

# \* News \*

## Attention Glucometer Patients!

We are upgrading our meters. We are phasing out the Bayer Contour meters and will provide you with a new Glucocard Shine glucometer.

**Please join us at the Diabetes Center  
Wednesday April 18, 2018  
during the following times:  
9 am - 12 pm & 3 pm - 5 pm.**

Arkray personnel and our LGHP staff will be available to assist, educate and answer questions.

You can turn in your Bayer Contour meter and learn how to use the new Glucocard Shine.

There is no cost for the meters.

For more information, please call  
(518) 358-9667.

See you Wednesday April 18!

## Water Aerobics is

**Cancelled**

Monday April 23rd



We are sorry for any inconvenience!

## Group Guided Relaxation Every Friday

9:50am-10:15am

Relaxation Lounge

With

Heather Pontius, RD



**Relaxation will not be held on  
Friday April 20th**

## National Start Walking Day April 4, 2018

Please join The Let's Get Healthy Program at the Tewathahita Walking Trail to jump start the walking season!

- Everyone is welcome!
- Tribal Employee Department Challenge!
- Enter your name for prize drawings!

Please remember to wear appropriate footwear and dress accordingly

**Date:** Wednesday April 4, 2018

**Location:** Tewathahita Walking Trail

**Time:** 11am-1pm



## Cooking Demo & DIY workshop

Slow cooker chicken fajitas  
DIY no-salt taco seasoning

**April 19  
11:30am-1pm  
Diabetes Center Theatre  
Kitchen**

RSVP by April 17th  
8 spots available  
Lunch will be served  
Each participant will get a chance to make DIY no-salt taco seasoning to bring home.

For more information:  
Heather Pontius, RD  
Let's Get Healthy Program  
518-358-9667

## Exercise Classes:

### Move For Health

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  
5am-8am  
&  
12-1pm

### **Boot Camp**

Monday & Wednesday  
4:30-5:15pm

### **Water Aerobics**

Monday  
4:45-5:45pm  
Thursday  
4:30-5:15pm

### **Supervised Swim** Wednesday & Friday

8:00-9:00am

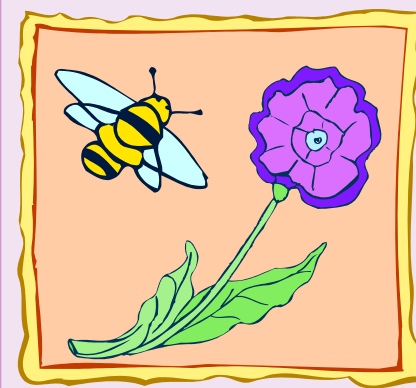
### **Club Circuit**

Friday  
9:00-9:45am

All exercises classes offered by the Let's Get Healthy Program are free to ages 18 and older  
Please wear comfortable clothes and bring clean/dry sneakers and a water bottle.



**Helping Build A Better  
Tomorrow**



# Onerahtókha/April 2018

**Tsitewatakari:tat/The Let's Get Healthy Program**

**Diabetes Center For Excellence**

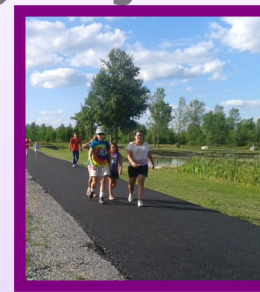
**66 Business Park Road**

**518-358-9667**

## April 4th is National Start Walking Day!

Walking is a great way to add physical activity into your lifestyle. But remember stretching is a very important part of any activity program. Be sure to warm up for several minutes to get your muscles warm and then stretch slowly for at least 5 minutes before you begin.

You can start with these basic stretches but be sure to only stretch as far as is comfortable for your body. If you have certain medical problems that prevent you from some activities, check with your healthcare provider to be sure that you are in the right condition to perform these stretches.



