

* N e w s *

Free Lunch and Reading Program

July 9- August 17
Monday to Friday
12pm to 1pm
Generations Park Pavilion



For children up to age 18
LGHP will be reading to the kids on
Tuesdays!

New Time! Water Aerobics Class



Mondays & Thursdays
5:00pm-6:00pm

Group Guided Meditation

July 13th & 20th
9:50am -10:15am
Relaxation Lounge



We also offer Guided Sessions by
appointment for
Individuals or small groups

Join us for a quiet time to relax, renew and rejuvenate.

No Guided Meditation on
July 6th or July 27th

Cooking Demo Summertime Recipes

Featured recipes will
use locally grown
produce

July 19
11:30am - 1pm
The Diabetes Center
for Excellence



RSVP by July 17th
8 spots available
Please plan to be
outside

Our office will be closed:
July 4th

Independence Day
&

July 27th
Tribal Staff
Appreciation Day

Please plan to pick up your
testing supplies ahead of time



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 - Thursday
5am-8am
&
Mondays - Fridays
12-1pm

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

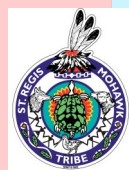
Water Aerobics
Monday & Thursday
5:00pm-6:00pm

Supervised Swim
Wednesday & 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 and
bring clean/dry sneakers and a
water bottle.



Helping Build A Better
Tomorrow



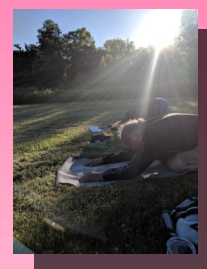
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Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center For Excellence
66 Business Park Road
518-358-9667



International Yoga Day 2018

International Yoga Day was celebrated in Akwesasne on June 21, 2018.
Yoga classes were held throughout the day beginning at 6 am with a Sunrise Yoga and Ending at 8 pm with a Sunset Sound Meditation.



Throughout the day there were 115 participants that attended 10 yoga/meditation sessions.
The most popular classes of the day were the Sunrise Yoga, Family Yoga and the Sound Meditation.

The local volunteers included Mary Terrance, Heather Pontius, Catherine Tarbell, Jennifer Hutchins, Shannon Boyea and Chantal Forrest.
We also had Bharata Wingham, Laugha Yoga instructor, all the way from Yogaville, Virginia!



The 2nd Annual International Yoga Day in Akwesasne was a success!
Thank you to everyone that helped plan, participate and volunteer
If you are interested in supporting the volunteers please check out their businesses and participate in the wonderful classes they offer:

Chantal Forrest - Owner of Yoga with Chantal. Classes at Heart to Heart Fitness Center, Yoga in the Park sponsored by Generations Park and Trillium Wellness Center.

Catherine Tarbell - Tai Chi for Arthritis at the SRMT Senior Center

Heather Pontius - Guided Meditation at The Diabetes Center for Excellence

Jennifer Hutchins - Owner of Foothills Wholistic Center: meditation, mindfulness classes, yoga and reiki.

Shannon Boyea- Owner of Breathing Room: meditation, mindfulness, yoga and mindfulness retreats for groups.



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Yoga with Chantal Forrest

At the Tewathahita Trail starting July 10th
Tuesdays and Wednesdays
4:30-5:30pm

Various styles of yoga and meditation offered throughout the summer
Please bring a yoga mat or blanket and water
There will be limited yoga equipment available
This is a free program sponsored by Generations Park

What do we know about Herbs and Supplements?

Did you know that it is best to get vitamins and minerals from the foods you eat? In fact, research has not been able to prove that dietary or herbal supplements (including omega-3 supplements, cinnamon, and other herbs) help to manage diabetes. Still, more and more people use dietary supplements. And studies show that people with diabetes are more likely to use supplements than people without diabetes.

The National Health Interview Survey found that 22 percent of people with diabetes used some type of herbal therapy, while another study found that 31 percent used dietary supplements. If you’re one of the many people taking dietary supplements, you’re probably concerned about doing the right thing for your body. However, finding reliable information about the benefits and safety of these products is difficult. There are hundreds of dietary supplements—each purporting their own health benefits. Unfortunately, the US does not have a system for testing the effectiveness of supplements. Dietary supplements include everything from vitamins and minerals to herbs such as cinnamon and St. John’s wort.

