

* News *

COOKING DEMONSTRATIONS ARE BACK!

Quick and Healthy Meal in 30 minutes:

- Broiled Lemon Pepper Fish
- Roasted Vegetables
- Herb and Olive Oil Quinoa

January 18th

11:30 AM—1:00 PM

LGHP Office

RSVP by Jan 17th

8 spots available.

Call Heather Pontius 358-9667

Guided Relaxation

Group relaxation sessions in the Relaxation Lounge

Fridays

9:50 am

Guided relaxation is a focused form of relaxation in which you create a mind and body connection.

Benefits can include:

- Stress reduction
- Muscle relaxation
- Lower blood pressure
- Lower blood glucose
- Reduce headaches
- Sense of peace



PLEASE

If you are not feeling well or have been ill, call and reschedule your appointments.

Everyone's health and well being is our top priority.

Stay home, rest and when you are feeling better, come to see us.

REMEMBER

Always wash your hands!

Exercise Classes:

Move For Health

Nurse supervised exercise classes

Must be enrolled in LGHP.

Monday-Thursday

8-9am, 9-10am, 10-11am, 11-12pm

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

5:15-6:15 pm

Club Circuit

Friday

9:00-9:45am

Supervised Swim

Monday & Wednesday:

4:00-5:00pm

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



Tsithohrkó:wa/January 2017

Tsitewatakari:tat/The Let's Get Healthy Program

Diabetes Center For Excellence

66 Business Park Road

518-358-9667

Let's Make 2017 a Healthy Year!

Diabetes and Heart Health - What's the Connection?

January is a great time to focus on your health and making positive changes. Many people are not aware of the close connection between diabetes and heart disease, but heart disease is actually one of the most common complications of diabetes. It's so common that having diabetes actually doubles your risk for heart attack or stroke.

What is a stroke?

A stroke happens when the blood supply to part of your brain is suddenly interrupted. The brain tissue is damaged. Most strokes happen because a blood clot blocks a blood vessel in the brain or neck. A stroke can cause movement problems, pain, numbness and problems with thinking, remembering or speaking. Some people also have emotional problems, such as depression, after a stroke.

What does diabetes have to do with strokes?

If you have diabetes, your chances of having a stroke are 2 to 4 times higher than in people who don't have diabetes. But you can lower your risk by taking care of your health.

How do I know whether I'm at high risk for a stroke?

Having diabetes raises your risk for stroke. But your risk is even greater if:

- you're over age 55
- you've already had a stroke or a mini stroke
- you have a family history of stroke or mini strokes
- you have heart disease
- you have high blood pressure
- you're overweight
- you have high LDL (bad) cholesterol and low HDL (good) cholesterol levels
- you are not physically active
- you smoke

What are the warning signs of a stroke?

Typical warning signs of a stroke develop suddenly and can include:

- weakness or numbness on one side of the body
- trouble talking
- dizziness, loss of balance, or trouble walking
- trouble seeing out of one or both eyes
- severe headache

If you have warning signs of a stroke, call 9-1-1 immediately. Getting treatment as soon as possible after a stroke can help prevent damage to your brain.

Information From: <http://www.diabetes.org/living-with-diabetes/complications/heart-disease/stroke.html>

The question is – what can you do about it?

To start, you should work with your doctor and your Nurse Case Manager at The Let's Get Healthy Program to monitor your ABC's (A1C, blood pressure, and cholesterol) and keep them in your target range.

Your physician can help you set target ranges for your A1C, blood pressure, and cholesterol that will work for you.

Making healthy lifestyle choices is essential to reach and stay in those target ranges.

What you eat can have a great impact on all three of these.



Guided Relaxation: Fridays at 9:50am or by individual appointment

The Diabetes Center For Excellence offers community fitness

classes for anyone over the age of 18 who would like to improve their overall health.

If you are interested in what our program has to offer, schedule an appointment today with a RN Case Manager.

People who exercise outdoors burn more fat than those who are training inside.

