News

COOKING WITH SQUASH

October 17th
11:00am-1:00pm
The Diabetes Center for Excellence
Theatre Kitchen

Learn how to prepare and use different types of squash.
We will make a heart healthy squash soup for lunch

RSVP by October 16th
Space is limited to
8 participants
please call 358-9667 to reserve your spot.

Guided Relaxation
Fridays
9:50-10:15am
Relaxation Lounge
No RSVP required

Diaphragmatic Breathing
Progressive Muscle Relaxation
Visualization

Akwesasne Coalition Presents
Trunk or Treat

Where:
Mohawk International Raceway
When:
October 27th at 5:00pm
What:
Kids come dressed in costume and Trick or Treat for healthy snacks at the elaborately decorated trunks of members of the Akwesasne Coalition for Community Empowerment
For more information please contact the A/CDP Prevention Program at 518.358.2967

October 31st

Move For Health Class

Halloween Party
Wear your Halloween Costume
or
Festive Outfit
And receive a healthy treat!

Our office will be closed on October 9th Indigenous People's Day

Please pick up your supplies ahead of time

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
5:30-6:30pm

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

Fall

Helping Build A Better Tomorrow

Kenténha/October 2017

Tsitewatakari:tat/The Let's Get Healthy Program
66 Business Park Road
Akwesasne, NY 13655
518-358-9667

October is Breast Cancer Awareness Month
Wear Pink Day on
Thursday October 12th at the Saint Regis Mohawk Health Services

Wear Pink To Win Door Prizes!!!

Come show your support from 9:00 a.m. to 2:00 p.m. in the Health Services lobby. Informational displays & try your luck at Breast Cancer Trivia

Breast Exam Clinics for women 35 and older or those who have a family history of breast cancer

Exams will take place in the Outreach Nursing office Thursday October 12th and Thursday October 19th, 8:30 a.m. to 11:30 p.m. and 1:00 p.m. to 3:00 p.m.

If you think you are due for your annual exam please call (518) 358-4877 to make an appointment

One woman at a time can prevent breast cancer by promoting early detection

- .

October is Breast Cancer Awareness Month

Breast Cancer Myths

Myth #1: Finding a lump means you have breast cancer.
Truth: Only a small percentage of breast lumps turn out to be cancer.

Myth #2: Breast cancer only affects women.
Truth: Each year an estimated 2,190 men will be diagnosed with breast cancer.

Myth #3: If you have a family history of breast cancer you are likely to develop breast cancer too.
Truth: Statistically only about 10% of those diagnosed with breast cancer have a family history of the disease.

Myth #4: A mammogram can cause breast cancer to spread.
Truth: A mammogram is the gold standard for early detection of breast cancer. Breast compression while getting a mammogram cannot cause cancer to spread. http://www.nationalbreastcancer.org/breast-cancer-myths

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New Class

"Focus on Food, Healthy Habits for Families"
First Tuesday of every month beginning in October

October 3, 2017
Healthy and easy to make after school snacks
Diabetes Center for Excellence Classroom
4:30 - 5:00pm

An informal session for parents, guardians and/or families to learn about nutrition, healthy food habits, try new recipes and ask our RD questions.
NO RSVP required.
For more information please call 518-358-9667

Healthier Halloween Treats

Not all healthy treats have to be boring or health food. Kids love getting things other than candy for Halloween!

Glow sticks, Glow necklaces, Glow bracelets
Gemstone rings
Beaded necklaces
Craft kits/DIY bracelets
Fruit cups with jack o' lantern faces
String cheese with ghosts faces
Pencils
Superhero masks
Stencils
Stickers
Temporary Tattoos
Bouncy Balls
Sticky hands
Small playdoh cups

For more ideas or to buy these items in bulk check out
Oriental Trading Company
BJs Wholesale Club

What foods contain Carbohydrates?

Foods that contain carbohydrates include

- Grains: such as bread, pasta, crackers, cereals, and rice
- Fruits: such as apples, bananas, berries, dried fruit (raisins or cranraisins) and fruit juices
- dairy products: such as milk and yogurt
- legumes: including beans and lentils
- snack foods and sweets: such as cakes, cookies, candy and desserts
- Beverages: soft drinks, fruit drinks, sports drinks and sweetened tea or coffee drinks.

