



Onerahtohkó:wa/May 2017

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

Women's Health Day 2017

Please join us for a
Women's Health Celebration
Wednesday May 31st
3 – 6pm
At the Diabetes Center

3:00pm-4:00pm
 Blood pressure and blood sugar screening
 Taste test and Q&A with Heather Pontius, RD

4:00pm-5:00pm
 Diabetes Bingo with Cherie Bisnett, RN

5:00pm-6:00pm
 Special guest presenter- Dr. Jonathan C. Beach D.O., BC-ADM

Also join us for these special fitness classes:

Supervised Swim: 4:15-5:15pm

Body Works: 4:30-5:15pm

After Hours: 5:30-6:15pm



It's never too early or late to work toward being your healthiest you! This National Women's Health Day, we want to help you take control of your health.

For more information please call the Let's Get Healthy Program Office at 518.358.9667

Take the first step! Join our celebration and learn what you can do to lead a healthier life



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Women's Health Week May 14-20, 2017

National Women's Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority. The week also serves as a time to encourage women to take steps to improve their health. The 18th annual National Women's Health Week kicks off on Mother's Day, May 14, and is celebrated through May 20, 2017.

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) and preventive screenings
- Get active
- Eat healthy
- Pay attention to mental health, including getting enough sleep and managing stress
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet



Over 60 percent of U.S. women are overweight. Just over one-third of these women are obese. Being overweight or obese can increase your risk of many health problems. These include heart disease, diabetes, and certain cancers.

If you would like to know if you're overweight or obese, find out your body mass index (BMI) by using the calculator at www.nhlbisupport.com/bmi/bmicalc.htm or the chart at www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm.

The best way to lose weight is to use more calories than you take in. You can do this by eating healthy and being more active.

To eat healthy, focus on fruits, vary your veggies, get your calcium-rich foods, at least half of your grains should be whole grains, choose lean protein and fish, and limit saturated fats and salt.

You gain health benefits from doing the following each week:

2.5 hours of moderate-intensity aerobic physical activity
OR
1 hour and 15 minutes of vigorous-intensity aerobic physical activity
OR
A combination of moderate and vigorous-intensity aerobic physical activity
AND
Muscle strengthening activities on 2 or more days



Call the
Let's Get Healthy
Program office at
518.358.9667
to start your healthy
journey today!

The Let's Get Healthy Program offers many opportunities for FREE fitness classes open to ALL adults 18 and older residing in Akwesasne and the surrounding communities. You can reference our Monthly Fitness Calendar on the Saint Regis Mohawk Tribe Website, The Let's Get Healthy Program Facebook page, or pick up a copy in our lobby located at the Diabetes Center for Excellence.

May is National Stroke Awareness Month

Spot a Stroke F.A.S.T.

F.A.S.T. is an easy way to remember the common stroke warnings signs. When you can spot the signs, you'll know that you need to call 9-1-1 immediately for help.

F– Face Drooping– Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A– Arm weakness– Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S– Speech Difficulty– Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “the sky is blue.” Is the sentence repeated correctly?

T– Time to call 9-1-1– if someone shows any of these symptoms, even if the symptoms go away, call 9-1-1.

- * Every 40 seconds someone has a stroke
- * 1 out of 6 people will suffer a stroke in his or her lifetime
- * Stroke is the leading cause of disability in the U.S.
- * Stroke is the #5 cause of death in the U.S.

You can help prevent stroke by making healthy lifestyle choices.

A healthy lifestyles includes the following:

- **Eating a healthy diet**– Choosing healthy meal and snack options can help you avoid stroke and its complications.
- **Maintaining a healthy weight**– Being overweight or obese increases your risk for stroke.
- **Getting enough exercise**– Physical activity can help you maintain a healthy weight and lower your cholesterol and blood pressure levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.
- **Not smoking**– Cigarette smoking greatly increases your risk for stroke.
- **Limiting alcohol use**– Avoid drinking too much alcohol.

theclipartdrawer.com

Exercise & Osteoporosis

Osteoporosis is the thinning of the bones which can cause painful fractures. Some risk factors of osteoporosis are: age, being female, low body weight, low hormones or menopause, smoking and some medications. Females are more likely to get osteoporosis because women generally have smaller/ thinner bones than men. Estrogen, a hormone found in women that protects bones, decreases when women reach menopause, which causes bone loss.

