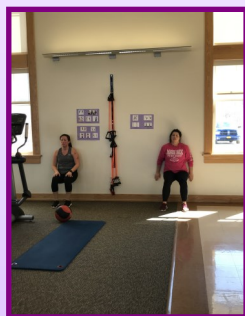


Onerahtókha/April 2019

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

Diabetes Alert Day 2019

March 26, 2019 was Diabetes Alert Day. LGHP held an event focusing on diabetes and the importance of understanding your risk. One in 3 Americans are at risk for developing Type 2 Diabetes. Our Health Promotion Staff Jessica Hopps and AJ Sutter held an extended Public Fitness class to emphasize how important fitness is for people with diabetes as well as those at risk. We held a blood pressure and blood sugar screening on site and our Nurse Case Manager, Pam McDonald-LaChance held screenings at Heart to Heart Fitness Center and Akwesasne Mini-Mart.



Public Fitness attendees and Tribal Council learning all about the Let's Get Healthy Program opportunities.

Nutrition Month Cooking Demo Recap

Our participants baked and tasted 2 sheet pan recipes; lemon & rosemary chicken with green beans and sweet potatoes, and pesto chicken with tomatoes and broccoli. As always it was a fun, educational and yummy time! Call to save your spot for April's Cooking Demo on April 23rd when we "Spring into Eating Healthier Salads"!



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April is Alcohol Awareness Month - Diabetes and Alcohol



If you have diabetes, drinking alcohol may cause your blood sugar to either rise or fall. Alcohol has a lot of calories.

If you drink, do it occasionally and only when your diabetes and blood sugar levels are well-controlled. If you are following a calorie-controlled meal plan, be sure to include calories from alcoholic beverages when counting calories.

It is a good idea to check with your doctor or diabetes educator to see if drinking alcohol is safe for you.



Effects of Alcohol on Diabetes

While moderate amounts of alcohol may cause blood sugar to rise, excess alcohol can actually decrease your blood sugar level -- sometimes causing it to drop into dangerous levels, especially for people with type 1 diabetes.

- Beer and wine contain carbohydrates and may raise blood sugar.
- Alcohol stimulates your appetite, which can cause you to overeat and may affect your blood sugar control.
- Alcoholic drinks often have a lot of calories, making it more difficult to lose excess weight.
- Alcohol may also affect your judgment or willpower, causing you to make poor food choices.
- Alcohol can interfere with the positive effects of oral diabetes medicines or insulin.
- Alcohol may increase triglyceride levels.
- Alcohol may increase blood pressure.

Alcohol can cause flushing, nausea, increased heart rate, and slurred speech. These may be confused with or mask the symptoms of low blood sugar.

People with diabetes who drink should follow these alcohol consumption guidelines:

- Do not drink more than two drinks of alcohol in a one-day period if you are a man, or one drink if you are a woman. (Example: one alcoholic drink = 5 ounce glass of wine, 1 and a 1/2 ounce "shot" of liquor or 12 ounce beer).
- Drink alcohol only with food.
- Drink slowly.
- Avoid "sugary" mixed drinks, sweet wines, or cordials.
- Always wear a medical alert piece of jewelry that says you have diabetes.
- Always tell your friends that you have diabetes, if something happens they can get you the proper medical care.



I am so unbelievably grateful to all the people at the Diabetes Center and the Lets Get Healthy Program. I cannot thank them enough for helping, supporting and encouraging me to live a healthier life.

After I was told I had 6 months to lose weight and bring my "numbers" down or I was going to have to go on medicine to treat diabetes, I cried, I didn't know where to start or even if it was possible.

Then my twin sister asked me to come to exercise with her at the diabetes center. I started to see Heather Pontius, Best Dietitian Ever, and attending the lunch hour fitness class. I have monthly appointments where I weigh in, and discuss my diet, she is such a big help.

