

* News *

Water Aerobics

Tuesdays
4:00 - 5:00 pm
&
Thursdays
11:30 am -12:30 pm

Cancelled Thursday May 9



Group Guided Meditation



Every Friday
9:50 - 10:15 am
Relaxation Lounge
With
Heather Pontius, RD



Reminder!

Look for ongoing
activities through
the spring and
summer at
Generations Park!



Mother's Day
is Sunday May 12

Remember to honor
the most influential
women in your life

**Our Office will be
Closed
Monday May 27th
in Observance of
Memorial Day**



**All Fitness Classes
Are Cancelled**

**Remember to pick up
supplies on or before
Friday May 24th**

May Cooking Demo

Thursday May 23rd
11:30 am - 1:00 pm

Vegetarian Recipes

RSVP by May 21st
Space is limited to
8 participants
please call 358-9667



Move for Health (MFH):
Nurse supervised exercise
classes
Must be enrolled in LGHP

Monday-Thursday
8-9am, 9-10am, 10-11am,
11am-12pm & 3-4 pm

Community Classes:
No registration required

Public Fitness
Monday - Friday
5:00-8:00 am & 12:00-1:00 pm
Friday
8:00 am-10:00 am

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

Water Aerobics
Tuesday
4:00-5:00 pm
Thursday
11:30 am-12:30 pm

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

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

**Working
Together Today
to Build a
Better
Tomorrow**



Onerahtohkó:wa/May 2019

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



SGDM

Stopping Gestational Diabetes
in Daughters + Mothers



Are you an American Indian or Alaska Native female between the ages of 12 and 24?

Do you have a mother, auntie or grandmother?

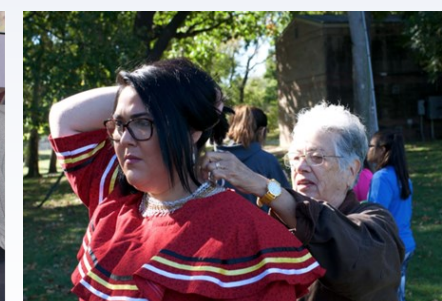
If you answered "Yes" to both of these questions, then we need your help! A team of researchers at the Saint Regis Mohawk Tribe's Let's Get Healthy Program is interested in helping American Indian and Alaska Native girls (age 12-24) learn more about eating healthy and making exercise easier that could lead to healthy weight (weight loss) and lowering the chances of getting gestational diabetes (diabetes during pregnancy). Your mother will also be asked to help you during the study. You have the power to stop diabetes in your family!

If you decide to participate, you will:

- Answer a variety of questions on a computer
- Watch a video about healthy lifestyles & stopping diabetes
- Read a booklet about healthy lifestyle & stopping diabetes
- Receive resources from your community
- Be compensated for your time with gift cards
- Develop a health team with the clinic nurse and your mom



To learn more or to participate in our study, please call (518) 358-9667 and leave a message with your name and phone number. A study team member will call you back to further discuss the study.