- **Abductor (inner thigh) stretch:** Keeping your torso upright, lunge to one side with a bent knee over the toe. Keep your other leg straight. Push your weight to the "bent knee" side until you feel a stretch in the inner thigh of your straight leg. Hold 20-30 seconds on each leg.
- **Calf Stretch:** Stand facing a wall with both hands on it. Position one foot forward (knee bent) and the other leg back with the leg straight, toes pointing at the wall. With your stomach tight, lean in toward the wall until you feel a stretch in the lower part of the back leg. Hold 20-30 seconds on each leg.
- **Chest stretch:** Place your fingertips lightly on the back of your head. Push your elbows back while squeezing with your upper back until you feel a stretch in your chest near your underarms. Hold for 20-30 seconds. Another option is to stand in a corner with one hand or elbow on each wall. Your feet should be 1½-2 feet away from the corner in a split stance. Keeping your back straight and tummy pulled in, lean into the wall until you feel a stretch in your chest near your underarms. Hold for 20-30 seconds. Keep feet staggered (one behind the other).
- **Hamstring Stretch:** Prop one foot up on a low, secure bench or stair step. Stand tall. Keeping your chest high, hips square and tailbone lifted, bend forward from your hips. Feel a stretch in the back of your thigh or knee. Hold 20-30 seconds on each leg.
- **Hip Flexor Stretch:** Lunge forward with one leg, knee bent. The back leg can stay straight or bent slightly. Push your hips forward until you feel a stretch in front of your back thigh near the groin. Keep your torso upright and your front knee behind your toes. Hold 20-30 seconds on each leg.
- **Palm Touch:** Bend your knees slightly. Try to touch the floor by bending from the waist, but don't bounce. Hold the position for 10 seconds, then repeat 1-2 times.
- **Shoulder Rolls:** Lift your shoulders up toward your ears, then down and backwards in a circular motion. Repeat 5-10 times. Perform with both shoulders simultaneously or alternate right and left.
- **Toe Touch:** Place your right leg on a chair or railing. Keep your left leg straight and lean forward, touching the toes of your right leg. Don't bounce. Switch legs and do the same thing. Repeat the entire exercise 1-2 times.
- **Wall Push:** Stand 18 inches away from a wall. Lean forward, pushing against the wall with your hands and keeping your heels flat on the ground. Hold it for 10 seconds, then relax. Repeat 1-2 times.

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**Join the Let's Get Healthy Program on  
Wednesday April 4, 11am-1pm at the  
Tewathahita Walking Trail, and "Start Walking!"**





# Nutrition Information



## Carbohydrate Counting & Diabetes

### What is carbohydrate counting?

Carbohydrate counting, also called carb counting, is a meal planning tool for people with type 1 or type 2 diabetes. Carbohydrate counting involves keeping track of the amount of carbohydrate in the foods you eat each day.

Carbohydrates are one of the main nutrients found in food and drinks. Protein and fat are the other main nutrients. Carbohydrates include sugars, starches, and fiber. Carbohydrate counting can help you control your blood sugar levels because carbohydrates affect your blood sugar more than other nutrients.

Healthy carbohydrates, such as whole grains, fruits, and vegetables, are an important part of a healthy eating plan because they can provide both energy and nutrients, such as vitamins and minerals, and fiber. Fiber can help you prevent constipation, lower your cholesterol levels, and control your weight.

Unhealthy carbohydrates are often food and drinks with added sugars. Although unhealthy carbohydrates can also provide energy, they have little to no nutrients.

The amount of carbohydrate in foods is measured in grams. To count grams of carbohydrate in foods you eat, you'll need to:

- know which foods contain carbohydrates
- learn to estimate the number of grams of carbohydrate in the foods you eat then add each food item to get your daily total

Which foods contain carbohydrates?

- grains, such as bread, noodles, pasta, crackers, cereals, and rice
- fruits, such as apples, bananas, berries, mangoes, melons, and oranges
- dairy products, such as milk and yogurt
- legumes, including dried beans, lentils, and peas
- snack foods and sweets, such as cakes, cookies, candy, and other desserts
- juices, soft drinks, fruit drinks, sports drinks, and energy drinks that contain sugars
- starchy vegetables, such as potatoes, corn, and peas



Potatoes, corn and peas are called starchy vegetables because they are high in starch. These vegetables have more carbohydrates per serving than non-starchy vegetables.

Foods that do not contain carbohydrates include meat, fish, and poultry; most types of cheese; nuts; and oils and other fats.

