

News

Cooking Demo



Cooking with Squash

October 10th
11:30 am - 1:00 pm

Featured Recipe:
Roasted Butternut
Squash

Other recipes based on
availability of locally grown
squash. Learn different ways
to prepare winter squash

Please call to reserve
8 spots available
(518) 358 - 9667

Akwesasne Coalition

Presents

Trunk or Treat



Where:

Mohawk International Raceway

When:

October 25th at 5:00 pm

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
Friday October 11th
& Monday October 14th



Please pick up your supplies
ahead of time

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
Friday
8:00 am-10:00 am

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

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



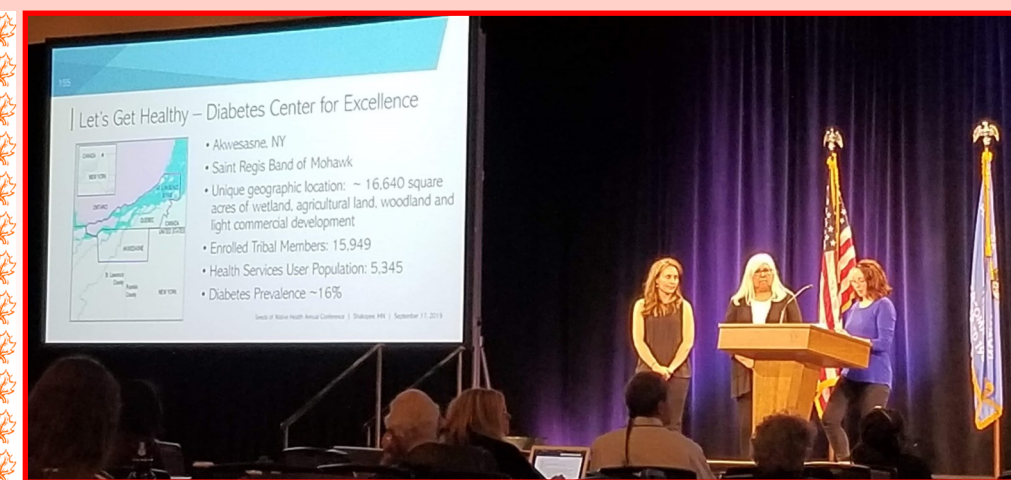
**Working
Together Today
to Build a
Better Tomorrow**



Kenténha/October 2019

Tsitewatakari:tat/The Let's Get Healthy Program
Margaret Terrance Memorial Way
Akwesasne, NY 13655
518-358-9667

Lets' Get Healthy Program Presents - Native American Nutrition



Heather Pontius attended the Fourth Annual Conference on Native American Nutrition in Prior Lake, Minnesota from September 15 - 18th. This conference was sponsored by the Shakopee Mdewakanton Sioux Community, Seeds of Native Health and the Healthy Foods, Healthy Lives Institute at the University of Minnesota.

Heather presented the research project we, along with the University of Colorado have been collaborating on. Also presenting were Dr. Kelly Moore and Sarah Stotz of the University of Colorado. The title of the presentation was: Culturally Tailoring a Diabetes Nutrition Education Program for Tribal and Urban American Indian and Alaskan Native Communities.

For more information on this project please contact Heather Pontius or Heather Garrow at the Diabetes Center for Excellence.



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Cooking with LGHP!

September's Cooking Demonstration was Cooking with Apples!

We had a full kitchen for the hands on demonstration using locally picked apples that were donated to us. We created and taste tested Apple Pie Dip, Crockpot Applesauce and an Apple Walnut Salad with an Apple Cider Vinaigrette. Join us on Thursday October 10th, 11:30 am - 1:00 pm for Cooking With Squash!



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, Stencils, Stickers

Superhero masks

Temporary Tattoos

Bouncy Balls

Sticky hands

Small playdoh cups

For more ideas or to buy these items in bulk, check out

Oriental Trading Company

BJ's Wholesale Club



Unscramble the letters under the blanks to find out what you can do to help stay safe while trick-or-treating.