One of the best ways to prevent Osteoporosis is regular exercise. Just like your muscles, your bones get stronger when you work out. Below are some types of exercises that help with Osteoporosis:

Weight Bearing Exercises:

- Walking
- Hiking
- Dancing
- Stair climbing



Resistance Training:

- Free Weights
- Resistance Bands
- Water Exercises

Flexibility:

- Stretching
- Tai Chi
- Yoga



Come check out the Exercise Pool for Supervised Swim on Mondays and Wednesdays from 4:30-5:30pm and Friday mornings 8:00-9:00am



Picnic Sid

Salsa Potato Salad

Ingredients

1/3 cup Mayo made with olive oil
2 TBSP plain Greek yogurt
1/4 cup salsa, lower sodium
1 tbsp minced fresh parsley
3 cups cooked unpeeled red potatoes
1 celery rib, thinly sliced
1/4 cup chopped sweet onion
1/2 cup reduced fat shredded cheddar cheese

Prep Time: 10 min

Ready in: 10 min

Servings: 7



Directions

In a bowl, combine the mayo, Greek yogurt, salsa, and parsley. In a large bowl, combine the potatoes, celery, and onion. Add dressing and toss to coat. Stir in cheese. Cover and refrigerate for at least 1 hour before serving

This month's
Cooking Class
recipe!
Thursday
May 18th
12-1pm

Festive Vegetable Gateau

Ingredients:

3 Tbsp extra virgin olive oil, divided
2 large onions, chopped
Water, as needed
2 medium yellow squash, sliced into very thin rounds
2 medium zucchini, sliced into very thin rounds
2 medium tomatoes, sliced into very thin rounds
3 cloves of garlic, peeled and thinly sliced
4 sprigs of fresh Thyme, minced, or 1 tsp of dried Thyme
Freshly ground black pepper to taste



Serving size: 1 cup
Calories: 120
Carbohydrate: 14g
Protein: 3g

Directions:

1. Preheat oven to 375. In a large saute pan or skillet, heat 1 Tbsp of the oil over medium heat. Saute the onions for 12-15 minutes, until very brown; if needed add a little water to the pan to prevent sticking. When the onions are well caramelized, add about 1/4 cup of water to the pan and scrape up any brown bits from the bottom of the pan with a wooden spoon.
2. Place the onions with the liquid from the pan into a 1 1/2 quart casserole dish. Spread to form an even layer. Use the squash, zucchini, and the tomatoes to form layers of vegetable over the onions. Form the rows by overlapping the vegetables rounds. Sprinkle the garlic and Thyme over the vegetables. Drizzle with the remaining oil and pepper.
3. Bake uncovered for 35 minutes, until the vegetables are tender and lightly brown.

Roasted Greek Eggplant with Feta

Ingredients:

3 Tbsp marinara sauce
1 tsp lemon juice, plus zest of small lemon, divided
1 Tbsp extra virgin olive oil
1 large clove garlic, minced
1/4 tsp ground cinnamon
2 small eggplants, quartered lengthwise in wedges, stems removed
3 Tbsp chopped fresh flat leaf parsley
1 Tbsp chopped fresh mint
1 Tbsp finely crumbled feta cheese

Serving size: 2 wedges

Calories: 110

Carbohydrate: 18g

Directions:

1. Preheat oven to 400. In a small bowl, whisk together, marinara sauce, lemon juice, oil, garlic, and cinnamon. Arrange the eggplant wedges, skin side down, on unbleached parchment paper-lined baking sheet. Generously brush the flesh of the eggplant wedges with the marinara mixture.
2. Roast the eggplant wedges until cooked through and soft, about 30 minutes.
3. Transfer the wedges to a platter. Sprinkle with the parsley, mint, feta, lemon zest and serve.