Starchy vegetables: such as potatoes, corn, and green peas.

Are there foods that are low in carbohydrates?

Yes, these foods that are low in carbohydrates include:
Lean meat; beef sirloin, pork loin, wild game
Fish and seafood; salmon, white fish(haddock, cod, flounder), albacore tuna
Poultry; boneless skinless chicken breast, turkey, ground turkey breast
Low fat dairy; low fat cheese, plain Greek yogurt, cottage cheese
non starchy vegetables (everything except those listed above)
nuts or seeds; almonds, walnuts, sunflower seeds, pumpkin seeds, natural peanut butter, almond butter
healthy fats; avocado or olive oil

How many Carbohydrates should I be eating per meal?

Carbohydrate goals are individualized based on total calories. For specific goals it is best to make an appointment with the Registered Dietitian. Most adults should aim for 30-60 grams of carbohydrates per meal.

Where do I find the Carbohydrates on the Nutrition Facts Label?

Sample label for macaroni & cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CELEBRATE RED RIBBON WEEK

October 23-27, 2017

Red Ribbon Theme Days

Monday October 23 – Wear Red day
"RED-y to live *drug-free* and make a difference"- **Encouraged to wear RED (including red ribbon shirts & dresses)**

Tuesday October 24 – Superhero Day
"I have the power to be drug free." Dress up as your favorite super hero

Wednesday October 25 – Jersey Day
"Team up against drugs." Wear your favorite jersey or sports shirt
Minute to win it Family Game Night @ Mohawk School - 6:00 p.m.

Thursday October 26 – Plaid Day
"Plaid is rad, drugs are bad." Wear plaid clothes

Friday October 27 – Crazy hair/Sock day
"From head to toe, I'm drug free" Wear your crazy hair and crazy socks
Trunk or Treat @ Mohawk International Raceway– 5:00 p.m.

NOT JUST FOR A WEEK, BUT FOR A LIFE!

Sponsored by the A/CDP Prevention Program
518-358-2967

Diabetes Myths and Facts

Myth: if you are overweight or obese, you will eventually develop type 2 diabetes.
Fact: Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor for type 2 diabetes. Most overweight people never develop type 2 diabetes, and many with type 2 diabetes are at a normal weight.

Myth: Eating too much sugar causes diabetes.
Fact: The answer is not so simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.
The American Diabetes Association recommends that people should avoid intake of sugar-sweetened beverages to help prevent diabetes. Sugar-sweetened beverages include beverages like:

- Regular soda
- Fruit Punch
- Fruit Drinks
- Energy Drinks
- Sports Drinks
- Sweet Tea
- Other sugary drinks

These will raise blood glucose and can provide several hundred calories in just one serving! Just one 12-ounce can of regular soda has about 150 calories and 40 grams of carbohydrate. This is the same amount of carbohydrate in 10 teaspoons of sugar! One cup of fruit punch and other sugary fruit drinks have about 100 calories (or more) and 30 grams of carbohydrate.

Myth: Diabetes in not that serious of a disease.
Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined. Having diabetes nearly doubles your chance of having a heart attack. The good news is that good diabetes control can reduce your risks for diabetes complications.

Myth: People with diabetes should eat special diabetic foods.
Fact: A healthy meal plan for people with diabetes is generally the same as healthy eating for anyone– low in saturated and trans fats, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, healthy fats and fruit. "Diabetic" foods generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.
Fact: Starchy foods can be a part of a healthy meal plan, but portion size is key. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. In addition to these starchy foods, fruits, beans, milk, yogurt and sweets are also sources of carbohydrate that count in your meal plan.

Myth: People with diabetes can't eat sweets or chocolate.
Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes. The key to sweets is to have a very small portion and to save them for special occasions so you focus your meal on more healthful foods.

Myth: You can catch diabetes from someone else.
Fact: No. Although we don't know exactly why some people develop diabetes, we know diabetes is not contagious. It can't be caught like a cold or flu. There seems to be some genetic link in diabetes, particularly type 2 diabetes. Lifestyle factors also play a part.

Myth: People with diabetes are more likely to get colds and other illnesses.
Fact: You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any illness can make diabetes more difficult to control, and people with diabetes who do get the flu are more likely than others to go on to develop serious complications.

