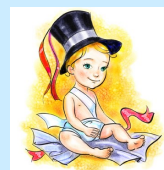




Tsiothohrkó:wa/January 2018



Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center For Excellence
66 Business Park Road
Akwesasne, NY 13655
518-358-9667

New and exciting services at the Diabetes Center for Excellence



Joslin Vision Network (JVN) Telemedicine

JVN is an Indian Health Services Program designed for early diagnosis and treatment of diabetic retinopathy to prevent complications and decrease vision loss and blindness. A trained professional uses a digital camera with specialized computer software to take images and send to a team of Doctors trained in this program. A report is sent back to your Provider. It's only a 15 minute appointment and dilation is not required. Studies show that early detection and treatment of eye disease caused by diabetes can reduce the incidence of severe vision loss. This clinic will be offered January 22-26, 2018. To make an appointment, please call the Let's Get Healthy Program.

Beach Medical Services

The St. Regis Mohawk Health Services (SRMHS) announces a new partnership with Beach Medical Services. Beach Medical Services brings years of expertise in diabetes care to offer our community a variety of options and approaches for persons with diabetes and those with pre-diabetes. Mara Russell, FNP, will be providing diabetes management specialty services along with your SRMHS primary care providers, including the diabetes nurse educators and dietitian of the Let's Get Healthy Program. If you are a person with diabetes or pre-diabetes and are eligible to receive care at SRMHS, please call the Let's Get Healthy Program at (518) 358-9667 to establish an initial consultation with Mara Russell, FNP.

Please join Mara and the LGHP for a group education session Monday January 22, 2018 at 11 am and 5 pm, at the Diabetes Center for Excellence. Learn about diabetes, ask questions and find the support you're looking for.

Extended hours for fitness classes:

These classes are free and open to the community and Tribal employees. All fitness levels are welcome! For more information, please see our monthly fitness calendar or call the Let's Get Healthy Program: (518) 358-9667.

PUBLIC FITNESS:

Monday – Friday: 5 am – 8 am and Saturday: 7am - 1pm

*Please use the fitness room entrance located at the back of the building during this time for Public Fitness.

YOGA:

Monday, Wednesday and Friday: 12:05 – 12:50 pm

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January is National Oatmeal Month

More oats are purchased in the months of January and February than any other months of the year. A warm bowl of oatmeal makes a delicious and healthy breakfast during the cold winter months. It is important when making your oatmeal to limit the amount of added sugar from maple syrup, brown sugar or honey. It is also a good idea to include a source of protein with your oats, some easy choices are sliced almonds, chopped walnuts, chia seeds, flax seeds, natural peanut butter or Greek yogurt.

Health Benefits of Oats:

- Eating oats helps lower LDL “bad” cholesterol and may help reduce the risk of heart disease.
- Oats help you feel fuller longer, which helps control your weight.
- Oats may help lower blood pressure.
- When eaten in proper portions, oats may help reduce your risk of type 2 diabetes, since their soluble fiber helps control blood sugar.
- Oats help cut the use of laxatives, without the side effects associated with medications.
- Oats are high in beta-glucans, a kind of starch that stimulates the immune system and inhibits tumors. This may help reduce your risk of some cancers.
- Early introduction of oats in children’s diets may help reduce their risk of asthma.
- Oats are higher in protein and fiber, and lower in carbohydrates than most other whole grains.
- Oats are naturally gluten free, however they may become contaminated with gluten containing grains during processing.

Oatmeal: Tasty, Healthy, Quick

Many foods fall in and out of favor as health trends come and go. Not oatmeal. This whole-grain powerhouse has been packing serious nutrition and hearty flavor into breakfast for generations. It’s one of the few comfort foods that are as good for you as they are just plain good.

To get the most out of this super food, be a bit particular.

Packets of instant oatmeal, for example, are loaded with sugar -- as much as 8 teaspoons per serving -- and high in sodium. Always check the label to see what you're getting.

Great oatmeal starts with plain rolled oats, or steel-cut oats, cooked in a little water or milk, and topped with wholesome ingredients. It's a feel-good start to the day, and if you make it a habit, it can do your health some favors.

If you're on a gluten-free diet, look for oats that are certified gluten-free. Though oats themselves don't contain gluten, they can get tainted with gluten when they're being processed or growing, according to the Whole Grains Council.

Oatmeal’s most enduring claim to fame is its proven ability to curb bad (LDL) cholesterol. Chalk that up to a type of soluble fiber called beta glucan.

