**Healthy Habits for Families**

November 7, 2017
4:30pm-5:00pm
The Diabetes Center for Excellence Classroom

This Month’s Topic will be: Healthy and Easy to Make Meals for Busy Families.

This is a once a month informal session for parents/guardians or families to learn about food, nutrition, and healthy eating.

No RSVP required. Please call 358-9667 for more information

---

**Exercise Classes:**

**Move For Health**
Nurse supervised exercise classes
Must be enrolled in LGHP
Monday-Thursday
8-9am, 9-10am, 10-11am, 11-12pm & 3-4pm

**Community Classes:**
No registration required

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

- **After Hours Fitness**
  - Monday & Wednesday
  - 5:30-6:30pm

- **Water Aerobics**
  - Monday 5:15-6:15pm
  - Thursday 4:30-5:15pm

- **Public Fitness**
  - Tuesday & Thursday
  - 12-1pm

- **Supervised Swim**
  - Wednesday 4:15-5:15pm
  - 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, bring clean/dry sneakers and a water bottle

---

**Holistic Health and Diabetes Care Event**

November 29, 2017
11:00am-6:00pm
At the Diabetes Center for Excellence
66 Business Park Road
Akwesasne, NY 13655

We will be promoting all aspects of care for a healthier lifestyle.
*Demonstrations
*Taste Testing
*Guest Speakers
*Local Vendors
*Prizes

And more!
Please join us!
For more information, please contact the Let’s Get Healthy Program at 518.358.9667

---

**American Diabetes Month**

**Fitness**

**Meal Prep Ideas**

**Nutrition & Health Information**

**Diabetes Month**

**News/Events**

Members of the Akwesasne Coalition for Community Empowerment sponsored this year’s “Trunk or Treat” at the Mohawk International Raceway, with an estimated 1500 participants from Akwesasne and surrounding communities. The Let’s Get Healthy Program, was inspired by the movie “Up” and handed out healthier alternatives to candy such as, slap bracelets, vampire fangs, stampers, pop up toys and more!

Niá:wén to all who attended and made this event such a success!
The Great American Smokeout is an annual social engineering event on the third Thursday of November by the American Cancer Society. The event encourages Americans to stop tobacco smoking. The event challenges people to stop smoking cigarettes for 24 hours, hoping their decision not to smoke will last forever.

For More Info Contact: Rachel Jacobs, Smoking Cessation-Outreach Dept. 358-3141

November is American Diabetes Month

QUICK TIPS-INSULIN PEN GUIDE.

SUBMITTED BY: JANINE ROURKE, RN

Adapted from Diabetes Health-YOUR COMPREHENSIVE INSULIN PEN GUIDE - 2017:

“Much has changed in the 95 years since the first insulin injection was given to a 14 year old boy with Type 1 diabetes named Leonard Thompson in Toronto, Ontario, back in January 1922. For decades afterward, people with Type 1 diabetes had no alternative but to use large glass syringes. Needles not only needed to be boiled after each use for sterilization purposes, but also had to be periodically sharpened with a pumice stone. The first insulin pump was introduced in the 1970’s and in 1985 Novo Nordisk introduced the first insulin pen. Though pens were widely used in Europe, for the United States, more and more providers offer coverage of a device that has been shown to improve convenience and compliance.”

HOW TO INJECT INSULIN WITH A PEN?

- Remove the pen cap.
- Wipe off the tip of the pen where the needle will attach with an alcohol swab.
- Remove the protective pull tab form the needle and screw it or “click” it into the pen (depending on the pen)
- Remove both the plastic outer cap and inner needle cap.
- Prepare a “test” shot. This is to make sure insulin is flowing properly through the needle. It also helps to remove any air bubbles in the insulin cartridge that could result in under dosing. To test flow, look at the dose window and turn the dosage knob to 2 units, then hold the pen needle facing up, and press the button until a drop of insulin appears.
- Now, dial the number of insulin units you need to take and prepare the injection site. (Most manufacturers recommend injecting at a 90 degree angle into your skin. It is important to deposit the insulin directly into the fat layer just below the skin. Many people who use shorter needles (4.5 millimeters) can do this without pinching their skin, but those with longer needles or those who are exceptionally lean, may need to gather a fold of tissue between thumb and forefinger. Either way, resist the impulse to withdraw the needle immediately after the injection, holding it place for a count of 10 to make sure the insulin is properly delivered.