Myth: If you have type 2 diabetes and your doctor says you need to start using insulin, it means you're failing to take care of your diabetes properly.
Fact: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using inulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.
Fact: Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruits contain carbohydrates, they do raise blood glucose (also called blood sugar) and need to be included in your meal plan. Talk to your Dietitian about the amount, frequency and types of fruits you should eat.

-American Diabetes Association http://www.diabetes.org/diabetes-basics/myths/

Depression and Anxiety: Exercise can ease symptoms

Some research shows that physical activity such as regular walking, not just formal exercise programs may help improve mood. Physical activity and exercise is not the same thing, but both are beneficial to your health.

Physical activity is any activity that contracts muscles and expends energy and can include work or household or leisure activities.

Exercise is a planned, structured and repetitive body movement done to improve or maintain physical fitness.

Exercise includes a wide range of activities that boost your activity level to help you feel better.

Certainly running, lifting weights, and other fitness activities that get your heart pumping can help. But so can physical activity such as gardening, washing your car, walking around the block or engaging in other less intense activities. Any physical activity that gets you off the couch and moving can help improve your mood.

You don't have to do all your exercise or other physical activity at once. Broaden how you think of exercise and find ways to add small amounts of physical activity throughout your day. For example, take the stairs instead of the elevator. Or park a little farther away from work to fit in a short walk.

Regular exercise helps ease depression in different ways, which may include:

Releasing feel-good brain chemicals that may ease depression (neurotransmitters, endorphins and endocannabinoids).

Reducing immune system chemicals that can worsen depression.

Increasing body temperature, which may have calming effects.

Regular exercise has many psychological and emotional benefits, too. It can help you:

Gain confidence. Meeting exercise goals or challenges, even small ones, can boost your self-confidence. Getting in shape can also make you feel better about your appearance.

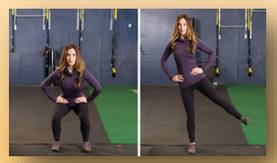
Take your mind off worries. Exercise is a distraction that can get you away from the cycle of negative thoughts that feed anxiety and depression.

Get more social interaction. Exercise and physical activity may give you the chance to meet or socialize with others. Just exchanging a friendly smile or greeting as you walk around your neighborhood can help your mood.

Hip Health

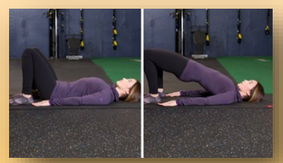
The hips are designed to withstand a fair amount of wear and tear. Our hips have a collection of muscles and tendons, which are also known as hip flexors. Hip flexors control balance, our ability to sit, stand, twist, bend, walk and step. When hip flexors are tight it causes a lot of problems in our body, such as pain in legs, lower back, and hips, walking discomfort, bad posture and digestive problems.

The causes of tight hip flexors vary, but most cases are from sitting for prolong periods of time, lack of stretching, intense exercise and heavy weight lifting. Below are some exercises to keep your hips strong and flexible. If you continue to experience pain, icing and rest would be best, you can also consult with your doctor for over the counter medications to help reduce the swelling and discomfort.

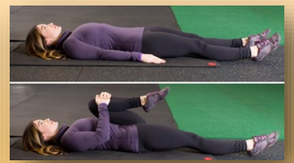


Squat with Side Leg

Kneeling Hip Flexor Stretch



Hip Flexion



Glute Bridge

Article submitted by: Steevi King, Health Promotion Specialist

Cooking with Squash

Savory Mushroom and Quinoa Stuffed Mini Pumpkins

Ingredients:

- 6 mini pumpkins
- 1 C uncooked quinoa
- 2 C vegetable broth
- 1 TBSP plus 2 tsp olive oil
- 8 oz sliced button mushrooms
- 1 C chopped leeks
- 1 clove minced garlic
- ⅛ tsp rosemary
- ¼ tsp thyme
- ⅓ C dry white wine
- ½ tsp salt
- ⅛ tsp black pepper

Nutrition Facts

Amount Per Serving

Calories 199

	% Daily Value*
Total Fat 5.8g	**9%**
Saturated Fat 0.8g	**4%**
Cholesterol 0g	**0%**
Sodium 214.4mg	**9%**
Total Carbohydrate 30.7g	**10%**
Dietary Fiber 3.3g	**13%**
Sugars 4.7g	
Protein 6.8g	14%