**For more information on carbohydrate counting please make an appointment with our Registered Dietitian: 518-358-9667**

### Did you know?

A Tim Hortons large double-double hot coffee has 30 grams of carbs, that's 7.5 teaspoons of sugar!

## Healthier Easter Treats

This year the Easter Bunny is offering many healthier and alternative options to fill Easter baskets!

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Goldfish crackers</li><li>• Stickers/tattoos</li><li>• Sidewalk chalk</li><li>• Sugar-free gum</li><li>• Travel Board games/card games/activity packs</li><li>• Art basket: crayons, paper, markers, water colors, safety scissors, glue sticks</li><li>• Garden Starter kit: gardening tools, seed packets, watering can, flower pots</li><li>• Small amounts of dark chocolate</li></ul> | <ul style="list-style-type: none"><li>• Playdoh</li><li>• Jump rope</li><li>• Clementines/tangerines</li><li>• Healthy trail mix/nuts</li><li>• Fishing lures</li><li>• Kites</li><li>• Bubbles</li></ul> |
|--|---|



SGDM

Stopping Gestational Diabetes  
in Daughters + Mothers

## Are you an American Indian or Alaska Native female between the ages of 12 and 20?

### Do you have a mother, auntie or grandmother?

If you answered “**Yes**” to both of these questions, then we need your help! A team of researchers at the Saint Regis Mohawk Tribe’s Let’s Get Healthy Program is interested in helping American Indian and Alaska Native girls (age 12-20) learn more about eating healthy and making exercise easier that could lead to healthy weight (weight loss) and lowering the chances of getting gestational diabetes (diabetes during pregnancy). Your mother will also be asked to help you during the study. You have the power to stop diabetes in your family!

### If you decide to participate, you will:

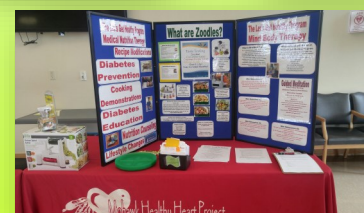
- Answer a variety of questions on a computer
- Watch a video about healthy lifestyles & stopping diabetes
- Read a booklet about healthy lifestyles & stopping diabetes
- Receive resources from your community
- Be compensated for your time with gift cards
- Develop a health team with the clinic nurse and your mom

**To learn more** or to participate in our study, please call (518) 358-9667 and leave a message with your name and phone number. A study team member will call you back to further discuss the study.



# Diabetes Alert Day

The Akwesasne community joined the Let's Get Healthy Program at the Diabetes Center for Excellence, Heart to Heart Fitness Center and the Akwesasne Mini Mart, on Wednesday March 27, 2018 for Diabetes Alert Day. Starting at 12:00pm, community members were able to have their blood sugar tested, fill out a Diabetes Risk Test, utilize the fitness center during an extended Public Fitness class, taste test “Zoodles” with our Registered Dietitian, and enter for a chance at a door prize.







# What is Gestational Diabetes?



Pregnant women who have never had diabetes before but who have high blood glucose, also called blood sugar, levels during pregnancy are said to have gestational diabetes.

We don't know what causes gestational diabetes, but we have some clues. The placenta supports the baby as it grows. Hormones from the placenta help baby develop. But these hormones also block the action of the mother's insulin in her body. This problem is called insulin resistance. Insulin resistance makes it hard for the mother's body to use insulin. She may need up to three times as much insulin. Gestational diabetes starts when your body is not able to make and use all the insulin it needs for pregnancy. Without enough insulin, glucose cannot leave the blood and be changed to energy. Glucose builds up in the blood to high levels. This is called hyperglycemia.

## How Can Gestational Diabetes Affect Your Baby?

Gestational diabetes affects the mother late in pregnancy, after the baby's body has been formed, but while the baby is busy growing. Because of this, gestational diabetes does not cause the kinds of birth defects sometimes seen in babies whose mothers had diabetes before pregnancy.

However, untreated or poorly controlled gestational diabetes can hurt your baby. When you have gestational diabetes, your pancreas works overtime to produce insulin., but the insulin does not lower your blood glucose levels. Although insulin does not cross the placenta, glucose and other nutrients do. So extra blood glucose goes through the placenta, giving the baby high blood glucose levels. This causes the baby's pancreas to make extra insulin to get rid of the blood glucose. Since the baby is getting more energy than it needs to grow and develop, the extra energy is stored as fat.