INSULIN PEN SAFETY TIPS:

- Check the label. Before using an insulin pen, make sure it is the type of insulin that your doctor prescribed and that it’s not past the expiration date.
- Read the directions carefully: Make sure you understand what the numbers in the dose-indicator window mean. Some patients using a pen for the first time may confuse the dose being administered with how much insulin is left in the pen.
- Always remove the needle: A needle left in an insulin pen can allow air bubbles to form inside the pen, leading to possible insulin contamination as well as inaccurate dosing. Though needle-tip breakage is extremely rare, using a needle just once and then discarding it is the safest way to avoid infection. Over time, needle reuse can degrade the tip as well the silicone lubricant that makes insertion easier.
- Never share an insulin pen: Even if the needle has been changed, blood-borne pathogens can contaminate the insulin.
- Monitor frequent injection sites: Though needles used in insulin pens tend to be shorter and thinner, resulting in less trauma, using a small area of skin repeatedly can lead to soreness and skin problems.
- Carry a spare.

We will be promoting all aspects of care for a healthier lifestyle

Holistic Health and Diabetes Care Event
November 29, 2017
11:00am-6:00pm
At the
Diabetes Center for Excellence
66 Business Park Road
Akwesasne, NY 13655

For more information, please contact the Let’s Get Healthy Program at 518.358.9667

Thanksgiving Alternatives

Try healthier versions of your favorite foods:
- Mashed potatoes—>Mashed cauliflower
- Candied yams—>Roasted sweet potatoes
- Green bean casserole—> Sautéed beans
- Dark meat turkey—>Turkey breast

Skip the high carb/high calorie extras
- Cranberry sauce
- Dinner rolls or crackers
- Whipped topping or ice cream
- Alcoholic beverages
- Gravy or Butter

Reduce calories by drinking:
- Plain water
- Hot green tea
- Unsweetened iced tea

Bring a low carb dish to share
- Sautéed green beans
- Roasted asparagus
- Spinach salad

For More Info Contact: Rachel Jacobs, Smoking Cessation-Outreach Dept. 358-3141
Thanksgiving dinner — Go for quality not quantity


Let's get past the shock value that a Thanksgiving dinner can easily add up to 4,000 calories. Anyone can eat like that on any given day - a restaurant-style meal can easily add up to that many calories.

Instead of focusing on the sheer quantity, however, why not focus on the wholesomeness of a home-prepared Thanksgiving dinner? Many of the foods traditionally associated with a Thanksgiving dinner are actually nutritious - depending on how you prepare them:

- **Turkey.** No getting around turkey for Thanksgiving. Fortunately, turkey is a lean protein and provides selenium, an antioxidant. It has virtually no saturated fat - unless you purchase a self-basting turkey that has been injected with butter or oil. Avoid these and baste your bird with low-fat, low-salt broth, wine or juice.

- **Stuffing.** Switch from white to whole-wheat bread and get the benefit of whole grains. Add flavor with aromatic fresh herbs and veggies such as carrots, onions and celery. Or try wild rice for stuffing - another good source for fiber.

- **Green beans.** Keep the beans but skip the cream of mushroom soup. Or try other nutritious green vegetables, such as Brussels sprouts, asparagus or broccoli. Lightly steam them and top with a sprinkling of lemon zest.

- **Cranberries.** These beauties are bursting with antioxidants. Try cutting the sugar in traditional recipes by at least half. Or update this garnish by substituting pomegranate seeds - mix them with a bit of sugar, chopped onion and lemon juice.

- **Mashed potatoes.** Save your self some work, leave the skins on. They provide fiber and potassium. Or mash roasted sweet potatoes or squash.

- **Squash.** Roast this vitamin A packet vegetable and you'll be pleasantly surprised by its natural sweetness. Cut squash in small cubes or half-moon shapes, toss with a small amount of olive oil and fresh herbs, and spread evenly on a cookie sheet. Roast until softened and brown around the edges. If you want to save even more calories, substitute carrots. You can roast them the same way.

- **Gravy.** Because gravy contains meat or poultry juices, it does contain vitamins. To reduce calories, try a leaner version. You won’t miss the extra calories.

Reasonable portions and a few creative culinary tips can leave you feeling satisfied and thankful as you start the holiday season.

---

Nutrition Information

**Mild to moderate exercise (walking) when sick with a common cold is not harmful.** In fact research has shown that during moderate exercise (walking), immune function will improve.

**With a symptom such as: fever, muscle aches, extreme tiredness, swollen lymph glands; 2-4 weeks should be allowed before intensive training resumes.**

**In general: If symptoms are above the neck, moderate exercise is acceptable. If symptoms are below the neck, a gradual progression to normal exercise is recommended.** Research shows that regular exercise5 lowers respiratory infections and improves immune function. Get 30 minutes of exercise a day for enhancement of health and disease prevention.

*When exercising in public places, it is best to stay home if you are experiencing any cold/flu like symptoms.

---

Exercise plays an important role in helping you to quit smoking. Research shows that smokers who take up a regular exercise program have a much higher success rate. The higher the level of activity, the higher the success rate. Smoking and exercise simply aren’t compatible. A Gallup Poll found that smokers who exercised were twice as likely to quit smoking versus smokers who did not exercise.

