

News

Cooking Demo/Information Session:

All About Meal Prepping

March 22, 2018
11am-1pm

Diabetes Center for Excellence
Please RSVP by March 21st
There are 8 spots available



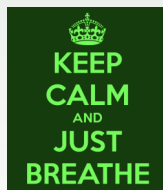
Informational Topic:

Meal prep; what it is, how to plan, etc.

And a hands-on cooking demonstration for
Chicken and Vegetable Bowl

Guided Meditation:

Relaxation Response Diaphragmatic Breathing



Available by appointment

Please join the
Let's Get Healthy Program
Tuesday March 27, 2018
for **Diabetes Alert Day**
12 - 2 pm:

Public Fitness Class

Taste Test and Q&A w/Heather
Pontius, RD

Blood Sugar Screenings and
Diabetes Risk Assessments



Or, stop in for Blood Sugar
Screenings and Diabetes Risk
Assessments at the following
locations:

Heart to Heart Fitness Center
7 am - 9 am

Akwesasne Mini Mart
11 am to 1 pm

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

Exercise Classes:

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– Friday
5am-8am
&
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

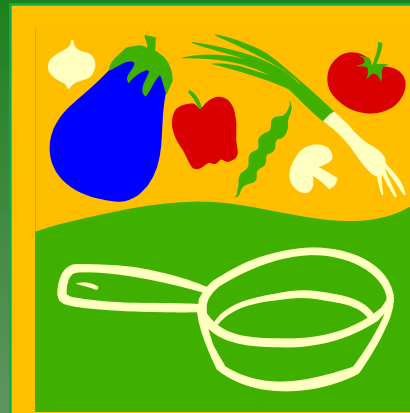
Club Circuit

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.



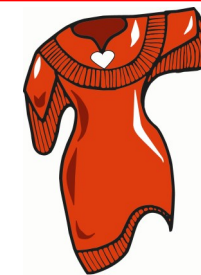
Helping Build A Better
Tomorrow



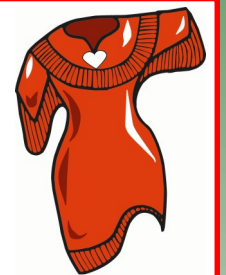
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Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center For Excellence
66 Business Park Road
518-358-9667



The Let's Get Healthy
Program Celebrated
Wear **Red** Day 2018



This year, "Wear Red Day" was celebrated at the Diabetes Center for Excellence on Friday February 2, 2018. The Let's Get Healthy Program provided various activities throughout the day for community members, such as: club circuit exercise class, a heart healthy breakfast bar, a guided relaxation session, Heart Health presentation by Theresa Gardner, FNP, a heart healthy luncheon, community screenings for glucose and blood pressure, fitness classes and prizes.

Níá:wen to those who helped bring awareness to women and heart disease.



INSIDE THIS ISSUE:

National Nutrition Month	2
Diabetes Alert Day	3
Meal Prepping Recipes	4-5
Blood Sugars and Dental Care	6
Diabetes Alert Day	7
News	

March is National Nutrition Month



“Go Further with Food”

Go further with food is the theme for this year’s National Nutrition Month.

March is National Nutrition Month, the time to return to the basics of healthful eating. This year, the Academy of Nutrition and Dietetics encourages everyone to “Go Further with Food.”

Whether you’re starting the day off right with a healthy breakfast or fueling before a workout, the foods you choose can make a real difference. Planning meals and snacks in advance will add nutrients, save you money and help reduce food waste. Create a meal prep plan that includes a variety of your favorite, healthful foods.

Learn how to go further with food by making an appointment with our Registered Dietitian, Heather Pontius, please call 518-358-9667 if you are interested in making an appointment.



Meal Preparation can help you “Go Further with Food.”

During National Nutrition Month®, celebrated each March, we encourage everyone to "Go Further with Food" by preparing meals in advance to enjoy throughout the week. Preparing several meals on the weekend can provide balanced meals that can easily be reheated throughout the week. Meal prep is a great way to eat healthfully, save time during the week and reduce food waste.

After you choose a day to prepare meals, decide which recipes you want to use and create a grocery list. When possible, choose meals made with ingredients you already have at home to get the most out of your food. Cooking in bulk saves money and allows you to portion and freeze meals for later. Instead of reheating an entire dish, only reheat a single meal. Meals can be reheated using the microwave or the oven.

