

* News *

9th Annual Twilight Fun Run/Walk Series

All ages & abilities welcome

Where: Tewathahita Walking Trail
Generations Park

When: Wednesdays-Summer 2016
July 6—July 13—July 20—July 27
August 3—August 10—August 17—
August 24—August 31

****Event starts at 5:30 p.m.****
Bring your family and walk or run at
your own pace!
Giveaways throughout the month

For More Information: Call the
Let's Get Healthy Program
358-9667

Happy Hour Yoga GENERATIONS PARK FRIDAYS 5:30pm-6:30pm



Meet At the Tewathahita Walking Trail

****All levels welcome****

Fit Family Fun

Join us for a family
friendly workout!

Tuesdays & Thursdays
July 5th - August 30th
4:30-5:15 pm: Ages 8-11
5:30-6:15 pm: Ages 12-17

**Parent & Child exercise
together!**
Each class includes fun, team
building exercises and circuit
training that will help improve
balance, strength and overall
health
Let us help create fun and
healthy habits for you and your
child!

Parent/guardian must accompany
child at all times, no drop offs. No
need to pre-register.

For more info, call the
Let's Get Healthy Program office at
518.358.9667

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

OFFICE CLOSED



**Our office will be
closed:
August 12, 2016**
Please plan to pick up
your testing supplies
ahead of time.



**Helping Build A Better
Tomorrow**

Exercise Classes: Move For Health

Nurse supervised exercise
classes
Must be enrolled in LGHP.
Monday-Thursday
8-9am 9-10am 10-11am
11-12pm

Community Classes

Body Works

Monday & Wednesday
4:15-5:00pm

After Hours Fitness

Monday & Wednesday
5:15-6pm

Public Fitness

Tuesday & Thursday
12-1pm

Club Circuit

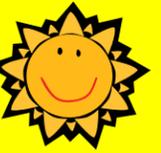
Friday
9:00-9:45am

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

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

Seskéha/August 2016

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



Wellness Day 2016

Wellness Day took place on Thursday, July 21, 2016 at the Travis Solomon Memorial Lacrosse Box and along the Tewathahita Walking Trail. The Let's Get Healthy Program participated with a random blood sugar screening table, nutrition information table with an interactive game and a display of food models with sugar content, and our Health Promotion Staff set up a fitness station on the walking trail. Community members completed either an exercise or an obstacle course for a prize. This year's Wellness Day had 55 vendors, 200 children and 700 adults participants.



Twilight Fun Run/Walk Event
39 walkers registered &
98 laps walked to date

Health Benefits of Walking

1. Regular walking reduces risk of stroke
2. Regular walking routine aids in weight loss
3. Back pain is reduced
4. Decreases your risk of heart attack
5. Reduce high blood pressure and risk of acquiring high blood pressure

The Tewathahita
Walking Trail is a
great place to catch
Pokemon on your
PokemonGo! App.

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July 2016

Akwasasne Healthy Heroes

The Let's Get Healthy Program invited the Saint Regis Mohawk Tribal Police Department and the Hogansburg Akwasasne Volunteer Fire Department to track their increased activity for the month of July in a friendly competition that we titled, "Akwasasne Healthy Heroes". Between the two departments they totaled 4705 minutes of additional physical activity, with the Tribal Police Department in the lead with 2590 minutes of additional activity for the month. We then invited the JOM Program groups ages 6-8, to join us at Generations Park, for a morning of activity. The counselors and students participated with Sharks and Minnows, Sports Drills, Obstacle Course and the Playground, organized by the Let's Get Healthy Program Health Promotion Specialists; AJ Sutter, Jessica Hopps & Steevi King. Officer Ted Cook spoke to the students on the importance of activity at their stage in life and how playing increases their activity. Officer Cook also received the winning plaque donated by UD Trophies and Awards in Ogdensburg NY, on behalf of the Police Department. Nai:wen to the Police Officers and Firemen for being an inspiration to the youth of Akwasasne.



