

* News *

To get started on your new journey to a healthier you,
Schedule a Nursing Assessment with

Cherie Bisnett, RN, BSN
Or
Pamela McDonald– Lachance RN,
BSN, PhD
TODAY!!!!

Let's Get Healthy Program
office hours: 8:00 am - 5:00 pm

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 1, 2019
New Year's Day
January 21, 2019
Dr. Martin Luther King Jr. Day

Please remember to pick up your testing supplies early.

Sorry WE'RE
CLOSED

Guided Meditation

Group Meditation sessions in the Relaxation Lounge

Fridays
9:50 am

Guided meditation 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!

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
NEW Friday
8:00 am-10:00 am
Saturday
7:00-10:00 am

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

Water Aerobics
Monday & Thursday
5:00-6:00 pm

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

Yoga
Tuesday & Thursday
1:00-2:00 pm

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

Working Together
Today
to Build a Better
Tomorrow



Tsithohrkó:wa/January 2019

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

LGHP Staff are always learning
something new!

Pam McDonald-LaChance and Heather Pontius both recently received certifications as Lifestyle Coaches for the National Diabetes Prevention Program, Lifestyle Change Program. This is a program through the Centers for Disease Control that allows selected locations, like the Diabetes Center for Excellence to be credentialed sites to host group education classes for the Prevention of Type 2 Diabetes.

Pam and Heather participated in the lifestyle coach training with other trainees from Penobscot Nation and the Passamaquoddy Tribe in Maine. Together the 7 new lifestyle coaches will provide year long lifestyle intervention programs in their communities and will send data to the Center for Disease Control (CDC) to help with continued funding of diabetes and diabetes prevention education classes.

We look forward to hosting the type 2 diabetes prevention class in the new year. The class will be held here at The Diabetes Center for Excellence and will run for one full calendar year.

If you would like more information or are interested in being placed on a list for the class please call the office and speak with Heather Pontius or Pam McDonald-LaChance.



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

HAPPY
NEW
YEAR



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.



Nutrition

Sodium

What is sodium?

It is a mineral found naturally in food and a part of salt.

Why do we need it?

Our bodies need sodium to maintain fluid balance, control blood pressure, keep our nerves working, and help our muscles relax. Some people are very sensitive to sodium. Their blood pressure may go up with added salt and salty foods. People can also gain water weight with added salt and salty foods.

How much do we need?

Everyone, including kids, should reduce their sodium intake to **less than 2,300 milligrams** of sodium a day (less than 1 teaspoon of salt).

Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to **1,500 milligrams** of sodium a day (about 1/2 teaspoon of salt).

How can you control your sodium intake?

Read the Nutrition Facts Label

Look for the total amount of sodium and the % Daily Value (DV). If the Daily Value is 5% or less, the sodium amount is low. If it is 20% or more, then the sodium amount is high for that product

Eat more fresh foods and limit pre-packaged or processed foods.

- Fresh foods are generally lower in sodium. Food that is pre-packaged or processed (food in cans, boxes, or packages) is higher in sodium.
- Eat highly processed foods **less often** and in **smaller portions**, especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups.
- Buy foods lower in sodium or foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

Avoid adding salt while cooking *and* at the table.

Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

Adjust your taste buds.

Cut back on salt little by little and pay attention to the natural tastes of foods. Always taste your food before adding salt. Your taste for salt will lesson over time.

Be aware that some over-the-counter medications may contain substantial amounts of sodium



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!

Nursing Notes

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 permanent 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 of these

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.



How are your sleep habits?

What do your sleep habits look like? Do you get enough sleep? The evidence shows that consistently poor sleep is linked with an increased risk of high blood pressure, type 2 diabetes, depression, stroke, heart attack, and obesity. For those who already have diabetes, poor sleep can lead to elevated glucose in the morning. This is because lack of sleep causes the brain to function less efficiently, releasing extra hormones which in turn elevate the blood sugar.

Those with diabetes may already be prone to decreased sleep related to elevated blood sugar which causes increased thirst with resulting increased trips to the bathroom. Low blood sugar can actually wake a person up with associated symptoms such as weakness, dizziness or sweating. Those with neuropathy in the legs may have difficulty sleeping due to pain. Also, those with diabetes are more prone to restless leg syndrome, which also leads to poor sleep. If experiencing any of these problems, please see your provider. If you already seem to be getting enough sleep but still feel tired, you may need to get screened for sleep apnea.



How can we change habits that may interrupt our sleep?