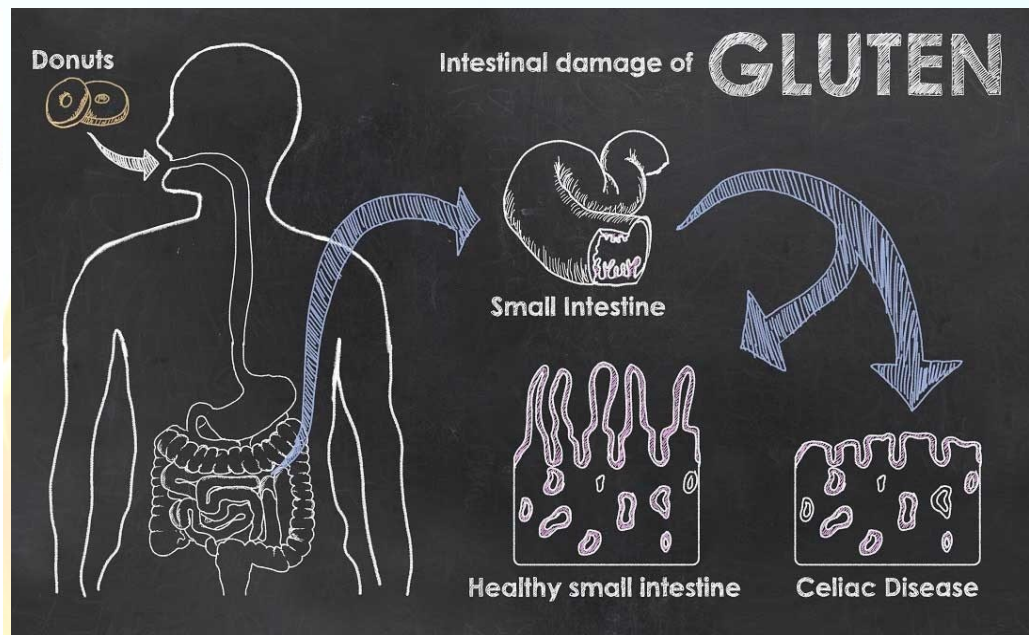


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CELIAC FACTS

- ✱ ABOUT 83% OF AMERICANS WHO HAVE CELIAC DISEASE ARE UNDIAGNOSED OR MISDIAGNOSED.
- ✱ SIX TO 10 YEARS IS THE AVERAGE AMOUNT OF TIME A PERSON WAITS FOR THE CORRECT DIAGNOSIS.
- ✱ CELIAC DISEASE CAN AFFECT MEN AND WOMEN ACROSS ALL AGES AND RACES.
- ✱ ONE IN 133 AMERICANS (ABOUT 1% OF THE POPULATION) HAS CELIAC DISEASE.
- ✱ THERE ARE NO PHARMACEUTICAL CURES FOR CELIAC DISEASE.
- ✱ A 100% GLUTEN-FREE DIET IS THE ONLY EXISTING TREATMENT.



April Cooking Demo Recap



For the April cooking demo we made 2 recipes for healthier salad options. One was a lighter version of a potato salad and the other we used a spiralizer to make a cucumber salad with a lemon dressing.

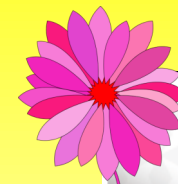
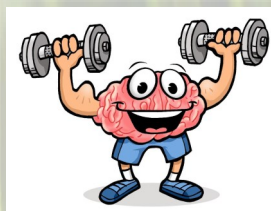
Join us Thursday May 23, 11:30 am - 1:00 pm when we'll be making vegetarian recipes.
Menu includes; Quinoa stuffed Bell Peppers and Quinoa Salad.
RSVP by May 21st, only 8 spots available! (518) 358 - 9667

Why does exercise make us feel better, mentally?

Often, people who exercise regularly do it simply because it makes them feel good. Exercise can boost your mood, concentration and alertness. It can even help give you a positive outlook on life. The connection between exercise and mental health is complicated. For example, being inactive can be both a cause and a consequence of mental illness.

Regular exercise can help you sleep better and help regulate your moods. Exercise can improve your sense of control, coping ability and self-esteem. People who exercise regularly often report how good achieving a goal makes them feel. Exercising can distract you from negative thoughts and provide opportunities to try new experiences. For example, socializing and gaining social support from others when exercising is a positive new experience. The levels of chemicals in the brain, such as serotonin, stress hormones and endorphins, change when you exercise. Exercising increases your energy levels and being physical activity can be an outlet for your frustrations.

The physical benefits of exercises are also important for people with mental illness. It improves your cardiovascular health and overall physical health. This is very important because people with mental health issues are at a higher risk of suffering from chronic physical conditions such as heart disease, diabetes, arthritis and asthma.



Join the Let's Get Healthy Program and the Saint Regis Mohawk Health Services for

Diabetes Day

Wednesday, May 8, 2019

8:30 to 11:30 a.m.

at the Diabetes Center for Excellence



Meet your
diabetes health
care team



Blood pressure
checks



Blood sugar
screenings



Have your
feet checked

One-Stop Diabetes Health Care Clinic



Receive
information about
Health Services
Programs



Check out
the Move
for Health &
fitness room



Bring your
medications
& meet with
Pharmacy



Sample healthy
snacks & speak
with a Registered
Dietitian

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



Stress and Diabetes

The stress of living with a chronic disease such as diabetes can actually cause uncontrolled blood sugar levels and prevent a healthy lifestyle. Finding ways to relieve stress can help you feel better and more able to manage your diabetes.