Akwasasne Boys and Girls Club Teen Program Visits The Diabetes Center for Excellence

On July 28th, sixteen teenagers from The Boys and Girls Club visited The Diabetes Center. During their visit they had the opportunity to meet with Heather Pontius, our Registered Dietitian. The group learned some basic cooking skills, kitchen safety and how to read a recipe. After the presentation the teens used their culinary skills and creativity to make Pineapple Mango Smoothies.



9th Annual

Twilight Fun Run/Walk Series

FREE

Family Health



Prizes

Stay Fit

Sponsored By:

The Let's Get Healthy Program

All ages & abilities welcome*

Where: Tewathahita Walking Trail– Generations Park

When: Wednesdays-Summer 2016

July 6—July 13—July 20—July 27

August 3—August 10—August 17—

August 24—August 31

** Event time: 5:30p.m. to 7:00p.m. **

Bring your family and walk or run at your own pace!

For more information, call the Let's Get Healthy Program:

518-358-9667

Nursing Notes

How a Diabetes Educator Can Help You

If you have diabetes, you know how challenging it can be to manage your disease. Healthy eating, physical activity, monitoring your condition, taking medication and reducing your risk for complications are probably part of your daily routine. At times, all of this might seem overwhelming.

As a member of your healthcare team, a diabetes educator makes managing your diabetes easier. They work with you to develop a plan to stay healthy, and give you the tools and ongoing support to make that plan a regular part of your life.

Diabetes education is a recognized part of your diabetes care. Diabetes may not have a cure, but you can control it and live well. Ask your doctor, nurse practitioner or physician assistant about working with a diabetes educator to learn how to better manage your disease, so it doesn't manage you.

What happens during diabetes education?

During initial visits, your diabetes educator will spend time with you developing a plan that helps you overcome the barriers you face in managing your diabetes, develop problem-solving and coping skills and adopt healthy behaviors. Some examples of the many activities you may work on together are:

- * Helping you understand exactly what diabetes is and how it affects your body
- * Explaining how diabetes medications work
- * Figuring out what types of food are best for you and how to plan meals that fit your life and budget
- * Determining the best type of glucose monitoring device for your specific circumstances
- * Suggesting charts, apps and other tools to provide reminders and help you track your progress
- * Offering tips to help you cope with stress and solve problems as they arise

Importance of follow up

Meeting with a diabetes educator is a great first step. But effective diabetes education is a process and takes time. It's important to attend all of your diabetes education appointments. If you need to miss an appointment, be sure to reschedule. Discuss what you've learned with your doctor who referred you to the diabetes educator. He or she wants to be kept informed and may be able to contribute helpful ideas. Managing diabetes is a team effort!

Garden Project 2016

These pictures show our garden after being planted for a little over 1 month. We had some difficulty with the hard rains packing the soil down so we aerated and reset some of the soil. We still weren't getting enough nutrients in the top soil, so we added some miracle grow at first then switched to an organic fertilizer to liven it up a bit. Now the garden has really started to flourish. For more information on how you can be a part of the Garden Project 2017, please call Mera Gamble at 518.358.9667.



PREDIABETES IS A RED FLAG!

The following is a summary of paraphrased statements from [Prediabetes intervention, education key to diabetes prevention](#). Endocrine today, Volume 14, Number 5: May 2016. Article Contributors were listed as: Ralph Defronzo, MD, Robert Gabbay, MD, Samuel Klein, MD, David Marrero, PHD, Jennifer Swartzentruber, RDN, CDE. Article Paraphrased By: Janine Rourke, RN, BSN-Diabetes Nurse Educator-Tsitwatakari:tat-Let's Get Healthy Program-Diabetes Center for Excellence.

"Prediabetes is a red flag to let you know that you are at high risk for problems."

