Our office will be closed on December 25, 2018 and January 1, 2019.

Please plan ahead for the holiday season and pick up your supplies early!

Move for Health Classes are cancelled on December 25th & January 1st.

Cancelled Community Fitness Classes:
- Saturday December 15th Public Fitness
- Friday December 21st Public Fitness: 12-1pm
- Monday December 24th Boot Camp & Water Aerobics
- Monday December 31st Boot Camp & Water Aerobics

Don’t let the weather stop you from exercising!
- *Skating
- *Walking
- *Snowshoeing
- *Skiing

Move for Health (MFH):
Nurse supervised exercise classes
Must be enrolled in LGHP
Monday - Thursday 8:00am - 3:00pm

Community Classes:
- No registration required
- Public Fitness
  - Monday - Friday 5:00-8:00 am & 12:00-1:00 pm
  - Saturday 7:00-10:00 am
- Boot Camp
  - Monday & Wednesday 4:30-5:15 pm
- Water Aerobics
  - Monday & Thursday 5:00-6:00 pm
- Supervised Swim
  - Wednesday & Friday 8:00-9:00 am
- Club Circuit
  - Friday 9:00-9:45 am
- Yoga
  - Tuesday & Thursday 1:00-2:00 pm

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.

Let’s Get Healthy Program Showcases Program Activities for Diabetes Month

The Let’s Get Healthy Program celebrated Diabetes Month with a community wide Open House on November 5th and November 27th. We offered blood pressure and blood sugar screenings, healthy food taste testing in the theatre kitchen, an opportunity to explore our many community fitness programs and simply tour the Diabetes Center for Excellence. The Let’s Get Healthy Program not only uses conventional western medical practices, but we also offer the opportunity to try meditation, yoga, aquatic fitness and so much more! To learn more about what the Let’s Get Healthy Program has to offer, call our office at (518) 358-9667 for more information or to schedule an appointment!

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Cooking Demo
Healthier Holiday Side Dishes
Featured Recipes:
- Roasted Brussel Sprouts and Festive Beet Salad

December 20, 2018
11:30 a.m. - 1:00 p.m.

Theatre Kitchen at the Diabetes Center for Excellence
RSVP by Dec. 17th, 8 spots available

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Nurse supervised exercise classes
Must be enrolled in LGHP
Monday - Thursday 8:00am - 3:00 pm

Community Classes:
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  - Monday - Friday 5:00-8:00 am & 12:00-1:00 pm
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Working Together Today to Build a Better Tomorrow
Stress Free Holiday

Earlier this month, The Holistic Life Foundation, based out of Baltimore, Maryland visited Salmon River Central middle school students. While they were here they taught students how to use mindfulness strategies for stress and anxiety reduction. Heather Pontius, who leads the Mind/Body program at The Diabetes Center for Excellence was able to participate in some of the teachings. These new mindfulness techniques will be used in our classes as well as community outreach, such as the meditation groups Heather facilitates with teens at the Akwesasne Clubhouse. If you are interested in learning mindfulness and meditation please contact our office for an appointment or join us on Fridays at 9:50 a.m. for our group guided meditation class. Learn more about the Holistic Life Foundation at: https://hlfinc.org/

Breathe through the Holidays

• Sit or lie down in a comfortable position
• Place one hand on your belly and one hand on your heart
• Observe your normal breathing for a few moments
• Gradually increase the volume of breath
• Inhale one-third into the belly, one-third into the ribs (expanding to the sides), and one-third up toward the collarbones
• Hold the breath for a moment
• Exhale smoothly and evenly
• Hold the breath out for a moment
• Add the mindfulness mantra: “I am breathing in” as you inhale, “I am breathing out” as you exhale
• Continue for five to ten minutes

Six Ways to Keep Your Diabetes in Control This Holiday Season

#1: Focus on Friends and Family. Holidays are a time to slow down and spend time with friends and family, instead of focusing on food, play a game together, volunteer as a family, catch up, go outside and make memories.

