



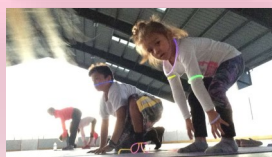
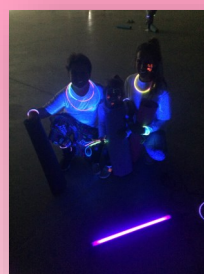
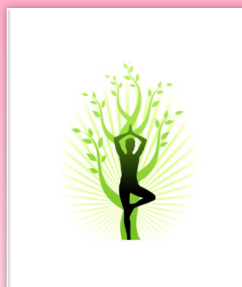
# Ohiaarihko:wa/July 2017

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



## International Yoga Day 2017

Generations Park and the Let's Get Healthy Program joined forces on June 21, 2017 for "International Yoga Day!" All ages, levels and communities were invited to join in the celebration throughout the day! The day started at sunrise in the Travis Solomon Lacrosse Box, with a peaceful "Summer Solstice Surya Namaskar." Followed by a scripted "Guided Relaxation" session, led by Heather Pontius, Registered Dietitian. At the noon hour, Erika Witkop led the group with "Lunchtime Ashtanga Yoga." Ending the day at sunset and into the evening was "Glo-ga" with Chantal Forrest, using bright and colorful glow in the dark paints, black lights and glow sticks. Snacks and beverages were provided by the Let's Get Healthy Program, with Mary Terrance as the lead coordinator of the event. Nia:wen to all who participated!



## End of School Fun With LGHP!

This month Health Promotion Staff were on the road participating in various community events. Below are captions from the Saint Regis Mohawk School Student Appreciation Day and the 1<sup>st</sup> Grade Field Trip to the Park. We would like to thank the Mohawk School for always inviting us, it's always a pleasure, as well as Mary Terrance at Generations Park for all your help!



### INSIDE THIS ISSUE:

Grilling and Food Safety	2
Fitness Page	3
Healthy Grilling and Sides	4-5
Nursing Notes	6
Akwesasne Wellness Week	7
News/Upcoming Events	8

# Grilling and Food Safety from the USDA

Cooking outdoors was once a summer only activity shared with family and friends. Now more than half of Americans say they are cooking outdoors year round. So whether the snow is blowing or the sun is shining, it's important to follow food safety guidelines to prevent harmful bacteria from causing foodborne illness. Use these simple guidelines for grilling food safely.

## Keep Everything Clean

Be sure there are plenty of clean utensils and platters.

If you are grilling and eating away from home, find out if there is a source of clean water. If not, bring water for preparation and cleaning or pack clean cloths and moist towelettes for cleaning surfaces and hands.

## Separate Raw and Cooked Foods

To prevent foodborne illness, do not use the same platter, cutting board or utensils for raw and cooked foods. Harmful bacteria present in raw meat and poultry and their juices can contaminate cooked food.

## Cook Thoroughly

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill tends to brown quickly on the outside, so use a food thermometer to ensure the food has reached a safe minimum internal temperature. NEVER partially grill meat or poultry and finish cooking later.

## MEATS

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F (63°C) as measured with a food thermometer. For safety and quality, allow meat to rest for at least 3 minutes before carving or consuming.

## GROUND MEATS

All raw ground beef, pork, lamb, and veal should be cooked to an internal temperature of 160°F (71°C) as measured with a food thermometer.

## POULTRY

Poultry should be cooked to a minimum internal temperature of 165°F (74°C) as measured with a food thermometer.

## Safe Smoking

Smoking is cooking food indirectly in the presence of a fire. It can be done in a covered grill with a pan of water placed beneath the meat or poultry. Meats can also be smoked in a smoker — an outdoor cooker especially designed for smoking foods. Smoking is done much more slowly than grilling, and as a result, the meat is tender and takes on a natural smoke flavoring. The temperature in the smoker should be maintained at 250 to 300°F (121 to 149°C) for safety. Use a food thermometer to be sure the food has reached a safe internal temperature.

## Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use. Only take out what will immediately be placed on the grill.

When using a cooler, keep it out of the direct sunlight by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

## Keep Hot Food Hot

After cooking meat and poultry, keep it hot until served — at 140°F (60°C) or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in an oven set at approximately 200°F (93°C), in a chafing dish, slow cooker, or on a warming tray.

## Leftovers & Reheating

Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if temperature outside is above 90°F/ 32°C).

When reheating fully cooked meats like hot dogs or hamburgers, grill to 165°F (74°C) or until steaming hot.



