

* News *

Our office will be closed on



November 10th
November 23rd
November 24th

No exercise classes!!!
Please pick up your supplies
ahead of time

CHANGE YOUR CLOCKS!

November 5th
Remember to change the
time on your glucometers



Cooking Demo & Informational Session

Save Time with Meal Prep

November 9th
12:00pm-1:30pm
The Diabetes Center for
Excellence Theatre Kitchen

Learn some new meal prep ideas that
are healthy, easy and will save you
time!

We will make **One Pan Healthy**
Chicken and Veggies Meal for
lunch. Lunch will be provided

RSVP by November 8th
Space is limited to 8
participants
please call 358-9667 to
reserve your spot.

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

Holistic Health and Diabetes Care Event

November 29, 2017
11:00am-6:00pm

At the
Diabetes Center for Excellence
66 Business Park Road
Akwasasne, 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

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

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



Helping Build A Better Tomorrow



Kentenhko:wa/November

Tsitewatakari:tat/The Let's Get Healthy Program
66 Busines Park Road
Akwasasne NY
518-358-9667

2017

Minute To Win It!

Let's Get Healthy participated in this year's Minute to Win It family game night held at the St. Regis Mohawk School during Alcohol/Chemical Dependency Program's, "Red Ribbon Week." Other activities included, Wear Red Day, Superhero Day, Jersey Day, Plaid is Rad Day, Crazy Hair and Sock Day, all in support of saying "NO" to drugs and alcohol.



Akwasasne Coalition for Community Empowerment 'Trunk or Treat'

Members of the Akwasasne Coalition for Community Empowerment sponsored this year's "Trunk or Treat" at the Mohawk International Raceway, with an estimated 1500 participants from Akwasasne 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!

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Niá:wen to all who
attended and made this
event such a success!



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 1992. 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 from 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, resists 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.

The Great American Smokeout takes place on November 16, 2017.

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

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***Local Vendors**

***Prizes**

And more!

Please join us!

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518.358.9667



Thanksgiving Alternatives



Roasted
Sweet Potatoes



Mashed Cauliflower



Spinach Salad with
Pomegranate
and almonds



Sautéed green beans

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

Nutrition Information

Thanksgiving dinner — Go for quality not quantity

By Katherine Zeratsky, R.D., L.D. November 10, 2015

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 yourself some work, leave the skins on. They provide fiber and potassium. Or mash roasted sweet potatoes or squash.
- **Squash.** Roast this vitamin A packed 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 comfortable, satisfied and thankful as you start the holiday season.

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-blog/thanksgiving-dinner/bgp-20056181>



- 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, and 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 exercise 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.

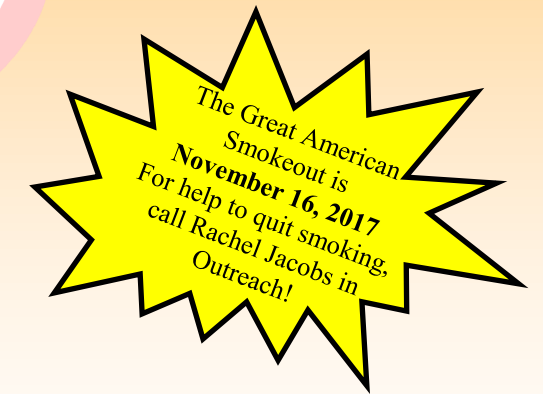
Exercise and Quitting Smoking

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 at 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-active 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/>



It's That Time of the Year– Cold and Flu Season!

If you are experiencing coughing, achiness, sneezing, or fever, contact your Primary Provider immediately.

As always, if you are experiencing any cold or flu-like symptoms, please cancel your appointments or discontinue fitness routines at the Let's Get Healthy Program.

Get some rest, keep yourself hydrated, see your provider and reschedule your appointments or return to your fitness routine when your symptoms have gone away and you are feeling better.

Remember the best way to prevent illness is by proper hand washing.



Meal Prep Ideas



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!

Ingredients: Salad

4 cups chopped romaine lettuce

12 ounces cooked, chicken seasoned with Mrs Dash Southwest chipotle seasoning

1 cup black beans (from a 15-ounce can), drained and rinsed

1 cup corn, frozen and thawed

1 cup cherry tomatoes, halved

1 cup reduced fat shredded cheese

4 (16 ounce/pint-size) wide-mouth jars or quart jars for more lettuce



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

Ingredients: Seasoning

5 tablespoons olive oil

2 teaspoons chili powder

1 teaspoon paprika (smoked if desired)

1 teaspoon sugar or honey

1/2 teaspoon EACH onion powder, garlic powder, ground cumin

Optional :1/4 teaspoon cayenne pepper

Serve with or meal prep with cooked brown/wild rice or quinoa

Directions:

Preheat the oven to 425 degrees F and line a very large-sheet pan with parchment paper and set aside.

Prep the chicken and veggies: First, pierce the sweet potato with a fork a few times and place in the microwave for 5 minutes. Remove and let cool for a minute. Peel off the skins and then chop into very small pieces (important they are small and that you first microwave for these to be cooked in time with everything else!)

Chop the chicken into 1/2 inch pieces.

Remove the stems and seeds and coarsely chop the peppers.

Cut the asparagus or beans in half.

Coarsely chop the broccoli.

Place all the veggies and chicken on the sheet pan.

In a small bowl, combine the olive oil and all of the seasonings listed and mix.

Pour the seasoning mixture over the veggies and chicken and toss with your hands until everything is well coated. Spread everything into an even layer.

Bake for 10 minutes, flip and bake for another 10-20 minutes (all depending on the size you've cut your veggies and chicken and the heat of your oven) (The veggies are crisp tender and chicken is cooked through at around 20 total minutes)

Remove and enjoy over cooked wild rice or quinoa.

MEAL PREPPING: Place an even amount of quinoa (3/4 cup cooked) into the bottom of 4-5 different containers. Divide this baked chicken and veggie dish equally in 4-5 parts. Cover and place in the fridge. Enjoy within 5 days.

Recipe Notes: *If you want really well roasted/more tender veggies, bake them separately for 10 minutes before adding in the chicken.