Dietary supplements also come in a number of forms including:
Tablets, Capsules, Powders Softgels, Gelcaps, Liquids.
The main types of dietary supplements include:
Botanicals (derived from plants and possibly including herbs)
Vitamins, Minerals, Fatty Acids, Other Dietary Supplements

They are sold from a number of retailers including:
Pharmacies, Grocery stores, Vitamin and health food stores, Websites, Mail-order catalogs.

Dietary supplements may seem safe or mild because they’re natural. Many think that something natural couldn’t hurt them. Yet, serious side and drug interactions can occur when taking dietary supplements. For example, supplements such as aloe vera, fenugreek, and vanadium may cause excessive bleeding during surgery or interact with anesthetics. Other supplements may interfere with prescription medications. For example, ginseng may interfere with the drug warfarin’s ability to prevent blood clotting. St. John’s wort, which people often take for depression, can interact with antidepressants, as well as many other prescription medications.

Your health care provider is the best resource for assessing the risks and benefits of taking a dietary supplement. He or she should know the potential side effects of supplements—and the risk for interactions with your other medications. You may not consider these products “drugs” or you may just forget to mention them during your doctor’s visits. You may also think your health care providers will disapprove of your choices. But not discussing supplement use can lead to dangerous circumstances. For example, you may experience a side effect of a dietary supplement that your doctor then attributes to another medication. Your Pharmacist, doctor or diabetes educator is the most reliable source for information about the safety and effectiveness of dietary supplements. Pharmacists are the most accessible of all health care providers. While retailers in health food stores may seem knowledgeable, they probably don’t have the medical background or familiarity with your personal health to recommend products. The same is true for retailers on the Internet.

Always tell your doctor about any supplements you’re taking, including multivitamins. Tell your doctor why you are taking that supplement. Don’t wait for your doctor to ask you about your supplement use. Many health care providers forget to ask about these products. Conversely, tell your doctor if you stop taking a supplement. If you’re planning to take a new supplement, ask whether it has any side effects or interactions with other medications or supplements, or whether it may interact with another one of your medical conditions. Also, ask how the supplement might affect your health—including your blood glucose, blood pressure cholesterol or other medical conditions. Your doctor might recommend that you take one product at a time to evaluate how your body reacts. He or she may recommend that you monitor your blood glucose more closely when you start taking a new supplement. Make a list of your supplements before your appointment or bring them with you. Also list what dose, how often, and for how long you’ve been taking the supplement. Continue to be forthright about the supplements you’re taking, even if your doctor has discouraged their use. **Never stop taking your prescribed diabetes medications without telling your health care provider.**

The U.S. Food and Drug Administration (FDA) does not regulate herbal products and alternative medicines. Unfortunately, most people don’t know that. A 2002 poll showed that 58% of Americans believe that government agencies, such as the FDA, must approve herbal products before they can be sold to the public. However, supplements do not have to undergo the same stringent approval process as drugs and supplement manufacturers do not have to prove the safety, quality, or effectiveness of their products before they arrive on shelves. This has resulted in serious consequences. Sometimes contaminants or substitutes have been found in products. For instance, some products have been contaminated with lead, and other products touted as being “herbal” have contained prescription drugs. How do these dangerous lapses occur? Because the manufacturer—not the government—is responsible for ensuring that the label is accurate and the ingredients are safe. Indeed, the FDA would have to prove that a supplement was unsafe in order to remove it from the market. Although it does not regulate supplements, the FDA requires manufacturers of dietary supplements to follow certain guidelines when describing their products.

