

NEWS

2018-2019 Youth Fitness Classes

It's that time of year! Back to school and back to fitness class! Registration and fitness assessments will be held

Thursday September 20th, from 4 – 6 pm
or by appointment.

Classes will be held on Tuesdays and Thursdays:
4:30 - 5:15 pm: 7-11 year olds
5:30 - 6:15 pm: 12-17 year olds

Class will start September 25th, 2018. Registration and a fitness assessment must be completed before your child can attend class.

Our office will be CLOSED on Sept. 4th and Sept. 21st (11 am to 2 pm only)

Please remember to pick up testing supplies ahead of time



Cooking Demo: All About Apples

**September 27th
11:30 am - 1:00 pm**

Slow Cooker Applesauce
Apple Pie Salsa
Harvest Apple Salad with Cranberry vinaigrette

Lunch will be served
RSVP by September 25th
(8 spots available)
518-358-9667



Saint Regis Mohawk Tribe Clubhouse

Is now OPEN at the Diabetes Center for Excellence!!!

The clubhouse is a safe and welcoming space for ages 15-20 in the community who are seeking a drug and alcohol free environment. Come in to participate in cultural craft making, fun summer activities, or just hang out and get to know everyone.

Monday - Friday: 11 am – 9 pm
Saturday & Sunday: 1 pm - 8 pm

*Snacks provided



Water Aerobics Mondays & Thursdays 5:00 - 6:00 pm



With Sylvie Marion
In the
Diabetes Center for
Excellence Pool

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 - Thursday
5am-8am
&

Mondays - Fridays
12-1pm

Boot Camp

Monday & Wednesday
4:30-5:15pm

Water Aerobics

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

Supervised Swim

Wednesday & Friday
8:00-9:00am

Club Circuit

Friday
9:00-9:45am

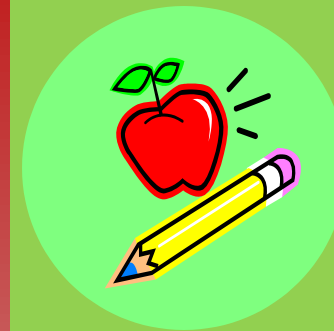
All exercises classes offered by the Let's Get Healthy Program are free to ages 18 and older

Please wear comfortable clothes and bring clean/dry sneakers and a water bottle.



Helping Build a Better Tomorrow

Seskehko'wa/September 2018



Tsitewatakari:tat/The Let's Get Healthy Program
The Diabetes Center for Excellence
66 Business Park Road
518-358-9667

disABILITY Awareness Day 2018

disABILITY Awareness Day was held on August 24th. Our LGHP staff were present throughout the day. Our RN Case Manager completed 44 diabetes screenings, our Health Promotion Staff had an informational display on chair exercises and our Registered Dietitian had a nutrition education display focused on hidden sugars and added sugars in popular beverages.

It is always great to be part of a successful community event like the disABILITY Awareness Day, we get to promote our programs, and provide diabetes education and diabetes prevention education to the community.



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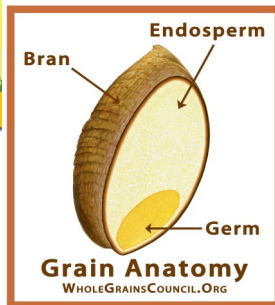
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Nutrition Page



Mini Relaxation

Do you feel stressed? Do you feel like your to-do list is never ending?

Take a Mini Break

Find a quiet place
Take a deep breath:

In through your nose, feeling your stomach fill with air, hold it for a moment and slowly exhale through your mouth.

Begin your Mini Break:

With your eyes open or closed count very slowly to yourself from 10 down to 0, one number on each out breath. Breathe in, and on your out breath, say “10” to yourself. With the next out breath, say “9”, working your way down to “0”. When you get to “0”, notice how you feel.

Mini relaxations are focused breathing exercises that help reduce anxiety and tension immediately. Your breath is with you at every moment in time. No special equipment, no scheduled appointments or working your schedule around a class time, a mini break is quick and effective anywhere, anytime you need it.



7 Tips to Healthy Aging

It's never too late to start making changes to improve your health. You can do these very important things to help support a healthy-aging lifestyle:

1. Eat the right foods in the right balance. Eating well is important at any age. Eating the right amount of healthy foods can help reduce your risk of many diseases, including diabetes, heart disease and certain types of cancers.