Don't let snow and frigid cold temperatures keep you from enjoying fitness outdoors. Exercising outside actually burns more calories, because your body is working harder to regulate its core body temperature. The cold weather will help strengthen your heart, to distribute blood throughout the body, and help build your tolerance to the freezing elements. Dress appropriately, making sure you dress in layers, and be sure to check the weather forecast to avoid extreme weather conditions.



THE POOL IS OPEN!

The pool at The Diabetes Center for Excellence is open!

For swimmers ages 18 years and up.

Locker rooms and showers available.

Max capacity is 10 swimmers.

Classes are FREE!

(Supervised swim and water aerobics)

The Let's Get Healthy Program Office will be closed on:

January 2, 2017

New Year's Day (Observed)

January 16, 2017

Dr. Martin Luther King Jr. Day

January 19, 2017

Staff Training Day

Please remember to pick up your testing supplies early.

Sorry WE'RE CLOSED

Nutrition

January is National Oatmeal Month

Oatmeal is a whole grain powerhouse that has never gone out of style. It is a comfort food for many, when compared to other comfort foods it is actually healthy for you!

To get the most nutrition out of your morning oatmeal it is best to be a bit particular.

Instant oats are often loaded with sugar and preservatives. Some instant oatmeal packets can contain 4-8 teaspoons of sugar per pack!

Opt for old fashioned rolled oats or steel cuts oats and top with wholesome ingredients like sliced almonds, chopped apples and a generous sprinkle of ground cinnamon

for a flavorful and heart healthy way to start your day!

The soluble fiber in oatmeal can lower cholesterol levels by 7%.



One of the complaints we hear the most often is that cooking healthy takes too much time and is too expensive.

It does not have to take a lot of time or money to prepare a healthy, balanced meal in under 30 minutes.

The key to quick meals is having a plan. Knowing your meals for the week and having all the ingredients in the house to make the meals.

In this newsletter you will find some quick and healthy recipes to help get the new year started off right. Let's make 2017 a happy and healthy year!

For more recipe ideas or to try the recipes on this page, come to the January cooking demonstration in the theatre kitchen! Heather Pontius, Registered Dietitian

Quick and Healthy Lunch:

Make something that will last most of the week. By making a pot of quinoa early in the week your options are endless for healthy meals throughout the week.

TRY THIS!

Greek Quinoa Salad

Ingredients:

1/2 cup cooked quinoa

1/2 cup chickpeas, drained and rinsed

1 cup chopped assorted vegetables your preference.
(tomato, cucumber, broccoli, red onion, bell peppers)

2 Tbsp light Greek salad dressing

2 Tbsp reduced fat feta cheese

Instructions:

Mix all ingredients except cheese together. When ready to eat add the cheese and mix into salad.

**COOKING DEMONSTRATIONS
ARE BACK ON A TRIAL BASIS**

If participation is low they will be canceled.

Quick and Healthy Supper:

For a balanced meal in under 30 minutes try this simple fish dinner.

TRY THIS!

Broiled Lemon Pepper fish

Ingredients:

Mild white fish fillets fresh or thawed

Mrs Dash Lemon Pepper seasoning

1 Tbsp Olive oil

Instructions:

Preheat oven to Low Broil. Place fish on a baking sheet. Drizzle with olive oil

Sprinkle with Mrs Dash

Cook fish under broiler for 5 minutes.

Flip over and broil another few minutes.

Serve with brown rice and steamed broccoli.

Quick and Healthy Snack Ideas:

Apple and natural peanut butter.

Raw vegetables and hummus.

Low fat cottage cheese and fresh berries.

Plain Greek yogurt with a dash of cinnamon.

Raw vegetables and low fat cottage cheese.

Low fat string cheese and a pear.

Almonds and a Clementine.

Low sodium salsa and whole grain chips.

Tuna fish on whole grain crackers.

Notes



Teiotsistohkwatheshôn:ia

Let me begin by introducing our Star Patient for January, Richard Phillips. This is a brief outline of Richard's journey and the services he utilized at The Let's Get Healthy Program.