It is best to create a meal prep plan that includes foods that you enjoy, and foods that provide a variety of colors, textures and flavors. It is important to keep in mind that if you are meal prepping you will be eating these foods for a few days, make enough for everyone and change it up each week to offer a variety of nutrients.

If you would like help with meal prep plans, or to get some new recipe ideas our Registered Dietitian is happy to help.

Pre- and Post- Workout Nutrition

As the saying goes; timing is everything. This is especially true when it comes to fitness and nutrition. Delivering the optimal amount of nutrition to the body at the right time plays a major role in performance and recovery.

Prior to a workout, focus on consuming carbohydrates, this will help your muscle energy stores. Pair it with a small amount of protein to help protect the muscles and help reduce post exercise soreness.

After a workout, the focus is similar in terms of carbohydrates, but you may want to include more protein to help build and repair damaged muscle tissue. Below are ideas to help deliver the right amount of fuel at the right time. You may need to experiment a bit to see what helps you feel and perform your best.

The 60 minute workout

Pre-exercise Snack:	Post-exercise snack:
Small banana 1 tbsp. of peanut butter	Fruit salad & Plain Greek Yogurt



The 30 minute workout

Pre-exercise Snack:	Post-exercise snack:
1/2 toasted bagel w/ cottage cheese	Quinoa Mango and Black Bean salad

Diabetes Alert Day 2018

Please join the Let’s Get Healthy Program

Tuesday March 27, 2018

for

Diabetes Alert Day:



At the Diabetes Center for Excellence
12:00pm-2:00pm

Public Fitness Class

Taste Test and Q&A w/Heather Pontius, RD
Blood Sugar Screenings and Diabetes Risk Assessments

If you have a family history of diabetes or have signs or symptoms of diabetes and want to have your blood glucose checked, this is the event for you!

Also, join us in the community for
Blood Sugar Screenings and Diabetes Risk Assessments
With the Let’s Get Healthy Program Nurses:

Heart to Heart Fitness Center
7 am - 9 am

Akwesasne Mini Mart
11 am to 1 pm

For more information, please contact the Let’s Get Healthy Program at 358-9667.

*To take the Diabetes Risk Assessment online, go to <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>

Door Prizes!!!
Men's Fishing Basket & One Month Membership to Heart to Heart Fitness



Men’s Luncheon

Date: Wednesday March 14, 2018

Time: 11:30 a.m.-1:00 p.m.

Place: Health Services Staff Lounge

Come have some free lunch, listen to our presentation and learn about the colon cancer screening test that will be available at the

Are you Over 50?
Have a Family History?

If you answered **YES** you should talk to your doctor about getting screened. Colon Cancer is the 2nd leading cause of cancer deaths in the U.S.

RSVP for lunch by Calling (518) 358-4877 or if you have any questions.

Sponsored by the Outreach Chronic Care Nursing Department





Blood Sugar Control and 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

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 fil called plaque. Plaque also comes from eating foods that contain sugars or starches. Some types of plaque cause tooth decay or cavities. Other type 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 hard to control.



How can I prepare for a visit to my dentist?

Plan ahead. Talk with your doctor and dentist before the visit about the best way to take care of your blood glucose during the dental work.

You may need to bring your diabetes medications and your snacks or meal to the dentist office.

You may need to postpone any non-emergency dental work if your blood glucose is not under control.

If you feel nervous about visiting the dentist, tell your dentist and staff about your feelings. Don't let your nerves stop you from regular check-ups. Waiting too long may make things worse.

How does smoking affect my mouth?

Smoking makes problems with your mouth worse. Smoking raises your chances of getting gum disease, oral and throat cancers, and oral fungal infections. Smoking also discolors your teeth and gives you bad breath.

Smoking and diabetes are a dangerous mix. Smoking raises your risk for many diabetes problems. If you quit smoking...

- You will lower your risk for heart attack, stroke, nerve disease, kidney disease, and amputation.
- Your cholesterol and blood pressure levels might improve.
- Your blood circulation will improve.

If you smoke, stop smoking. Ask for help so that you don't have to do it alone. You can start by calling 1-800-QUITNOW or 1-800-784-8669.