Use cinnamon to add a touch of sweetness to dishes instead of sugar!

e Dishes

Seasonal Heirloom Tomato Salad

Ingredients:

4 large heirloom or beef steak tomatoes, thinly sliced
1/2 medium red onion, thinly sliced
2 Tbsp aged balsamic vinegar
1 1/2 tsp extra virgin olive oil
1/4 tsp sea salt
1/4 tsp freshly ground pepper
1/4 cup thinly sliced fresh basil leaves

Serving: 10-12 tomato slices

Calories: 90

Protein: 2g

Carbohydrate: 10g

Directions:

1. Arrange tomatoes on a platter in an overlapping style. Scatter onion on top of the tomatoes.
2. In a small bowl, whisk the vinegar and oil. Drizzle over the tomatoes and sprinkle with the salt, pepper, basil and



Grilled Summer Vegetables

Ingredients:

2 large zucchini
1 large yellow squash
3 red, yellow or orange bell peppers
2 Tbsp extra-virgin olive oil
1/2 tsp red pepper flakes
1 tsp dried Italian herbs (thyme, rosemary, or oregano) or 1 tablespoon fresh herbs
1 tsp coarse salt
Freshly ground black pepper



Directions:

1. Cut zucchini and squash into large diagonal slices. Cut peppers into quarters or large strips. Place in a large bowl. Drizzle oil over top. Sprinkle with red pepper flakes, herbs, salt and pepper. Toss.
2. Prepare grill.
3. Place vegetables on grill grate over a medium-high heat; cook until vegetables are slightly browned and tender

Baked Sweet Potato Chips

Ingredients:

2 medium sweet potatoes, peeled and sliced very thin into coins
1 TBSP olive oil
1/4 tsp salt (optional)



Directions:

Preheat oven to 400 degrees, with racks in center and lower position. Divide sweet potatoes between 2 baking sheets. Drizzle with olive oil, bake, flip once. The chips are done when the centers are soft and the edges are crisp, 22 to 25 minutes. Sprinkle with salt if desired.

Mediterranean Vegetable Bulgur Salad

Ingredients:

2 cups boiling water	1 cup grape tomatoes
1 1/2 cups uncooked bulgur	1 1/2 cups water
2 cups fresh broccoli florets	1/2 cup crumbled feta cheese
2 Tbsp chopped fresh parsley	1/2 tsp salt
1 can chickpeas (garbanzo beans)	
1/2 cup Greek or Italian Dressing	

Directions:

1. In large bowl, pour 2 cups boiling water over bulgur. Let stand for 30 minutes
2. In 2-quart saucepan, heat 1 1/2 cups water to boiling; add broccoli. Cook 1 minute; drain and rinse in cold water.
3. Stir in broccoli and remaining ingredients into bulgur. Serve immediately, or cover and refrigerate up to 4 hours before serving.

Tip:

Flavored feta cheese, such as herb-flavored, can be substituted for the regular feta cheese.



Heart-healthy Eating



Heart-healthy eating is an important way to lower your risk for heart disease and stroke. Heart disease is the number one cause of death for American women. Stroke is the number three cause of death. To get the most benefit for your heart, you should choose more fruits, vegetables and foods with whole grains and healthy proteins. You also should eat less food with added sugar, calories, and unhealthy fats.

Q: What foods should I eat to help lower my risk for heart disease and stroke?

A: You should choose these foods most of the time:

- **Fruits and vegetables.** At least half of your plate should be fruits and vegetables.
- **Grains.** At least half of your grains should be whole grains.
- **Fat-free or low-fat dairy products.** These include milk, calcium-fortified soy drinks (soy milk), cheese, yogurt, and other milk products.
- **Seafood, skinless poultry, lean meats, beans, eggs, and unsalted nuts.**



Q: What foods should I limit to lower my risk of heart disease and stroke?