Richard began attending the Let's Get Healthy Program (LGHP) in 2013. Initially he thought he was here to get help trying to lower his blood pressure for a dental procedure. He had struggled for years with elevated blood pressure and it prevented him from doing different things. He is very active in the Fire Department and volunteers in the community. Richard has been dealing with diabetes for nearly 20 years. At first he felt as though it was going to be restrict his life and had to eliminate the things he loved to eat from his diet. "I felt like, oh, I can't do this and I can't do that. It's not like that at all. I realized it's not the end of life."

Richard was unaware of what services we provided in the beginning, but soon learned that he was not only coming to see a nurse for preventive education and diabetes case management, he was also becoming an active part of his own healthcare team. He took the knowledge he gained from the Registered Dietitian, Heather Pontius and Nurse Educator, Cherie Bisnett and slowly applied it to his life. When he started to see progress he continued to come back to his appointments at The Let's Get healthy Program. He learned that making small changes in the beginning helped him see that he could reach his goals gradually.

The staff at the LGHP not only consists of RN educators, and a dietitian, there are also health promotion staff available to provide fitness education and a fitness plan that fits your needs based on your goals. You are in charge of your own health. The LGHP staff act as a liaison between the patient, primary care provider and other healthcare specialists depending on your healthcare needs. We are able to review your records to make sure that you are receiving the care you need such as, yearly exams to prevent potential health problems in the future.

When I first met Richard we started with hypertension (high blood pressure) and diabetes case management. Over the past 3 years with regular visits to his PCP, education at the LGHP, increased physical activity, and especially Richard's willingness to make changes in his lifestyle, he has been able to reduce his blood pressure, blood sugars, his weight and reduce the risk of complications that stem from uncontrolled diabetes, hypertension, high cholesterol, wounds that do not heal, peripheral vascular disease and more...

Although Richard has been doing well managing his diabetes and blood pressure he continues to come back every few months for follow-up education. "It's not that hard, now I am used to doing it this way."



Diabetes and Flu

People with diabetes are three times more likely to be hospitalized from the flu and its complications than people without diabetes.

Everyday tips to protect yourself and loved ones from the flu:

Cover your mouth with a tissue when you cough or sneeze.

Wash hands often.

Avoid touching your eyes, nose or mouth to reduce the spread of germs.

Avoid close contact with people who are sick.

Always have enough medications and supplies on hand to last 1 week in case you are sick or a loved one is sick.

If you are sick and think you may have the flu, call your health care provider.

Check glucose often

Being sick can cause changes in your blood sugars.

Being sick also affects the way we eat which can affect our blood sugar levels.



Nursing Fitness Information

My newsletter article this month is offered to acknowledge 2016 as a tough year for many of my patients who continue to try hard for blood sugar control. As an educator, the best of intentions and skill may not always be enough for those who feel their world is just spinning too fast. Too often, facial expressions, body language and words show the weariness and frustration for those battling the time and effort to reach an A1c of at least 7%.

Today, I borrow shamelessly from some of my resources as a way to say:

YOU can do this. YOU can make change happen. YOU have “permission” to take care of yourself!! Here you go...

- ♦ I WILL LIVE AN EXCEPTIONAL LIFE-DIABETES WILL NOT STAND IN MY WAY.
- ♦ I MAY HAVE DIABETES, BUT IT DOES NOT HAVE ME.
- ♦ I WILL NOT IGNORE DIABETES-I WILL ACCEPT IT AND BATTLE FOR THE TROPHY TO STAY HEALTHY.
- ♦ DIABETES WILL NOT STAND IN MY WAY FROM LIVING LIFE- I WILL TAKE THE STAGE, I WILL FALL IN LOVE-I WILL KEEP MY RESPONSIBILITY TO HOLD MY GRANDCHILDREN WITH ALL MY HEART.
- ♦ I WILL WELCOME THE FREEDOM TO TRY SOMETHING NEW.
- ♦ I WILL LOOK FOR AN OPPORTUNITY TO SHARE WITH OTHERS-I AM NOT ALONE.
- ♦ I AM THANKFUL FOR MY TRADITIONS AND SUPPORT OF FAMILY. I WILL SHOW MY APPRECIATION BY MAKING THE TOUGH AND GOOD HEALTH CHOICES.
- ♦ I RECOGNIZE GUILT IS THE LEAST HELPFUL TO LIVING HEALTHY. IT IS MORE HELPFUL TO ACCEPT AND LEARN FROM MISTAKES-I START MY JOURNEY TODAY.
- ♦ I WILL BEGIN TO SEE DIABETES FOR WHAT IT IS-A PROBLEM. I HAVE SOLVED PROBLEMS IN THE PAST AND BECAME STRONGER. I CAN DO THE SAME WITH DIABETES.
- ♦ DIABETES BROUGHT MANY CHANGES INTO MY LIFE-I KNOW STRENGTH COMES FROM WITH-IN MYSELF-I WILL REACH DOWN AND DEEP.
- ♦ I'M IN CONTROL....