This can lead to macrosomia, or a "fat" baby. Babies with macrosomia face health problems of their own, including damage to their shoulders during birth. Because of the extra insulin made by the baby's pancreas, newborns may have very low blood glucose levels at birth and are also at higher risk for breathing problems. Babies with excess insulin become children who are at risk for obesity and adults who are at risk for type 2 diabetes.

During pregnancy— usually around the 24th week— many women develop gestational diabetes. A diagnosis of gestational diabetes doesn't mean that you had diabetes before you conceived, or that you will have diabetes after giving birth. But it's important to follow your doctor's advice regarding blood glucose levels while you're planning your pregnancy, so you and your baby both remain healthy. Because gestational diabetes can hurt you and your baby, you need to start treatment quickly. Treatment for gestational diabetes aims to keep blood glucose levels equal to those of a pregnant woman who doesn't have gestational diabetes. Treatment for gestational diabetes always includes special meal plans and scheduled activity. It may also include daily blood glucose testing and insulin injections. If you're testing your blood glucose, the American Diabetes Association suggests the following targets for women who develop gestational diabetes during pregnancy. More or less stringent glycemic goals may be appropriate for each individual.

- Before a meal (preprandial): 95 mg/dl or less
- 1– hour after meal (postprandial)- 140 mg/dl or less
- 2– hours after meal (postprandial)- 120 mg/dl or less

You will need help from your doctor, nurse educator, and other members of your health care team so that your treatment for gestational diabetes helps lower the risk of a cesarean section at birth.

Sticking with your treatment for gestational diabetes will give you a healthy pregnancy and birth, and may help your baby avoid future poor health.

While gestational diabetes is a cause for concern, the good news is that you and your health care team—your doctor, obstetrician, nurse educator, and dietitian— work together to lower your high blood glucose levels. And with this help, you can turn your concern into a health pregnancy for you, and a healthy start for your baby.

Gestational diabetes usually goes away after pregnancy. But once you've had gestational diabetes, your chances are 2 in 3 that it will return in future pregnancies. Many women who have gestational diabetes go on to develop type 2 diabetes years later. Gestational diabetes and type 2 diabetes both involve insulin resistance. Certain basic lifestyle changes may help prevent diabetes after gestational diabetes. Are you more than 20% over your ideal body weight? Losing even a few pounds can help you avoid developing type 2 diabetes. Healthy eating habits can go a long way in preventing diabetes and other health problems. Exercise allows your body to use glucose without extra insulin. This helps combat insulin resistance and is what makes exercise helpful to people with diabetes. Don't ever start an exercise program without checking with your doctor first.

Article submitted by: Cherie Bisnett, RN Source: American Diabetes Association [www.diabetes.org](http://www.diabetes.org)



Congratulations to Janine Rourke on her retirement! Janine has dedicated her life and career to helping people prevent and treat diabetes. She was instrumental in the development of the Let's Get Healthy Program and the Diabetes Center for Excellence. Janine's many years of experience and expertise in diabetes education will be greatly missed. We are grateful for her years of service and wish her the best in her retirement.



# Fitness Page



## Physical Activity and Autism

One of the most effective treatments for people with autism is exercise. Studies show that vigorous exercise is associated with decreases in some behaviors, hyperactivity, aggression, self-injury, and destructiveness. Vigorous exercise means a 20-minute or longer aerobic workout, 3 to 4 days a week; mild exercise has little effect on behavior. Many autistic children gain weight if they have an inactive life-style, and weight gain can bring more problems.

- In general, exercise is important for both physical and mental health. A number of studies have shown that vigorous exercise is one of the best treatments for depression. Exercise can reduce stress and anxiety as well as improve sleep, reaction time, and memory.
- Since stereotypic behaviors interfere with teaching, an exercise program might improve the student's attention in the classroom.
- Exercise is inexpensive, safe, and healthful

Article submitted by– Jessica Hopps, Health Promotion Specialist



## BOOT CAMP

An adult group Functional Fitness Class. Simple, effective and uses limited equipment  
Mondays & Wednesdays 4:30pm-5:15pm

## Exercise for your Brain

There are plenty of good reasons to be physically active. Some of the big ones include reducing the odds of heart disease, stroke and diabetes. Maybe you want to lose weight or just look better. Here's another, how about exercise to help improve your memory and thinking skills? How many of us experience "brain fog," which usually happens as we age?