#2: It’s a Party, But Don’t Overdo It. Choose the foods you only have once a year, eat slowly and really enjoy the foods you choose. If the holiday meal is around the same time as a regular meal, choose the same amount of carbohydrates you normally would have. Resist going back for second helpings. If you plan on having dessert, cut back on the carbohydrates you choose. If the holiday meal is around the same time as a regular meal, choose the same amount of carbohydrates you normally would have. Resist going back for second helpings. If you plan on having dessert, cut back on the carbohydrates you choose.

#3: Bring What You Like. Instead of stressing about what foods will be there that you can have and the carbohydrates in each food, bring something you like, do your research ahead of time so you know the serving size and the amount of carbohydrates per serving.

#4: Drink in Moderation. If choosing alcoholic beverages, remember to have a snack with it to prevent low blood sugar later on. The recommendation is no more than 2 drinks for men and no more than 1 drink for women. To help control glucose levels it is best to stay away from drinks mixed with regular soda, or cocktail mixers that are sweet, like margarita / daiquiri mixes.

#5: Stay Active. One reason we struggle to maintain weight and glucose control over the holidays is that we are not as active. Keep up with your regular exercise routines and schedule time to exercise if you have a busy schedule. If you have time, check out some of the free classes at The Diabetes Center! Plan a walk with your family after a holiday meal. Invite a friend to exercise with you.

#6: Get Back on Track. Instead of focusing on a meal that you over indulged on, an exercise class you missed or a dessert that had too many carbs, look ahead to the next day. Start fresh with exercise, glucose monitoring and meal planning.

Information From: American Diabetes Association
www.diabetes.org

SGDM
Stopping Gestational Diabetes in Daughters + Mothers

Are you an American Indian or Alaska Native female between the ages of 12 and 24? 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 12-24) 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.

The deadline to participate in this study is December 31, 2018! Please call us today! Nia:wen

Do you want to see what the Diabetes Center for Excellence fitness room has to offer? Join us for our Public Fitness Classes

Monday - Friday
5:00 - 8:00 a.m. & 12:00 - 1:00 p.m.
Saturday
7:00 - 10:00 a.m.

This is an opportunity to use any and all fitness equipment, speak with a Health Promotion Staff member, participate in the Workout of the Day or do your own routine.

Classes are open to community members, including Tribal employees (Native and Non-Native) ages 18 and older, an appointment is not required, however we highly recommend that you consult your Primary Physician before starting any fitness program.
Brighten the holidays by making your health and safety a priority. You can take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.

1. Wash hands often to help prevent the spread of germs. It’s flu season. Wash your hands with soap and clean running water for at least 20 seconds.
2. Bundle up to stay dry and warm. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
3. Manage stress. Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
4. Don’t drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
5. Be smoke-free. Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers are also at risk when exposed to tobacco smoke.
6. Fasten seat belts while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.
7. Get exams and screenings. Ask your health care provider what exams you need and when to get them. Update your personal and family history.
8. Get your vaccinations. Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
9. Monitor children. Older should get a flu vaccine each year.
10. Practice fire safety. Most residential fires occur during the winter months, so don’t leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.
11. Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
12. Eat healthy, stay active. Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

*Focus on how it feels to stay active
*Eat fruits, veggies and protein
*Join an exercise group/class
*Stay social
*Eat fruits, veggies and protein
*Do something you enjoy
*FOCUS on how it feels to stay active

Avoid Gaining Weight this Holiday Season

Americans gain about one to two pounds during the holidays. While this doesn’t sound so dramatic, research shows it adds up over the years. Luckily, there are ways to avoid holiday weight gain.

Tip #1: Don’t Skip Meals
• Saving your appetite for a big holiday party or feast? Don’t. Skipping meals during the day may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

Tip #2: Eat Small Portions
• Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It’s important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan—one that can also include dessert.

Tip #3: Pick a Strategy to Avoid Overeating — and Use It!
• There are many strategies to help you avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really are hungry.