Eating oats is linked to an average 7% drop in LDL cholesterol, research shows. Many other things also affect your heart's health (like what else you eat, how active you are, and whether you smoke), but oatmeal is a simple heart-smart start.

The fiber in oatmeal also helps you feel full and eat less later on during the day. Fiber also eases constipation and helps control blood sugars.

Instant, Rolled, Scottish, or Steel-Cut?

When you shop for oats, you'll see several types on the store shelves. They're all based on "oat groats," which are the whole oat kernel.

Instant oats: Oat groats that have been steamed and flaked.

Rolled oats (also called **regular** or **old-fashioned oats**): Oat groats that have been steamed and rolled into flakes that are thicker (and thus take longer to cook) than instant oats.

Steel-cut oats (also called **Irish oats**): You get the whole oat kernel, cut up. These take about 20 minutes to cook.

Scottish oats: These are like steel-cut oats, but instead of being cut, they are ground.

Oat groats: This is the whole oat kernel -- no cuts, flakes, or grinding. They take longer to cook than other oats. Give them 50-60 minutes to cook, after you bring the water to a boil. You can cook oatmeal on your stove top, in your microwave, or in a slow cooker.

Oatmeal Toppings

Your bowl of oatmeal gets even tastier when you top it with spices. Try cinnamon, ginger, or pumpkin pie spice.

Swirl in a bit of almond butter or peanut butter. Sprinkle walnuts, pecans, flax seeds or chia seeds (which are rich in heart-healthy omega-3s) on top.

Spoon in some frozen berries, and the warmth of the oatmeal will defrost them for you. Try applesauce or chopped apples. Limit dried fruit to avoid extra carbs.

Add a scoop of pumpkin puree to your oatmeal for added nutrition.

You can add milk (dairy, unsweetened non dairy)

Watch out for the added sugars from honey, brown sugar, maple syrup.



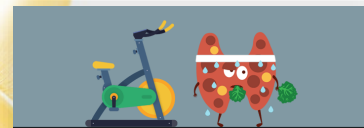
January is Thyroid Awareness Month

Types of Thyroid Disorders

Hypothyroidism (low thyroid hormone) – may result in weight gain, fatigue, and depression.

Hyperthyroidism (high levels of thyroid hormone) – may cause weight loss, nervousness, and a rapid heart rate.

Hyperparathyroidism – results in the secretion of high levels of parathyroid hormone which may cause high calcium levels and other non-specific symptoms such as weakness, fatigue, depression or aches and pains.



Thyroid Disease Exercise Guidelines

Aerobic Exercise:

Frequency: 5 days per week to maximize energy expenditure and/or improve cardiorespiratory fitness where weight control is not a primary concern.

Intensity: 40 to 75% of maximum heart rate. [Max Heart Rate = 220-Age] Only progress to higher intensity as tolerated.

Time (Duration): 30 to 60 minutes per day. If long and continuous activity is too difficult, try 10 minute durations through the day.

Type: Aerobic exercises that engage the large musculature of the body.

Resistance Training:

Frequency: Train for each major muscle group 2 to 3 days per week with at least 48 hours separating the training sessions for the same muscle group.

Intensity (sets and repetitions): Train each muscle group for a total of 2 to 4 sets with a range of 8 to 12 repetitions per set with a rest interval of 2 to 3 minutes.

Duration: Session duration will vary depending on the number of exercises performed.

Type: Adults are recommended to perform multi-joint exercises affecting more than one muscle group and targeting opposing muscle groups. Single joint movements may also be performed, but remember to try to incorporate functional exercises with relevance to your activities of daily living.

Back on Track 2018

Sometimes you have the best intentions during the holidays. You swear you'll eat well, even when you're offered the most succulent holiday meals — and swear even more that you'll exercise instead of sleeping in AND avoid alcohol. (Go you!) But there you are: feeling guilty, slightly ill and bloated from all the over-eating.

Now what you do? Get back on track as quickly as possible! Here are four ways to get back on track with your weight loss plan after the holidays.

1) Ditch the guilt

So, despite your best intentions, you didn't stick to your diet plan. You need to ditch any guilt you feel and stop beating yourself up about it. Feeling guilty about overindulging is wasted energy — spend that energy doing something productive instead.

2) Dump the extra food.