The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation and stimulate the release of chemicals in the brain that aid growth to new blood vessels. Some of the indirect benefits include better sleep, improvement in mood, and reduction of stress and anxiety.

Studies show that a brisk walk for an hour, twice a week is required to improve memory. That's 120 minutes of moderate intensity exercise a week. If you don't walk consider other moderate-intensity exercises, such as swimming, biking, dancing and stair climbing. Don't forget those household chores that count as well, such as mopping, raking, dusting, anything that makes you break into a light sweat.



Article submitted by: Steevi King, Health Promotion Specialist

## CLUB CIRCUIT

A fitness program to improve balance, coordination and strength  
Fridays 9:00am-9:45am  
Open to community, ages 18 and older!

## Physical Activity Reduces Stress

The physical benefits of exercise—improving physical condition and fighting disease—have long been established, and physicians always encourage staying physically active. Exercise is also considered vital for maintaining mental fitness, and it can reduce stress. Studies show that it is very effective at reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function. This can be especially helpful when stress has depleted your energy or ability to concentrate.

When stress affects the brain, with its many nerve connections, the rest of the body feels the impact as well. So it stands to reason that if your body feels better, so does your mind. Exercise and other physical activity produce endorphins—chemicals in the brain that act as natural painkillers—and also improve the ability to sleep, which in turn reduces stress. Meditation, acupuncture, massage therapy, even breathing deeply can cause your body to produce endorphins. And conventional wisdom holds that a workout of low to moderate intensity makes you feel energized and healthy.

Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. Even five minutes of aerobic exercise can stimulate anti-anxiety effects.

adaa.org– article submitted by AJ Sutter, Health Promotion Specialist



## PUBLIC FITNESS

Class is designed as a walk-in format. A Workout of the Day is posted and Health Promotion Staff are available to modify the program and provide general fitness education. Feel free to follow the workout, ask questions, or work at your own pace.

Mondays– Fridays 5:00am-8:00am & 12:00pm-1:00pm  
Open to the community, ages 18 and older!



# What are Zoodles?

## Zoodles are zucchini noodles

A fresh and healthy alternative to regular pasta

They are naturally gluten free

They are made using a spiralizer (a kitchen gadget)

## Benefits of Zoodles:

Low in calories  
Low in carbs  
High in fiber  
Grain free/gluten free  
Whole food/not processed  
They are VEGGIES!

## What other veggies can I use?

Zucchini/Summer Squash  
Cucumbers  
Sweet Potatoes  
Cabbage  
Beets  
Broccoli stems

## Question: Do I have to cook Zoodles?

### Answer: No.

You do not have to cook Zoodles, to cook them they should be cooked in hot olive oil for 3-5 minutes, just until heated through. Raw Zoodles can be used with hot sauce like tomato sauces, spaghetti sauce or alfredo. You can also use raw Zoodles in salad, stir fry and soups. QUICK AND EASY!



If you're looking to lighten up your favorite noodle dish, look no further. At approximately 20 calories per cup, zucchini noodles are the perfect choice!

**How to make Zoodles:** Using a spiralizing tool, turn your zucchini or summer squash through until completely spiralized. Discard the core and cut the noodles into four- to six-inch lengths. One medium zucchini makes about two cups, serves one. Dress up your plain bowl of Zoodles with these easy recipes, and you'll barely even remember you're eating fiber-packed veggies instead of your usual pasta.

### Lo Mein

In a bowl, whisk together 1 Tbsp low-sodium soy sauce, 1 tsp honey, and 1 tsp toasted sesame oil. Toss in 2 cups Zoodles. Top with ½ cup shredded cooked chicken, ¼ cup thinly sliced red bell pepper, 2 Tbsp shredded carrot, 3 sliced button mushrooms, and 1 sliced scallion.



### Spicy Peanut Sauce

In a bowl, whisk together 1 Tbsp natural peanut butter, 1 tsp low sodium soy sauce, and ½ tsp. sriracha. Toss in 2 cups Zoodles, ¼ cup cucumber slices, 2 Tbsp shelled edamame, 1 Tbsp each chopped roasted peanuts and cilantro.

