

* News *

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**



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



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



Move for Health (MFH):
Nurse supervised exercise clas-
ses

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
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

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



Tsiothóhrha/December 2018

Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center for Excellence
66 Business Park Road
Akwesasne
518-358-9667

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!

Just a Friendly Reminder for Move for Health Participants

Fitness assessments are completed every 6 months. If you are currently due, you may receive a call from our friendly and knowledgeable Health Promotion Staff to make sure you're ready to rock 2019!

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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://hlfine.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 at the meal.

#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





12 Ways to Have a Healthy Holiday Season



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.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
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.



*cdc.gov

Don't forget about your beverages



A small hot chocolate from Tim Horton's has 9.5 teaspoons of sugar (38grams carbohydrate)
A small hot chocolate from Dunkin Donuts has 7.5 teaspoons of sugar (30 grams carbohydrates)



Holiday Tips



Stay Motivated During the Winter Months

These tips will help you stay active during the winter!

*Plan ahead

*Commit to an exact number of workouts each week

*Join an exercise group/class

*Stay social

*Eat fruits, veggies and protein

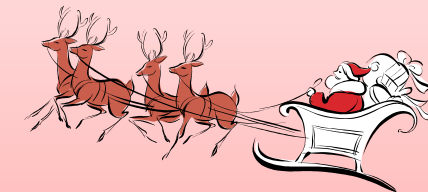
*Do something you enjoy

*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, RD.

With just a few strategies, you can avoid holiday weight gain while still enjoying friends, family and the holiday feast!



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.



Warming Winter Soups



Chicken Noodle Soup

Ingredients:

2 cups cooked chicken, cubed
6 cups no-salt chicken stock
6 oz egg noodles
1 cup broccoli florets, chopped small
1 TBSP olive oil
1 onion, diced
2 carrots, diced
2 celery, diced
1 tsp poultry seasoning
1 bay leaf
Optional seasonings: garlic, pepper, and turmeric



Directions:

1. Heat olive oil in a pot over medium heat, add onion to the pot, stir and cook until soft and opaque. Add carrots and celery, cook until vegetables are softened (8-10 minutes).
2. Stir in seasoning, broth, chicken and bay leaf.
3. Bring to a boil, add noodles, reduce heat to medium-high and cook until noodles are tender. Add broccoli at last 2 minutes.
4. Remove bay leaf before serving.

BONE BROTH

You may have heard of this new craze: bone broth. It's everywhere! This nutrient-dense liquid is full of gelatin, vitamins, and minerals, and while some people just drink it, you can get the many benefits by using it in cooking for recipes like chicken noodle soup.

WHAT IS BONE BROTH?

Is bone broth just a fancy name for broth or stock? Sort of, but not really. It's made in the same way but it takes it a step further. Like making stock, you roast the bones of your choice - beef bones, chicken bones, or turkey bones. Then, you cover them with water in your stockpot and add apple cider vinegar. The vinegar ensures the minerals will be pulled out of the bones and into the broth. Then, after 30 minutes, you add in: onions, carrots, and celery and simmer away. Simmer for a long time. Some people cook their bone broth for 24 hours, so the bone marrow is fully absorbed into the broth and the bones are so depleted of minerals that they're soft enough to snap. When it's finished simmering, strain and refrigerate. It's also freezer friendly, so portion it into appropriate sizes before freezing.

THE HEALTH BENEFITS OF BONE BROTH

Now that we know what it is and how you can make it, let's take a look at the reasons so many people are drinking bone broth.

1. ALLEVIATES JOINT PAIN AND PROMOTES HEALTHY BONES.

As we age, the collagen in our joints begins to deteriorate. When the broth simmers, it pulls gelatin out of the bones. This is why your stock sometimes solidifies in the fridge - like Jell-O, the bones have provided a naturally occurring gelatin to thicken the liquid. When you drink the broth, your body absorbs all of that gelatin. It strengthens your bones and promotes joint health by providing a cushion-like coating for your joints. This cushion supplements your natural collagen and helps your joints glide without friction.

2. HELPS WITH STOMACH AND DIGESTIVE PROBLEMS

Bone broth is full of amino acids, which are the building blocks that aid in preventing inflammation in your digestive tract and promote the growth of healthy probiotics. In addition, it's easily digestible by your system and, unlike more complex food sources, its soothing nature promotes gut health as you easily absorb its vitamins and minerals.

3. BOOSTS THE IMMUNE SYSTEM.

Using bone broth has been credited for signs of overall improvement in the immune system. People drinking bone broth report they're less likely to contract the common cold or the flu. This is most likely a result of the healing of the gut, as unhealthy guts cause the immune system to release antibodies that attack healthy tissue in an autoimmune-like response.



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:

In a soup 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. Stir in broth, beans, corn, salsa. Heat to boiling, stirring occasionally. Reduce heat to medium, simmer for 15 minutes. Serve Warm.



Crockpot Chicken Stock

Ingredients:

1 onion, chopped
2 carrots, chopped
Chicken bones, cooked chicken (your preference)
6 cups of water
Garlic, fresh or powered
Turmeric- will make it yellow and turn noodles yellow
Fresh Thyme or dried Thyme
Bay leaves
Black pepper to taste



Directions:

Add all ingredients to a crock pot. Cook on "low" for 6-8 hours. Remove chicken (bones) from the crockpot. Filter all of the ingredients using a sieve and save all liquid in freezer bags. Add chopped chicken to the cooled broth or in separate freezer bags. Save in the freezer for up to 6 months.

* Lay flat in freezer
* Always label and date freezer bags
* Use in any recipe that calls for stock or broth
* Bone broth is high in minerals, low salt and preservative free!

Barley and Vegetable Soup

Ingredients:

3/4 cup pearl barley, uncooked
2 carrots, peeled and diced
2 cups cabbage, sliced
1 zucchini, washed and cubed
1 (24 oz.) can low sodium diced tomatoes
1 yellow onion, diced
2 cloves of garlic, minced
8 cups low sodium vegetable stock
2 tbsp. olive oil
2 bay leaves
1 tsp dried Italian seasoning
Ground black pepper to taste

Directions:

1. In a large pot, sauté garlic and onions in olive oil for 5 minutes.
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
2/3 cup white sugar (or Splenda equivalent)
3 tsp baking powder
1 egg
1 cup low fat milk
1/3 cup canola oil



Directions:

Preheat oven to 400 degrees. Spray muffin pan with non-stick cooking spray and set aside. In a large bowl combine dry ingredients, mix well. 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.