If you've got extra food around the house from the holidays dump it. Why keep unhealthy, calorie-laden food around to tempt you? Better that the food goes in the garbage than on your hips or belly, right?

3) Review or reset your goals.

Sometimes overindulging comes about because you either lost sight of your goals or have set your goals too high. A goal of "I'm never going to eat cookies again" may be too strict for you and cause you to overindulge, using a holiday or weekend as an excuse to ditch your diet plan.

4) Eat your favorite healthy meal and do your favorite workout.

You're only one healthy meal and one workout away from getting back on track. If you need the extra incentive, why not cook your favorite healthy meal, do your favorite workout — and blast your favorite music while doing it.

If you overindulged over a long holiday weekend, chances are the "damage" is not as bad as you think. Use these four tips to get back on track and you'll be back to feeling better before you know it.

Perfect Steel-Cut Oats

Cook Time: 35 mins

Total Time: 35 mins

Yield: 4 servings

Ingredients

3 cups water

1 cup milk of choice: unsweetened non dairy milk, 1% or skim cow's milk

1 cup steel-cut oats

Optional mix-ins: ground spices like cinnamon, chopped nuts like walnuts, sliced almonds

Directions

In a large saucepan, combine the water and milk. Bring the mixture to a simmer over medium heat.

Stir the oats into the simmering water/milk mixture. Reduce the heat to medium low and simmer gently for about 20 minutes, stirring occasionally, until the mixture is very thick.

Continue to simmer the mixture, stirring occasionally and reducing heat as necessary to prevent scorching on the bottom, until almost all of the liquid is absorbed, about 10 minutes. (If you have doubled the recipe, your oatmeal might need an extra 5 minutes cooking time here.) The oatmeal will be very creamy when it's done. Remove from heat and stir in any mix-ins that you'd like. Let the oatmeal rest for 5 minutes before serving so it has more time to thicken up and cool down.

Portion oatmeal into bowls and add any toppings you'd like to portions that you intend to serve immediately.

Let any extra oatmeal cool completely before covering and refrigerating for future breakfasts.

These ultra creamy, steel-cut oats are ready in 35 minutes and reheat beautifully for the rest of the week.

Make Your Own Granola

Ingredients:

2 cups old fashioned rolled oats

1/4 cup seeds of your choice

2 tablespoons oat flour

1 teaspoon spices of your choice

1/4 cup sweetener of your choice

2 tablespoons canola oil

1/2 teaspoon flavor extract

1/4 cup dried fruit of your choice

1/4 cup nuts of your choice

Flavor Suggestions:

Honey nut

Cranberry coconut

Cinnamon raisin

Pumpkin pie

Maple walnut

Orange cranberry

Directions:

Preheat the oven to 300 degrees

In a large bowl mix all the dry ingredients *EXCEPT* dried fruit and nuts.

In a small bowl mix sweetener, oil and extract together.

Add the liquid to the dry and mix well.

For clusters, squeeze small amounts of the mix together until it small clumps form.

Spread the granola on a non stick baking sheet. Bake for 25 minutes, remove the sheet from the oven, stir granola with a spatula, add in the dried fruit and nuts and return to the oven for another 10 minutes.

Allow granola to cool on the sheet.

Store in a airtight container for up to 10 days.



Seeds: sunflower, flax, sesame, chia, hemp, pumpkin

Spices: cinnamon, pumpkin pie spice, apple pie spice, ginger, dried orange peel

Sweeteners: honey, agave nectar, maple syrup, brown sugar

if using brown sugar mix it with a tablespoon of water

Flavor extracts: coconut, almond, vanilla, orange

Dried fruit: blueberries, cherries, cranberries, raisins, apples, pineapple, mango

Nuts: peanuts, walnuts, pecans, almonds, macadamia nut

Other: coconut flakes, dark chocolate morsels

Your Oats!

Make your own oatmeal packets:

*Add the following into snack size Ziploc bags.

¼ cup old fashioned oats

*Choose your add-ins based on your preference

-ground spices

-chopped nuts/seeds

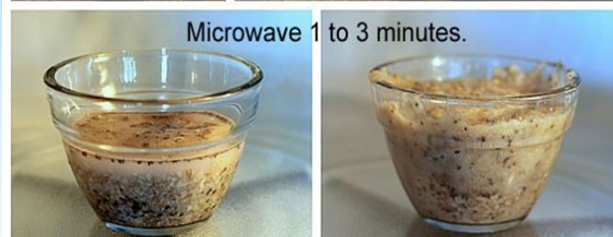
-powdered peanut butter (PB2)

-dried fruit or freeze dried fruit but limit to 2TBSP

*label the bag with the flavor. Store in a cool dry cupboard.