Dieting and exercise is hard work, and I get discouraged at times, but AJ, Jess and Krista keep me going. Heather is amazing at keeping me focused on healthy eating. My new friends from the center that meet every day at the lunch hour fitness, are absolutely amazing. We support each other, push each other to work harder, than we high five at the end of the class. I love it!

Thank you LGHP for everything! Della Lazore





National Start Walking Day



We spend more time sitting than ever before. Whether it's at work, on our commute, or home in front of the computer, this sedentary lifestyle is having negative effects on our health. Studies continue to prove "sitting is the new smoking" and can even lead to a shorter lifespan!

The American Heart Association has declared the first Wednesday in April National Walking Day. To celebrate, all you need to do is lace up comfortable shoes and walk for 30-minutes. Walking is great for your health, and you don't need any fancy equipment or trendy fitness gear.

Does finding 30-minutes to walk on a regular basis seem impossible? We have some easy and fun ways to get more walking into your day.



1. Walk and talk. Need to return some calls? Catch up on your calls while taking a walk.
2. Always opt for the stairs. Skip the elevator and the escalators and walk up the stairs instead.
3. Walk the dog. Rather than let Fido run in the backyard, take him for a walk. You'll both enjoy the fresh air and exercise.
4. Skip the coffee shop or happy hour at the bar. Instead of sitting in a restaurant, head to the park for a catch-up session with your friends.
5. Walk at lunchtime. Get away from your desk and clear your head with a lunchtime walk. You can walk with friends or take some time for yourself.
6. Park further away. Whether you're shopping or in the parking lot at work, choose a spot far away from the entrance to give you more time to walk
7. Go see your colleague. Rather than sending an email or calling your co-worker with a question get up and walk to his or her desk. Bonus if she works on another floor and you take the stairs!
8. Create active family time. Get everyone together for a walk after dinner, rather than sitting down in front of the TV.
9. Do your errands on foot. Do you need to hit some local stores or pick up dinner? Leave the car at home and walk instead.
10. Treat yourself to a pedometer. Invest in your health and keep yourself accountable by tracking how many steps you take per day

April is Foot Health Month

Follow these tips to improve your feet health. After all, healthy feet leads to a healthy life!

1. Inspect your feet daily and use a mirror to check the bottom of your feet for injuries, cracks, peeling, or dry skin. This is especially important if you have diabetes to avoid infection or a non-healing wound. Get your feet inspected at each doctor visit.
2. Maintain a healthy weight through diet and exercise such as walking, stationary bike, or treadmill. Excess weight puts pressure on the feet leading to general foot pain, heel pain, stress fractures, circulatory problems and arthritis.
3. Keep your diabetes under control by checking your fasting blood sugar daily. See your endocrinologist regularly and have an annual foot inspection with a podiatrist to check for problems such as loss of circulation or loss of sensation (neuropathy).
4. Replace your walking or exercise shoes every six months or 500 miles in order to avoid foot and heel pain when the inside of the shoe begins to wear and lose support.



Don't play doctor! If you suffer a toe, foot or ankle injury, seek medical attention from a podiatrist. The sooner you are treated the better outcome you will have. Untreated injuries can result in bones not healing properly causing recurring pain, limited mobility and development of arthritis in the affected joints.

Healthy Salads



Superfoods Salad

Ingredients (salad):

- 1/4 cup quinoa(dry) cook according to package
- 1/2 cup frozen edamame (steamed)
- 5 cups ready to eat kale or dark greens
- 1/2 cup fresh blueberries, washed
- 1/2 cup red grapes, washed and halved
- 1/2 cup dried fruit (cherries, cranberries, raisins, apricots)
- 1/3 cup reduced-fat feta cheese, crumbled
- 1/4 cup raw sunflower seeds, shelled
- 1/4 cup walnuts, shelled and chopped

Directions for Salad:

- Cook and chill quinoa until ready to use.
- If using kale (massage olive oil into kale leaves until tender) can be done in a Ziploc bag for easy clean up.
- Add all salad ingredients to a salad bowl and gently toss.

