

* News *

**Our office will be closed
on
December 25, 2019
January 1, 2020**



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

Have a happy and healthy holiday season!



From all of us at the Let's Get Healthy Program:

Heather Garrow
Heather Pontius
Kelly Jackson
Jessica Hopps
Krista Oakes
Mera Gamble
Cherie Bisnett
AJ Sutter
Pamela McDonald-LaChance



Cooking Demo

Thursday December 19th
11:30 am -1:30 pm
The Diabetes Center for Excellence
Theatre Kitchen



Learn how to prepare a healthier version of Corn Soup

Space is limited to 8 participants
Please RSVP by December 16th

A partnership with the Akwesasne Cultural Restoration Program

On Friday December 6th,
12:00 - 1:00 pm Public Fitness
is cancelled

Friday December 20th,
We will **ONLY** have
Public Fitness Class
8:00 - 10:00 am

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

Guided Meditation
December 6th & 27th
9:50 - 10:15 am

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

Guided Meditation
Fridays
9:50-10:15am

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

For more information,
Please call the
Let's Get Healthy Program:
(518) 358-9667



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



Tsiothóhrha/December 2019

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

Diabetes Month

The Let's Get Healthy Program celebrated National Diabetes Day on November 14th. We offered a healthy breakfast, blood pressure and blood sugar screenings, a hunt for informational medallions, and interactive education which highlighted diabetes complications. We held random prize drawings for anyone wearing blue for diabetes. It was a successful event and we continued to share tips and messages through the month!

We also held a month-long fitness challenge!
138 participants exercised a total of 26, 076 minutes.
Congratulations to Cole Adams who was the winner of a Fitbit!

Nia:wen to those who participated!



Fire Cider Demonstration

The Let's Get Healthy program collaborated with the Akwesasne Cultural Restoration Program for a hands-on demonstration and made Fire Cider. We were joined by 6 participants who learned the benefits of Fire Cider and how important it is in keeping our immune systems strong.

Please call the Let's Get Healthy program office to reserve your spot for our next collaboration on Thursday December 19th. We will learn how to make a healthier corn soup!



With the winter weather approaching,
be sure to tune in to 97.3 CKON,
the Saint Regis Mohawk Tribe Facebook Page
& the Let's Get Healthy Facebook Page
for all your up to date closures and delays!

INSIDE THIS ISSUE:

Holiday Tips	2
Fitness Page	3
Festive Feasts	4-5
Nurse Care	6
Nurse Care	7
News	8



Holiday Season Tips



Six Ways to Keep Your Health a Top Priority 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 vacation 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 overindulged 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



Standards of Care and Clinical Practice Recommendations for Type 2 Diabetes

Indian Health Service Division of Diabetes Treatment and Prevention
Medical Nutrition Therapy provided by a Registered Dietitian (RD)

At The Diabetes Center for Excellence we have our very own Registered Dietitian

When should you see the RD?

- * At diagnosis of diabetes
- * At least once per year after diagnosis
- * As often as needed to prevent complications and to meet nutrition goals

Nutrition Services include:

Diabetes prevention and diabetes education
Nutrition counseling - weight loss
Hands-on learning with cooking demonstrations, supermarket tours, recipe modifications, and meal planning

If you would like to schedule an appointment with our RD, call today! (518) 358-9667



Injury Prevention



Preventing Injury During Your Workout

Get a smart start

Start low and go slow with supportive, well-fitting, cushioned athletic shoes. Increase your walking time or distance by 10 to 20 percent each week. Replace your shoes every 300-500 miles to avoid the wear and tear that can contribute to injuries.

Skip the shin splints

Shin splints (pain on the front of your lower leg) can occur if you increase your walking distance and speed too quickly or add too many hills too soon. Prevent them by wearing athletic shoes with adequate support and cushioning and gradually increasing your walking mileage and pace. Be sure and stretch your calves (both straight and bent knee) after walking.

Nix the knee pain

There are many causes of knee pain, including osteoarthritis and other problems. If you experience knee pain when you exercise, talk to your doctor. You may need a new pair of walking shoes with better support or cushioning. You may also benefit from strengthening and/or stretching exercises targeting the muscles that support the knee and hip.

Injury 101

Listen to your body. If you feel pain, particularly if it increases or comes on earlier in your walk, limit your activity and contact your doctor.

If you experience an injury while walking, follow the **RICE** prescription and call your healthcare provider:

- **Rest.** Rest the injured area. Get off your feet!
- **Ice.** Apply a bag of ice to the injured area for about 20 minutes. Ice is nature's anti-inflammatory and can reduce tissue damage. Place a wet cloth between the ice pack and your skin. Repeat morning, after work and evening as long as you experience pain and/or swelling.
- **Compression.** Use an ace bandage/wrap to secure your ice bag to the injury with some pressure. This can help control swelling.
- **Elevation.** If your foot or knee is injured, sit or lie down with your leg elevated at/above heart level. This reduces swelling and can help promote faster healing.

