

* News *

OFFICE CLOSED

**Wednesday
January 1st
&
Monday
January 20th
2020**

Please pick
up your
testing supplies
early!

Sorry WE'RE
CLOSED

Guided Meditation & Diaphragmatic Breathing

By appointment
with
Heather Pontius, RD



ImmuniTEA

A workshop focused on
learning about herbal teas and
their benefits

January 23rd
11:30 am - 1:00 pm

Diabetes Center for
Excellence Theatre Kitchen

There will be taste testing of
herbal teas with Alicia Cook-
Canoe Woman Herbs

A light meal will be provided
by Heather Pontius, RD
(White Chicken Chili)

RSVP by January 21st
There is space available for 8
518-358-9667

**Let It
SNOW**



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

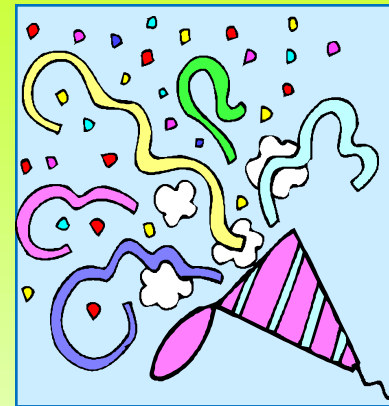
Guided Meditation
Friday
9:50-10:15am

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**



Tsiothohrkó:wa/January 2020

Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center For Excellence
66 Margaret Terrance Memorial Way
Akwesasne, NY 13655
518-358-9667

Family Fitness Class

**A 12-week family fitness and education
program for Diabetes Prevention**

The goal of this program is to teach families healthy
lifestyles and provide a positive learning experience
All activity levels welcome

**Registration and assessments will be held on
Tuesday, January 7th, 2020
4:00 - 6:00 p.m., or by appointment.**

**Classes will run from January 14th to
April 9th, 2020**

Every Tuesday & Thursday
Ages 6 -10: 4:30 - 5:15 pm
Ages 11-15: 5:30 - 6:15 pm

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



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Looking to start a healthy 2020? Don't know where to start?
Need some help getting motivated?

Call the Let's Get Healthy Program and start the New Year right.
Schedule your appointment today:
(518) 358-9667

Nutrition Page

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, but may become contaminated with gluten containing grains during processing



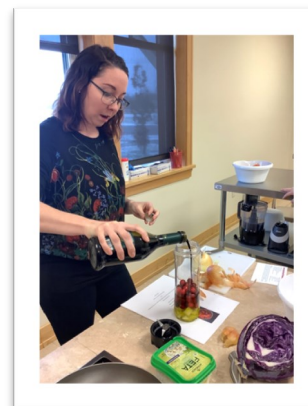
For more information or recipe ideas,
contact our dietitian: Heather Pontius at (518) 358-9667.

What's Cooking At LGHP?



Our Diabetes Prevention Program participants had a special cooking demonstration in December. The class was facilitated by Heather Pontius, RD and Alicia Cook, Canoe Woman Herbs. The participants made a cranberry and apple chutney and a wild rice salad with wild berries. See page 5 for the recipes!

Funding for this project was made possible by the Akwesasne Cultural Restoration Program and the Administration for Native Americans Language Preservation & Maintenance Grant, National Parks Service Tribal Heritage Program, and the Bureau of Indian Affairs Tribal Resiliency Program.



What is Diabetes?

Too Much Glucose in the Blood

Diabetes means your blood glucose (often called blood sugar) is too high. Your blood always has some glucose in it because your body needs glucose for energy to keep you going. But too much glucose in the blood isn't good for your health.



Glucose comes from the food you eat and is also made in your liver and muscles. Your blood carries the glucose to all of the cells in your body. Insulin is a chemical (a hormone) made by the pancreas. The pancreas releases insulin into the blood. Insulin helps the glucose from food get into your cells.

If your body does not make enough insulin or if the insulin doesn't work the way it should, glucose can't get into your cells. It stays in your blood instead. Your blood glucose level then gets too high, causing pre-diabetes or diabetes.