To my community, all Akwesasnoron and a special shout out to all my patients, wishing you wonderful holidays and the best in the New Year to come - Janine Rourke, RN.

Physical Activity Tips:

Add activity. Find a new activity that you enjoy. Walk for 15-30 minutes before you sit down for your favorite TV show or as a break during your workday.

Add strength training to your routine. Weight lifting or resistance exercises like push-ups helps make bones stronger, improves balance and increases muscle strength.

Trade active time for inactive time. Take a walk after dinner, ride an exercise bike or do sit-ups while watching TV – walk to return video rentals or to pick up small grocery items.

Do more of what you are already doing. Walk for 30 minutes instead of 20 or walk five times a week instead of three.

Work a little harder. Turn your walks into power walks or jogs.

Keep a Physical Activity Journal. Track your daily physical activities.

Physical Activity Journal:

Experts recommend 30 minutes of physical activity most days for basic health benefits. To get started on the path to better health, set a physical activity goal, track the activity you complete and plan new ways to reach your goals.

My Goal: _____

	ACTIVITY DESCRIPTION	DURATION	INTENSITY	NOTES
Example:	1. Walk slowly	20 minutes	Moderate	Schedule walk with friends later in week
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Totals:				

Seven Days Completed!

How did you do? Note what you might improve or activities you might add to your physical activity plans:

Be SMART when setting fitness goals for 2017...

(S)pecific, (M)easurable, (A)ttainable, (R)ealistic, (T)imely

For example: I will exercise for 45 minutes, 5 days a week for one month!
The Health Promotion Staff would like to wish everyone a Happy, Healthy New Year!

Quick and Healthy Recipes

15 minute Meal—Broccoli and Feta Omelet with Whole Grain Toast

Ingredients:

Cooking spray
1 cup chopped broccoli
2 large eggs, beaten
2 tablespoons reduced fat feta cheese, crumbled
1/4 teaspoon dried dill
1 slice whole grain toast



Directions:

Heat a nonstick skillet over medium heat. Coat pan with cooking spray. Add broccoli and cook 3 minutes.

Combine egg, feta, and dill in a small bowl. Add egg mixture to pan. Cook 3 to 4 minutes; flip omelet and cook 2 minutes or until cooked through.

Serve with toast.

Try This:

Adding vegetables to an omelet can help you feel full by adding fiber to your breakfast. One cup of broccoli has only 30 calories!

30 Minute Meal—Salmon and Asparagus Cooked in Foil

Servings: 2 Prep Time: 25 minutes

Ingredients:

1 fillet (8 ounces) of wild caught salmon cut into 2 equal size pieces
1 TBSP olive oil
1 tsp dried oregano
Ground black pepper *to taste*
8 asparagus spears, ends removed
4 slices of yellow onion
4 slices of fresh lemon
1 tsp fresh parsley or 1/4 tsp dried parsley

Serve with a whole grain side dish (quinoa or wild rice)

Directions:

Preheat oven to 400 degrees. Cut a piece of foil large enough for your pieces of fish and asparagus spears.

In a medium size bowl place fish and sprinkle with olive oil, oregano and ground black pepper. Place asparagus on foil. Top with pieces of fish. Top each fillet with 2 slices of onion and 2 slices of lemon.