Everyone's life is stressful, so doing things that can help you relax is always good.

There are lots of ways to relax. Think about what works for you. How about a nice soak in a warm tub? Or a quiet time reading your favorite magazine? Or talking on the phone with a good friend? How about gardening or a walk now that spring is here? Regular exercise, yoga or meditation are wonderful ways to control stress.

Making changes to manage your diabetes is hard. Consider a change that you have been thinking of making. Pick a specific thing you want to do differently. Ask yourself on a scale of 1 to 5, how important that change is for you. Next, ask yourself on a scale from 1 to 5, how confident you are that you can make this change. Think about the barriers you may encounter as you attempt to reach your goal, and how you would overcome those barriers. Have you ever failed at an attempt to overcome this behavior? What's different about it this time? Why are you confident that you will succeed?

As you list your reasons for success, list the rewards both internal (like the pleasure of knowing you have succeeded) and concrete (like buying yourself new clothes, a book, tickets to an event). Continue asking yourself these questions:

- How important is this to me?
- How confident am I that I can do it?

Make sure that your expectations are realistic; unrealistic expectations almost guarantee disappointment. If your goals are realistic, problem solving can boost your self-confidence and lift you out of discouragement.

- Identify and define your problem
- List possible solutions
- Select and act on the most promising option.
- Evaluate the outcome and keep going on your list of solutions until you feel the problem is solved.

Keep in mind the resources you have to help you problem solve. Your health care team at Let's Get Healthy is a good source of practical suggestions, having worked with many people who live with diabetes. Finally, by talking positively to yourself, you can alleviate the stressful feelings of discouragement.



During National Women's Health Week each year, millions of women take steps to improve their health. The week serves as a reminder for women to make their health a priority and build positive health habits for life. The 20th annual National Women's Health Week kicks off on Mother's Day, May 12, and is celebrated through May 18, 2019.

What steps can I take for better health?

To improve your physical and mental health, you can:

- Visit a doctor or nurse for a well-woman visit (checkup), preventive screenings, and vaccines
- Get active
- Eat healthy
- Pay attention to mental health, including getting enough sleep and managing stress
- Practice safe behaviors, such as quitting smoking, not texting while driving, and taking steps to protect yourself from sexually transmitted infections

Why should I take these steps?

These steps are the foundation for a lifetime of good health. They can help you be as healthy as possible.

How can I participate in National Women's Health Week?

- Take one or all of the steps above for good health. Learn more about healthy living by age
- Spread the word using our social media and promotional tools. Use #NWHW in any social media messages you share
- Organize events or activities in your community



Fitness Page

Exercise Recovery

What is exercise recovery?

Exercise is an essential part of maintaining a healthy lifestyle, but it is not without risk of injury. To minimize these risks the next time you exercise, you must give your body time to recover. Exercise recovery involves post-exercise steps that are essential for any exercise program; regardless of fitness level, the type of physical activity or the exercise intensity. This recovery helps the body to *recover* from the physical and psychological strains caused by physical activity. It should involve warming-up, cooling-down and stretching as well as rehydration, rest and sleep.

What are the benefits of exercise recovery?

- Tissue Repair
- Function Restoration
- Muscle Recovery
- Psychological Recovery (contemplation, relaxation, and rejuvenation)

Examples of Exercise Recovery:

- Cooling down after exercise; low intensity cardio to allow the heart rate to drop gradually. Also prevents muscle stiffness.
- Stretching after you exercise is very important. Muscles will become knotted if you do not stretch out those that were used in your main activity. A knotted muscle can result in a muscle injury that will prevent you from further exercise. Stretching after exercise will improve flexibility of the muscles and will reduce any soreness from the exercise. Stretching should begin within 10 minutes of finishing exercise, before your muscles have a chance to tighten up. Always remember to stretch until you feel a "stretch" or tension. Muscles should never be strained to the point where they feel pain.



The Mental Benefits of Exercise

Everyone knows that regular exercise is good for the body. But exercise is also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm/>



Public Fitness Classes are open to everyone in Akwesasne and the surrounding communities, ages 18 years and older.

Monday –Thursday 5 - 8 am & 12 - 1 pm, Friday 8 - 10 am & 12 - 1 pm.