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/preventing-injury-during-your-workout>



Prevent holiday weight gain and excess stress, by ensuring you get 8 hours of sleep, drink plenty of water, and try to exercise atleast 30 minutes each day.

For more stress management, check out Guided Meditation class, held every Friday at the Diabetes Center for Excellence.

(518) 358-9667



Nurse Care



Tips on Stress Management When Dealing with Diabetes Care

The holidays are fast approaching, and with them come a variety of potential stressors related to both diabetes care and life itself! Having a plan for dealing with stress can be helpful and promote a feeling of security. Practicing healthy reactions to stress can turn them into habits that will kick in when the going gets tough.

Here are nine strategies that can assist in the promotion of healthy reaction to stress:

- **Challenge panicky thoughts**

“I will never be able to get my glucose down”. The word “never” is extreme. Look at where you are right now and in this moment. You are safe and secure. There are no threats to your wellbeing. Take a deep breath and relax.

- **Act now**

If your diabetes to-do list looks and feels overwhelming, pick out just one thing that is doable right now and act on it. Take a walk, schedule exercise. Don’t try and make a list of changes all at once.

- **Breathe**

Stress alters your physical responses. You may become short of breath and tense. Your heart rate may increase. Make an effort to breathe slow and deep. Practice counting your breaths as you inhale and exhale. Inhale for count of four, hold your breath for a count of seven, and then exhale for a count of eight.

- **Have a mantra**

Think of a meaningful phrase that can help you get through the situation. For example, instead of dreading to check your glucose because of fear of the results, one can focus on the fact that it is only a number that is helpful in assisting in the management of diabetes.

- **Go to your happy place**

When you feel stress building, take a moment and stop what you are doing. Imagine yourself in a peaceful, calm place. It could be the seashore, or the mountains, or a campsite on the river. Imagining this can help calm a stressful heart.

- **Move**

Exercise is a good stress reliever. Even 15 minutes of moderate exercise can release hormones that promote a feeling of well-being. Some ideas could include leg extensions, overhead arm stretches, or three minute walks every half hour. These help in the regulation of blood glucose during the day.

- **Meditate**

Focusing on specific thoughts, whether it be sights, sounds or breathing helps to quickly de-clutter the mind. Meditation can, over time, assist you in a more calm reaction to stressful situations.

- **Give thanks**

Being mindful of life’s gifts can help improve your outlook. Keep a journal of reasons to be thankful.

- **Own your choices**

If you decide to indulge on something extra at a holiday dinner, don’t feel guilty about it. Remember that you are in control, and can make adjustments along the way that can accommodate for the indulgence, be it further adjustments to diet, insulin or exercise.

<http://www.diabetesforecast.org/2017/jan-feb/9-ways-to-ease-stress-from.html?print=t>



Fitness



Festive Fitness Tips: How to Keep Fit This Christmas

Christmas is one of the best times of the year, but it also is one of the hardest to stay fit and healthy. This is a time where you are at your busiest, your spare time is taken up with Christmas shopping and getting everything ready for the big day. This is why everyone hits the gym in January after all!

But it does not have to be this way. By keeping fit during the festive season you will keep up with your goals and you will be in a much better position come January.

Here are the top five fitness tips for avoiding Santa’s naughty list.

1. Keep Training. It is really important that you keep training and visiting the gym over the Christmas period. You need to maintain your muscle structure and fitness, while staying on track to reach your goals. Even if your sessions are shorter than usual, it is so important to keep going.

2. Train with a friend. Christmas is a time for friends and family, but you don’t have to confine this quality time to just home or parties. Research shows that people train better with a friend as it keeps them motivated and helps them to push just a little harder. It is also more fun to have some friendly company!

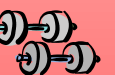
3. Eat & Drink Sensibly. Enjoy yourself and enjoy all that the Christmas menu has to offer, but try and moderate where you can. Yes turkey can be great source of protein and support muscle growth, but if you eat too much unnecessary calories into your diet this could lead to weight gain. Make sure you stock up on vitamins and nutrients where you can.

4. Watch your alcohol intake. Christmas is a wonderful time of the year, full of parties and occasions along with alcohol and sugary drinks. Some alcoholic drinks like wine or beer are very high in calories, whereas some drinks are lower, such as champagne and dry white wine. Keep an eye on what you are drinking and make careful substitutes where possible. Stay HYDRATED with water as well.

5. Lastly, Put a Plan in Place. Some people feel that they achieve more if they have a plan in place to track and follow. A plan can help you to do the right exercise at the right times, eat the right foods and moderate your drink, helping you stay fit this Christmas.



Tips For Surviving the Holidays



Its not about the actual Holiday: Overeating on Christmas isn’t going to get you out of shape. Just like doing things right one day isn’t going to get you in shape. It’s all the little things on a daily basis that determine if you are moving toward fitness or away from it.

Let go of perfect: You may miss a workout or two over the holidays but its not the end of the world!

Focus on what you can do, not what you can’t do: Even if you can only fit in a 10 minute walk, it’s better than doing nothing.