When ready to use:

Dump contents of one bag into microwave safe bowl, add ½ cup cold water and microwave for 1-3 minutes. Let cool and enjoy.



This recipes make 2 servings

Ingredients:

1/3 cup plain Greek yogurt

1/2 cup old fashioned oats (uncooked)

2/3 cup unsweetened almond/cashew milk

1 TBSP chia or milled flax seeds

1/2 tsp pure vanilla extract

As desired: sweetener of your choice-
honey, maple syrup, stevia

Directions:

Mix all ingredients in a jar or container. Cover and let sit at least 4 hours in the fridge.

Can be saved up to 5 days in the refrigerator.

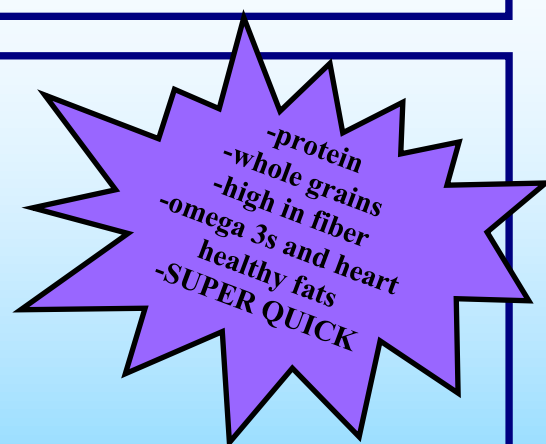
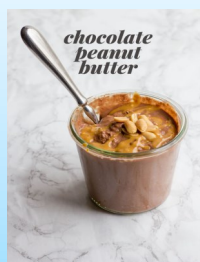
TRY THIS:

chocolate and peanut butter: using 1TBSP cocoa powder and 2TBSP natural peanut butter

chocolate chip and bananas: using 1TBSP dark chocolate chips and 1/2 banana mashed

Pumpkin pie: using 1/2 cup pure pumpkin puree and 1 tsp pumpkin pie spice

Overnight Oats



Nursing Notes

Blood Sugar Control and the Importance of Dental Care

An article adapted from the National Institute of Diabetes and Digestive and Kidney Disease-NIH Website.

Submitted By: Janine Rourke, RN-Diabetes Nurse Case Manager. (Part 1 of a 4 - part series)

How can diabetes affect my mouth?

Glucose (also called sugar) is present in your saliva. When diabetes is not controlled, high glucose levels in your saliva help harmful bacteria grow. These bacteria combine with food to form a soft, sticky fill called plaque. Plaque also comes from eating foods that contain sugars or starches. Some types of plaque cause tooth decay or cavities. Other types of plaque cause gum disease and bad breath. Gum disease can be more severe and take longer to heal if you have diabetes. In turn, having gum disease can make your blood glucose difficult to control.



What are the most common mouth problems from diabetes?

PART ONE - January 2018

Gingivitis. This is unhealthy or inflamed gums. Symptoms are red, swollen and bleeding gums. Treatment is daily brushing, flossing and regular cleanings at the dentist.

Periodontitis. This is gum disease which can change from mild to severe. Symptoms can include gingivitis; gums that have pulled away from the teeth, long-lasting infection between gum and teeth, bad breath that won't go away, permanent teeth that are loose or moving away from each other, changes in the way your teeth fit together, pus between teeth and gums, changes in fit of dentures. Treatment is deep cleaning at the dentist, medication and gum surgery in severe cases.

Thrush (Candidiasis). This is the growth of naturally occurring fungus that the body is unable to control. Symptoms are sore, white or sometimes red patches on your gums, tongue, cheeks or roof of your mouth that have turned into open sores. Treatment is medication prescribed by your dentist to kill the fungus, cleaning dentures, removing dentures for part of the day or night, and soaking them in medication prescribed by your dentist.

Check your mouth for signs of problems from diabetes. If you notice any problems, see your dentist as soon as possible. Some of the first signs of gum disease are swollen, tender, or bleeding gums. Sometimes you won't have any signs of gum disease. You may not know you have it until you have serious damage. Your best defense is to see your dentist twice a year for cleaning and check-up.