Sprinkle with parsley. Close the foil into an airtight pack and place on a baking sheet in the oven. Bake for 20 minutes. Fish is done when cooked through and flakes easily with a fork. *Internal temp should reach 145 F.*

Try This:

In place of asparagus and salmon you could try a mild white fish and green beans. This is a great recipe for combining a vegetable and a protein all in one easy to make and easy to clean



Mrs Dash Baked Chicken

Makes: 4 servings Prep Time: 25 minutes

Ingredients:

1/2 cup egg substitute or 2 whole eggs
1/2 teaspoon onion powder
2 teaspoons Mrs Dash Garlic and Herb seasoning
1 teaspoon Dijon mustard
1/3 cup plain bread crumbs
1 pound thin cut boneless chicken breast

Non stick cooking spray

Directions:

Preheat oven to 375 degrees.

Spray baking sheet with non stick spray.

In a shallow dish, whisk egg, onion powder, Mrs Dash and mustard.

Spread breadcrumbs onto a plate.

Dip each piece of chicken into egg mixture and then roll in breadcrumbs until evenly coated.

Place on baking sheet and bake for 15 minutes, remove from oven, turn pieces over and continue cooking until chicken is done, approximately 5 minutes.

Make it a meal:

Serve with a whole grain side dish and steamed vegetables.

Try This!

Use other Mrs Dash Spice blends.

Instead of bread crumbs crush corn flakes or bran flakes.

If substituting regular chicken breast for the thin cutlets you will need to cook for longer time.

Oven Roasted Broccoli and Cauliflower

20 Minute Side Dish

Ingredients:

3 cups broccoli florets, cut into bite size pieces
3 cups cauliflower florets, cut into bite size pieces
2 tablespoons olive oil
1/4 teaspoon ground black pepper
1/2 teaspoon garlic powder
*Optional-1/2 teaspoon crushed red pepper flakes
Non stick cooking spray

Directions:

Preheat oven to 425 degrees.

Using a gallon size Ziploc bag toss together all the ingredients. Mix well.

Coat a large baking dish with non stick cooking spray.

Arrange the vegetables in a single layer in the baking dish.

Roast for 10 minutes, remove from oven, stir and return to oven for another 5 minutes or until the vegetables are tender and beginning to brown.

Serve warm.



Spinach and Feta Quinoa Cakes with Lemon Dill Sauce

20 Minute Side Dish

Makes: 10 cakes Prep Time: 20 minutes

Ingredients:

(quinoa cakes)

2 cups quinoa, cooked and cooled to room temperature
1/3 cup reduced fat feta cheese, crumbled
1/2 cup frozen spinach, thawed and excess liquid removed
3 TBSP whole wheat flour
1 TBSP plain bread crumbs
1 whole egg, lightly beaten
1/2 tsp ground black pepper
1/4 tsp garlic powder
1/4 tsp onion powder
2 TBSP olive oil

(lemon dill sauce)

1/2 cup plain Greek yogurt
2 TBSP finely chopped scallions
2 tsp fresh squeezed lemon juice
2 TBSP fresh dill, cleaned, patted dry and chopped
ground black pepper to taste

Directions:

For the cakes: place all ingredients *except* olive oil in a mixing bowl. Stir together until well combined. Allow mixture to rest for 5 minutes.

Preheat an electric skillet to medium high heat (300 degrees) when hot, add the olive oil and begin placing cakes in the pan.

Form cakes by using 1/4 cup of mixture and place in preheated pan. Cook quinoa cakes for about 5 minutes on each side. Flip carefully. The cakes should have a nice golden brown crust on each side.

Serve warm or room temperature with lemon dill sauce on top.

Serve with a side salad and fresh fruit

Why is it a good choice?

This is a meatless dish that is high in fiber and is made with whole grains. Quinoa is a great source of protein and fiber, making these little cakes filling and satisfying. They can be used as a side dish for a meal and they save well and freeze well, so if you make a batch you are going to want to double it!

A well stocked kitchen is the key to making quick meals.

Frozen berries/Frozen fruit

Frozen vegetables/Frozen greens

Lean protein/canned beans (black beans, chick peas, white beans)

Whole Grains (quinoa, wild rice, steel cut oats)

Healthy fats (Natural peanut butter, olive oil, avocado)

If eating healthy is part of your New Year's Resolutions for 2017 make an appointment with the RD to get back on track!