Continued on next page

Akwesasne Wellness Week Schedule July 9th-13th

All are welcome. Please join our events for free, week long activities.
At each event you will receive entries for the grand prize drawings.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hunt for the \$500 Medallion	Hunt for the \$500 Medallion	Hunt for the \$500 Medallion	Hunt for the \$500 Medallion	Hunt for the \$500 Medallion
9:00 a.m.-3:00 p.m. SRMT Health Services Drop in Surveys in the Training Room. Chance for Summer Prize baskets.	9:00 a.m.-3:00 p.m. SRMT Health Services Drop In Surveys in the Training Room.	9:00 a.m.-3:00 p.m. SRMT Health Services Drop in Surveys in the Training Room.	9:00 a.m.-2:00 p.m. Youth Mental Health First Aid Training , 2-day workshop. AHA Training Center. 20-person limit. <i>(hosted by SRMT Mental Health & SRMT Community Nutrition)</i>	9:00 a.m.-2:00 p.m. Youth Mental Health First Aid Training , 2-day workshop. AHA Training Center. 20-person limit. <i>(hosted by SRMT Mental Health & SRMT Community Nutrition)</i>
	10:00 a.m.-11:00 a.m. Family Yoga at St Regis Rec Pavilion. 12:30 p.m.-2:30 p.m. Spin Smart Smoking Cessation activity and Sun Safety Dress-Up Relay Race St Regis Rec	2:00 p.m. Essential Oils Presentation with Lisa Jock Office for the Aging Sun Room <i>(hosted by SRMT Community Nutrition)</i>	10:00 a.m.-2:00 p.m. Health Fair at the AHVF Fire station. Blood Pressure and Blood sugar checks and much more. Car Seat check outside in parking lot. <i>(Hosted by SRMT Outreach Dept)</i> 4:00 p.m. Life is a Beach-Family Games . Mohawk School. Fun for all ages. No drop offs. <i>(hosted by SRMT DSS & Tribal Courts)</i>	11:00 a.m.-1:00 p.m. Tai Chi and Self Care with Shannon Hall <i>(hosted by MCA Wholistic Health and Wellness)</i> at the St Regis Rec Pavilion. No drop offs
5:30 p.m. Adult Only Kayaking <i>(hosted by Wholistic Health and Wellness)</i> Launch from St. Regis Rec. Must be 18 and have your own kayak.	1:00 p.m.-3:00 p.m. Bench-Fit Workout Demos bring comfortable clothes and sneakers <i>(hosted by MCA Community Health)</i> No Drop Offs	5:00 p.m. Scavenger Hunt Obstacle Course at Snye Recreation Center. Get your teams together for chances to win prizes. <i>(hosted by IaKwa’shatste Youth Fitness & SRMT Community Nutrition)</i>	5:30 p.m. Family Canoeing <i>(hosted by MCA WHW)</i> 16 max register w/ Cullen Jacobs by July 6 th , 613-575-2341	4:00 p.m. Ready Set Kick , kick-ball and other activities with local law enforcement. Safe Kid Cards will be onsite for issuance. <i>(Hosted by SRMT Tribal PD & SRMT Community Nutrition)</i> No Drop Offs
	5:30 p.m. Community Painting Class with Tammy King <i>(hosted by Wholistic Health and Wellness)</i> Must be 14 and over. Register with Cullen Jacobs by July 5th. 613-575-2341			5:30 p.m. Grand Prize Drawings

SRMT Health Services Drop in Surveys Stop by our training room between 9:00 a.m. and 3:00 p.m. Monday through Wednesday and fill out our quick screenings and be entered to win one of four Summer themed baskets.
Hunt for the Medallion Can you figure out the riddles? If you can, then you might be \$500 richer. Listen to CKON every morning during Wellness Week and watch our Facebook page for clue to where the medallion may be hidden. Find it bring it to us and you’ll be \$500 richer. Donated by TWINLEAF Stores
Health Fair July 12 th will be our smaller version of Wellness Day with tables from SRMT Health Services. Stop by get your blood pressure and blood sugar checked along with other health and fitness information. Wonder if your Car Seat is installed correctly? Stop by and have it checked by a certified Car Seat Technician.
Event Information At each event you will fill out a ticket for the grand prizes that will be drawn on Friday at the Ready Set Kick event. Individual events may also have promotional items and/or door prizes. The more events you attend the more chances you have to win. Grand Prizes include; Kayak, Grill, Family Calypso Passes and an Essential Oil starter kit. All events are rain or shine unless otherwise advertised and there are no drop offs.



