressure, squeezing, fullness, or pain in the center or left side of the chest that can be mild or strong. This pain or discomfort often lasts more than a few minutes or goes away and comes back.
- Shortness of breath. This may accompany chest discomfort or happen before it.
- Upper body discomfort. This can be felt in one or both arms, the back, neck, jaw, or upper part of the stomach.

**What You Need to Know**
If you are fully vaccinated, you can start doing many things that you had stopped doing because of the pandemic. When choosing safer activities, consider how COVID-19 is spreading in your community, the number of people participating in the activity and the location of the activity.

Outdoor visits and activities are safer than indoor activities, and fully vaccinated people can participate in some indoor events safely, without much risk.

On April 27th, the CDC released updated recommendations. Fully vaccinated individuals can engage in the following activities without wearing masks:
- Walking, running, hiking or biking outdoors alone or with members of their household
- Attending small outdoor gatherings with fully vaccinated family and friends
- Attending small outdoor gatherings with a mixture of fully vaccinated and unvaccinated people
- Dining at outdoor restaurants with friends from multiple households

Fully vaccinated people can also attend a crowded, outdoor event, like a live performance, parade, or sports event, as long as they remain masked.

Interim Public Health Recommendations for Fully Vaccinated People | CDC

**COVID-19**

During National Women’s Health Week each year, millions of women take steps to improve their health. The week serves as a reminder for women to make their health a priority and build positive health habits for life.

**What steps can I take for better health?**
To improve your physical and mental health, you can:
- Visit a doctor or nurse for a well-woman visit (checkup), preventive screenings, and vaccines
- Get active
- Eat healthy
- Pay attention to mental health, including getting enough sleep and managing stress
- Practice safe behaviors, such as quitting smoking, not texting while driving, and taking steps to protect yourself from sexually transmitted infections

**Why should I take these steps?**
These steps are the foundation for a lifetime of good health. They can help you be as healthy as possible.

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Move Your Way

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts. Do activities that make your muscles work harder than usual.

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week. If that’s more than you can do right now, do what you can. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. What’s your move?

High Blood Pressure | NHLBI, NIH
DASH is a flexible and balanced eating plan that helps create a heart-healthy eating style for life. The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:

- Eating vegetables, fruits, and whole grains
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- Limiting sugar-sweetened beverages and sweets

Controlling Daily Sodium and Calories

To benefit from the proven DASH eating plan, it is important to limit daily sodium levels to 1,500 mg - 2,300 mg, and to consume the appropriate amount of calories to maintain a healthy weight or lose weight if needed.

The key to lowering your sodium intake is to make healthier food choices when you’re shopping, cooking, and eating out.

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Cilantro Lime Quinoa

Ingredients:
1 tsp olive oil  
1 small onion, chopped  
2 cloves garlic, minced  
1 C quinoa  
2 C low sodium chicken broth  
Juice of 2 limes  
1/2 fresh cilantro, chopped

Directions:
Heat the oil in a large skillet over medium heat. Add the onions and cook for 3 to 4 minutes. Add the garlic and cook for 30 seconds. Reduce the heat to low and add quinoa. Cook over a low heat for 1-2 minutes, stirring constantly to make sure the quinoa doesn’t burn. Add the chicken broth and the juice of 1 lime and bring it to a boil. Reduce the heat to low, cover and simmer for 15 minutes or until done. Remove from heat. Stir in the juice of 1 lime and chopped cilantro.

Nutrition Facts
Calories: 145  
Total Fat: 0g  
Cholesterol: 0mg  
Carbohydrates: 22g  
Protein: 5g  
Sodium: 35mg  
Potassium: 270mg

Greek Salmon and Veggie Packets

Salmon is a good source of heart-healthy omega-3 fatty acids

Ingredients:
Nonstick cooking spray  
1/4 C lemon juice  
2 cloves garlic, minced  
1 TBSP fresh oregano, minced  
1 medium zucchini, thinly sliced  
1 medium onion, thinly sliced  
1 medium red bell pepper, thinly sliced  
4 salmon fillets, 4 oz. each, skinless  
2 tsp olive oil  
Salt and pepper to taste

Directions:
Preheat oven to 400°F. Spray 4, 8x8-inch sheets of aluminum foil with cooking spray. Set aside. Combine lemon juice, garlic, oregano, salt (optional) and pepper in a small bowl. Set aside. Place 1/4 of zucchini, onion and bell pepper on each sheet of foil. Top each one with a salmon fillet. Pour 1/4 of lemon juice mixture over each salmon fillet. Top with 1/2 tsp. olive oil. Bring foil sides up on both sides and seal. Place on baking sheet and bake in oven for 20 minutes. Be careful when opening the foil packets because the steam can burn you.

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Calories: 260  
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Directions:
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Blood Pressure cont.

Stroke
If you think someone may be having a stroke, act F.A.S.T. and perform the following simple test:

F - Face: Ask the person to smile. Does one side of the face droop?
A - Arms: Ask the person to raise both arms. Does one arm drift downward?
S - Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?
T - Time: If you observe any of these signs, call for help immediately. Early treatment is essential.
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Fully vaccinated people can also attend a crowded, outdoor event, like a live performance, parade, or sports event, as long as they remain masked.

Interim Public Health Recommendations for Fully Vaccinated People | CDC

During National Women’s Health Week each year, millions of women take steps to improve their health. The week serves as a reminder for women to make their health a priority and build positive health habits for life.

What steps can I take for better health?

To improve your physical and mental health, you can:

- Visit a doctor or nurse for a well-woman visit (checkup), preventive screenings, and vaccines
- Get active
- Eat healthy
- Pay attention to mental health, including getting enough sleep and managing stress
- Practice safe behaviors, such as quitting smoking, not texting while driving, and taking steps to protect yourself from sexually transmitted infections

Why should I take these steps?

These steps are the foundation for a lifetime of good health. They can help you be as healthy as possible.
The Fitness Room has reopened!

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.

For the immediate future, priority is given to our program patients with diabetes.

We have implemented additional protocols for utilizing the fitness room, including COVID-19 screenings.

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

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Onerahtohkó:wa/May 2021

Tsitewatakari:tat—Let’s Get Healthy Program
Diabetes Center for Excellence
66 Margaret Terrance Memorial Way
Akwesasne, NY 13655
518-358-9667

May is National Blood Pressure Education Month

National High Blood Pressure Education Month is a time for reflection and action. Reflection to understand the causes, prevention and treatment for high blood pressure — and action to educate the public and bring the rates of high blood pressure down.

May 9-15 is National Women’s Health Week

National Women’s Health Week is a weeklong health observance led by the U.S. Department of Health and Human Services’ Office on Women’s Health. The week serves as a reminder for women and girls, especially during the outbreak of COVID-19, to make their health a priority and take care of themselves. It is extremely important for all women, especially those with underlying health conditions, such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and women 65 years and older, to take care of your health.

May is also National Physical Fitness and Sports Month

An annual observance, National Physical Fitness and Sports Month is a time to highlight the importance of staying active through sports and other fitness activities. Celebrate this observance by promoting the importance of 60 minutes per day of physical activity for kids (and adults 30 minutes per day) and providing opportunities to be physically active at school and at home.