A: You should limit:

- **Saturated fats.** These fats are found in foods such as pizza, ice cream, fried chicken, many cakes and cookies, bacon, and hamburgers. Check the Nutrition Facts label for saturated fat. Less than 10% of your daily calories should be from saturated fats.
- **Cholesterol.** Cholesterol is found in foods made from animals, such as bacon, whole milk, cheese made from whole milk, ice cream, full-fat frozen yogurt, and eggs. Fruits and vegetables do not contain cholesterol. You should eat less than 300 milligrams of cholesterol per day. Check the Nutrition Facts label for cholesterol. Foods with 20% or more of the “Daily Value” of cholesterol are high in cholesterol.
- **Sodium.** Sodium is found in salt, but most of the sodium we eat is not from salt that we add while cooking or at the table. Most of our sodium comes from breads and rolls, cold cuts, pizza, hot dogs, cheese, pasta dishes, and condiments (like ketchup and mustard). Limit your daily sodium to less than 2,300 milligrams (equal to a teaspoon), unless your doctor says something different. Check the Nutrition Facts label for sodium. Foods with 20% or more of the “Daily Value” of sodium are high in sodium.
- **Added sugars.** Foods like fruit and dairy products naturally contain sugar. But you should limit foods that contain added sugars. These foods include sodas, sports drinks, cakes, candy, and ice cream. Check the Nutrition Facts label for added sugars and limit how much food you eat with added sugars.
- **Trans fats.** These fats are found mainly in commercially prepared baked goods, snack foods, fried foods, and margarine. The Food and Drug Administration is taking action to remove artificial trans fats from our food supply because of their risk to heart health. Check the Nutrition Facts label and choose foods with no trans fats as much as possible.

*<https://www.womenshealth.gov/publications/our-publications/fact-sheet/heart-healthy-eating.html#>

For more information on healthy eating, call the Let's Get Healthy Program Office at 518.358.9667 to schedule a Nutrition Assessment with Heather Pontius, Registered Dietitian.

National Neuropathy Awareness Week May 21-27, 2017

Nerve damage from diabetes is called diabetic neuropathy. About half of all people with diabetes have some form of nerve damage. It is more common in those who have had the disease for a number of years and can lead to many problems. If you keep your blood glucose levels on target, you may help prevent or delay nerve damage.

Peripheral Neuropathy

Look at the list below, make a note about any symptoms you have and share it with your doctor during your next office visit.

Tingling

- My feet tingle or I feel "pins and needles" in my feet

Pain or Increased Sensitivity

- I have burning, stabbing or shooting pains in my feet
- My feet are very sensitive to touch. For example, sometimes it hurts to have the bed covers touch my feet
- Sometimes I feel like I have socks or gloves on when I don't
- My feet hurt at night
- My feet and hands get very cold or very hot

Numbness or Weakness

- My feet are numb and feel dead
- I don't feel pain in my feet, even when I have blisters or injuries
- I can't feel my feet when I'm walking
- The muscles in my feet and legs are weak
- I'm unsteady when I stand or walk
- I have trouble feeling heat or cold in my feet or hands

Other

- It seems like the muscles and bones in my feet have changed shape
- I have open sores (also called ulcers) on my feet and legs. These sores heal very slowly

Foot Exams

Your health care provider should look at your feet at each office visit to check for injuries, sores, blisters or other problems. As a reminder, take off your shoes and socks when you're in the exam room.

Have a complete foot exam once a year. If you already have foot problems, have your feet checked more often. A complete foot exam includes a check of the skin on your feet, your foot muscles and bones, and your blood flow.

Steps to Prevent or Delay Nerve Damage

There's a lot you can do to prevent or delay nerve damage. And, if you already have diabetic neuropathy (nerve damage), these steps can prevent or delay further damage and may lessen your symptoms.