Approximately 86 million Americans (about 1 in 3)-are estimated to have a blood glucose level that is higher than normal, but adults who have it, are on a course for potential complications that range from heart disease and stroke to conversion to overt Type 2 diabetes. According to the CDC (Center of Disease Control), without lifestyle changes, **15%to 30% of people with prediabetes will develop Type 2 Diabetes.**

According to WHO (World Health Organization) and the American Diabetes Association, there are three criteria for pre-diabetes diagnosis: (1) An HbA1c between 5.7% and 6.4%; (2) Fasting plasma glucose between 100mg/dl and 125mg/dl (per ADA) or 110mg/dl and 125mg/dl (per WHO); (3) an oral glucose tolerance test measurement between 140mg/dl and 199mg/dl.

Here are a few notes from some studies that describe what is happening in the body: Beta cells in the pancreas are where insulin is normally produced. Experts describe a path where the body begins a stage of "insulin resistance" and one's body may actually be secreting more insulin and these beta cell mass increase in size/mass. One would say, that sounds like a helpful process, but actually, a second stage develops as these cells can no longer keep up with the demand of insulin production. As this condition of insulin resistance worsens, these beta cells become "exhausted". The balancing act between food for energy and insulin production and use by the cells shows how the body is being challenged as blood sugar levels climb out of the normal ranges in the morning, before meals and after meals.

Okay, what do I do and when? The experts in this article describe different stages of what is going on in the body to continue producing insulin, a progression of insulin resistance over time and how sugar levels begin to steadily climb and sometimes very rapidly. Some experts say very loud that "prediabetes is just a redefinition of diabetes", but there remains big differences between pre-diabetes and diabetes. The biggest difference is all about timing and opportunity. Yep, let me say that again, it's about timing and opportunity!!!

BOTTOM LINE-The experts agree that one can "normalize" sugar levels with weight loss. Weight loss will improve the "clinical outcomes" of both prediabetes and if you already have a diabetes diagnosis. So it's not clear that prediabetes is just diabetes seen earlier, but it is a risk factor telling you, "Boy, chances are good that if you keep going in this direction, you're going to get caught".

The Diabetes Center for Excellence provides education, services and support to help develop strategies for the prevention of diabetes and the prevention of diabetes complications. If you feel the timing is right for you, make that opportunity real and book an appointment with our team by calling 358-9667.

15 Most Common Health Concerns for Seniors

Senior living includes carefully managing chronic conditions to stay healthy. You need to make healthy lifestyle choices, like staying active and losing weight, to avoid senior health risks. Below are the most common health concerns for seniors that can be avoided and/or managed with physical activity and a healthy diet.



- Arthritis
- Heart Disease
- Cancer
- Respiratory Diseases
- Alzheimer's disease
- Osteoporosis
- Diabetes
- Influenza and Pneumonia
- Falls
- Substance Abuse
- Obesity
- Depression
- Oral Health
- Poverty
- Shingles



Garden Fresh Recipes

Parmesan Zucchini Fries



Ingredients:

2 medium fresh zucchini
 1 egg white
 1/4 cup low fat milk
 1/2 cup shredded parmesan cheese
 1/2 cup seasoned bread crumbs (or add dried Italian herbs to plain bread crumbs)
 Cooking spray

Directions:

Preheat oven to 425. Cut zucchini into 3 inch sticks (fries). Whisk the egg white in a small bowl and add the milk. Combine parmesan cheese and seasoned bread crumbs in a separate bowl. Dip the zucchini sticks into the egg mixture and then roll in the parmesan mixture. Coat a baking sheet with cooking spray and place the zucchini in a single layer on the baking sheet. Bake for 25-30 minutes or until golden brown. Serve warm.

Quick and Easy Recipe
 Only 5 Ingredients!

Enjoy as a side dish with grilled
 chicken or grilled salmon.

Enjoy as a snack!

