

NEWS

Cooking Demo
September 26, 2019
11:30am-1:00pm

Cooking with Apples

Featured Recipes:
 Harvest Apple Salad
 Apple Pie Party Dip



RSVP by
 September 24, 2019
 Space available for 8 participants

Our office will be CLOSED

**Monday September 2nd &
 Friday September 13th**

**Please remember to pick
 up testing supplies ahead of
 time**



**The pool is closed until
 further notice for repairs**

**Please stay tuned for
 continued updates**



Diabetes Day

Wednesday
September 25th
8:30-11:30am

**Diabetes Center for
 Excellence**

**Meet with
 medical providers,
 laboratory, dental, pharmacy,
 LGHP staff and more!**



Guided Meditation
Fridays
9:50-10:15am

***If door is closed, meditation
 has already started**

Cancelled on September 20th



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

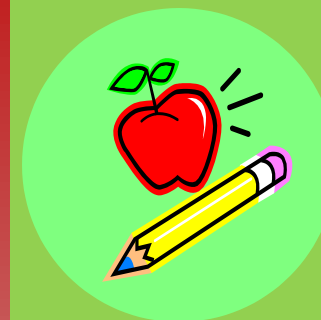
Water Aerobics
Monday
 5:00pm-6:00pm
Thursday
 5:00pm-6:00pm

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

Please wear comfortable
 clothes, bring clean/dry
 sneakers and a water bottle

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



**Seskehkó:wa/September
 2019**

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

Celebrate the Next 7 Generations with Healthy Family Movement

The youth fitness program has evolved to a healthy lifestyle program for families.
 Parents/caregivers are encouraged to stay and exercise in our fitness facility while the little ones
 work with our health promotion staff! No drop-offs please.

We are looking for families that are committed to making healthy changes.
 Our #1 goal is always **Let's Get Healthy!**



Classes will be Tuesdays & Thursdays
September 24 - December 19, 2019
 Ages 6 - 10: 4:30 - 5:15 pm
 Ages 11 - 15: 5:30 - 6:15 pm

Families must be committed to the 12-week program
 There will be 4 healthy lifestyle teaching sessions for parents and children.
 Topics include: diabetes prevention, healthy eating, and traditional teachings.

Registration night: Tuesday September 17th, 3:00 - 6:00 p.m.

Registration and assessments are required prior to joining class
 Class is limited to 12 youth per age group.

The goal of this program is to encourage healthy lifestyles and
 provide a positive learning experience. All activity levels welcome.

Located at the
 Diabetes Center for Excellence
 66 Margaret Terrance Memorial Way, Akwesasne, NY

For more information, please contact
 The Let's Get Healthy Program: (518) 358 - 9667



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Nutrition Page

Making the switch from refined grains to whole grains can have a positive impact on your health.

Whole grains reduce the risk of many chronic diseases and conditions such as:

- Stroke
- Type 2 Diabetes
- Heart Disease
- Obesity



What makes a grain a “whole” grain or a “refined” grain?

A whole grain is a grain kernel that has all three edible parts of the grain intact, bran, endosperm and germ. A refined grain is a grain that has had the bran layer removed, reducing the amount of fiber, antioxidants and B Vitamins found in the grain.

Here are a few examples of whole grains and refined grains:

Whole Grain = Wild Rice
Refined Grain = White rice

Whole Grain = Whole White Wheat flour
Refined Grain = All Purpose flour

Whole Grain = 100% whole grain bread
Refined Grain = Multigrain bread

Whole Grain = 100% Whole Wheat tortilla
Refined Grain = Flour tortilla

Challenge yourself to make the switch

Throughout the month of September slowly start switching your refined grains for their whole grain version.

Try steel-cut oatmeal for breakfast.

Serve wild rice in place of white rice.

Try a quinoa recipe with a friend.

Get Healthy!



One in 5 children in the United States have obesity. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news is that childhood obesity can be prevented.

In honor of National Childhood Obesity Awareness Month, the Let’s Get Healthy Program encourages your family to make healthy changes together. Taking small steps as a family can help your child stay at a healthy weight. Here are some examples:

- Get active outside! Walk at the park, go on a bike ride, or play outside at the playground. Encourage them to play
- Join a fitness program or a sport team. It just so happens we are offering a healthy lifestyle program for families!
- Limit screen time. Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day
- Make healthy meals. Buy and serve more vegetables, fruits, and whole-grain foods. Shop at your local farmers market for fresh produce. Include the kiddos when shopping and cooking
- Model healthy eating habits for your kids to see

People with diabetes are often prescribed medicines for cholesterol and blood pressure to reduce heart disease risk. These medicines support healthy lifestyles and are not a replacement. People with high levels of LDL (“bad”) cholesterol are often prescribed moderate or high-intensity statins such as atorvastatin or rosuvastatin. For elevated blood pressure ACE-inhibitors (such as lisinopril) or ARBs (such as losartan) are often prescribed first. Aspirin is useful for adults with diabetes over age 50 with at least one heart disease risk factor. It is important to take all these medicines every day to prevent heart attacks and strokes.