Ingredients (dressing):

- 1/4 cup 100% orange juice
- 2 TBSP olive oil
- 1 clove garlic, pressed
- 1 tsp honey
- 1/4 tsp ground black pepper
- 1-2 TBSP Greek plain or vanilla yogurt



Directions for Dressing:

- Mix all ingredients EXCEPT yogurt in an airtight container.
- Shake vigorously until combined. When mixed well, add yogurt and mix again until creamy and combined. Can be refrigerated 5-7 days in airtight container. Shake before each use.
- Add dressing to salad when ready to eat.

Salsa Potato Salad

Prep Time: 30 minutes

Ingredients:

- 2 TBSP Olive oil Mayo
- 1/3 cup plain Greek yogurt
- 1/4 cup mild salsa (choose lower sodium)
- 1 TBSP fresh parsley, minced
- 1/4 tsp black pepper
- 3 cups cooked red potatoes, unpeeled
- 2 celery ribs, washed and finely chopped
- 1/4 cup sweet onion, finely chopped
- 1/2 cup reduced fat shredded cheddar cheese

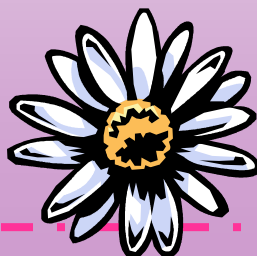
Directions:

- Prepare the potatoes and chill for 30 minutes or until cool. In a medium size mixing bowl combine mayo, yogurt, salsa, parsley and black pepper. In a larger bowl combine potatoes, celery and onion. Add the mayo/yogurt mixture to the potatoes and mix gently to coat. Stir in the cheese. Cover and refrigerate until ready to serve.

Preparing Potatoes for Salad

- Scrub the potatoes clean.
- Cut into equal size pieces (to ensure even cooking)
- Place cut potatoes in a large pot.
- Cover with 1-2 inches of cold water
- Place on the stove over medium-high heat.
- Bring to a boil and reduce to a simmer.
- DO NOT COVER! It will make potatoes mushy.
- Check potatoes every 5 minutes once simmering.
- Check by pricking with a fork.
- May take 10-20 minutes of simmering to cook thoroughly.
- Drain the potatoes in a strainer and run cold water over them or add to an ice bath of water and ice cubes to chill quickly.

Use cooked potatoes in your favorite recipes.



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



Healthy Salads

Barley and Black Bean Salad

Prep Time: 20 minutes

Ingredients:

1 cup uncooked barley, cooked according to package directions
1 can black beans, rinsed and drained
1 colored bell pepper, seeded and chopped
1 cup yellow corn, frozen/thawed
1/4 cup chopped scallions (or yellow onion)
1/4 cup fresh cilantro, chopped
Homemade lime dressing more or less to taste

optional: 1 jalapeño, seeded and minced (wear gloves and use caution)

Directions:

In a saucepan cook barley according to package directions. Cool at least 30 minutes. In a large serving bowl toss barley, black beans, bell pepper, corn, scallions, jalapeno and cilantro until mixed. Add salad dressing when ready to serve. Save leftovers in an airtight container for up to 2 days in the refrigerator.

TRY THIS

In place of barley substitute wheat berries, quinoa or other whole grains.

Homemade Lime Dressing

Ingredients:

1/4 cup olive oil
3 TBSP fresh squeezed lime juice
1/4 tsp garlic powder
1/4 tsp onion powder
1/4 tsp cumin
1/4 tsp ground black pepper

Directions:

In a container, mix together all the ingredients. Pour over salad as much as needed.

