

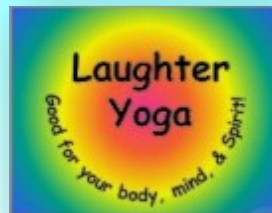
# \*News\*

## YOGA DAY SCHEDULE Thursday June 21, 2018

**6am: Sunrise Yoga Class** w/ Mary Terrance at the Kateri Hall  
**7am: Guided Meditation** w/ Heather Pontius at the Kateri Hall  
**10am: Laugha Yoga** w/ Bharata Wingham at the Akwesasne Office for the Aging (OFA)  
**10am: Office Yoga** w/ Mary Terrance featuring Snipe Clan Botanicals sales at the SRMT Administrative Building Lobby  
**11am: Tai Chi** w/ Catherine Cook Tarbell at the OFA  
**12pm: Laugha Yoga** w/Bharata Wingham at the Kateri Hall  
**1pm: Chair Yoga** w/ Catherine Cook Tarbell at the OFA  
**6pm: Family Yoga** w/Shannon Pitcher-Boyea at the Kateri Hall  
**7pm: Evening Sound Bath** w/Chantal Forrest at the Kateri Hall  
**Friday June 22 at 9am:** Special encore Laugha Yoga at the Diabetes Center



**Friday June 22**  
 In place of Club Circuit Class,  
 please join us  
 for **Laugha Yoga** at 9 am  
 with  
**Bharata Wingham**  
 at the  
 Diabetes Center for Excellence  
 fitness room



**Summertime Recipes**  
**Cajun Shrimp Kabobs with**  
**DIY No salt Cajun Spice**  
**&**  
**Salsa Potato Salad**  
**Thursday June 28, 2018**  
**11:30-1pm**

Lunch will be provided  
 Please dress for the weather as we will be  
 outside.  
 If it is raining it will be postponed.

RSVP Required by June 26<sup>th</sup>  
 8 spaces available  
 please call 518-358-9667



**Water Aerobics**  
**Cancelled**  
**June 4 & 7**  
 We apologize for any inconvenience



**CANCELLED**

**Move For Health**  
 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  
 4:45-5:45pm  
 Thursday  
 4:30-5:15pm

**Supervised Swim**  
 Wednesday & Friday  
 8:00-9:00am

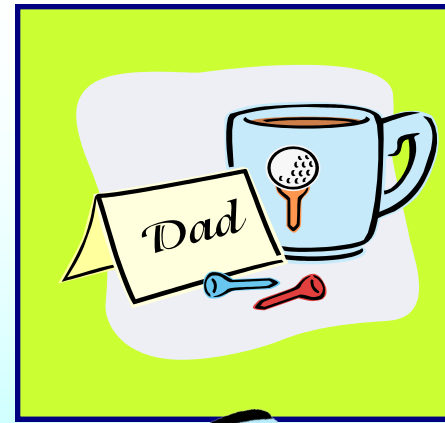
**Club Circuit**  
 Friday  
 9:00-9:45am

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**



## Ohiari:ha/June 2018

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



## June is Men's Health Month

Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe.

For more information on men's health issues and health check lists, please visit the following websites:

[menshealthresourcecenter.com](http://menshealthresourcecenter.com) and [menshealthmonth.org](http://menshealthmonth.org)

Or simply make an appointment with your Primary Provider to ask questions regarding your health.

On May 15th, the LGHP held a National Women's Health Day event at our location, the Diabetes Center for Excellence. The Health Promotion staff held fitness challenges which included squats, push-ups, plank holds, wall sits and floor runs, in which tested our competitors aerobic fitness, muscular endurance/strength as well as their mental strength!



2nd Place  
Haylee Lauzon



1st Place  
Julie Jacobs



3rd Place  
Lindsay Tarbell

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## Women's Health Day 2018



# Shining Star

## Alex Garrow was chosen to be our SHINING STAR!

Over the last 8 years Alex has been receiving diabetes care and diabetes education with The Let’s Get Healthy Program. During that time Alex has become a regular in our Move For Health fitness class. When Alex first started with LGHP he had been diagnosed with diabetes for over 10 years. At that time his Hemoglobin A1C (a measurement of his blood sugars) was at 10.4% and he was on a combination of insulin injections and oral medications to help manage his diabetes. With lifestyle changes including regular exercise and healthy eating, taking his medications as prescribed and keeping up with all his appointments, Alex has lowered his Hemoglobin A1C to 5.9%. Alex is no longer taking medications to help manage his diabetes.