Grilled Fish and Garden Vegetables

Makes: 2 servings Total Time: 35 minutes

Ingredients:

1/2 cup cherry tomatoes, halved (or garden tomatoes cut into pieces)
 1/2 cup summer squash and/or zucchini, chopped
 1/2 cup red onion, thinly sliced
 1/2 cup of fresh green or yellow beans, ends trimmed and steamed
 3 TBSP black olives, drained, rinsed and sliced
 1 TBSP lemon juice
 2 tsp fresh oregano, minced (1/2 tsp dried)
 1 TBSP olive oil, plus extra for the foil packet
 1/2 tsp ground black pepper
 1/2 pound fresh, mild white fish, cut into 2 equal portions

Directions:

Preheat grill to medium heat. Combine all ingredients *EXCEPT* fish in a large bowl. Mix well. To make packet: place two 20 inch pieces of foil on top of each other. The double layer helps protect the food from burning. Drizzle the top sheet with olive oil. Place the fish on the foil, cover with the vegetable mixture. Bring the short ends of the foil together, leaving enough room in the packet to gather steam. Fold the foil over and pinch to seal. Make sure all the seams are sealed so steam can't escape. Place the packets on the grill and cook until the fish is cooked through, about 10 minutes. If it is a thicker piece of fish it will take longer. Fish should be opaque and flake with a fork. *Try haddock, cod, wild caught salmon or shrimp*

Health Benefits of Zucchini:

Loaded with vitamin A
 Low in calories
 High in fiber
 Easy to cook
 Easy to grow
 Versatile Vegetable
 Can be used as "zoodles" noodles

Local Farmer's Markets

Massena
 Thursday and Sunday
 10am--2pm
 Danforth Place Park
 Massena, NY

Tri Town
 Saturdays
 9am--2pm
 Municipal Parking Lot
 Brasher Falls, NY

Bombay
 Saturdays
 10am--2pm
 Rec Park Pavilion
 Bombay, NY

Tomato and Mozzarella Skewers



Ingredients:

Cherry tomatoes, rinsed and dried
 Fresh basil, rinsed and patted dry
 Fresh mozzarella balls, excess liquid removed
 Ground black pepper
 Good quality olive oil

Directions:

Alternate tomatoes, basil and mozzarella on a skewer. Sprinkle with black pepper and drizzle with olive oil. Serve at room temperature.

Can also be made into a salad, instead of skewers gently mix all ingredients in a serving bowl and drizzle with olive oil and sprinkle with black pepper.

Zucchini with Corn and Cilantro



Ingredients:

1 teaspoon olive oil
 3 1/2 cups fresh zucchini, washed and cut into cubes
 1 cup fresh or frozen yellow corn
 1 TBSP fresh cilantro, chopped
 1 tsp lime juice
 ground black pepper as desired

Directions:

Heat oil in a large skillet over medium high heat. Add zucchini and corn, cook, stirring occasionally for 7 to 8 minutes or until zucchini is tender. Remove from heat and add remaining ingredients, gently mix. Serve warm or chilled.

Try as a topping to tacos, mixed with cooked/chilled quinoa, or as a side dish.

No Salt Herb Marinade for Grilled Vegetables

Ingredients:

2 teaspoons Fresh Parsley
 2 teaspoons Fresh Rosemary
 2 teaspoons Fresh Thyme
 2 teaspoons Fresh Chives
 1/4 tsp Ground Black Pepper
 1/3 cup White Wine Vinegar
 2 TBSP Olive Oil

Directions:

To make marinade: Mix all ingredients. Store in an airtight container.

To marinate vegetables: Place washed and prepared garden vegetables into Zip-loc bag, add desired amount of marinade 20 -30 minutes before cooking. Seal the bag. Mix well. Rotate bag often. When ready to cook, add marinated vegetables to the grill or a grill rack and cook thoroughly.

COOKING DEMO!

Zucchini Recipes
 Using fresh zucchini from our
 LGHP Gardens!

August 23, 2016

12pm-1pm

Diabetes Center for Excellence
 Theatre Kitchen

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