Tip #4: Keep Moving
• Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

Tip #5: Visit with a Registered Dietitian
• Need help figuring out how to politely refuse Aunt Sally’s push to fill your plate again? How about ways to stick with your personal lifestyle goals? For more information on eating well, call our office to make an appointment with Heather Pontius, R.D.

Don’t forget about your beverages
A small hot chocolate from Tim Horton’s has 9.5 teaspoons of sugar (38 grams carbohydrate)
A small hot chocolate from Dunkin Donuts has 7.5 teaspoons of sugar (30 grams carbohydrates)

The holidays are coming, stay active and fit during the holidays. Make a plan and stick to it. Plan your physical activity for early morning before you are up to your ears in wrapping paper, tape and ribbons.
### Bone Broth

**Ingredients:**
- 1/3 cup canola oil
- 1 cup low fat milk
- 1 egg
- 3 tsp baking powder
- 2/3 cup white sugar
- 1 cup yellow cornmeal
- 1 cup whole wheat flour
- Ground black pepper to taste
- 1 tsp dried Italian seasoning
- 2 bay leaves
- 2 tbsp. olive oil
- 8 cups low sodium vegetable stock

**Directions:**
1. In a large pot, sauté garlic and onions in olive oil, red pepper, cook for 1 min.
2. Add chili powder, cumin, black pepper, cook for another minute.
3. In a soup pot, heat oil over medium heat, cook onion, celery, carrots, garlic and bell peppers in oil for 5 minutes. Add chili powder, cumin, black pepper, cook for 1 min.
4. Stir in broth, beans, corn, salsa. Heat to boiling, stirring occasionally. Reduce heat to medium, simmer for 15 minutes.

### Black Bean Soup

**Prep Time:** 20 mins.  
**Cook Time:** 30 mins

**Ingredients:**
- 3 (14 oz) cans low sodium chicken broth
- 3 (14 oz) cans black beans, rinsed and drained
- 2 cups frozen whole kernel corn, thawed
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1/2 cup celery, chopped
- 1 cup carrots, peeled and chopped
- 1 cup colored bell peppers, seeded and chopped
- 1 jar mild salsa= choose lowest sodium
- 1 TBSP extra virgin olive oil
- 2 TBSP chili powder
- 1 TBSP ground cumin
- 1/4 tsp ground black pepper

**Directions:**
1. In a large pot, heat oil over medium high heat, cook onion, celery, carrots, garlic and bell peppers in oil for 5 minutes. Add chili powder, cumin, black pepper, cook for 1 min.
2. Stir in broth, beans, corn, salsa. Heat to boiling, stirring occasionally. Reduce heat to medium, simmer for 15 minutes. Serve Warm.

### Barley and Vegetable Soup

**Ingredients:**
- 1 yellow onion, diced
- 1 zucchini, washed and cubed
- 2 cups cabbage, sliced
- 3/4 cup pearl barley, uncooked

**Directions:**
1. Add celery and/or fresh vegetables as desired. Add ground black pepper to taste.
2. Carefully add vegetable broth and remaining ingredients.
3. Bring to a slow simmer.
4. Cook until barley is tender, approximately 30 minutes.
5. Adjust seasonings as desired.
6. Add celery and/or fresh mushrooms.

### Whole Grain Corn Bread

**Ingredients:**
- 1 cup whole white wheat flour
- 1 cup yellow cornmeal
- 2 1/2 cup white sugar (or Splenda equivalent)
- 3 tsp baking powder
- 1 egg
- 1 cup low fat milk
- 1/3 cup canola oil

**Directions:**
1. Preheat oven to 400 degrees. Spray muffin pan with non-stick cooking spray and set aside.
2. In a large bowl combine dry ingredients, mix well.
3. Stir in egg, milk and canola oil until well mixed. Bake in preheated oven for about 20 minutes or until a toothpick inserted into the center comes out clean.

### Change it up!

Try adding dried herbs or garlic powder to the mix.