It's a great opportunity to kick start your journey to a healthier you and to explore what the Let's Get Healthy Program has to offer!

Farmer's Market Recipes

Quinoa Stuffed Peppers-Featured Recipe for the Cooking Demo

Ingredients:

- 6 bell peppers, tops cut, stems and seeds removed
- 3 cups cooked quinoa
- 1– 4 ounce can green chiles (for heat)
- 1 cup frozen yellow corn, thawed
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup petite diced tomatoes, no salt added
- 1/2 cup shredded cheese, low fat
- 1/4 cup crumbled, reduced fat feta cheese
- 3 TBSP fresh cilantro, rinsed and chopped
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp onion powder



Directions:

Preheat the oven to 350 degrees. Stand the peppers up in a baking dish.

In a mixing bowl combine all the ingredients except the peppers.

Spoon the filling into each bell pepper until it is full. Bake until the peppers are tender and the filling is heated through, approx. 30-40 minutes. Serve warm



A Springtime Farmers Market Find: FIDDLEHEADS

They are the curled, edible shoots of the ostrich fern. Considered a seasonal delicacy, they are collected in the wild, sold in stores and farmer's markets early in the Spring.

Eating raw or improperly cooked **fiddleheads** can cause symptoms of foodborne illness. When you get fresh picked or store bought fiddleheads it is best to rinse them thoroughly and then blanch them in boiling water for 2-3 minutes. After blanching, immediately run them under cold water to help keep them bright green and crisp.

They can be sautéed with olive oil, a splash of lemon juice and ground black pepper.

Quick and Easy Garlicky Sautéed Asparagus

Ingredients:

- 1 TBSP extra virgin olive oil
- 1 pound asparagus, cleaned and ends trimmed
- Ground Black pepper, to taste
- 1 clove garlic, minced



Directions:

Preheat non stick pan to medium heat, add the olive oil. Add the asparagus in a single layer, gently roll the spears to coat in the olive oil. Season with ground black pepper. Add the minced garlic and sauté just until the asparagus is tender and bright green, 3-4 minutes. Remove from the heat and serve warm.

Grilling Safety Tips:

- Start with a clean grill. Ditch the old wire brushes and opt for a wooden scraper paddle to clean your grill. The wire bristles can come loose and stick to the grates of the grill. The wire bristles can be ingested with your food and cause serious injury to the mouth, and digestive tract. The wooden scrapers can be purchased at Wal-Mart, Home Depot or any other store that sells grilling accessories.



Grilled Asparagus With Lemon and Feta

Ingredients:

- 2 pounds of asparagus, cleaned and ends trimmed
- 3 TBSP extra virgin olive oil
- 1/4 tsp ground black pepper
- Zest of 1 lemon
- Juice from 1 lemon
- 1/2 cup reduced fat feta cheese, crumbled

Directions:

Preheat the grill to medium high heat. Clean the grill grates using a wooden scraper. Place asparagus on a baking sheet, drizzle with 2 TBSP olive oil, sprinkle with black pepper. Place the asparagus spears onto the grill, across the grates so they don't fall through.

Grill for 3-4 minutes until asparagus is tender. Remove from the grill and place back onto the baking sheet. Let the asparagus cool for a few minutes and place onto a cutting board. Using a sharp knife cut the asparagus into bite sized pieces. Place the cut asparagus into a serving bowl, add in 1 TBSP olive oil, lemon zest, lemon juice and feta cheese, gently mix. Serve room temperature or chilled.

It's not too early for Farmer's Markets!

The Potsdam Farmers Market begins in May

Saturdays – 9:00 am - 2:00 pm

Ives Park Potsdam

In the early Spring you can expect asparagus, leeks, herbs, baked goods, fresh maple syrup, local honey, greenhouse grown plants to start your own vegetable garden and a variety of herbs that can be kept indoors for now and moved outdoors as the nights and days start to warm up.

May Cooking Demo

Thursday May 23rd, 2019

11:30 am - 1:00 pm

Cooking with Quinoa

Vegetarian Recipes – great for meal prep meals

Quinoa Stuffed Bell Peppers

Quinoa Salad

RSVP by May 21st

Space is limited to 8 participants

please call 518-358-9667