Senior Exercise Myths

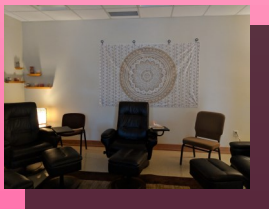


- I'm just too old to start now**
You can start a workout routine at any age – even in your 90's. You are never too old to perform some sort of physical activity to better your health. In the beginning, you may have a few restrictions depending on your present condition, but that doesn't have to stop you.
- Aerobics are too rigorous and I might break a hip**
Many hip fractures in the elderly are due to falls, not caused by exercising. One of the best exercises you can start with, especially if you lead a sedentary life, are senior balancing exercises. However, that doesn't mean you can't add some aerobics to your weekly routine. Your cardio workout doesn't have to be a high impact activity. Light to moderate aerobic activity keeps your body moving and improves conditioning.
- Exercising will cause a heart attack**
The fact is, exercise can actually reduce your risk of heart disease. However, it's definitely important to check with your doctor before beginning any exercise program if you have concerns. Make sure to follow your doctor's recommendations and you are more likely to succeed.
- I weigh too much to exercise**
When people reach a size that is overwhelming, the thought of exercise seems daunting. However, being overweight is one of the best reasons to exercise. As we age our metabolism slows down, you may have put on extra weight which can make it seem more difficult to get up and get active. If you exercise you can actually activate your metabolism and shed those extra and unwanted pounds. There are always light exercises to start with until you feel comfortable doing more. Start slow with a gentle walk, water aerobics or strengthening exercises you can do in a chair.
- I will get hurt if I lift weights**
Strength training is the best way to increase your metabolism, strengthen your bones and build muscle. You can start with dumbbells weighing as little as 2 pounds each and do simple exercises that will result in toned muscles and strengthened bones. You can even perform body weight exercises until you feel ready to use dumbbells or resistance bands.

Put aside your fears, check with your doctor on limitations and recommendations and get moving

Guided Meditation

**Every Friday Morning
Diabetes Center for Excellence
Relaxation Lounge
9:50 a.m. to 10:25 a.m.
*Starts promptly at 9:50 a.m.—no late entry.***



What is it?

Guided Meditation is a group session for guided relaxation/meditation with deep breathing exercises, muscle relaxation and visualization

Benefits include:

Decreases in stress, blood pressure, blood glucose and pain level

***For More Information, please call:
The Let's Get Healthy Program
518-358-9667***

Reduce Stress

One-third of all Americans feel they are living with extreme stress. The two main causes of stress are money and work. Sixty to Ninety percent of all physician visits are stress related complaints.

Chronic stress impacts all the systems of our body.

Stress impairs our ability to think clearly, it causes memory loss, and we are not as creative. It also causes high blood pressure, increases our heart rate and blood sugar, slows digestion, and reduces blood supply to our muscles and organs.

What does The Let's Get Healthy Program offer to reduce stress?

- *Individual Guided Meditation sessions are available by appointment
- *Group Guided Meditation sessions for up to 5 people by appointment
- *Open Group Guided Meditation Classes every Friday morning
- *Various fitness classes

Meditation sessions can be held in the Relaxation Lounge at The Diabetes Center for Excellence or outside at Generations Park



A supplement label must include the following statement:

“This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease”. The manufacturer must notify the FDA within 30 days after a product is on the market if it bears such a label. The FDA also bans manufacturer claims that a supplement can treat a disease. In other words, claims made by a manufacturer that a buyer could misconstrue as indicating treatment or prevention of a disease are no longer allowed. In new regulations, a product may make health maintenance claims but not disease claims. For example, “maintains a healthy prostate” is allowed, but “treats benign prostatic hyperplasia” is not.

The FDA requires that supplement labels contain certain information, so look for these details when you shop for products.

- Name of the product
- Name and address of the manufacturer
- Complete list of ingredients, including a “Supplement Facts” panel, which identifies each ingredient in the product. If an ingredient is not listed on the “Supplement Facts” panel, it must be listed in the “other ingredient” statement below the panel
- Directions for use
- Net quantity of the contents

Despite these requirements, the labels of dietary supplements can be confusing and misleading. A study of more than 800 bottles of popular herbs sold in retail stores found that over half the products were inconsistent in reporting benchmark ingredients and recommended daily doses. In addition, the actual contents of products may not be reflected in the packaging. A study of the popular botanical Echinacea, found numerous discrepancies in the ingredients listed on products. Ten percent of the products tested contained no measurable Echinacea.