Exercise is an excellent stress reliever and can replace your dependence on cigarettes. There are many positive effects of exercise. Here is a list of some of the most common benefits of exercise:

- **Reduced stress**
- **Increased stamina**
- **Increased feelings of well being and improved health**
- **Weight loss**
- **Improved muscle tone and physical appearance**
- **Increased self-esteem and sense of accomplishment**
- **Improved sleep**
- **Improved performance at work**
- **Improved attitudes and disposition**

To start exercising, choose one or two activities that you enjoy. Common exercises include walking, jogging, biking, swimming, tennis, basketball, etc. You may even decide to undertake regular yard work.

Try to exercise 20-30 minutes a time, three to four times per week. If you haven’t exercised lately, give yourself time to work up to a regular exercise schedule. Consult your doctor before beginning your exercise program. For many people, exercise is difficult. Be sure you pick an exercise that you enjoy and consider exercising with a buddy. Your buddy can encourage you to “keep moving”. You’ll also be more likely to exercise when another person is depending on you to be there.

http://www.quitsmokingsupport.com/exercise.htm

---

Fun Ways to Burn Off Thanksgiving Dinner

Between the turkey, stuffing, cranberry sauce and pies, the average American eats between 3,000 and 4,500 calories on Thanksgiving Day. Considering that the typical, moderately-activated woman needs approximately 1,800 calories a day and the average man needs between 2,200 and 2,400, according to the Academy of Nutrition and Dietetics, that’s nearly two days worth of calories in a single meal!

Here are a few examples of Thanksgiving Foods and how you can work them off:

* ½ Cup Mashed Potatoes (150 calories): Strength train for 45 min
* 1 piece Apple Pie (450 calories): 60 min group aerobics class
* ½ Cup Gravy (150 calories): 25 min brisk walk
* ½ Cup Stuffing (180 calories): 1 hour of yoga
* 6 ounces of Turkey (340 calories): 1 hour of dancing

http://www.nextavenue.org/fun-ways-burn-thanksgiving-dinner/
Chicken Taco Mason Jar Salads
Prep Time: 10 mins, Makes 4 salads

Ingredients:
For the dressing:
½ cup non-fat plain Greek yogurt
½ cup salsa

Directions:
Whisk together dressing ingredients in a small bowl until completely combined.
Place an equal amount (1/4 cup) of dressing at the bottom of each jar.
Divide remaining ingredients among the jars, layering in the following order: chicken, black beans, corn, cheese, tomatoes and lettuce. Twist on the top to seal your salads and refrigerate until ready to serve.
When you’re ready to eat, just dump the jar onto a large plate or bowl and enjoy!

Chicken and Vegetable Stir Fry
Makes: 4 servings

Ingredients:
2 chicken breast, boneless, skinless-sliced into bite size strips
2 TBSP olive oil
1 red bell pepper, sliced into thin strips
1 cup fresh broccoli, cut into florets
1/2 cup fresh mushrooms, sliced
1 TBSP fresh ginger, peeled and grated
1/2 cup low sodium chicken broth
2 TBSP low sodium soy sauce
1 TBSP cornstarch

Directions:
In a large skillet heat oil over medium high heat. Add chicken breast, cook and stir for 3-4 minutes.
Remove the chicken from the pan and set aside.
Add the vegetables and stir fry for 2 minutes.
Add the ginger and stir fry for another 2 minutes.
In a small bowl combine chicken broth, soy sauce and cornstarch.
Add the chicken and the broth mixture to the skillet with the vegetables and cook for an additional 3 minutes or until chicken is cooked through.
Serve over cooked quinoa or wild rice. Add black pepper as desired.

SERVING: 1/2 cup cooked quinoa and 1 cup vegetable mixture.

TIP:
For added protein add lima beans, chickpeas or firm tofu when cooking the vegetables.
You can add more vegetables or change the vegetables depending on what you have available.
Carrots, celery, other bell peppers, and onions would also be good.
For crunch: add unsalted cashews
For flavor: add a drizzle of sesame oil

One Pan Healthy Chicken and Veggies
Total Time: 35 mins

Ingredients: Chicken & Veggies
1 sweet potato
1 pound boneless, skinless chicken breast
2 sweet bell peppers
1 bunch of asparagus or 2 cups fresh green beans
2 heads fresh broccoli

Directions:
Preheat the oven to 425 degrees F and line a very large sheet pan with parchment paper and set aside.
Divide remaining ingredients among the jars, layering in the following order: chicken, black beans, corn, cheese, tomatoes and lettuce. Twist on the top to seal your salads and refrigerate until ready to serve.
When you’re ready to eat, just dump the jar onto a large plate or bowl and enjoy!