Remember that the holidays come at the same time every year: Unknown interruptions can’t be avoided but there’s no excuse for letting the holidays wreck your fitness plans! Christmas is on the same date every year so plan ahead.

**The holidays are coming up, 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.**



Festive

Balsamic Tomato Bruschetta

Ingredients:

- 4 medium size tomatoes, seeded and chopped
- 1 whole Baguette
- 5 cloves garlic, minced
- 2 TBSP olive oil
- 1 TBSP balsamic vinegar
- 6 whole basil leaves (chiffonade)
- Ground black pepper, to taste



Directions:

Preheat oven to 450 degrees.

In a small skillet, heat olive oil over medium-high heat. Add garlic and stir, lightly frying for about 1 minute, removing before the garlic gets too brown. Pour into a mixing bowl and allow to cool slightly.

Add tomatoes, balsamic, basil, and pepper to the bowl. Toss to combine, then taste and add more basil if needed, and more pepper if needed.

Cover and refrigerate for an hour if you have the time.

Cut the baguette into diagonal slices to allow for the most surface area possible. Arrange baguette slices in a single layer on a baking sheet. Place in the oven until toasted and golden brown about 5 minutes. Flip over and toast the other side. Remove the baguette from the oven and begin cooling. To serve, give the tomato mixture a final stir, then spoon generously over the slices of bread.

Pan Fried Brussels Sprouts with Bacon and Cranberries

This is a delicious, low carb side dish. Adding chopped walnuts makes it even better!

Total Time 16 minutes: Servings 4

Ingredients

- 3 slices low sodium turkey bacon (6 ounces)
- 12 ounces Brussels Sprouts cut in half lengthwise
- 1/4 cup unsweetened dried cranberries
- 2 tablespoons water
- 1/4 cup chopped walnuts (optional)

Directions:

In a large skillet, cook bacon until crisp. Remove and place onto a plate lined with paper towels.

Place Brussels Sprouts in hot pan cut side down.

Cook Brussels Sprouts until bottoms have browned.

Add cranberries and water.

Cover and cook until Brussels sprouts are tender (about 2-3 minutes).

Remove cover, stir in walnuts (if using) and stir fry until walnuts are toasted. Serve warm



Feasts



Beet Salad with Homemade Balsamic Dressing

Total Prep Time: 1 hour 15 minutes

Salad Ingredients:

- 2 pounds beets
- 6 cups baby arugula or spring mix (greens)
- 1/2 cup feta cheese, reduced fat (crumbled)
- 1/2 cup pecans, shelled and halved
- 1/2 cup dried cranberries

Dressing Ingredients:

- 1/2 cup Extra Virgin Olive Oil
- 3 TBSP balsamic vinegar
- 1 TBSP Dijon mustard
- 1 garlic clove, minced or pressed
- Ground black pepper to taste

Directions:

Preheat the oven to 400 degrees. Line the bottom of a baking sheet with foil. Wrap each beet tightly with foil and arrange on the baking sheet. Bake in the preheated oven for 1 hour or until largest beet is easily pierced. Unwrap the beets and cool to room temperature. Peel the skin and remove from the beets. Cut off the root end of the beets. Slice beets in halves and wedges.

Add greens to a large salad bowl, add all remaining salad ingredients.

Directions for the dressing:

In a small airtight container combine all the ingredients and shake well to combine. Drizzle over the salad.

TIPS:

Beets can be cooked up to 3 days ahead of time.

Use gloves when peeling the cooked beets.

Toast the pecans in a dry, hot skillet until fragrant.

Try substituting goat cheese for feta cheese for a different flavor.



Roasted Brussels Sprouts with Balsamic and Honey

Total Prep Time: 25 minutes

Ingredients:

- 2 pounds fresh brussels sprouts, outer leaves removed
- 2 TBSP extra virgin olive oil
- 2 TBSP balsamic vinegar
- 2 tsp honey
- Ground black pepper to taste

Directions:

Preheat the oven to 425 degrees. Line a baking sheet with aluminum foil.

Cut the bottom off the brussels sprouts and slice in half lengthwise.

In a large bowl combine, brussels sprouts, olive oil and black pepper.

Toss to coat.

Transfer the brussels sprouts to the baking sheet and roast until tender and caramelized (about 20 minutes) brussels sprouts should be brown and crispy.

Remove from the oven, place back in the bowl, toss with balsamic vinegar and honey until evenly coated. Season with additional ground black pepper.

Caprese Skewers

Ingredients:

- Grape tomatoes, washed and patted dry
- Fresh basil leaves, washed and patted dry
- Fresh mozzarella pearls
- Extra virgin olive oil
- Balsamic vinegar



Directions:

Make the skewers by alternating the ingredients. Arrange on a plate.

Drizzle with extra virgin olive oil and balsamic vinegar before serving.

TRY THIS:

Use flavored oils or infused vinegars.

Use holiday skewers

Use different colored grape tomatoes (yellow, red, purple)