TRY THIS

Try adding a pinch of cayenne or crushed red pepper for spice.
Extra can be saved in the refrigerator for up to one week

SUPER QUICK Broccoli Coleslaw Recipe

Prep 10 minutes. Makes enough for: 6-8

Ingredients: Salad

1 large bag of pre-shredded broccoli coleslaw mix (4-5 cups shredded broccoli stems)
1 cup pre shredded carrots (2-3 shredded carrots)

Ingredients: Salad Dressing:

1/2 cup plain Greek yogurt
1/4 cup olive oil Mayo
1 tsp Dijon mustard
1 tsp lemon juice
2 teaspoons apple cider vinegar
2 Tablespoons honey (less if watching carbs)
1/2 teaspoon of each: black pepper, garlic powder, dried basil, dried parsley and celery seed



Directions:

Whisk the yogurt, mayo, mustard, lemon juice, vinegar, honey and spices together until creamy.
Pour over shredded broccoli and carrots and toss well.
Store in fridge at least 1 hour or overnight before serving to let flavors meld.

Cooking Demo

Spring into
Healthier Eating with
Salads!

April 23rd
1:30 - 3:00 pm

Featured Recipes:
Salsa Potato Salad &
Cucumber and Feta Salad
(using a veggie spiralizer)

RSVP by April 22nd

Space available for 8
518-358-9667



Tips for supporting a loved one with diabetes



Life with diabetes can be fairly predictable...for the person with diabetes. Lifestyle becomes somewhat repetitive – medications, glucose testing, exercise to name a few. However for those that may live with, spend time with, or care for this person, the waters at times can be cloudy. There are questions that surface. Personal responsibility, boundaries, knowing when to help and when to back off. In reality, these questions are as individual as the loved one you are wondering about.

Ways to help your loved one:

- ◇ Increase your knowledge about the disease. This includes learning what diabetes is, the causes and treatment. Learning about medications is an added bonus, as well as glucose testing and insulin delivery. This will allow you to provide support and guidance where necessary. There are excellent resources through the American Diabetes Association or your local diabetes educator.
- ◇ Keep communication lines open. Ask the person what they would like you to do to help and support them. Be specific. Asking about personal treatment goals and future plans may shed more light on what you might be able to do to help.
- ◇ Provide support for healthy and appropriate behaviors. Avoid lecturing and judging. Look for creative ways to assist in healthy choices. Having healthy foods and snacks available and being sensitive to mealtime scheduling are ways to be helpful. Encourage and support physical activity. Also provide emotional support and look for ways to lessen or alleviate stressors.
- ◇ Be prepared to assist when needed. Be alert to the signs and symptoms of hypoglycemia and hyperglycemia as well as treatment of it. Know how to check a blood sugar, what to expect for readings, and how to locate the proper treatment, whether it be food, juice, or glucose tablets, or glucagon for extreme elevations.
- ◇ Be aware of the special needs associated with “sick days”. These include the continuation of basal insulin or medications, regular glucose checks, and extra fluids. Know when to contact the physician or clinic. Indications might include prolonged vomiting/diarrhea, very high blood sugar level that does not want to go down, high fever not responding to medications, mental disturbances, high ketone levels.
- ◇ Provide support for medical appointments, education appointments and pharmacy.
- ◇ Be on the alert for emotional changes that could indicate depression, anxiety or burnout.
- ◇ Self-care is essential. Prioritize your own health. You are of no assistance to others if you yourself are not well. If you are experiencing burnout, reach out to community resources for help.

Scheiner, G. (2019). It's a family affair. *Diabetes Self-Management*, 36(2), 28-30.