Keep Your Blood Glucose Levels in Your Target Range

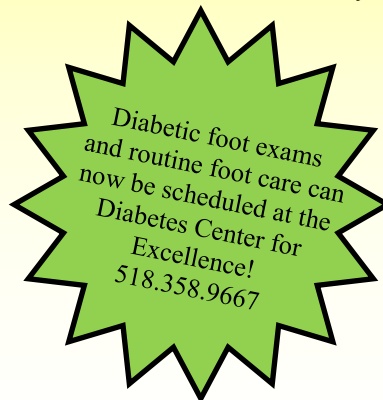
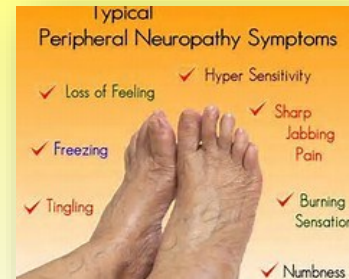
Meal planning, physical activity and medications, if needed, all can help you reach your target range. There are two ways to keep track of your blood glucose levels:

- Use a blood glucose meter to help you make decisions about day-to-day care.
- Get an A1C test (a lab test) at least twice a year to find out your average blood glucose for the past 2 to 3 months.

Checking your blood glucose levels will tell you whether your diabetes care plan is working or whether changes are needed

- Report symptoms of diabetic neuropathy.
- If you have problems, get treatment right away. Early treatment can help prevent more problems later on. For example, if you take care of a foot infection early, it can help prevent amputation.
- Take good care of your feet. Check your feet every day. If you no longer can feel pain in your feet, you might not notice a foot injury. Instead, use your eyes to look for problems. Use a mirror to see the bottoms of your feet. Use your hands to feel for hot or cold spots, bumps or dry skin. Look for sores, cuts or breaks in the skin. Also check for corns, calluses, blisters, red areas, swelling, ingrown toenails and toenail infections. If it's hard for you to see or reach your feet, get help from a family member or foot doctor.
- Protect your feet. If your feet are dry, use a lotion on your skin but not between your toes. Wear shoes and socks that fit well and wear them all the time. Use warm water to wash your feet, and dry them carefully afterward.
- Get special shoes if needed. If you have foot problems, Medicare may pay for shoes. Ask your health care team about it.
- Be careful with exercising. Some physical activities are not safe for people with neuropathy. Talk with a diabetes clinical exercise expert who can guide you.

Talk with your doctor to find out what treatments are best for you.



News

COOKING CLASS

The Diabetes Center for Excellence
Theatre Kitchen
With Heather Pontius, RD
Thursday May 18th
12 - 1pm

Salsa Potato Salad



Learn how to make a new recipe for
all your summer parties.
8 spots available

Please call 518.358.9667 to RSVP your spot
by May 17th

**Our Office will be
Closed Monday
May 29th
in Observance of
Memorial Day**



**All Fitness Classes
Are Cancelled**

**Remember to pick up
supplies on or before
Friday May 26th**

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

Body Works

Monday & Wednesday
4:30-5:15pm

After Hours Fitness

Monday & Wednesday
5:30-6:15pm

Public Fitness

Tuesday & Thursday
12-1pm

Water Aerobics

Thursday
4:30 - 5:30 pm

Club Circuit

Friday
9:00-9:45am

Supervised Swim

Monday & Wednesday:
4:15-5:15pm
Friday:
8:00-9:00am

All exercises classes offered by
the Let's Get Healthy Program
are free to ages 18 and older.



**Helping Build A Better
Tomorrow**

Guided Relaxation

Fridays

9:50am - 10:15am

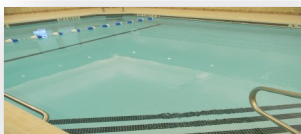
*no late entrances as it disturbs the
relaxation session already in progress

Also available by appointment
with Heather Pontius, RD

Please call 518.358.9667 to schedule



Supervised Swim



**Mondays & Wednesdays
4:15 - 5:15pm
And
Fridays
8:00 - 9:00am**

Women's Health Day

Wednesday May 31st



3 pm
To
6 pm



At the
Diabetes Center for
Excellence

*please see ad on the front
of this month's newsletter for
full schedule*



Mother's Day

is

Sunday

May 14th

Remember to
honor the most
influential women
in your life