Monitoring:

- Home blood pressure monitoring – purchase a blood pressure measuring device only if necessary; many pharmacies provide free blood pressure checks
- Appointments:
 - ⇒ A1C test – every 6 months
 - ⇒ Cholesterol – lab test at least every 6 months
 - ⇒ Blood pressure – blood pressure goals should be attained after 1 month of treatment

High cholesterol has no symptoms, but people on statin therapy should watch for new muscle pains, especially in the thighs or calves (not the joints). Muscle pain related to statin therapy occurs during exercise and goes away once the statin is stopped. People who think they are experiencing statin muscle pain should contact their diabetes care team. Cholesterol tests should be performed every 6 to 12 weeks for people not at goal and at least twice yearly for people at their LDL goal.

Like blood glucose (sugar), routine blood pressure monitoring is often useful for the diabetes care team to evaluate therapy. You should discuss the need for home blood pressure monitoring with your team to determine whether a home blood pressure cuff should be purchased. For some people, regular blood pressure checks at the local pharmacy are enough and often free! Blood pressure goals should be assessed within a month after starting treatment.

Reducing Risks:

- Tobacco use – 1 year after stopping smoking, heart disease risk decreases by 50%

Smoking is the greatest preventable heart disease risk factor. Like diabetes, smoking doubles the risk of heart attacks and death. People who stop smoking see immediate benefits. Blood pressure and heart rate improves in just 20 minutes! The risk of heart disease is reduced by 50% at 1 year. After 5 years of not smoking, your risk of stroke is similar to a non-smoker. Your heart disease risk becomes the same as a non-smoker after 15 years.

Problem Solving:

- Symptoms of a heart attack and low blood glucose look the same

Some people mistake symptoms of a heart attack with those of low blood glucose.

QUIZ: A 58-year-old woman with type 2 diabetes comes to the pharmacy to pick up her prescription after holiday shopping. She complains of feeling nauseated, weak and sweaty. What should the pharmacist do?

ANSWER:

1. Check her blood glucose
2. If her blood glucose is low (less than 70 mg/dL), then she should be treated with 15 gm of carbohydrates (4 oz juice, 3-4 glucose tablets), wait 15 minutes then recheck.
3. If her blood glucose is high (above 130 mg/dL) then the pharmacist should call 911 because she may be having a heart attack.

Healthy Coping:

- Alcohol use – no more than 1 drink per day for women; 2 drinks per day for men
- Yoga and meditation lower heart disease and other health risks

The incidence of heart disease in people with moderate alcohol intake is low. People with diabetes should consume no more than 1 drink per day for women and 2 drinks per day for men. More frequent alcohol use is associated with increased rates of high blood pressure, obesity and stroke. Healthier forms of stress management, such as yoga or meditation, have been shown to decrease heart disease and other health problems.

More than 29 million people in the U.S. have diabetes and another 86 million have prediabetes, which is defined as someone who is at risk for developing diabetes. People with diabetes are 50% more likely to suffer from a heart attack or stroke compared to someone without diabetes. This is especially important because heart disease is the top-rated cause of death in the U.S.

<https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources/heart-disease-and-diabetes>

What Does Your Medicine Cabinet Look Like?



Did you know that 1 out of 5 Americans have not cleaned out their medicine cabinets in three years? Could you be one of those people?

Here are three tips to consider.

1. Take stock of what is in your medicine cabinet. Remove everything and sort by piles. Look at the types of prescription drugs you may have put in there. What are you using or not using? Are there any medicines in there that have been passed on from other family members or friends? According to the FDA, most abused prescription drugs come from friends and/or family.

2. Check the dates and dosages on the drugs in your cabinet. Expiration dates have a purpose. Drugs are most effective, potent, and stable when used within the window of the expiration date. ALL medication that is expired should be cleared out and disposed of. This also applies to insulin.

In addition, check medication dosages. These may have changed over time and newer prescription dosages may be either higher or lower based on your weight, tolerance or medical need. Your older prescription may not be safe. When in doubt, the local pharmacist is a good source of information.

3. Discard your medications appropriately. All unexpired medications can go back on the shelf. As for those needing to be discarded, think safety. The best way for unwanted medication disposal is a “take back” site. Check with local pharmacies for the specific sites in your neighborhood. If there is no specific location near you, check with pharmacy for any specific instructions on disposal. If there are none, they can be mixed with dirt or cat litter, sealed in a plastic bag, and placed in the trash.