TIP: Put down the salt-shaker and eat at least 5 nutrient-dense foods (foods that are high in nutrients and low in calories) per day. Check out the U.S. Department of Agriculture (USDA) recommendations for healthy eating in older adults, called Choose My Plate.



2. Keep moving. Exercise routines and time at the gym may be difficult for some people. But, in most situations, there are easy things you can do that will get you moving. Ideas include going for a walk, using the stairs instead of an elevator, or standing up and sitting down—anything to keep your blood flowing, your muscles moving, and your joints healthy. Any kind of movement can help you manage stress and help manage and improve diseases. Also, the more you keep your balance and keep your muscles active, the more you may be able to avoid falling and getting injured.

TIP: Find ways to incorporate movement and exercise in your daily life. Try chair exercises, yoga, and stretching. Play with your grandchildren or learn to knit in order to keep your hands nimble. Find a friend to go for a walk with. What you do depends on your situation and your motivation. Start small, but start!

3. See your doctor and stay current on screenings. This is key to set you on the path to healthy aging. It is essential that you see your doctor as recommended and follow through on preventive testing and general checkups, such as for your blood pressure, cholesterol, bone health, weight management, and other screenings (e.g., prostate, breasts, cervix, colon). Be sure you are current with the recommended vaccines, which are not just for children. Also, follow your doctor's suggestions for healthier living. For instance, if you still smoke, isn't it time to let your doctor help you quit? You should also avoid excessive alcohol.

TIP: Open channels of communication with your doctor. Prepare for office visits by listing out questions for your doctor and providing a list of the medications you are taking. Take your medicines only as prescribed and be sure to keep your doctor up to date about the medications you take, including over-the-counter therapies, and vitamins.

4. Get enough sleep: Many of us seem to get less sleep than we need, but healthy sleep habits are key to our vitality, function, and independence. If you have difficulty sleeping, speak with your doctor. There are treatable sleep disorders and other medical considerations to explore with your healthcare team that can help get you back to those necessary hours of sleep at night.

TIP: Have a wind-down routine every night before going to bed (e.g., try turning off electronic devices like the computer and TV, read a book, take a warm bath, change into comfortable sleep clothes). Also, try calming exercises such as meditation to relax the mind. And make sure to avoid alcohol.

5. Get out and socialize: Some people may find themselves more isolated from others during their later years. At times it can seem difficult to go out and do the things you used to love to do, like lunching with a friend, or other daily activities. After a period of feeling blue, older people usually recover; however, if you're feeling down for more than 2 weeks, tell your doctor or someone about it. You may think feeling blue is a normal part of aging, but it isn't. Keeping up a lively connection with your community, family, and friends is a great way to help keep your mind healthy and your spirits up. Losing interest in doing the activities you used to enjoy can be a sign of depression. Speak with your doctor about it; some people may need treatment for depression and/or anxiety.

TIP: Reinvent yourself by volunteering somewhere where you can make a valuable contribution, learn computer skills, or try a new hobby. Pick a new place (near or far) to explore on your own or with friends.

6. Quit smoking. If you smoke, it's never too late to quit. Smoking is associated with a number of diseases and conditions, including heart disease, lung disease, and even some cancers. Speak with your doctor for help and support. There are many resources to help you give up this addiction.

TIP: Involve your family or friends to help you quit. Socialize with people who do not smoke. Avoid activities that might trigger you to smoke; for example, go out for smoothies instead of a cup of coffee. Also, there are many online tools and resources that can help support a quit attempt—consider using them.

7. Stay mentally fit. Keeping the brain active is as important as keeping the body fit. Many people work on crossword puzzles and computer games designed to keep your brain in motion. Others work or volunteer and find ways to make a contribution with the skills they have learned during their lifetime. Still, others travel to new places, read books and magazines, or take classes and learn new skills to keep their mind active and fit.

TIP: If you are older, let your children and grandchildren teach you computer games you might enjoy. Join reading clubs or take a drawing class.

Make the Switch to Whole Grain

White Rice - Wild Rice
Instant Oats - Steel Cut Oats
White Pasta - Whole Grain Pasta
White Bread - Whole Grain Bread
Cold Cereal - High Fiber Cold Cereal
Potato Chips - Popcorn
All Purpose Flour - Whole Wheat Flour

Try These Whole Grains

Quinoa
Pearled Barley
Wheat Berries
Farro
Wild Rice/Red Rice/Brown Rice
Teff
Sorghum

COOKING DEMO!