Type 1 Diabetes

Type 1 diabetes, which has also been called juvenile diabetes or insulin-dependent diabetes, develops most often in young people. However, type 1 diabetes can also develop in adults. With this form of diabetes, your body no longer makes insulin or doesn't make enough insulin because your immune system has attacked and destroyed the insulin-producing cells. About 5 to 10 percent of people with diabetes have type 1 diabetes. To survive, people with type 1 diabetes must have insulin delivered by injection or a pump

Type 2 Diabetes

Type 2 diabetes, which used to be called adult-onset diabetes or non insulin-dependent diabetes, is the most common form of diabetes. Although people can develop type 2 diabetes at any age -- even during childhood -- type 2 diabetes develops most often in middle-aged and older people.

Type 2 diabetes usually begins with insulin resistance—a condition that occurs when fat, muscle, and liver cells do not use insulin to carry glucose into the body's cells to use for energy. As a result, the body needs more insulin to help glucose enter cells. At first, the pancreas keeps up with the added demand by making more insulin. Over time, the pancreas doesn't make enough insulin when blood sugar levels increase, such as after meals. If your pancreas can no longer make enough insulin, you will need to treat your type 2 diabetes with insulin injections.

Gestational Diabetes

Some women develop gestational diabetes during the late stages of pregnancy. Gestational diabetes is caused by the hormones of pregnancy or a shortage of insulin. Although this form of diabetes usually goes away after the baby is born, a woman who has had it and her child are more likely to develop diabetes later in life.

Prediabetes

Prediabetes means your blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes. People with prediabetes are at an increased risk for developing type 2 diabetes and for heart disease and stroke. The good news is that if you have prediabetes, you can reduce your risk of developing type 2 diabetes. With modest weight loss and moderate physical activity, you can delay or prevent type 2 diabetes.

Signs of Diabetes

Many people with diabetes experience one or more symptoms, including extreme thirst or hunger, a frequent need to urinate and/or fatigue. Some lose weight without trying. Additional signs include sores that heal slowly, dry, itchy skin, loss of feeling or tingling in the hands or feet and blurry eyesight. Some people with diabetes, however, have no symptoms at all.

If Diabetes is Not Managed

Diabetes is a very serious disease. Over time, diabetes that is not well managed causes serious damage to the eyes, kidneys, nerves, heart, gums and teeth. If you have diabetes, you are more likely than people without diabetes to have heart disease or a stroke. People with diabetes also tend to develop heart disease or stroke at an earlier age than others.

The best way to protect yourself from the serious complications of diabetes is to manage your blood glucose, blood pressure and cholesterol and to avoid smoking. It is not always easy, but people who make an ongoing effort to manage their diabetes can greatly improve their overall health.



How a Diabetes Educator Can Help You

If you have diabetes, you know how challenging it can be to manage your disease. Healthy eating, physical activity, monitoring your condition, taking medication and reducing your risk for complications are probably part of your daily routine. At times, all of this might seem overwhelming.

As a member of your healthcare team, a diabetes educator will work with you to develop a plan to stay healthy, and give you the tools and ongoing support to make that plan a regular part of your life.

Diabetes education is a recognized part of your diabetes care. Diabetes may not have a cure, but you can control it and live well. The Let's Get Healthy Program, located at the Diabetes Center for Excellence offers diabetes education as well as diabetes prevention.

What happens during diabetes education?

During initial visits, your diabetes educator will spend time with you developing a plan that helps you overcome the barriers you face in managing your diabetes, develop problem-solving and coping skills and adopt healthy behaviors. Some examples of the many activities you may work on together are:

- Helping you understand exactly what diabetes is and how it affects your body
- Explaining how diabetes medications work
- Figuring out what types of food are best for you and how to plan meals that fit your life and budget
- Suggesting charts, apps and other tools to provide reminders and help you track your progress
- Offering tips to help you cope with stress and solve problems as they arise

Meeting with a diabetes educator is a great first step. Effective diabetes education is a process and takes time. It's important to attend all of your diabetes education appointments. If you need to miss an appointment, be sure to call and reschedule. Discuss what you've learned with your doctor who referred you to the diabetes educator. He or she wants to be kept informed and may be able to contribute helpful ideas. Managing diabetes is a team effort!

The Let's Get Healthy Program provides care for eligible community members through the Saint Regis Mohawk Tribe Health Services.

Our services encompass diabetes treatment, diabetes prevention and education. You do not have to be diagnosed with diabetes to utilize our prevention services.

For more information or to schedule an appointment with a Nurse Case Manager, please call (518) 358-9667 and start your journey to a healthier you.