1. Walk on _____.

E I A S K D W S L

2. Stay in _____.

O S G P R U

3. Avoid _____.

T A E S N R S G R

4. Carry a _____.

G T A H F S I L H L

5. Ask your parents to check your _____.

S E T T A R

For more health games and tips, visit: www.cdc.gov/family/kids

ANSWERS: (1) SIDEWALKS (2) GROUPS (3) STRANGERS
(4) FLASHLIGHT (5) TREATS

Joslin Vision Network (JVN) Telemedicine

Diabetes is the leading cause of blindness among adults. American Indians and Alaska Natives (AI/AN) with diabetes are particularly susceptible to diabetes-related blindness, largely because only half of them get an annual diabetic eye exam. The Indian Health Service-Joslin Vision Network (IHS-JVN) Teleophthalmology Program was established in 2000 to use telemedicine technology to provide accurate, cost-effective annual eye exams to AI/AN.



The JVN Program is designed for early diagnosis and treatment of diabetic retinopathy to prevent complications and decrease vision loss and blindness. A trained professional uses a digital camera with specialized computer software to take images and send to a team of Doctors trained in this program. A report is sent back to your Provider. It's only a 15 minute appointment and dilation is not required.

Blindness caused by diabetes can be prevented. Early diagnosis and treatment of diabetic retinopathy can reduce severe vision loss by more than 95%.

What is diabetes-related blindness?

Virtually all people with diabetes eventually develop damage to blood vessels in their eyes. This condition is called diabetic retinopathy. The damage to the blood vessels can sometimes grow to dangerous levels, ultimately leading to blindness. People with diabetic retinopathy usually do not experience visual symptoms until it is too late and blindness has irreparably set in.

The good news is that timely annual eye exams of people with diabetes can help prevent diabetes-related blindness. These exams identify people at high risk for losing their sight who need to be treated to prevent vision loss.

JVN Frequently Asked Questions

Q. Would a live examination be better than JVN imaging?

A: The conventional and most prevalent method of evaluating diabetic patients for retinopathy is a dilated retinal examination by an ophthalmologist or optometrist. However, the gold standard for establishing the level of diabetic retinopathy is a photographic method established by the Early Treatment Diabetic Retinopathy Study (ETDRS). The JVN has been proven to hold a high level of concordance with the ETDRS. For this reason IHS statistical methods tally a JVN examination as equivalent to a conventional live examination. However, all supra-threshold JVN readings are referred for live examination to confirm or rule-out the need for referral for treatment.

Q. Does an IHS-JVN examination replace a complete eye exam?

A: No; a periodic complete eye examination is a component of good health care for almost everyone. The IHS-JVN examination is equal or better than a live eye examination for the purpose of achieving standard of care for diabetic retinopathy surveillance and diagnosing diabetic retinopathy, but it does not replace other features of a complete eye exam such as a check of intraocular pressure or glasses. However, it does meet/exceed the standard of care needed to avoid the consequence of the leading cause of new blindness among working age adults, diabetic retinopathy. An additional evaluation is not needed unless there is another reason for an eye exam, e.g. pre-existing eye condition other than DR, need for new glasses/contact lenses, periodic general eye evaluation, etc.

Q. Usually a diabetic eye examination requires dilation of the patient's pupil with eye drops. Does the JVN system use eye drops?

A: The IHS-JVN system uses a specially designed camera that does not require pupil dilation in most cases. In certain cases with unusually small pupils a very weak and short acting drop may be used to improve image quality.

Q. Can the JVN system identify eye disease other than diabetic retinopathy?

A: Yes. The JVN system can identify most clinically evident eye diseases visible within the imaging fields used for evaluating diabetic retinopathy. This covers a wide range of diseases including macular degeneration, glaucoma, hypertensive retinopathy, and many other diseases with clinical finding in the posterior ocular fundus

The JVN clinic will be offered at the Diabetes Center October 29th & 30th.