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11:30 am-1:00 pm

All About Apples
Slow Cooker Applesauce
Apple Pie Salsa
Harvest Apple Salad with
Homemade Cranberry Vinaigrette

Diabetes Center for Excellence
Theatre Kitchen

RSVP required
(8 spots available)
Call to reserve your spot!
518-358-9667

Nursing Notes

End of Summer Tips for Diabetes Self-Care

Remember that people with chronic diseases such as diabetes and heart disease are more apt to get overheated. Please make sure you drink plenty of water. You can add infusions of berries, lemons/ limes or cucumbers. Since you are not actually eating the fruit, the water remains free of carbs.

Stay active. Keep a pair of sneakers at work so you can get out and enjoy a lunchtime walk. Keep track of your blood glucose. The heat can cause your blood glucose levels to fluctuate. You may need to check your levels more often in the heat.

Eating healthy is important. Prepare your favorite fruits and vegetables on the grill. Just dice, place in a grill basket, and cook.

For those of you still getting ready for vacation, make sure you have enough medication on hand to cover your needs while you are away. You may want to check your supply at least 2 weeks before you leave. In all the hustle and bustle of this busy time, make sure you set some time aside for yourself!! “Me” time can take away stress, even if it is for just a few minutes at a time. Read a magazine or a book, listen to some music, write that letter or send that card you have been meaning to. Or, call a friend and catch up.



SGDM

Stopping Gestational Diabetes
in Daughters + Mothers

Are you an American Indian or Alaska Native female between the ages of 12 and 24? Do you have a mother, auntie or grandmother?

If you answered “Yes” to both of these questions, then we need your help! A team of researchers at the Saint Regis Mohawk Tribe’s Let’s Get Healthy Program is interested in helping American Indian and Alaska Native girls (age 12-24) learn more about eating healthy and making exercise easier that could lead to healthy weight (weight loss) and lowering the chances of getting gestational diabetes (diabetes during pregnancy). Your mother will also be asked to help you during the study. You have the power to stop diabetes in your family!

If you decide to participate, you will:

- Answer a variety of questions on a computer
- Watch a video about healthy lifestyles & stopping diabetes
- Read a booklet about healthy lifestyle & stopping diabetes
- Receive resources from your community
- Be compensated for your time with gift cards
- Develop a health team with the clinic nurse and your mom



To learn more or to participate in our study, please call (518) 358-9667 and leave a message with your name and phone number. A study team member will call you back to further discuss the study.

Fitness Page



4 Beginner Yoga Poses

1. Mountain Pose

Mountain Pose is the base for all standing poses; it gives you a sense of how to ground in to your feet and feel the earth below you. Mountain pose may seem like “simply standing,” but there is a ton going on.

How to do it: Start standing with your feet together. Press down through all ten toes as you spread them open. Engage your quadriceps to lift your kneecaps and lift up through the inner thighs. Draw your abdominals in and up as you lift your chest and press the tops of the shoulders down. Feel your shoulder blades coming towards each other and open your chest; but keep your palms facing inwards towards the body. Imagine a string drawing the crown of the head up to the ceiling and breathe deeply in to the torso. Hold for 5-8 breaths



2. Downward Facing Dog

Downward Dog is used in most yoga practices and it stretches and strengthens the entire body. I always say, “a down dog a day keeps the doctor away.”

How to do it: Come on to all fours with your wrists under your shoulders and knees under your hips. Tuck under your toes and lift your hips up off the floor as you draw them up at back towards your heels.

Keep your knees slightly bent if your hamstrings are tight, otherwise try and straighten out your legs while keeping your hips back. Walk your hands forward to give yourself more length if you need to. Press firmly through your palms and rotate the inner elbows towards each other. Hollow out the abdominals and keep engaging your legs to keep the torso moving back towards the thighs. Hold for 5-8 breaths before dropping back to hands and knees to rest.



3. Plank

Plank teaches us how to balance on our hands while using the entire body to support us. It is a great way to strengthen the abdominals, and learn to use the breath to help us stay in a challenging pose.

How to do it: From all fours, tuck under your toes and lift your legs up off the mat. Slide your heels back enough until you feel you are one straight line of energy from your head to your feet. Engage the lower abdominals, draw the shoulders down and away from the ears, pull your ribs together and breathe deeply for 8-10 breaths.



4. Tree

Tree is an awesome standing balance for beginners to work on to gain focus and clarity, and learn to breathe while standing and keeping the body balanced on one foot.