### Caprese

In a bowl, toss together 2 cups Zoodles, 1 cup halved cherry tomatoes, ½ cup halved fresh mozzarella balls, 2 Tbsp thinly sliced basil, and 1 Tbsp. balsamic vinegar. Season to taste with plenty of freshly ground black pepper.



### Mango-Cilantro

In a bowl, toss together 2 cups Zoodles, ½ cup thinly sliced mango, ¼ cup thinly sliced sweet onion, 2 Tbsp chopped cilantro, 2 Tbsp. fresh lime juice, 1 Tbsp olive oil.

### Chicken Zoodle Soup

In a bowl, combine 2 cups Zoodles, ½ cup shredded chicken, ¼ cup frozen peas and carrots, 1 Tbsp each dill and parsley, and ¼ tsp freshly ground black pepper. Pour 1½ cups boiling low sodium chicken broth, cover and let sit for 3 minutes.



### Mediterranean Salad

Toss 2 cups Zoodles with ½ cup drained and rinsed chickpeas, ¼ cup baby arugula, ¼ cup chopped marinated artichoke hearts, and 1 Tbsp prepared pesto.



# Something Sweet

## Chocolate Blueberry Clusters

### Ingredients:

1 tbsp. coconut oil  
2 c. blueberries  
1 1/2 c. semisweet chocolate chips, melted  
Flaky sea salt, for garnish



### Directions:

1. Line a small baking sheet with parchment paper. In a medium bowl, mix melted chocolate with coconut oil.
2. Spoon a small dollop of chocolate on parchment and top with 4 to 5 blueberries. Drizzle chocolate over blueberries and sprinkle with sea salt.
3. Freeze until set, 10 minutes. Serve.

## Chocolate Chip Cookies



### Ingredients:

1 large egg  
2 c. almond flour  
1/2 tsp. baking soda  
1/4 tsp. kosher salt  
1/4 c. butter, room temperature  
1/4 c. almond butter  
3 tbsp. honey  
1 tsp. pure vanilla extract  
1 c. semisweet chocolate chips  
Flaky sea salt, for garnish

### Directions:

1. Preheat oven to 350° and line a baking sheet with parchment paper. In a large bowl, whisk together almond flour, baking soda, and salt. Using a hand mixer, add butter, almond butter, honey, egg, and vanilla and mix until combined.
2. Fold in chocolate chips, then add tablespoons of batter to prepared baking sheet. Sprinkle cookies with flaky sea salt.
3. Bake until edges are golden, 13 to 15 minutes.

## Flourless Chocolate Cake

### Ingredients:

4 oz. Unsweetened baker's chocolate  
1/2 cup butter  
1 cup stevia (separated into 1/2 cup, 1/4 cup, 1/4 cup)  
3 eggs (separated)  
1/2 cup cocoa powder  
1 tsp vanilla extract  
1/2 tsp salt

### Nutrition facts:

240 calories  
21g of Fat  
5.6g of Protein  
2g of Net Carbs



### Directions:

1. Preheat your oven to 300F. Set up a double boiler to melt your baker's chocolate and butter together. If you don't have a double boiler set up, just use a pan on low heat.
2. Once the chocolate and butter are melted and combined, add in half a cup of Stevia and stir until dissolved. This may take a while, so be patient and keep the flame low!
3. Once that's ready, set it aside while you prepare your eggs. Separate 3 eggs and beat the egg whites until they're foamy. Slowly add 1/4 cup of Stevia while beating the egg whites. They should turn glossy and form stiff peaks.
4. Clean off your beaters and beat your 3 egg yolks with the last 1/4 cup of Stevia. They should double in volume and turn a pale yellow.
5. Add your buttery chocolate mixture to these pale yellow egg yolks and stir to combine.
6. Add in 1/2 cup of cocoa and combine. Add the vanilla and salt at this step as well.
7. Now add a third of your egg whites at a time and fold in gently. Repeat until all the egg whites are evenly distributed. Do not over combine or you will deflate the egg whites too much.
8. Spray a spring form pan with cooking oil and pour the batter in. Bake for 35 minutes.