SO WHATS NEW? Submitted By: Janine Rourke, RN



Diabetes Facts and Statistics

According to the National Institute of Diabetes and Digestive and Kidney Disease-National Institute of Health...

Total: An estimated 30.3 million people have diabetes (9.4 percent of the U.S. population).

Diagnosed: An estimated 23.1 million people have been diagnosed with diabetes (7.2 percent of the U.S. population).

Undiagnosed: An estimated 7.2 million people, ages 18 years or older are undiagnosed (23.8 percent of people with diabetes).

Prediabetes Facts and Statistics

According to the National Institute of Diabetes and Digestive and Kidney Disease-National Institute of Health...

- An estimated 84.1 million adults ages 18 years or older (33.9 percent of the U.S. adults) have prediabetes.
- 23.1 million adults (48.3 percent) ages 65 or older have prediabetes.
- More men (36.6 percent) than women (29.3 percent) have prediabetes.
- The prevalence of prediabetes is similar among men and women across racial ethnic groups.

Risk Factors for Type 2 Diabetes

Your chances of developing diabetes depend on a combination of risk factors. Although you cannot change risk factors such as family history, age or ethnicity, you can change lifestyle risk factors like the foods you eat, physical activity, and weight.

Are Overweight or Obese	Have a Family History of Diabetes
Are Age 45 or Older	Are Native American
Have High Blood Pressure	Have a Low HDL (good cholesterol)
Have a History of Gestational Diabetes	Are Not Physically Active
Have a History of Heart Disease-Stroke	Have Depression
Have Polycystic Ovary Syndrome (PCOS)	Have Acanthosis Nigricans

**Contact your Diabetes Nurse Educator
at the Let's Get Healthy
(Tsitewatakari:tat) Program
518.358.9667.**

**Let us help you reduce your risk in
becoming a statistic!!**

For people with diabetes, you can reduce your risk of diabetes complications to your heart, kidney, nerves, eyes and blood vessels with similar lifestyle approaches and with many options in medications for blood sugar and blood pressure control, and help to quit smoking.

Laughter Yoga

Yoga vs Wrinkles

Don't tell your dermatologist, but yoga may be the secret wrinkle fighter. "Your face has muscles just like the rest of your body, so you need to work them to keep the skin from sagging," explains Annelise Hagen, author of "The Yoga Face: Eliminate Wrinkles with the Ultimate Facelift." "A quick lesson:



Kiss the Ceiling: Benefits

Helps tone jawline and prevent or reduce jowels
*Do a few head circles to warm up your neck muscles. Then tilt your head toward the ceiling and stretch your lips upward as if you were trying to kiss the ceiling. Turn head to the right and repeat the stretch, then do the same on the left. Repeat 5 times.



Lion Face: Benefits

Relieves neck tension and sinus pain and improves circulation.
*Inhale deeply through your nose, then open your mouth wide while stretching your tongue out toward your chin. Keep your eyes wide open and exhale slowly through your mouth, making a "ha" sound. Repeat 3 to 5 times.



Tongue Tracing: Benefits

Eases tension in jaw, tones neck and throat, firms cheeks.
*Make an O with your mouth, then trace your lips with your tongue. Aim to keep your brow smooth and lower jaw relaxed. Do 10 circles in one direction, then the other.

Warm up by clapping your hands. Most laughter yoga sessions begin with warm-up exercises that involve clapping and synchronizing your movements. Begin by clapping with your hands parallel to each other, which will stimulate the acupressure points on your hands and increase your energy level.



- Continue to clap with a 1-2-3 rhythm, moving your hands up and down and swinging them from side to side as you clap.
- You can then try your first chant, in rhythm with your hands. Say "ho ho, ha-ha-ha", breathing from your belly with deep inhales and exhalations.
- You can continue clapping and chanting as you move around the room in a circle or from side to side. Make sure you are breathing from your diaphragm with deep inhales and exhales as you clap and chant

Do lion laughter exercise. Another warm up you can try is lion laughter, which is derived from the Lion Posture. Stick your tongue out fully and keep your mouth open. Stretch your hands out like the paws of a lion and roar, then laugh from your belly. You should feel a nice stretch in your facial muscles, your tongue and your throat. It will also help you to loosen up and play around.



Practice deep breathing exercises with laughter. Another key element of laughter yoga is stimulating deep breathing to help you release big belly laughs. You should practice deep breathing throughout your entire laughter yoga session to allow you to access deep laughs.