If you have not had a screening in the past year, please call the Let's Get Healthy Program (518) 358-9667.

<https://www.ihs.gov/teleophthalmology/faq/>
<http://www.ihs.gov/medicalprograms/diabetes>

Nursing Notes

Focusing on Heart Health

Managing diabetes can sometime be a full time job, taking up much of our time, focus, and energy. However, in doing so, it is important to remember to maintain a healthy heart. Why is that? High blood sugar levels can, over time, cause damage to the heart vessels and nerves. That is why people with diabetes are at higher risk for heart disease and stroke. Your prevention can focus on four specific areas.



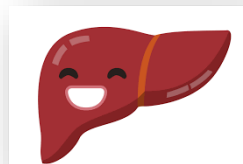
1. **Know your numbers.** Make sure you know what your blood pressure numbers are, as well as your cholesterol. The American Diabetes Association suggests a blood pressure below 140/90. Many doctors would like to see the numbers even lower than that. Have the conversation with your provider. Other numbers equally as important are the triglycerides and cholesterol. According to the American Heart Association, triglycerides should be under 150 with HDL at 40 or greater for men, and 50 or greater for women. These numbers should be checked at least every five years for those under 40 and yearly for those over 40 and already on cholesterol medication.
2. **Adjust your diet.** Look to a diet that is heart healthy. Eat more plant based foods such as vegetables, fruits, whole grains, legumes, nuts. Oils include canola and olive oil. Try to avoid as much as possible those foods that are processed and convenient. Some small changes or suggestions to consider could include the addition of tuna or salmon twice a week, or a midday snack of nuts. Perhaps eating more fresh vegetables could be an idea. This could be accomplished by including them in pasta sauce or burgers/meatloaf. The Mediterranean Diet and Dash Diet provide good examples of ways to tweak your meal preparation.
3. **Stay Active.** Activity helps your insulin to work better, lowers blood sugar, and is overall heart healthy. This includes more than just regular exercise. This means moving more throughout the day. The American Diabetes Association recommends 150 minutes per week of moderate exercise that increases your heart rate. In addition to this, getting up and moving around for 3 minutes every 30 minutes is a good idea. Do not sit for long periods of time. Even breaking up your exercise into 10 – 15 minutes during the day works.
4. **Be mindful of your medications.** Take your medications properly and consistently. This includes not only your diabetes medications, but also any heart or blood pressure medications, as well as cholesterol lowering ones. It is a good idea to review your medication with your provider on a regular basis. There may be other newer drugs out there that could be more effective. Don't hesitate to ask questions. Be proactive with your provider.

October is Liver Awareness Month

Did you know your liver is your largest organ? It's bigger than your brain—about the size of a football. You can live without your tonsils, your appendix, a lung, a kidney, even your spleen—but your liver, forget it—you need it! Your liver is one of the hardest working organs in your body too. Simply put, your liver does three main things: it helps your body digest stuff, make protein and get rid of bad stuff.

October is Liver Awareness Month, but be aware of your liver year round. Appreciate your liver and reward its hard work—be active, watch your weight, eat right and limit your alcohol use.

<https://www.mpqhf.org/blog/october-liver-awareness-month/>



Encouraging Kids to Adopt an Active Lifestyle

Sometimes kids are stubborn about going outside; they may prefer to stay indoors on their phones, computers, or play their video games. But you can make physical activity more enjoyable by creating family fitness ideas based on their age, interests and skills. Here are some tips for parents to try with kids to get active:

Make it a game. Create personalized games that turn physical activities into a friendly competition.

Set goals and create fun fitness challenges. Create both individual and family goals, such as increasing daily steps or time being spent being active, and invent fun fitness challenges to help attain those goals.

Track progress. Tracking progress will help keep accountability. Using fun stickers, fitness trackers or any methods that will engage the child's interest and the parents too.

Be a role model. Children look up to their parents for guidance, so if parents are active, their child will likely want to be more active as well.

Plan group activities. Being active together as a family is critical and will enable the parents to act as a role model for their children.