Healthier Easter Treats

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

- Small amounts of dark chocolate
- Sugar-free gum
- Travel Board games/card games/activity packs
- Clementines/tangerines
- Healthy trail mix/nuts
- Fishing lures
- Jump Rope
- Art basket: crayons, paper, markers, water colors, safety scissors, glue sticks
- Garden Starter kit: gardening tools, seed packets, watering can, flower pots
- Kites
- Goldfish crackers
- Stickers/tattoos
- Sidewalk chalk
- Bubbles
- Playdoh





April is Stress Awareness Month



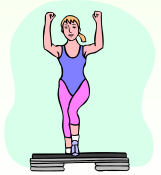
Stress Awareness Month is an annual designation observed in April. Have you ever been in a situation that was a little (or a lot) overwhelming, you had deadlines approaching and a mile-long to do list, and you were just in way over your head?! Well, you're definitely not alone. Everyone feels stressed from time to time, especially as we get older and the responsibilities really pile onto our plate. The thing about stress is, a little bit of it isn't necessarily a bad thing, but too much of it can be detrimental to our emotional and physical health. Learning to find that healthy balance is the best way to live a productive, happy life.

A small amount of stress once in a while is a good thing, because it means you're working hard and you care about what you're doing. If you were never stressed, that would probably mean you're living a lethargic lifestyle without a whole lot of work involved. However, too much stress doesn't allow us to think straight, and is overbearing and counterproductive. Prolonged stress even leads to real physical problems and can cause strokes, IBS, ulcers, diabetes, muscle and joint pain, miscarriages, and many more.

This month, recognize the difference between good and bad stress and try to find your happy place within the madness.

HOW TO OBSERVE:

Use **#NationalStressAwarenessMonth** or **#StressAwarenessMonth** to post on social media. This month, we are all challenged to keep our stress levels low, and our peace levels high. Here are some great ways to keep your mind clear and de-stress if you find yourself getting too overwhelmed:



1. Exercise. You've probably heard this one before, and even though it's probably not exactly what you want to do when you're feeling stressed (because laying on the couch and watching movies sounds more appealing), exercising gets endorphins pumping through your brain, which triggers a happy feeling. Exercise lowers your body's stress hormones like cortisol, and releases chemicals that make you feel more at peace.
2. Think about taking natural supplements to help you feel more at ease. Natural remedies like lemon balm, omega-3 fatty acids, green tea, and essential oils are very helpful.
3. Light a candle or turn on the oil diffusers, put on some soft, soothing music and dim the lights. Take a deep breath and count your blessings.
4. Caffeine intake reduction can help (even though it's tough to kick the coffee!) because caffeine tends to make us jittery, which can cause stress and anxiety.
5. Spend time laughing with friends and family. Let yourself have a good time and get your mind off the busyness of the real world.



April 16th is Stress Awareness Day

Join us for Guided Meditation and learn mini-meditations you can do at home!

12:00 - 1:00 pm

Diabetes Center for Excellence
Meditation Lounge



* News *

April 16th is Stress Awareness Day

Join us for Guided Meditation and learn mini-meditations you can do at home!

12:00 - 1:00 pm
Diabetes Center for Excellence
Meditation Lounge

April 19th is Family Day!

Parents can set a great example for the whole family by creating a healthy environment at home

Here are 5 simple suggestions for Family Day Activities:

- Go to the playground. Play tag and hide and go seek with the kids
- Take a family walk after dinner
- Go for a bike ride
- Plan an outdoor scavenger hunt that involves physical activity
- Supply the kids with fun items like kites, jump ropes, sports balls to encourage movement



Group Guided Meditation with Heather Pontius, RD



April 5th & 26th
9:50 - 10:15 am

Water Aerobics New Days and Times!

Tuesday
4:00 - 5:00 pm

Thursday
11:30 am - 12:30 pm



Cooking Demo

Spring into
Healthier Eating
with Salads!

April 23rd
1:30 - 3:00 pm

Featured Recipes:
-Salsa Potato Salad
-Cucumber and
Feta Salad
using a veggie spiralizer

RSVP by April 22nd

Space available for 8
518-358-9667

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

NEW DAYS & TIMES

Water Aerobics

Tuesdays
4:00-5:00 pm

Thursday
11:30 am-12:30 pm

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 and bring clean/dry
sneakers and a water bottle

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