How to do it: Start with your feet together and place your right foot on your inner left upper thigh. Press your hands in prayer and find a spot in front of you that you can hold in a steady gaze. Hold and breathe for 8-10 breaths then switch sides. Make sure you don’t lean in to the standing leg and keep your abdominals engaged and shoulders relaxed.



How Heat Affects Your Body

Your body has a natural cooling system. It is always working to maintain a safe temperature. Sweating helps your body cool down.

*Warm-weather exercise puts you at risk for heat emergencies, such as:

- ⇒ Heat cramps: Muscle cramps, usually in the legs or stomach (caused by loss of salt from sweating). This may be the first sign of overheating
- ⇒ Heat exhaustion: Heavy sweating, cold and clammy skin, nausea and vomiting
- ⇒ Heatstroke: When the body temperature rises above 104°F (40°C). Heatstroke is a life-threatening condition
- ⇒ Children, older adults, and obese people have a higher risk for these illnesses. People taking certain medicines and people with heart disease also have a higher risk. However, even a top athlete in superb condition can get heat illness

Stay Cool During Exercise

Try these tips to help prevent heat-related illness:

- Drink plenty of fluids
- Drink before, during, and after your workout
- Drink even if you do not feel thirsty. You can tell you are getting enough if your urine is light or very pale yellow
- DO NOT drink alcohol, caffeine, or drinks with a lot of sugar, such as soda. They can cause you to lose fluids
- Water is your best choice for less-intense workouts. If you will be exercising for a couple of hours, you may want to choose a sports drink. These replace salts and minerals as well as fluids. Choose lower-calorie options. They have less sugar. Make sure the water or sports drinks are cool, but not too cold. Very cold drinks may cause stomach cramps
- Limit your training on very hot days. Try training in early morning or later at night
- Choose the right clothing for your activity. Lighter colors and wicking fabrics are good choices
- Protect yourself from direct sun with sunglasses and a hat. DO NOT forget sunscreen (SPF 30 or higher)
- Rest often in shady areas or try to stay on the shady side of a walking or hiking trail



An Apple A Day!

Low Carb Apple Chips

Ingredients:

2 Medium apples (honey crisp recommended)
1 tsp cinnamon

Instructions:

Preheat oven to 200 degrees. Using a knife, or mandolin, holding the apple with the stem on the side, slice the apple into thin, round chips.

Place parchment paper onto a baking sheet. Lay the apple slices onto the baking sheets. Sprinkle slices with cinnamon.

Bake for about an hour, then flip over the apple slices.

Continue baking for another 1-2 hours. Flip occasionally and bake until the slices are no longer moist. Allow to cool for 10-20 minutes.

Store in an air-tight container.



Harvest Apple Salad with Homemade Cranberry Vinaigrette Dressing

Ingredients: Salad

2 cups red delicious apples, cored and thinly sliced
8 cups mixed greens
1/2 cup walnuts or pecans, toasted
1/2 cup shredded purple cabbage
1/2 cup shredded carrots

Ingredients: Dressing

1/4 cup fresh cranberries
1/4 cup balsamic vinegar
1/4 cup red onion, chopped
1 TBSP honey
1 TBSP Dijon mustard
1 cup olive oil
Ground black pepper, to taste



Directions:

1. Toast walnuts or pecans in a skillet over medium heat until fragrant. Remove from heat and set aside.
2. In a food processor, combine the cranberries, vinegar, onion, honey, and mustard. Puree until smooth; gradually add oil, and season with ground black pepper.
3. In a salad bowl, toss together the mixed greens, apples, carrots, cabbage and enough of the cranberry dressing to coat. Sprinkle with walnuts or pecans. Serve.

Nutrition Facts:

An apple a day can keep the doctor away

- ♦ Apples are high in fiber and high in water content making them a satisfying snack
- ♦ Apples contain soluble fiber, the type of fiber that can lower bad cholesterol.
- ♦ Apples are high in antioxidants, especially the skin, so wash them well and leave the skin on the apples.
- ♦ Apples contain prebiotics, which are good for a healthy digestive tract.
- ♦ One medium apple has approx. 80 calories and 20 grams of carbs
- ♦ New York is known for its apple crop. So pick local, buy local and stock up for the winter.



Quick Apple Slaw

Prep Time: less than 30 minutes.