The most important thing to remember when trying these family fitness ideas is to set your child up for success. Keep it positive, try new things. Children often need encouragement and support, especially when introducing new habits.

****Ask the LGHP staff about our Family Fitness Program!****

Carolyn Heneghan. (2017). *Family Fitness Ideas to Encourage Your Kids to Stay Healthy*. Received from <https://www.dignityhealth.org/articles/family-fitness-ideas-to-encourage-your-kids-to-stay-healthy>

Why is Walking the Most Popular form of Exercise?

For most people, it's safe, easy to stick with, and low- or no-cost. It doesn't require any special skills or equipment. For such a simple activity, it has so many benefits. For every hour of brisk walking, life expectancy for some people may increase by two hours. Research has shown that walking at a lively pace at least 150 minutes a week can help you:

- Think better, feel better and sleep better
- Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer
- Improve your blood pressure, blood sugar and blood cholesterol levels
- Increase your energy and stamina
- Improve your mental and emotional well-being and reduce risk of depression
- Improve memory and reduce your risk of dementia
- Boost bone strength and reduce your risk of osteoporosis
- Prevent weight gain



If 150 minutes sounds like a lot, remember that even short activity sessions can add up over the week to reach this goal. And it's easy to fit in a few minutes of walking a several times a day.

<https://www.heart.org/en/healthy-living/fitness/walking/why-is-walking-the-most-popular-form-of-exercise>



Cooking with Squash



Fall Harvest Quinoa Salad

- 1 C uncooked tri-color quinoa
- 2 C water
- 2 lbs. butternut squash— about 5 cups peeled and chopped
- 5 TBSP extra virgin olive oil, divided
- 8 oz. brussels sprouts
- 1/2 medium red onion, diced
- 4 TBSP lemon juice, divided
- 1/2 tsp paprika
- 1 medium apple
- 1/2 C crumbled feta, reduced fat



1. Add quinoa and water into a saucepan and bring to boil. Reduce heat to a simmer and continue cooking the quinoa until all the water has nearly evaporated. Turn off the heat and cover the saucepan with a lid. Let quinoa sit for 15 to 20 minutes so the quinoa can fluff up.
2. Preheat oven to 375°F Line a large baking sheet with parchment paper. Set aside.
3. Chop off both ends of the butternut squash. Peel outer skin. Split butternut squash in half by cutting it right down the middle. Remove seeds and chop squash into 1/4 to 1/2-inch chunks. Toss squash with 2 TBSP of olive oil. Spread onto baking sheet and bake for 25 to 30 minutes, until the squash is fork tender. Remove from oven.
4. Trim the bottoms of the brussels sprouts. Chop them in half, and then slice them into 1/4-inch strips.
5. Heat another 2 TBSP of olive oil in a large pan. Add onions and sauté them for a minute or two, until they start to soften. Add brussels sprouts and cook for 3 to 4 minutes. Set aside.
6. Add quinoa to a large bowl. Add 1 TBSP of olive oil, 3 TBSP of lemon juice and paprika.
7. Slice apple into thin strips and toss with 1 TBSP of lemon juice. This helps keep the apple from browning.
8. Add butternut squash, onions, brussels sprouts, apple, feta, dried cranberries and parsley to the quinoa and stir everything. Adjust seasonings to your liking. If you want more tangy flavors in the salad, you can add a few tablespoons of vinegar or more lemon juice. 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



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.

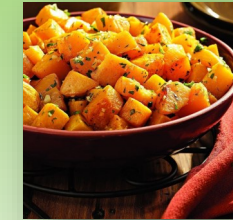
Directions

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.

Oven Roasted Squash with Garlic and Parsley

Ingredients:

- 5 pounds of winter squash (such as butter-nut, 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.
4. 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. Sauté 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; sauté 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

Pumpkin seeds (often called pepitas) are a good source of heart healthy fats.

They are a great source of fiber, keeping you full longer. They are high in beta carotene, an antioxidant that helps prevent cancer.

Pumpkin seeds have 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