Vitamin A 57% • Vitamin C 24%

Calcium6% • Iron 16%

1. Preheat the oven to 400º F. Meanwhile, cut the tops off the 6 mini pumpkins and remove the seeds. The seeds can be discarded, but they can also be reserved for roasting, much like larger pumpkin seeds. Lightly brush olive oil over the insides and outsides of the pumpkin bottoms and tops and season with salt and pepper to taste. Bake for 25-30 minutes with the tops on the pumpkins. The pumpkins are done when the inner flesh is tender.
2. After placing the pumpkins in the oven, make the quinoa. First rinse the quinoa well and then combine 1 cup of quinoa in a sauce pan with 2 cups of vegetable broth. Bring to a boil, then reduce to a simmer and cook covered until all of the liquid is absorbed. This will take 15 to 20 minutes.
3. Meanwhile, sauté the mushrooms and leeks in 2 teaspoons of olive oil for about 5 minutes, or until tender. Add the garlic, rosemary, and thyme to the pan and cook 1 more minute. Next, add the white wine and cook until the wine is mostly evaporated. Season with the salt and pepper. By now the quinoa should be done cooking. Measure 2 cups of cooked quinoa into the skillet with the mushrooms and leeks. Stir to evenly combine.
4. Remove the cooked pumpkins from the oven and spoon the quinoa pilaf evenly into each pumpkin. Consider garnishing with a little parsley for added color. Serve immediately.

Pumpkin Soup

Ingredients:

- 3/4 cup water, divided
- 1 small onion, chopped
- 1 can (15 ounces) pumpkin puree
- 2 cups unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon black pepper
- 1 green onion top, chopped

Directions

1. In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let onion dry out.
2. Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.
3. Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

Dietitian's tip:

Canned pumpkin puree is available all year. When pumpkins are in season, however, you can make your own puree by roasting a small pumpkin and processing the flesh in a blender or food processor.

Oven Roasted Squash with Garlic and Parsley

Ingredients:

- 5 pounds of winter squash (such as butternut, buttercup, kabocha or hubbard) peeled, seeded and cut into 1-inch chunks
- 2 TBS. extra-virgin olive oil
- 1/4 tsp freshly ground pepper, divided
- 3 cloves of garlic, minced
- 2 TBS chopped Italian parsley

1. Preheat oven to 375°F.
2. Toss squash with 4 teaspoons oil, salt and ¼ teaspoon pepper. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender throughout and lightly browned, 30 to 45 minutes (depending on the variety of squash).
3. Heat the remaining 2 teaspoons oil in a small skillet over medium heat. Add garlic and cook, stirring, until fragrant but not brown, 30 seconds to 1 minute. Toss the roasted squash with the garlic and parsley. Taste, adjust the seasoning and serve

Harvest Wild Rice Skillet

Ingredients:

- 1 small onion, minced
- 1 tablespoon butter
- 2 cups peeled, cubed butternut squash
- 1/4 teaspoon dried thyme (more to taste)
- 2 cups cooked wild rice
- 2 cups baby kale
- 2 cups chopped (crispy juicy unpeeled) apples
- 2 tablespoons cream, milk, or butter
- 1/2 cup shredded Provolone cheese

1. Sautee the onion and butter in a large skillet over medium high heat until the onions are soft and translucent.
2. Add the squash and thyme; sautee for 5-8 minutes, until the squash is fork-tender but not mushy. Add the baby kale and wild rice and stir to combine. Add the cream, milk, or butter if the mixture needs a little moisture to help it all get groovy together.
3. Add the apples last so they stay crispy. Add the cheese and stir a few times to get it melted into the ingredients

Health Benefits of Pumpkin

1. Pumpkin seeds often called pepitas are a good source of heart healthy fats.
2. Great source of fiber keeping you full longer.
3. High in beta carotene, an antioxidant that helps prevent cancer.
4. More potassium than a banana.

Uses for 100% Pure Pumpkin Puree

- Add a scoop to Greek vanilla yogurt with a dash of cinnamon.

-Add a few tablespoons to oatmeal with chopped pecans and a drizzle of honey.

-Add to a smoothie recipe.

-Baby food.

-Mix it in with chili.

-Add a scoop to your apples when making apple crisp.

-Mix a scoop with original store bought hummus or when making your own hummus recipe, serve with cinnamon pita chips.