Be on the lookout for upcoming 2020 community classes in our Monthly Fitness Calendar and Newsletter!

Fitness Page

Low-Impact vs. High-Impact Exercises: Which is right for you?

Low-Impact Exercises

Simply stated, a workout is low-impact if at least one of your feet remains in contact with the ground at all times. Walking, hiking, rollerblading and *most* step aerobics and cardio dance workouts are low-impact. Some people consider exercises such as water aerobics, swimming, cycling and the elliptical machine to be low impact as well, but you may also see these described as "no impact" since both feet stay on the ground at all times and/or your body is supported during movement (by water or a machine). Seated workouts, arm bikes and gentler mat-based workouts such as Pilates and Yoga may also be considered low or no-impact since they do not involve excessive pounding or force on the lower body joints, but in general both low- and high-impact workouts refer to cardio (not strength training or toning).

Who Should Go Low?

Low-impact exercises are most appropriate for beginners, as well as people with arthritis or osteoporosis, older adults, individuals who are obese, pregnant women, and people with bone, joint, connective tissue injuries. That's because low-impact exercise tend to be less jarring on the body and joints, and less intense overall (more on that below).

High-Impact Exercises

In these workouts, both feet leave the ground at the same time, as is the case during running, hopping, jumping rope, skipping, jumping jacks, plyometrics, some step aerobics (if you jump on or off the step or run around the room), and some cardio dancing that involves leaping.

Who Should Aim High?

High-impact exercises tend to be more intense overall and therefore burn more calories. They may even strengthen bones better than lower impact options, but any impact can help with that, even if it's light. These types of exercises should be reserved for people who already have a baseline of fitness and are at low risk for joint problems because they pose a higher risk for injury, especially to the ankle, knee and hip joints as well as the spine.

Making Your New Year's Resolution Stick

Start Small

Make resolutions you think you can keep. If exercise is your goal start with 3-4 days a week instead of 7.

Change One Behavior at a Time

Don't get overwhelmed and think you have to change everything at once. Instead focus on changing one thing at a time.

Talk About It

Consider joining a support group to help reach your goals.

Don't Beat Yourself Up

Perfection is unattainable. Don't let small missteps get you off track!

Ask for Support

Don't be afraid to ask for help if you need it!

<https://www.apa.org/helpcenter/resolution>

Warm Up With These Favorites!

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 breakfast meals.

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

Additional options:

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

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.

National Hot Tea Month

Benefits of Tea:

The flavonoids in tea are good for your heart and play a role in reducing your risk for cancer

The antioxidants protect our bodies from the free radicals that cause inflammation, heart disease and cancer

Tea has less caffeine than coffee

Brewed teas are more nutritious than bottled teas

Tea has the power to help with mental alertness and clarity

Most Beneficial:

Green
Black
White
Oolong

Use Caution With:

Herbal teas, diet teas and teas containing supplements that may interfere with prescription medicines



Wild Rice with Wild Berries

Recipe provided by: Alicia Cook-Canoe Woman Herbs

Ingredients:

2 cups wild rice, uncooked
1 cup fresh blueberries
1 cup fresh raspberries
1 cup fresh blackberries
1 cup walnuts
Maple Syrup- to taste (approx. 1/4 cup)



Directions:

Wash the rice by rinsing in cold water. in a large pot add enough water to cover the rice. Cook on low until rice has absorbed water and starts to curl, approx. 45 minutes. You may have to add extra water. Cool the cooked rice. Add the berries, walnuts and maple syrup. Enjoy at room temperature or chilled.

Cranberry and Apple Chutney

Recipe provided by: Alicia Cook- Canoe Woman Herbs

Ingredients:

2 cups fresh cranberries, rinsed
4 cups apples, peeled, cored and diced
1 tsp lemon juice
maple syrup to taste



Optional:

1/4 cup raisins
1/2 cup walnuts or pecans

Directions:

While peeling the apples sprinkle with lemon juice to prevent them from turning brown. In a large saucepan on medium heat, add cranberries and apples. Cook, stirring often until cranberries start to open and apples are soft (10 minutes). Remove from heat. If adding raisins or nuts, add at this time and stir. Add maple syrup to taste.

Optional:

For a different texture you can cook the cranberries and leave the apples uncooked.