### Alex was interviewed for the Newsletter and this is what he had to say:

#### **How long have you been diagnosed with type 2 diabetes?**

*I was diagnosed at age 50 with diabetes, but before that I didn’t go to the doctor regularly so I have probably had it longer.*

#### **Do you have a family history of type 2 diabetes?**

*My whole family has diabetes. My mother, father, a brother and 2 sisters have died from diabetes.*

#### **What would you like to tell other people with diabetes who are reading this?**

*It isn’t impossible to get off the needles and the pills. You have to eat a lot of salads, so much salad you will think you are a rabbit.*

#### **What has helped you manage your diabetes?**

*My advice would be to lose weight. At my heaviest I weighed 245, now I weigh 172. Some things that I did that can help others were, I cut out the breads, I gave up potatoes and I eat a lot of salads, SALAD, SALAD, SALAD!*

#### **Is there anything else you would like to tell our readers?**

*The people at The Diabetes Center are good people, they are great!*



Submitted by: Heather Pontius, RD

## Laughter is good for your health

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

**Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

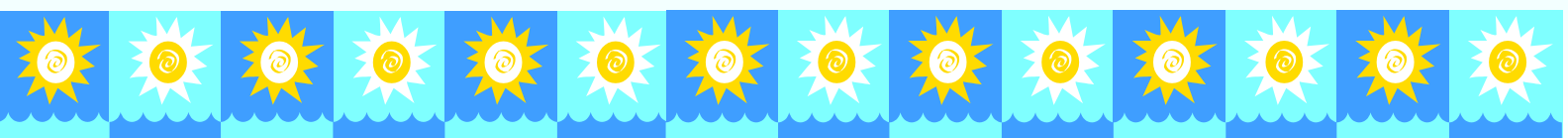
**Laughter triggers the release of endorphins, the body’s natural feel-good chemicals.** Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

**Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

**Laughter burns calories.** OK, so it’s no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn about 40 calories—which could be enough to lose three or four pounds over the course of a year.

**Laughter lightens anger’s heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

**Laughter may even help you live longer.** People with a strong sense of humor outlive those who don't laugh as much. The difference is particularly notable for those battling cancer.



# Men's Health Facts



## Silent Health Crisis

There is a silent health crisis in America...it’s the fact that, on average, American men live sicker and die younger than American women.

Dr. David Gremillion  
Men’s Health Network

### Health Facts:

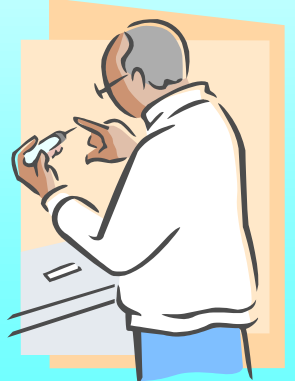
Men die at higher rates than women from the top 10 causes of death and are victims of over 92% of workplace deaths. In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women. (CDC)

### Prevention:

Women are 100% more likely to visit the doctor for an annual examination and preventive services

### Cause & Rate

	Men	Women
Heart Disease	228.6	143.0
Cancer	211.6	146.8
Injuries	51.1	24.6
Stroke	39.7	37.8
Suicide	19.2	4.9
HIV/AIDS	4.4	1.7



### Men as Victims of Homicide

The chance of being a homicide victim places males at higher risk than for females.  
1 in 179 for Males  
1 in 495 for Females

### Depression & Suicide

Depression in men is undiagnosed, contributing to the fact that men are 4x’s as likely to commit suicide

- ◆ Among 15 to 19 year olds, boys were 4 x’s as likely as girls to commit suicide
- ◆ Among 20 to 24 year olds, males were 6x’s as likely to commit suicide as females



### To learn more, call or visit:

Men’s Health Network  
P.O. Box 75972  
Washington DC 20013  
202.543.MHN1 (6461) x 101

info@menshealthnetwork.org  
www.menshealthnetwork.org

## Question: What are erection problems?

**Answer:** A man has erection problems if he cannot get or keep an erection that is firm enough for him to have sex. Erection problems are also called erectile dysfunction or impotence.