- Activate your breath in your diaphragm, which is located just below your ribs. Place your hands on your diaphragm and focus on taking full inhales and exhales through your nose, expanding and contracting your diaphragm.
- Inhale deeply for the count of four and then exhale through your nose to the count of four. As you exhale, release one to two big belly laughs. Continue to do this, deepen your breath equally on your inhales and your exhales with an even breath cycle, with laughter at the end of every exhale.
- You can also chant a mantra as you inhale and exhale, such as Forgive / Forget, Live / Let live, Release/Heal



Do playful exercises. Loosen up by trying playful exercises to encourage laughter and joy. The idea is to motivate yourself to laugh for no reason other than out of joy and fun.



- Sing a playful song that goes "Every little cell in my body is happy/ Every little cell in my body is well/ Feels so good feels so swell". As you do this, tap your head, shoulders, knees, and toes. You can also add a deep laugh after you sing each line.
- Do a vowel laughter exercise, where you pick up your right hand and say the letter "A" by drawing out the vowel. Then, pretend to toss the letter "A" aside. Continue with the letter "E", picking up your right hand and drawing out the vowel. Then, pretend to toss the letter "E" aside. Do this for "I, O, and U".
- Try the electric shock laughter exercise by pretending every surface and object you touch gives you a shock of static electricity, from touching a wall to touching a part of your body. Jump back every time you touch something, smiling and laughing as you do this.
- Chant "Very good" and "Yay" after every exercise to cultivate playfulness and joy. You can also swing your arms in a V shape as you say these chants.

Try value based laughter exercises. These laughter exercises are made to help you practice laughing and deriving positive feelings from certain emotions or situations. In these exercises, you will confront a strong emotion and learn to laugh at it, finding the fun and joy in negative emotions.



- Start with the embarrassment laughter exercise, where you think of an embarrassing incident and re-tell it out loud in gibberish, laughing as you re-tell it. You may raise your hands and clap as you do this, focusing on speaking only gibberish and laughing as you "tell" the embarrassing story.
- Do the applause exercise, where you clap quietly and make quiet humming noises to signal approval. Let the humming get louder until you are laughing and clapping faster and wilder. Try to be as loud as possible to show your approval and really applaud as you laugh.
- Try an apology or forgiveness exercise, where you think of a person you would like to apologize to and say "I'm sorry", or think of a person you would like to forgive and say "I forgive you". You can then laugh after you show forgiveness or accept an apology. You can also do this with actions by holding your ear lobes, crossing your arms, bending at the knee and laughing.

* News *

Reminder !
New Public Fitness
Days and Times!

Monday– Friday
5am-8am

Tuesday & Thursday
12-1pm



Saturday
7am-1pm




**KEEP
CALM
AND
EXERCISE**

**January is
National Oatmeal
Month**

Get to Know Your Oats

Tuesday
January 9th
9am-10:30am
Diabetes Center for
Excellence
Theatre Kitchen

RSVP by: January 8th
8 spots available
358-9667

Featured Recipes:
Make your own granola
Learn to cook
Steel Cut Oats

Exercise Classes:
Move For Health
Nurse supervised exercise
classes
Must be enrolled in LGHP
Monday-Thursday
8-9am, 9-10am, 10-11am,
11-12pm & 3-4 pm
Community Classes:
No registration required

Boot Camp
Monday & Wednesday
4:30-5:15pm

After Hours Fitness
Monday & Wednesday
5:30-6:30pm

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

Public Fitness
Monday– Friday
5am-8am
Tuesday & Thursday
12-1pm
Saturday
7am-1pm

Yoga for everybody
Monday, Wednesday & Friday
12:05-12:50pm

Supervised Swim
Wednesday
4:45-5:45pm
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,
bring clean/dry sneakers and a
water bottle



**Helping Build A Better
Tomorrow**

NOTICE!



Public Fitness
Saturday January 6th

Yoga
Friday January 19th
Monday January 22nd

Guided Relaxation
Fridays
9:50-10:15am
Relaxation
Lounge

excluding Friday
January 12th



OFFICE CLOSED

Monday January 1, 2018
&
Monday January 15, 2018

**Sorry WE'RE
CLOSED**

**Group Education
Sessions**

With Mara Russell, FNP
&
Let's Get Healthy Program Staff

Monday January 22
11 am & 5 pm
At the
Diabetes Center for Excellence
All are welcome
Please join us!