Hayhurst,C. (2019, Spring). Diabetic Living. P. 1

Part 2: The link between Diabetes and Heart Disease - Prevention

(Continued from our August newsletter)

Diabetes increases the risk of heart disease (also known as cardiovascular disease) by 2 to 4 times. Traditional risk factors for heart disease include: family history of early death from heart disease, high blood pressure, smoking, high cholesterol, physical inactivity, obesity and poor eating habits. As can be seen from this list, there are many things that people with diabetes can do to delay or prevent the onset of heart disease. The AADE7 Self-Care Behaviors™ is a good way for you and your diabetes care team to develop strategies to minimize heart disease risk:

Healthy Eating:

- Salt intake – less than 2300 mg per day
- Mediterranean diet has been proven to reduce heart disease risk. It emphasize fruits and vegetables (8 to 10 servings per day); select fish or chicken (twice a week) over red meat (less than once a week); replace butter with olive oil or canola oil. Dietary salt increases blood volume and worsens blood pressure. To help manage blood pressure, try flavoring your food with herbs and spices, and consume less than 2300 mg of salt per day.

Being Active:

For heart health, adults with diabetes should exercise at least 150 minutes per week. The goal is not to become an Olympic athlete but to consistently engage in moderate physical activity. The exercise should be spread over at least 3 days per week with no more than 2 consecutive days without exercise. Finally, your exercise program should include resistance training at least twice a week.

Taking Medication:

- Cholesterol – moderate or high intensity statin in addition to a low fat diet
- High blood pressure – ACE-inhibitors or ARBs
- Aspirin for people over age 50 with heart disease risk factors
- Diabetes – better A1C leads to better lipid management

(continued on next page)

Fitness Page

5 Common Running and Walking Injuries

ITB Syndrome: The Iliotibial Band (ITB or IT Band) is the thick band of fibrous tissue (fascia) that runs on the lateral side of your leg from your hip to your knee. ITB syndrome, common among runners, walkers and cyclists, occurs when the IT Band becomes irritated and inflamed as a result of overuse.

Ease the pain: Rest, ice, stretch or massage, and/or wear proper footwear.

Plantar Fasciitis: The thick band of fibrous tissue (fascia) that attaches the bottom of the heel bone to the toes. The purpose of the plantar fascia is to absorb shock and support the arch of the foot. Plantar fasciitis is an inflammation of this tissue, caused by repetitive stretching and tearing.

Ease the pain: Stretch and massage, rest, ice, and arch supports (orthotics)

Shin Splints: AKA tibial stress syndrome are not a single medical condition, but a symptom of one of several underlying problems.

Ease the pain: Rest, ice, arch supports (orthotics), and range of motion exercises.

Achilles Tendinopathy: Refers to both Achilles tendinitis (inflammation of the Achilles tendon, which connects the calf to the heel bone) and Achilles tendinosis (tiny tears in and around the tendon).

Ease the pain: Rest, ice, wear supportive footwear, and stretching exercises.

Sprains and Strains: Both are pains that involve stretching or tearing, but sprains involve ligaments (which connect two bones together at a joint), while strains involve muscles or tendons (which connect muscles to bones).

Ease the pain: Varies from days to weeks. Initial treatment is RICE (rest, ice, compression and elevation).

Once swelling has subsided, start stretching exercises, followed by strengthening exercises. For the most serious sprains and/or strains you may need to seek professional physical therapy to fully heal the injury and prevent a reoccurrence.



Shining Star!

When I first started going to the Let's Get Healthy Program, I could not do the work outs of the day, I could barely make it through thirty minutes on the cardio machines. I would go twice a week for a few weeks then not go for a couple of months, then I would go back. This pattern happened consistently for a couple of years. The health promotion staff are amazing they encouraged me when I didn't think I could do it, they guided me and helped me develop a positive outlook on fitness. I am getting stronger every morning I go to Let's Get Healthy. I feel energized and ready to take on the day after I am done. Without the encouragement from all of the staff I don't feel that I would have stuck with the program.

- Jennifer Brown



Make the Switch to Whole Grains

Overnight Oats

Ingredients:

- 1/3 cup rolled oats
- 1/2 cup unsweetened almond milk
- 1 teaspoon chia seeds
- 1 teaspoon maple syrup
- 1/2 teaspoon vanilla extract
- 2 tablespoons slivered almonds
- 1/2 medium banana, sliced
- 1/4 cup blueberries (fresh or frozen)

Directions:

In an airtight container, mix oats, almond milk, chia seeds, maple syrup, and vanilla. Seal the container and place in the fridge overnight. In the morning, stir oats and top with slivered almonds, sliced banana, and blueberries. Enjoy!