# Fitness Page

## Staying Motivated to Stay Active



**Physical activity is a great way for older adults to gain substantial health benefits and maintain independence:**

To make physical activity a routine habit, choose activities and exercises that are fun, motivate you, and keep you interested.

**Keep it going:**

If you can stick with an exercise routine or physical activity for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit. Choose activities you enjoy and believe you'll benefit from. Choose activities you can fit into your schedule and that you can do safely and correctly. Implement activities that are affordable and include friends or family.

**Keep it positive:**

Set realistic goals, regularly check your progress, and celebrate your accomplishments. These will help keep you on track.

**Keep your eye on the prize:**

Focus on the benefits of regular exercise and physical activity; greater ease doing daily tasks, more energy to do the things you enjoy most, improved health, and better outlook on life.

**Keep track of your progress:**

The best way to stay motivated is to measure and celebrate your successes. Track your physical activity. Find new ways to increase your physical activity. Update your exercise plan as you progress.

## Beat the Heat While Exercising

Summer is the perfect time to go outside and have fun. There are so many outdoor activities to choose from. Everything is more fun outside, whether you're swimming, running or cycling.

But the summer heat can be a problem if you're not careful, particularly in areas with extreme heat and humidity.

If you don't drink enough water, you can get dehydrated and suffer from light-headedness and nausea. If not recognized, dehydration can even result in kidney failure and/or, in extreme cases, death. However, if you drink too much water without replenishing your electrolytes, you can experience hyponatremia. This can lead to confusion, nausea, muscle cramps, seizures or even death in extreme cases. Here are some things to keep in mind when it comes to exercising in the heat:

**The time of day is important.** Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to workout, especially if it's going to be scorching that day.

**Wear loose, light-colored clothes.** The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.

**Sunscreen is a must.** Use SPF 45 just to be safe. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.

**Stay hydrated.** Before you go out, drink a glass or two of water. Carry a bottle of water and take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water.

**Check the weather forecast** before you start your workout. If there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors. These pollutants can damage your lungs.

**Most importantly, listen to your body. Stop immediately if you're feeling dizzy, faint or nauseous.**

# Healthy Grilling

## Mediterranean Turkey Burger

### Ingredients:

- 1 1/4 pounds lean ground turkey
- 3/4 cup plain Greek yogurt
- 1/3 cup reduced fat crumbled feta cheese
- 1 English cucumber, grated
- 2 tablespoons chopped fresh mint
- 2 cloves garlic, grated
- 2 tablespoons extra-virgin olive oil
- 4 whole grain hamburger buns, boston lettuce leaves or whole grain sandwich thins
- Lettuce and tomato slices, for topping
- freshly ground pepper, to taste

### Directions:

- Combine the yogurt, feta, cucumber, mint, half of the garlic, 1 tablespoon water, ground black pepper in a small bowl. Refrigerate until ready to serve.
- Combine the turkey, the remaining garlic, ground black pepper in a medium bowl. Form into four 1/2-inch-thick patties.
- Prepare the grill by pre heating and cleaning thoroughly. Prepare the grill grates by brushing with olive oil or spraying (when grill is off) with PAM for Grilling. Over medium heat grill the burgers on one side until almost cooked through 7-8 minutes. Carefully flip the burgers and finish cooking on the other side. Burgers should be cooked through and an internal temperature of 160F degrees reached using a meat thermometer.
- Remove from the grill and place on a clean plate for serving.
- Spread the yogurt sauce on the buns. Sandwich with the burgers; top with lettuce and tomato. If looking for a low carb option use boston lettuce leave to wrap the burger.



## Tex-Mex Turkey Burger:

### Ingredients:

- 1 1/4 pounds lean ground turkey
- 2 cloves garlic, grated
- 2 teaspoons hot smoked paprika
- 1 avocado, halved
- 3 tablespoons mayonnaise
- Juice of 1 lime
- 1 tablespoon vegetable oil
- 4 slices pepper jack cheese (about 3 ounces)
- 4 sesame potato buns
- freshly ground pepper, to taste

### Directions:

- Combine the turkey, garlic, paprika, 3/4 teaspoon salt and a few grinds of pepper in a medium bowl; mix with your hands until just combined. Form into four 1/2-inch-thick patties; set aside.
- Combine 1/2 avocado, the mayonnaise, lime juice in a bowl; mash until smooth. Thinly slice the remaining 1/2 avocado and season with salt and pepper. Set aside for topping.
- Heat the vegetable oil in a large nonstick skillet over medium-high heat (or preheat a grill to medium high and oil the grates). Add the burgers and cook until browned, 3 to 4 minutes per side. Top each burger with a slice of cheese; cover and cook until the cheese melts, about 30 seconds.
- Meanwhile, split and toast the buns; spread the avocado mayonnaise on the cut sides.