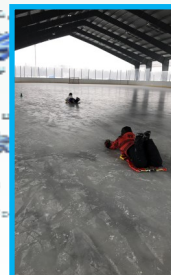
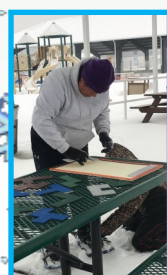
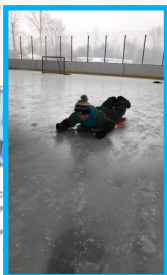
LGHP Health Promotion Staff Help Lead the Akwesasne Winter Carnival Gauntlet Challenge

Saturday February 10, 2018 will be a day to be remembered for over 30 participants in the first ever Winter Gauntlet Challenge. This was a head to head, timed obstacle race held at the Generations Park during the annual Winter Carnival.

Prizes were given out based on their finished times, in 5 separate age groups ranging from 18 and over, to our tiny tots between 3-5 years old. The cold and snow alone wasn't tough enough as obstacles were included throughout the race.

Participants took part in a tire run, army crawl, tire flip, snowshoeing, recyclable drop, bucket full of snow carry, brain teaser puzzle (which proved to be the most challenging), an ice pick crawl and a snow hill climb to finish! Every participant did their best and finished, proving they were tougher than the Gauntlet. This event was hosted by our Let's Get Healthy Program Health Promotion Staff, Iakwa'shatste Youth Fitness Program, and MCA's Community Health Program.

The Winter Gauntlet Challenge will be making its return in future Winter Carnivals.



Diabetes Alert Day

American Diabetes Association Diabetes Alert Day[®], observed annually on the 4th Tuesday in March, is a one day wake-up call to inform the American public about the seriousness of diabetes, particularly when diabetes is left undiagnosed or untreated. Diabetes affects about 30.3 million Americans or about 9.4 percent of the U.S. population. It's also estimated that 1 in every 4 persons with diabetes, or 7.2 million Americans are unaware that they have the disease. If you have a family history of diabetes, you have a greater chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes if you are over age 45, are overweight, or are not physically active.

Preventing Type 2 Diabetes

Perhaps you have learned that you have a high chance of developing type 2 diabetes, the most common type of diabetes. You might be overweight or have a parent, brother, or sister with type 2 diabetes. Maybe you had gestational diabetes, which is diabetes that develops during pregnancy. These are just a few examples of factors that can raise your chances of developing type 2 diabetes.

Diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. Prediabetes can also cause health problems. The good news is that type 2 diabetes can be delayed or even prevented. The longer you have diabetes, the more likely you are to develop health problems, so delaying diabetes by even a few years will benefit your health. You can help prevent or delay type 2 diabetes when losing a modest amount of weight by following a reduced-calorie eating plan and being physically active most days of the week.

How can I lower my chances of developing type 2 diabetes?

Research such as the Diabetes Prevention Program shows that you can do a lot to reduce your chances of developing type 2 diabetes. Here are some things you can change to lower your risk:

- **Lose weight and keep it off.** You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight. For instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.
- **Move more.** Get at least 30 minutes of physical activity 5 days a week. If you have not been active, talk with your health care professional about which activities are best. Start slowly to build up to your goal.
- **Eat healthy foods most of the time.** Eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. Choosing foods with less fat is another way to reduce calories. Drink water instead of sweetened beverages. Most of-ten, your best chance for preventing type 2 diabetes is to make lifestyle changes that work for you long term. Losing weight through healthy eating and regular physical activity can help you prevent type 2 diabetes.

What should I do if my health care professional told me I have prediabetes?

Prediabetes is when your blood glucose, also called blood sugar, levels are higher than normal, but not high enough to be called diabetes. Having prediabetes is serious because it raises your chance of developing type 2 diabetes. Many of the same factors that raise your chance of developing type 2 diabetes put you at risk for prediabetes. Other names for prediabetes include impaired fasting glucose or impaired glucose tolerance. Some people call prediabetes "borderline diabetes."

About 1 in 3 Americans has prediabetes, according to recent diabetes statistics from the Centers for Disease Control and Prevention. You won't know if you have prediabetes unless you are tested.

If you have prediabetes, you can lower your chance of developing type 2 diabetes. Lose weight if you need to, become more physically active, and follow a reduced-calorie eating plan.

If I had gestational diabetes when I was pregnant, how can I lower my chances of developing type 2 diabetes?

Gestational diabetes is a type of diabetes that develops during pregnancy. Most of the time, gestational diabetes goes away after your baby is born. Even if your gestational diabetes goes away, you still have a greater chance of developing type 2 diabetes within 5 to 10 years. Your child may also be more likely to become overweight and develop type 2 diabetes later in life. Making healthy choices helps the whole family and may protect your child from developing diabetes. Being physically active together is a great way to lower your own and your child's chance of developing type 2 diabetes.