Erection problems can occur at any age. But they are more common in older men, who often have other health problems. Treatment can help both older and younger men.

If you are experiencing any symptoms of erection dysfunction, talk to your medical provider for treatment options.

# Protect your Skin: Healthy Tips to Protect Yourself

**Did you know that the sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes?**



You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside, even when you're in the shade.



When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor. If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.



For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15, or by staying in the shade.



Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.



Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage. Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15. Remember, sunscreen wears off, so put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures. Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them alone.

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)

## Please welcome our new Nurse Case Manager

Pamela McDonald-LaChance, RN, has been helping out in the MFH room for the past few years. She has been a nurse for 39 years and has extensive experience in both hospital and community settings. She has also taught high school and college courses, and recently graduated from The University at Buffalo, receiving her PhD in Nursing. She looks forward to spending as much time as possible getting to know all the Let's Get Healthy Program participants!



### Static Stretching vs. Dynamic Stretching

#### **Why is stretching important?**

Anytime we get ready to exert our bodies through exercise, stretching is crucial as it allows that exertion to happen effectively and helps to prevent injury. Utilizing both forms of stretching will help maximize your fitness and minimize your injury risk.

#### **Static Stretching**

This type consists of any stretch where you elongate your muscle to its fullest extension and then hold that position. Some examples include- toe touches, pulling the arm across your chest to stretch your shoulder, etc. Static stretching relieves pain, extends and relaxes muscles, and creates looseness in the body. It can be a little uncomfortable at first, but the fact that it relaxes the muscles allows it to provide a small measure of pain relief.

These types of stretches are more effective at the end of your workout to help reduce both the intensity and time of your muscle soreness.

#### **Dynamic Stretching**

This type involves movements that replicate the movement you'll be doing during your workout.

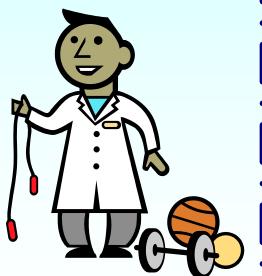
The idea is to extend your body in motion, repeatedly, to mimic the motion of your exercise. This allows blood to flow to that area before you begin and it warms up your musculature system while raising your body temperature in preparation for exercise. One example of dynamic stretching would be swinging your legs backward and forward before doing leg exercises.

These types of stretches prepare the body for working out (so they are best performed before your workout) and increases blood flow, maintains body temperature and warms-up muscles.

*REMEMBER:  
Stretch  
Often!*

### How Women Can Help Men Stay Healthy

- 1) Watch for signs and symptoms. When a flashing light goes off in a man's car he will take it in for service immediately. But when a warning sign goes off in his body he may ignore it. Women can help by knowing which symptoms are "flashing lights" and encourage them to get it checked out.
- 2) Talk about it: Men have trouble talking about their health problems in general, not just with their doctor.
- 3) Find out when they need a checkup. Yearly physical, screenings, eye, dental, etc. Give them reminders and keep track of appointments.
- 4) Have him write a list of questions for the doctor. The average woman asks 4 questions during a doctor's appointment; the average male asks none.
- 5) Motivate him to exercise and follow a healthy diet. Changes in diet and exercise are often most successful when a couple adopts them together.



# Summer

## Summertime Blueberry Muffins

### Ingredients:

½ cup almond flour  
¼ cup coconut flour  
1 tsp baking powder  
2 TBSP unsalted butter, melted  
3 whole eggs  
¼ cup water  
2 TBSP powdered stevia  
½ tsp lemon extract  
½ cup fresh or frozen (thawed) blueberries

### Nutrition Facts:

Per 1 muffin (can vary slightly depending on flours used)  
Total Carbs: 7 grams  
Total Protein: 6 grams  
Total Fiber: 3 grams

**Makes: 6**



### Directions:

Preheat oven to 350 degrees. Spray 6 muffin cups with nonstick spray or line with cupcake liners. Mix flours and baking powder in a bowl, set aside. In a separate bowl mix together butter, eggs, water, stevia and lemon extract. Mix dry ingredients into wet ingredients. Gently fold in the berries. Spoon the mixture evenly into 6 muffin cups. Bake for 20-25 minutes. Note that by using stevia the muffins may not turn a golden brown. Check for doneness using a toothpick.