- Try to keep your bedtime waking and sleeping habits consistent
- Open the shades when you wake up – let the light in.
- Drink less caffeine, especially after 2 pm
- Try and cut back on fluids 90 minutes before bedtime
- Avoid alcohol before bedtime – it can cause a drop in blood sugar and make your sleep fitful
- Make sure your bedtime lighting is soft, warm and soothing. Blue lights increase attention and mood while reddish lights help sleep. Soft white bulbs are best.
- Artificial lights from TVs, ipads and computers carry the same blue light as mentioned above. Try and turn off all electronics at least 2 hours before bedtime.
- Warm feet promote good sleep. Wear socks to bed.
- Daily exercise is helpful in improving sleep, and of course diabetes. Before retiring, light stretching and yoga may help with relaxation and quality of sleep.

January Is National Blood Donor Month

According to the American Red Cross, winter is “one of the most difficult times of year to collect enough blood products to meet patient needs.” That’s because of, among other things, busy holiday schedules and bad weather often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu force potential donors to forgo their blood donations. That’s just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. According to the World Health Organization, “blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma.”

Why National Blood Donor Month is Important

A. Donating blood save lives

Someone needs blood every few seconds in the United States. And more than 4.5 million Americans would die every year without lifesaving blood transfusions. National Blood Donor Month helps us remember these vital statistics.

B. It's the gift that keeps on giving

The American Red Cross needs 13,000 blood donations every single day to maintain an appropriate blood supply. Fortunately, eligible blood donors can donate blood every eight weeks.

C. It's good for donors, too

The American Journal of Epidemiology reports that blood donors are 88 percent less likely to have a heart attack

How to Observe National Blood Donor Month

1. Donate

Not just in honor of National Blood Donor Month, but in the simple spirit of providing the stuff of life to those who need it most. Donate now. Donate again in eight weeks. Repeat.

2. Inspire

National Blood Donor Month can inspire people to donate. And those donations can in turn inspire others to donate, creating an exponential increase in blood donations when and where they're needed the most.

3. Learn and remember your blood type

What's your blood type? Some examples: O positive donors are needed more often than other blood types. O negative donors are considered "universal donors." AB positive donors are "universal recipients."

Fitness Information

Cardio Exercise:

Low Intensity vs. High Intensity

Low Intensity

Advantages/Benefits

- ◆ You will recover faster
- ◆ You will maintain muscle mass
- ◆ You will burn calories
- ◆ You will build up your aerobic fitness -Endurance
- ◆ Reduced amount of stress on muscles, joints and organs

High Intensity

Advantages/Benefits

- ◆ Burn more calories & fat during & after training
- ◆ Increases your metabolism
- ◆ Promotes muscle gains while burning fat
- ◆ Improves insulin and blood sugar regulation
- ◆ Stimulates human growth hormone production
- ◆ Good for heart health and challenging
- ◆ No equipment necessary

Examples of Cardio Equipment/Exercises



People who exercise outdoors burn more fat then 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.

Get Back on Track After the Holiday Season with LGHP Fitness Classes

BOOT CAMP

An adult group functional fitness class. Simple, effective and uses limited equipment

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

FREE COMMUNITY CLASSES:

For anyone 18 and older

Do not need to be enrolled in the program
Please bring clean, dry sneakers
All fitness levels welcome

SUPERVISED SWIM

Open to community members, required to sign pool brochure

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

PUBLIC FITNESS

Class is designed as a walk-in format. A “Workout of the Day” is posted and Health Promotion Staff are available to modify the program and provide general fitness education. Feel free to follow the workout, ask questions, or work at your own pace

Monday– Friday
5:00 am-8:00 am & 12:00 pm-1:00 pm
Saturday
7:00 am-10:00 am

NEW

We are changing CLUB CIRCUIT On Fridays to a PUBLIC FITNESS class With an extended class time!
8:00 am-10:00 am

YOGA

Basic stretching, breathing, and relaxation practices for all fitness levels, including beginners

Monday & Wednesday
1:00 pm-2:00 pm

Quick and Healthy Recipes

Ingredients:

1/4 tsp of each:
cinnamon
cumin
chili powder
chipotle pepper
cayenne pepper-*optional*
1/8 tsp ground nutmeg
3 TBSP butter (*or buttery spread*)
1 cup walnuts, shelled
1 cup pecan halves, shelled
1/4 cup brown sugar (or splenda brown sugar equivalent)
1 TBSP water
1 tsp Worcestershire sauce, low sodium

Sweet and Spicy Toasted Mixed Nuts

Makes: 2 cups



Why its healthier:

By making this snack yourself you can control the amount of salt added to the recipe. You can also choose heart healthy nuts like almonds, walnuts, pecans and pistachios.
SERVING SIZE of nuts is a small handful, no more than 1/4 cup.

Directions:

In a small bowl combine all spices, set aside. In a large skillet, melt the butter over medium heat. Add the walnuts and pecans, cook until toasted, about 4 minutes, stirring occasionally. Once toasted and fragrant sprinkle with spice mixture. Add the brown sugar, water and Worcestershire sauce. Cook and stir for 1-2 minutes or until sugar is melted. Remove all from the pan and place on foil lined cookie sheet to cool. Store in an airtight container.