Luckily, a handful of independent organizations test the accuracy of the labels and contents of dietary supplements. They offer “seals of approval” that you may want to look for when shopping for supplements. However, keep in mind that these organizations do not test the effectiveness of products. In other words, they do not verify if the supplement does for you what the label says it will. These are the organizations:

U.S. Pharmacopeia (USP) Dietary Supplement Verification Program: www.usp.org

NSF International: www.nsf.org

Consumer Lab: www.consumerlab.com

The Consumers Union: www.consumerreports.com

The Natural Products Association: www.naturalproductsassoc.org

If you have questions about a dietary supplement, you may want to contact the manufacturer directly.

The manufacturer should be able to answer the following questions:

- Has your product been evaluated in scientific studies that have been published in reputable medical journals? If so, are you willing to share these studies? Or, is most of the product information the result of testimonials by people with diabetes who have used the product?
- Can you explain how the product works?
- Do you have scientific studies that verify the mechanism of action?
- Does your company conduct a chemical analysis of the active and inactive ingredients to verify that the product contains what it says on the label?
- Does the product break down and dissolve appropriately in the stomach?
- Does your company specify storage or stability instructions such as what temperature to store the product, whether light may affect the product, or whether it should be stored in a dark place?
- Do you list an expiration date for the shelf life of the product?
- Do you specify any side effects or possible interactions with other supplements or prescription drugs or disease states?
- Do you specify which patients should not use the product?

Even when armed with these questions and the best intentions, it is difficult to evaluate the safety and effectiveness of products. Unfortunately, many of the scientific studies done on dietary supplements are unreliable. For example, studies may include only small numbers of patients. Some scientists never examine the actual contents of the studied products, so their results could be unintentionally skewed.

It's always best to talk with your health care provider about questions regarding the effectiveness and safety of a product, rather than trying to troubleshoot on your own.

This material is adapted from *The American Diabetes Association Guide to Herbs & Nutritional Supplements*

Three Sisters Summer Recipes

Black Bean Salad

- Ingredients**
- 1 can (15oz) black beans, drained and rinsed
 - 1 red bell pepper, diced
 - 1 green bell pepper, diced
 - 1 yellow bell pepper, diced
 - 1/2 cup diced red or sweet onion
 - 1 cup frozen yellow corn, thawed
 - 1 clove garlic, minced
 - 1 TBSP fresh cilantro (optional)
 - 2 TBSP olive oil
 - 4 TBSP red wine vinegar
 - 1 tsp lime juice
 - Ground black pepper to taste

- Directions:**
- Cut all the bell peppers and red onion into equal pieces. In a salad bowl, combine bell peppers, onion, corn, garlic and cilantro, and toss to mix.
 - Add olive oil, vinegar, lime juice, and black pepper to taste and toss again.
 - Add black beans and mix well. Serve over a bed of chopped lettuce or with cooked quinoa.



Zucchini Burrito Boats



- Ingredients:**
- 4 medium zucchini, cut in half lengthwise
 - 1 can (15oz) black beans, drained and rinsed
 - 1 cup cooked brown rice or quinoa
 - 1 cup low sodium salsa
 - 1 red bell pepper, seeded and diced
 - 1/2 cup red onion, diced
 - 1/2 cup organic frozen yellow corn, thawed
 - 1 jalapeno or poblano pepper, seeded and minced
 - 1 TBSP olive oil
 - 2 tsp cumin
 - 1 tsp chili powder
 - 1/2 cup fresh cilantro, washed, patted dry and minced
 - 1 cup reduced fat cheddar cheese, shredded

- Directions:**
- Using a metal teaspoon, hollow out center of each zucchini. Lightly brush the tops with olive oil then place them skin side down in a 9x13 casserole dish.
 - Warm olive oil in a large skillet over medium heat. Add the onion and the peppers and cook for 2-3 minutes. Then add the rice/quinoa, corn, and beans along with the salsa, chili powder and cumin. Stir everything together and continue to cook for about 5 minutes then remove the skillet from the heat and set aside.
 - Preheat oven to 400, stir in 1/4 cup of the cilantro to the filling. Spoon the filling inside each zucchini until full. Sprinkle each one with cheese then arrange them in the dish and cover with foil. Bake for 25 minutes then remove foil and set oven to broil. Cook for 5 minutes, until cheese is bubbly and golden brown. Cool for 5-10 minutes then top with fresh cilantro. Store leftovers in an airtight container for up to 3 days.