Turkey burger recipes will be featured  
at this month's  
Cooking Demo &  
Taste testing  
July 20  
11:30-1:00pm  
Diabetes Center for Excellence



# and Sides



## Creamy Cucumber Salad

### Ingredients:

- 3 medium cucumbers, thinly sliced
- 1/4 red onion, thinly sliced
- 1/3 c. Plain Greek yogurt
- Juice of 1 lemon
- 1 tbsp. chopped dill
- Freshly ground black pepper



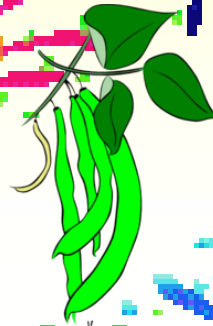
### Directions:

- In a large bowl, combine cucumbers and onion.
- In a medium bowl, combine yogurt, lemon juice and dill, whisk until smooth. Season with pepper.
- Pour dressing over cucumbers and onion and toss until combined. Garnish with more dill and serve.

## Green Beans with Lemon Vinaigrette

### Ingredients:

- 2 lb. thin green beans
- 1/3 c. olive oil
- 1 tsp. lemon zest
- 1/4 c. fresh lemon juice
- 1 tbsp. Dijon mustard
- Fresh black pepper to taste



### Directions:

- In a large bowl, whisk together the oil, lemon zest, lemon juice, Dijon mustard, and 1/2 teaspoon pepper.
- Fill a large bowl with ice water. Bring a large pot of water to a boil. Add 1 tablespoon salt, then the green beans, and cook until just tender, 3 to 4 minutes. Drain. Transfer the green beans to the ice water to cool; drain and set aside.
- Toss the beans gently in the lemon vinaigrette

## Marinated Fresh Tomato Salad

### Ingredients:

- 6 to 8 ripe tomatoes
- 4 green onions
- 1 cup extra-virgin olive oil
- 3 to 4 tablespoons balsamic vinegar
- 2 tablespoons brown sugar
- freshly ground black pepper
- Handful fresh parsley leaves, lightly chopped
- 12 fresh basil leaves, chopped



### Directions:

- Cut the tomatoes into 4 wedges, then cut the wedges in half and add to a bowl. Chop off the tops of the green onions, then slice the white and mostly light green parts really thin. Add to the tomatoes.
- Add the olive oil, balsamic vinegar, brown sugar, pepper to a jar. Screw on the lid and shake to combine. Pour the dressing over the tomatoes and toss.
- Add the herbs and gently toss to combine. Cover and refrigerate for a couple of hours before serving.

# Nursing Note

## QUIZ TIME

### PREPARE FOR YOUR NEXT DIABETES EDUCATOR VISIT “INDIVIDUALIZED DIABETES EDUCATION CARE”



- ⇒ What was your last Hemoglobin A1c result?
- ⇒ What is a normal “Fasting” blood sugar?
- ⇒ Do persons with diabetes have the same blood sugar targets as those without diabetes?
- ⇒ What is a “good” Hemoglobin A1c for persons with diabetes?
- ⇒ Should all persons with diabetes have the same Hemoglobin A1c target?
- ⇒ I don’t have diabetes, what is a good blood sugar number after meals?
- ⇒ What diabetes medications go thru my kidney?
- ⇒ What diabetes medications go thru my liver?
- ⇒ What is the best time to check my blood sugars?

**SEE YOUR DIABETES NURSE EDUCATOR, ONE SIMPLE DIAGRAM CAN ANSWER ALL THESE QUESTIONS!!**

**Look forward to your visit...**

**Janine Rourke, RN-Diabetes Nurse Educator  
518.358.9667**



## Sun Safety

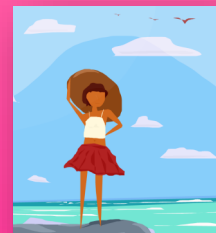


Summer is finally here!!! Most of us are planning trips, outings, swimming, camping and many other outdoor events that are most common throughout the summer. What some of us don’t plan is protecting our skin from ultraviolet rays. Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called melanoma. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it’s found and treated early.