## Chopped Chicken Salad on a Bed of Romaine 30 minute meal!

**Makes: 4 servings**

### Ingredients- Dressing:

1 clove fresh garlic  
½ cup buttermilk  
2 TBSP plain greek yogurt  
2 TBSP olive oil mayo  
2 TBSP lemon juice OR lime juice  
½ tsp ground black pepper  
¼ tsp dried thyme leaves

### Ingredients- Salad:

2 cups cooked chicken breast, chopped  
½ cup cucumber, chopped  
½ cup carrots, shredded and chopped  
½ cup celery, chopped  
½ cup red onion, chopped

### Ingredients- Toppings:

¼ cup turkey bacon, cooked and chopped  
2 TBSP fresh parsley, washed, patted, dried and chopped  
4 cups romaine lettuce, chopped



### Directions:

For the dressing, use a food processor, add the dressing ingredients and process until well blended. For the salad combine all the salad ingredient plus the dressing and mix well. Let refrigerate for 20 minutes or up to 2 hours. To serve, place 1 cup of chopped romaine on each plate. Divide the chicken salad into 4 equal servings and place on each plate. Top each salad with bacon and parsley. Serve cold.

### Tip:

**When grilling chicken, make extra and use the leftovers to make this no-cook summertime meal**



# YUM!

## Cajun Shrimp Kabobs with DIY Cajun Spice

**Makes: 4 servings**



### Ingredients:

Non stick cooking spray for GRILL  
2 TBSP paprika or smoked paprika  
¼ tsp dried thyme leaves  
1 tsp dried oregano leaves  
2 tsp garlic powder  
1 tsp onion powder  
1 tsp ground black pepper  
¼ tsp cayenne pepper-optional  
2 tsp brown sugar  
1 pound large shrimp, if frozen thaw. If raw, keep cold until grill time.  
1 TBSP extra virgin olive oil

### Directions:

Coat the grill rack with nonstick grilling spray. Preheat the grill to medium high heat. In gallon size Ziploc bag add all the spices and shake. Add the shrimp and the olive oil and massage the spices into the shrimp. Separate the shrimp into 4 equal amounts and thread on skewers. Grill each kabob for 3 minutes on each side until shrimp are caramelized (from the brown sugar) and opaque. If using raw shrimp you may need to cook for 4 minutes on each side. Remove from the grill and serve hot.

### Tips:

Wooden skewers can be used but metal skewers work well and don't burn.

Shrimp are done cooking when color is white and opaque.

Store bought Cajun spices are very high in sodium – a popular Cajun spice bought at the store has 400mg sodium in 1 tsp! Our DIY Cajun spice has NO SALT added!

Serve with grilled zucchini and grilled pineapple for a colorful and healthy meal.

## Lemony Green Beans

**Makes: 4 servings**



### Ingredients:

1 lb. fresh green beans, washed and prepared  
½ cup chopped walnuts  
1 TBSP extra virgin olive oil  
1 tsp fresh lemon juice  
½ tsp lemon zest  
fresh ground black pepper, as desired

### Tips:

**You can substitute olive oil for walnut oil  
You can also use the recipe with sliced almonds.  
EVEN QUICKER: try using steamable green beans!**

### Directions:

Preheat oven to 375 degrees. Place walnuts on a baking sheet and place in the oven. Toast for 5 minutes or until fragrant but not burned. Remove from oven and set aside. In a saucepan bring a small amount of water to a boil, place beans in the boiling water and cover to steam for 5-7 minutes or until tender. Drain the excess water from the pan. Toss the beans in olive oil, lemon juice and lemon zest. Add ground black pepper, top with toasted walnuts. Serve warm.