Grilled Green Beans

- Ingredients:**
- 1 lb. fresh green beans, trimmed
 - 1/4 cup olive oil
 - 1 teaspoon minced garlic



- Directions:**
- Combine green beans, olive oil, garlic, and salt in a bowl; toss to coat. Allow green beans to marinate for 30 minutes.
 - Preheat grill for medium heat and lightly oil the grate. Arrange green beans on a grill pan.
 - Place grill pan on preheated grill; cook and stir green beans until lightly charred, about 10 minutes

To sign up for the Cooking Demonstration on July 19th, call the LGHP office today!

Grilled Veggies with Honey –Thyme Vinaigrette

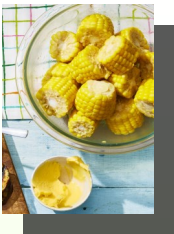


- Ingredients:**
- 1 lb. asparagus
 - 2 yellow summer squash, sliced
 - 2 zucchini, sliced
 - 1 small eggplant, sliced
 - 2 red bell peppers, quartered lengthwise
 - 1 shallot, finely chopped
 - 2 TBSP red wine vinegar
 - 1/2 tsp honey
 - 1 tsp fresh thyme, plus more for serving
 - 2 TBSP flat leaf parsley, chopped
 - 2 TBSP olive oil, plus more for brushing vegetables

- Directions:**
- Heat grill to medium-high. In a small bowl, whisk together vinegar, honey and pepper to dissolve. Stir in shallot and thyme; let sit while grilling vegetables
 - Brush vegetables with oil and season with pepper. Grill, turning once, until lightly charred and just tender, 2 to 4 minutes per side; transfer to platter
 - Stir 2 TBSP oil into vinegar mixture; serve over vegetables and sprinkle with additional thyme if desired

Corn Wheels with Hot Honey Butter

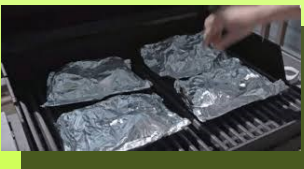
- Ingredients:**
- 6 ears of corn, shucked
 - 1/2 cup unsalted butter, softened
 - 2 tsp honey
 - 1 TBSP habanero hot sauce, plus more to taste
 - kosher salt



- Directions:**
- Bring large pot of salted water to a boil. Cut each ear of corn into 3-4 pieces. Add corn to pot and simmer until just tender, 3-4 minutes.
 - Meanwhile, in a medium bowl, combine butter, honey, and hot sauce. Put half into a large bowl and half into serving dish.
 - Drain corn and immediately transfer to large bowl with butter mixture and toss and coat. Transfer to platter and drizzle with additional hot sauce if desired and serve with remaining butter mixture.

Grilled Zucchini Packet

- Ingredients:**
- 4 small zucchinis
 - 1/2 small onion
 - freshly ground pepper
 - 1 TBSP of buttery spread (Earth Balance)
 - 1 TBSP basil
 - 1 TBSP parmesan cheese



- Directions:**
- Slice zucchini into 1/4 inch thick rounds.
 - Slice onion
 - Place zucchini and onions on a piece of heavy duty aluminum foil, or a double layer of regular aluminum foil.
 - Sprinkle with pepper. Top with buttery spread.
 - Fold edges over to create an aluminum foil packet. Leave some air space in the packet. Make sure the edges are sealed well.
 - Place packet on heated grill. Continue cooking for about 12 minutes. Flip once.
 - Remove from the grill and leave the packet closed for a couple minutes to let it steam. Be careful when opening the packet because steam will escape
 - Top with chopped basil and grated parmesan