You can also try different fruits, berries and nuts/seeds
*You don't want the fruit to be more than about 1/2



Whole Grain Avocado Toast

Ingredients:

- 1 whole egg, cooked to your preference
- 1 slice whole grain bread, toasted
- 1/2 avocado, ripe
- 1/2 tsp lime juice
- ground black pepper to taste

Directions:

Mash the avocado with lime juice and pepper. Spread the avocado on a toast.

Top with an egg. You can try different style eggs - over easy, poached, scrambled.

For extra veggies add sliced tomato or red onion.



Quinoa Zesty Lime Salad

Ingredients:

- 1 cup uncooked quinoa + 2 cups water— cook to package directions
- 2 bell peppers, seeded and chopped (orange and red)
- 1/4-1/2 cup red onion, minced
- 3 scallions, washed and sliced thin
- 1/4 cup fresh cilantro, washed and chopped
- 1-15 oz. can black beans, drained and rinsed
- Avocado, chopped.
- Optional:* yellow corn, frozen/thawed

Dressing:

- Juice from 2 limes
- 1/2 cup extra virgin olive oil

Directions:

Cook the quinoa according to package directions. Let cool.
Mix all the vegetables, beans and quinoa together in a bowl.
Whisk the dressing ingredients together in a separate bowl.
Pour the dressing over the quinoa and vegetables.
Top with avocado before serving (*avocado will turn brown if it sits out—wait until serving to top each salad with avocado*)



Pita Pizzas

(Serving: 1 pizza)

Ingredients:

- 1 round (6 inch) whole wheat pita pocket
- 1/4 cup spaghetti sauce
- 1/4 cup low fat mozzarella cheese
- Toppings as desired (veggies, olives, pineapple, bell peppers, turkey pepperoni)

Directions:

- *Preheat the oven to 350 degrees
- *Place pita bread on a large baking sheet
- *Spread spaghetti sauce over each pita bread leaving space on the edge for “crust”
- *Sprinkle with cheese
- *Add desired toppings.
- *Bake for 10-12 minutes until cheese is melted
- *Serve warm

Make your own oatmeal packets:

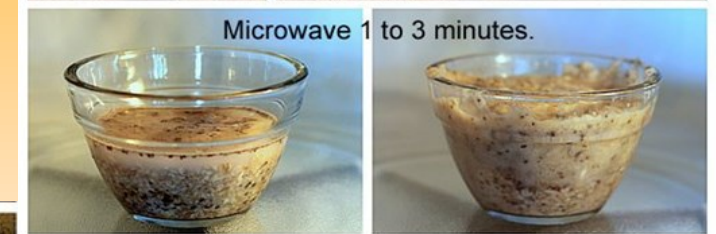
*Add the following into snack size Ziploc bags:

*1/4 cup old fashioned oats

*Choose your add-ins based on your preference: 1) ground spices, 2) chopped nuts/seeds, 3) powdered peanut butter (PB2), 4) dried fruit or freeze dried fruit but limit to 2TBSP

Label the bag with the flavor. Store in a cool dry cupboard.

When ready to use: Pour contents of one bag into microwave safe bowl, add 1/2 cup cold water and microwave for 1-3



An Apple A Day!

Rulfs Orchard

Rulfs Orchard offers more than 15 types of produce, including a wide variety of apples from Macintosh to Northern Spy. In addition to apple picking, Rulfs has a petting zoo, corn maze, and pumpkin patches.

* Address: 531 Bear Swamp Road, Peru, NY 12972

* Phone: 518-643-8636

Kaneb Orchard

This orchard offers more than 30 varieties of apples from August through November, picked daily by farm professionals to stock a fruit stand where you can buy apples by the bag. An on-site cider mill produces all-natural fresh pressed apple cider. Try cider slushies and St. Lawrence Hard Apple Cider at the Cider Mill, which pair well with the homemade baked goods like cider donuts, apple crumb cakes and cranberry walnut cookies.

* Address: 182 Highland Road, Massena, NY 13662

* Phone: 315-769-2880

Fobare's Fruits

This family owned and operated farm and U-pick orchard offers "a taste of country." Besides the orchards, other attractions include the "Fort Applewood" playground, corn maze and pumpkin patch. The Apple Barn gift shop offers products from apple cider, jams, baking mixes, local honey, pickles and a full line of maple syrup products. Be sure to save room for hot apple cider donuts and cinnamon rolls, made fresh daily. The orchards offer 18 varieties of apples, including Autumn Crisp, Jonagold and Red Delicious.

* Address: 180 Johnson Road, Rensselaer Falls, NY 13680

* Phone: 315-344-1207

Brookdale Apple Orchard

This U-pick apple orchard opens Sept. 3, and will be open daily from 9 a.m. to 5 p.m. through Halloween. McIntosh and Cortland apples are available for picking.

* Address: 1997 Route 49, Winthrop, NY 13697

* Phone: 315-389-5840