Sweet Potato & Black Bean Chili

Ready in 40 minutes!

Make a double batch of this quick vegetarian chili, full of black beans and sweet potatoes, and eat it for lunch the next day or freeze the extras for another night.

Ingredients

2 15-ounce cans black beans, rinsed
1 14-ounce can diced tomatoes, no salt added
1 large sweet potato, peeled and diced
1 large onion, diced
4 cloves garlic, minced
1 tablespoon plus 2 teaspoons extra-virgin olive oil
2 tablespoons chili powder
4 teaspoons ground cumin
½ teaspoon ground smoked paprika
1½ cups water
4 teaspoons lime juice
½ cup chopped fresh cilantro



Directions

- Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, and paprika and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
 - Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.
- Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 3 months.
 - Smoked paprika can be found in the spice section of most supermarkets

Tomato Salsa

Ingredients:

4 fresh ripe tomatoes, cleaned, cored, seeds removed and chopped
2 bell peppers, cleaned, cored, seeds removed and chopped
1/2 cup fresh onion, cleaned, outer layer removed and chopped (red, yellow and white can be used)
1/2 jalapeno, seeds removed and minced (use gloves)
1 clove garlic, peeled and finely minced
1/4 cup fresh cilantro, cleaned, stems removed, chopped (dried can be used too)
2 TBSP lime juice
black pepper, as desired
Cumin, as desired

Directions:

Prepare all ingredients and add to a mixing bowl. Mix well.
Can be stored for up to 3 days in an airtight container in the fridge



Try This:

- Roma tomatoes can be used
- You can omit cilantro and cumin
- Try adding black beans, rinsed and drained
- Try adding fresh parsley if you have it
- For spicy salsa can try habanero pepper in place of jalapeno pepper.
- Can be served as a side dish.

Hummus Dip

Prep Time: 5 minutes

Ingredients:

1– 15 ounce can low sodium chickpeas (garbanzo beans)
2 TBSP lemon juice
2 TBSP tahini
1 TBSP olive oil
1 clove garlic, minced
1/4 tsp ground black pepper
2 TBSP parsley, minced



Directions:

Save 1/4 cup liquid from chick peas, drain/rinse chickpeas in a colander. Combine chickpeas, lemon juice, tahini, garlic and pepper in a food processor. Process until smooth. Add a small amount of reserved liquid from chick peas if needed. Transfer hummus to a serving bowl and refrigerate.
Top the hummus with parsley and serve as a dip with veggies, chips or crackers.

TRY THIS:

Use hummus on sandwiches, wraps or pitas to make a high protein sandwich!

If eating healthy is part of your New Year's Resolutions for 2019 make an appointment with Heather Pontius, RD to get back on track!

Spinach Tortilla Chips

Prep Time: 15 minutes

Ingredients:

1 package of spinach tortillas
1/4 cup olive oil or less
Garlic powder or other spices as desired.



Directions:

- Preheat oven to 350 degrees.
- Cut diagonally across the tortilla shell to make triangles
- Place on a non stick baking sheet.
- Brush olive oil over each side of tortilla.
- Sprinkle with spices.
- Bake until golden brown and crispy on the edges about 8 minutes.
- Check every few minutes and flip over, bake another few minutes.

Serve with hummus or your favorite salsa.

LOWER IN FAT, CALORIES AND SODIUM THAN STORE BOUGHT

DIY Baked Kale Chips

Prep Time: 20 minutes

Ingredients:

1 bunch of curly leaf kale, fresh
1 to 2 TBSP olive oil
Salt free spices as desired
(chili powder, garlic, onion, Mrs. Dash)

Other Items:

Parchment paper, kitchen scissors, salad spinner



Directions:

- Preheat oven to 350 degrees.
- Using kitchen scissors remove the leaves from the thick stems.
- Tear leaves into small “chip size” pieces.
- Wash and dry kale using a salad spinner.
- Place in a bowl, massage 1 TBSP olive oil and spices into chips.
Only use extra oil if needed, too much will cause soggy chips.
- Line 2 baking sheets with parchment paper. Add kale to sheets in a single layer. Bake for 7 minutes, rotate baking sheets and continue to cook another 7 minutes or until dry and crispy.

Tomato and Mozzarella Skewers

Ingredients:

Cherry tomatoes, rinsed and dried
Fresh basil, rinsed and patted dry
Fresh mozzarella balls, excess liquid removed
Ground black pepper
Good quality olive oil



Directions:

Alternate tomatoes, basil and mozzarella on a skewer. Sprinkle with black pepper and drizzle with olive oil. Serve at room temperature.