### Here are some tips:

- Stay out of the sun as much as possible between 10am and 4pm
- Use sunscreen with SPF 15 or higher. Put on sunscreen every 2 hours and after you swim or sweat.
- Cover up with long sleeves and a hat.
- Check your skin regularly for changes.

Some medications can cause reactions to the sun. They are called sun sensitizing medications. The medications you are taking should have a warning label if it is a sun sensitizing drug. If you experience a side effect after exposure to the sun talk to your doctor.



# Akwesasne Health and Wellness Week 2017

July 10th - July 14th 2017

**Monday July 10th**

**5:00pm**

**Generations Park**

Great family  
events!

**Ready? Set! KICK!**

Enjoy kickball, Soccer, Games and BBG Grilled foods  
Participants will be entered into a drawing for a door prize

**Tuesday July 11th**

**5:30pm**

**Launching from Sitting Bull**

**On the Water Kayak Break**

- \*Must have own kayak
- \*must be 18 years or older
- picnic included

**Wednesday July 12th**

**4:00pm-7:00pm**

**Generations Park**

BE ACTIVE!

**Relay Race & Puzzle Find**

Complete games at each relay station to collect puzzle pieces.

\*Rain or Shine!

Chances to win prizes!

Kayaks \* Yetis\* Camping\* Traditional Outfit\* Baskets & More!

**Thursday July 13th**

**10:00am-11:00am**

**Generations Park**

**Tai Chi & Self Care Workshop With Shannon Hall**

\*light lunch to follow

**2:00pm-3:00pm**

**Travis Solomon Lacrosse Box at Generations Park**

**Family Yoga Class**

Instructed by Certified Rainbow Kids Yoga Teachers

\* 1 Parent per child , open to ages 3-10

**Friday July 14th**

**11:00am-4:00pm**

**Former IGA Building**

PRIZES!

**Community Health Fair and Blood Drive**

Guest Speaker Christine Venery will be presenting on  
"Mental Health and Suicide"



## POOL IS OPEN!

**Supervised Swim**

**Monday & Wednesday**

4:15pm-5:15pm

**Friday**

8:00am-9:00am



**Water Aerobics**

**Thursday**

5:15pm-6:15pm

Let's Get Healthy Program  
 presents  
**Kid's Story Time & Healthy Snack:**  
**Wednesday July 19 & 26**  
**10-11am**  
**At the**  
**Generations Park Pavilion**



Let's Get Healthy Program  
 Presents

**Group Guided Meditation**

**July 21, 24, 31 & August 11**

**12:05-12:50pm**

**At Generations Park**



Please bring a yoga mat and a pillow/cushion  
 if you have one. If you prefer to sit in a chair,  
 please bring a small lawn chair.

**Guided Relaxation**

**Friday**

**9:50am-10:15am**

\*no late entries once the session has started,  
 it disturbs the session already in progress

**\*\*July 14th Session cancelled for \*\*  
 Wellness Week Health Fair**

## COOKING DEMO

**Healthy Grilling Series**

Featured Recipes:

**Turkey Burgers**

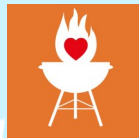
Taste testing:

**Pineapple Cucumber Salad**

**July 20**

**11:30-1:00pm**

**Diabetes Center for  
 Excellence**



RSVP by July 19

(8 spots available)

358-9667

This cooking demo will be  
 outside, please plan  
 accordingly.

**Summer Boot Camp:**

**Monday & Wednesday**

**4:30 - 5:15pm**

held at the

**Travis Solomon**

**Lacrosse Box**

**at Generations Park**

(replacing Bodyworks for the  
 summer months)

**OFFICE CLOSED!**

Our office will be closed:

**Tuesday July 4th**

**&**

**Friday July 28th**

Please pick up testing  
 supplies ahead of time

## 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

**Summer Boot Camp**

Monday & Wednesday

4:30pm-5:15pm

At the

**Travis Solomon Lacrosse Box**

**After Hours Fitness**

Monday & Wednesday

5:30pm-6:15pm

Tuesday & Thursday

4:00pm-6:00pm

**Public Fitness**

Tuesday & Thursday

12-1pm

**Club Circuit**

Friday

9:00-9:45am

**Supervised Swim**

Monday & Wednesday

4:15pm-5:15pm

Fridays

8:00am-9:00am

**Water Aerobics**

Thursday

5:15pm-6:15pm

All exercises classes  
 offered by the

Let's Get Healthy Program  
 (unless noted)

are free to

ages 18 and older

Please wear comfortable clothes, bring  
 clean/dry sneakers and a water bottle