Here are steps you should take for yourself and your child if you had gestational diabetes:

- Get tested for diabetes 6 to 12 weeks after your baby is born. If your blood glucose is still high, you may have type 2 diabetes. If your blood glucose is normal, you should get tested every 3 years to see if you have developed type 2 diabetes.
- Be more active and make healthy food choices to get back to a healthy weight.
- Breastfeed your baby. Breastfeeding gives your baby the right balance of nutrients and helps you burn calories.

Saving Time with Meal Prepping

Spicy Chicken Sweet Potato Meal Prep Bowls

- Ingredients:**
2 lbs. boneless skinless chicken breasts, cut into small pieces
3 TBSP. Mrs. Dash Southwest Chipotle
2 TBSP. of olive oil
3 sweet potatoes, peeled and diced
5-6 cups of broccoli florets
Try This with: Avocado/hummus/lemon juice/chives

- Directions:**
- Preheat oven to 425 degrees. Toss the chicken pieces with the spices and a quick stream of olive oil. Stir to combine; store in the fridge for about 30 minute while you prep other ingredients.
 - Arrange vegetables on their own sheet pans. Drizzle with olive oil. Arrange chicken on a separate sheet pan.
 - Bake all ingredients for 12-15 minutes. Remove the broccoli and chicken. Stir sweet potatoes and roast another 15 minutes or so.
 - Done! Divide your servings out into containers and store in fridge for the week.



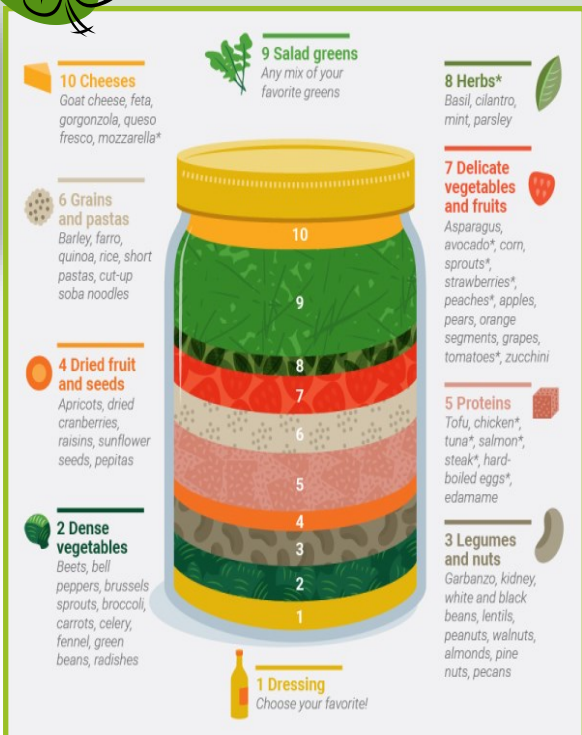
Meal Prep Burrito Bowls

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| For Chicken Ingredients: | For Cilantro lime rice Ingredients: |
| 1 1/4 lbs. boneless skinless chicken breasts
1/4 cup olive oil
1/3 cup lime juice
1 tsp honey
1/4 tsp ground cumin
2 cloves garlic, minced
1/4 cup water | 3 cups cooked brown rice (or you can use quinoa)
1/3 cup chopped cilantro leaves
The juice of 1 lime
Remaining bowl ingredients
1 15 ounce can of black beans; |

- Directions:**
- Prepare marinade, pour lime juice, olive oil and water into a large re-sealable bag. Add garlic, honey, cumin, smoked paprika, onion powder and chili powder.
 - Seal bag and shake to combine. Add the chicken to the marinade, seal and place in fridge– marinate at least 30 minutes up to 8 hours.
 - Preheat grill, a grill pan or skillet over med/high heat. Add the chicken and cook for 5-6 minutes on each side until cooked through.
 - Chop the cooked chicken in to bite size pieces.
 - Place rice or quinoa in a large bowl; add the cilantro, lime juice; toss to coat the rice evenly.



Layering for a Successful Meal Prep Salad



Meal Preparation:
Meal preparation, sometimes referred to as meal prepping, doesn't have to be for busy families, it is a great option for singles, couples or working individuals. Meal prep is a great way to save money and time. Meal prepping is great for those that have fallen into the routine of grabbing quick, unbalanced meals, or have been preparing packaged foods out of convenience.