Servings: 12 (3/4 cup each)

Ingredients:

4 apples, cored, quartered and thinly sliced
1 cup seedless grapes, halved
2 cups cabbage mix (coleslaw mix)
2 celery ribs, thinly sliced
1/4 cup olive oil Mayo
1/4 cup Plain Greek yogurt
2 tsp honey
1 tsp poppy seeds
1 TBSP lemon juice

Directions:

For Dressing: In a small bowl stir together mayo, yogurt, honey and poppy seeds. Set aside.

For Salad: In a large bowl combine apples, lemon juice; toss to combine.

Stir in cabbage, grapes and celery. Pour dressing over mixture; toss gently to coat. Cover and chill in the refrigerator before serving. Serve cold.

Local Orchards

Rulfs Orchard

Located in the northeastern Adirondacks, Rulfs Orchard was founded by Bob Rulfs in 1952 as a dairy farm. Over the years, it has evolved into a farm that offers more than 15 types of produce, including a wide variety of apples from Macintosh to Northern Spy. In addition to apple picking, Rulfs has a petting zoo, corn maze, and pumpkin patches.

* Address: 531 Bear Swamp Road, Peru, NY 12972

* Phone: 518-643-8636

Applejacks Orchard

This apple orchard is strictly a U-pick operation, meaning it's not commercial and doesn't sell wholesale to stores or at farmer's markets. The farm does have a small country store, petting zoo and hay maze. The orchard has 18 varieties of apples, and its season usually starts in August with Paula Reds and Zestars. It finishes a couple months later with Cameos, Empires, and Northern Spys.

* Address: 751 Brand Hollow Road, Peru, NY 12972

* Phone: 518-643-2268

Kaneb Orchard

This orchard, just minutes from Canada, offers more than 30 varieties of apples from August through November, picked daily by farm professionals to stock a fruit stand where you can buy apples by the bag. An on-site cider mill produces all-natural fresh pressed apple cider. Try cider slushies and St. Lawrence Hard Apple Cider at the Cider Mill, which pair well with the homemade baked goods like cider donuts, apple crumb cakes and cranberry walnut cookies.

* Address: 182 Highland Road, Massena, NY 13662

* Phone: 315-769-2880

Fobare's Fruits

This family owned and operated farm and U-pick orchard offers "a taste of country." Besides the orchards, other attractions include the "Fort Applewood" playground, corn maze and pumpkin patch. The Apple Barn gift shop offers products from apple cider, jams, baking mixes, local honey, pickles and a full line of maple syrup products. Be sure to save room for hot apple cider donuts and cinnamon rolls, made fresh daily. The orchards offer 18 varieties, including Autumn Crisp, Jonagold and Red Delicious.

* Address: 180 Johnson Road, Rensselaer Falls, NY 13680

* Phone: 315-344-1207

Brookdale Apple Orchard

This U-pick apple orchard opens Sept. 3, and will be open daily from 9 a.m. to 5 p.m. through Halloween. McIntosh and Cortland apples are available for picking.

* Address: 1997 Route 49, Winthrop, NY 13697

* Phone: 315-389-5840

Apple Pie Party Dip

Ingredients:

2 cups washed, cored and diced apples
1 tsp fresh lemon juice
2 tsp brown sugar
1 TBSP apricot preserves or apple jelly
1/4 tsp ground cinnamon



Directions:

In a large bowl combine all ingredients, cover and refrigerate until serving. Serve with cinnamon pita chips or graham crackers.

TRY THIS!

You can substitute sugar free jelly for a lower carb option.

A variety of apples for different texture and flavor.

Also try apple pie spice in place of cinnamon.

Spiced Apple Cider

Makes: 4 servings

Ingredients:

4 cups apple cider
1/2 teaspoon whole cloves
1/4 teaspoon ground nutmeg
2 cinnamon sticks



Directions:

In a medium size saucepan heat the ingredients over medium high heat until boiling. Once boiling reduce heat and simmer uncovered for 10 minutes. Before serving, strain the spices through a sieve or a cheesecloth. Serve warm on a chilly day.

8 ounces of apple cider is two carbohydrate servings.

If you count carbs for diabetes control include this beverage in your meal or snack.

For a lower carb cider that is just as tasty and only has one carbohydrate serving (15 grams) switch portion size from 8 ounces to 4 ounces or use 4 ounces of apple cider and 4 ounces of water.

Pregnant women, children and adults with chronic conditions should use pasteurized apple cider to prevent illness.