To begin with meal prep, take a look at your meals, do you routinely skip a meal? Do you regularly stop and grab something quick for lunch or dinner? Start there.

If you routinely skip breakfast because you don't have a lot of time in the morning, then breakfast would be a great meal to start meal prepping. Something that is quick and doesn't require a lot of prep would be ideal. Overnight oats are a great option as they do not have to be heated and can be taken with you as you head out of the house for the day.

If you are in the habit of going out for lunch, try a meal prep recipe. It will save you money and the stress of leaving work, eating on the run and racing back to the office. A soup or chili recipe is a good option for lunch meal prepping. Make enough for the week and store in individual containers. To save even more time, store in glass containers that can be microwaved.

If you get home late, or don't want to cook dinner for just one or two people, meal prepping for dinner would be a good choice. When the meals are prepared and ready to be reheated, you will have a healthy and balanced meal in a few minutes rather than the one to two hours it would take to go out to a restaurant, order, eat and head home.

The basics of meal prep are actually pretty simple, meals should be balanced with whole grains, fruit/vegetables, lean proteins and healthy fats. If you are interested in learning more about meal prepping, please join us for this month's cooking demonstration. Also, check out the recipes featured in this newsletter.

Greek Chicken Meal Prep Bowls (Makes 6 Bowls)



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| Greek Chicken:
2 lbs. boneless, skinless chicken breasts
1/4 cup extra virgin olive oil
3 tablespoons garlic, minced
1/3 cup fresh lemon juice
1 TBSP dried oregano
1/3 cup plain Greek yogurt
Fresh cracked pepper, to taste | Greek Sauce:
1 cup plain Greek yogurt
1 seedless cucumber, finely diced
1 TBSP minced garlic
2 tsp dill
1 TBSP fresh lemon juice
1 tsp lemon zest
Fresh cracked pepper, to taste |
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| Cucumber Salad:
2 seedless cucumbers, peeled and sliced
1/3 cup lemon juice
2 TBSP extra virgin olive oil
2 tsp minced garlic
1 tsp dried oregano | The Bowl:
3 cups cooked quinoa
2 cups cherry or grape tomatoes, halved
1 medium red onion, sliced thin |
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- Directions:**
In a large bowl, combine olive oil, garlic, lemon juice, oregano, Greek yogurt, and pepper. Dice chicken breasts and transfer into the bowl and massage to coat well with the marinade. Cover and marinate for at least 20 minutes.
- Drain the chicken from the marinade. In a skillet, heat some olive oil over medium-high heat. Cook chicken, stirring from time to time, approximately 8 to 10 minutes. Remove from the skillet and set aside.
- Meanwhile, make cucumber salad by slicing the cucumbers, and tossing in a bowl with the lemon juice, olive oil, garlic, and oregano. Set aside.
- To make the Greek sauce: combine the Greek yogurt, diced cucumber, garlic, dill, lemon juice, lemon zest in a small bowl; season with pepper.
- When ready, divide cooked quinoa between meal prep containers. Divide cherry tomatoes and red onion slices between the containers.
- Top with chicken, cucumber salad, and a tablespoon Greek sauce. Keep for up to 5 days in airtight container and serve cold. Enjoy! ♥

Marinated White Bean Salad Jars

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| For the marinade
1 small garlic clove, minced
1 Tbsp white wine vinegar
1 tsp chopped fresh thyme
1/2 tsp grated lemon zest
1/4 tsp dry mustard powder
1/8 tsp ground black pepper
1/8 tsp red pepper flakes
2 Tbsp. extra virgin olive oil
1 can (19 ounces) cannellini beans, rinsed and drained | For the salad jar
1/4 small red onion, thinly sliced
1/2 cup grape tomatoes, halved
4 cups packed arugula |
|--|---|



- Directions**
- In a small bowl, whisk together garlic, vinegar, thyme, lemon zest, mustard powder, black pepper and red pepper flakes. While whisking, slowly drizzle in oil until all oil is incorporated. Add beans and toss to combine
 - Divide marinated salad equally among 4 pint size jars, layering onion, tomatoes and arugula, ending with arugula. Tops with lids and refrigerate up to 3 days. To serve, pour onto a plate or bowl, stir and enjoy.

