



Tsiothóhrha/December 2014



Tsitewatakari:tat/The Let's Get Healthy Program

Diabetes Center for Excellence

66 Business Park Road

Akwasne

518-358-9667



Diabetes Extravaganza

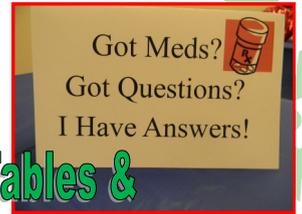
Over 50 people came out to celebrate American Diabetes Month with The Let's Get Healthy Program. There were representatives from the Saint Regis Mohawk Health Services Outreach and Pharmacy departments, as well as blood pressure/blood sugar screenings, cooking demonstration/taste testing and physical activities lead by the Let's Get Healthy Program staff. Guest speakers from near and far discussed different aspects of diabetic care, along with what is offered at the Diabetes Center for Excellence and the Saint Regis Mohawk Health Services.



Guest Speakers



Informational Tables &



Blood Pressure/Blood Sugar Screenings



Fitness Demonstrations



Cooking Demo & Taste Testing



Just a Friendly Reminder

If you receive an Annual Reminder Postcard, please call the office to schedule an appointment with your Nurse Case Manager. We will schedule all necessary lab and provider appointments for you, in order to ensure all requirements of your annual are met. If a provider has already scheduled a lab for you, please inform the Nurse of the date, so we can use these results for your Annual Completion. Nia:wen
Mera Faubert-Data Clerk Specialist



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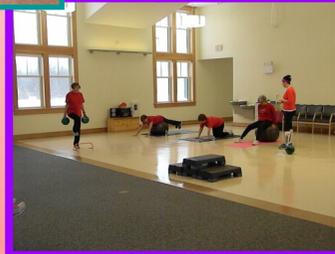
YEAR END REVIEW

Our first year at the Diabetes Center for Excellence!

Grand Opening
Diabetes Alert Day
Wear Red Day

Monthly Cooking Demonstrations
Weekly Guided Relaxation
Weekly Body Works Class
Weekly Club Circuit
Weekly Lunchtime Yoga
Diabetes Extravaganza
Guest Speakers
Twilight Fun Run

National Start Walking Day
And so much more! Be on the lookout for more exciting programs throughout 2015!



Don't forget about your beverages.

A small hot chocolate from Tim Horton's has 9.5 teaspoons of sugar (38grams carbohydrate)
A small hot chocolate from Dunkin Donuts has 7.5 teaspoons of sugar (30 grams carbohydrates)

Fitness

Progression of a Perfect Push-Up

Phase I: THE WALL PUSH-UP

Stand a comfortable distance away from a clear wall, usually an arm's length. Place wrists slightly wider than shoulder distance apart or in a position that is comfortable for you. Inhale as you bend the elbows and-keeping the torso in a straight line-bring the nose close to the wall. Exhale as you straighten the elbows and return the starting position.

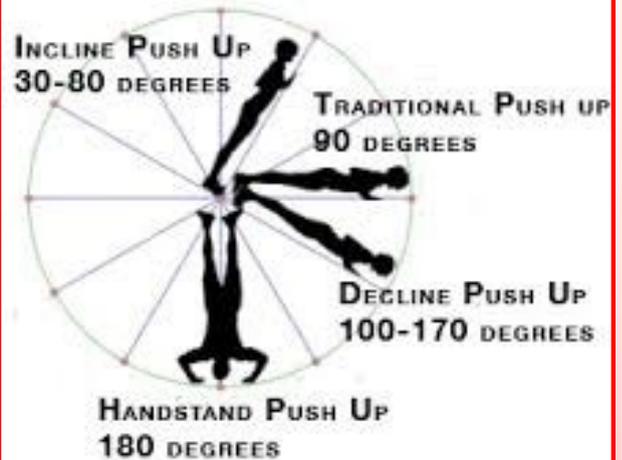
Phase II: THE INCLINE PUSH-UP

Once you are able to maintain proper form in the torso, try decreasing the angle of the push-up. Stand with hands on a ledge or countertop, wrists slightly wider than shoulder width apart or at another comfortable position. Inhale as you bend the elbows and bring the chest close to the surface. **MAKE SURE THE BACK DOES NOT ARCH!** Exhale as you straighten the arms and return to the starting position.

Phase III: THE PUSH-UP

Start on the floor, either on the toes or on the knees. Place hands in a comfortable position slightly wider than shoulder distance apart. Inhale and bend the elbows lowering the torso parallel to the floor. Exhale to straighten the elbows and return to the starting position.

PUSH UP PROGRESSIONS FROM BEGINNER TO ADVANCED



Progression of a Perfect Squat

Phase I:

Start by simply sitting in a chair so that the buttocks is on the very edge of the seat. Press through the heels of both feet and stand up without using arms. Repeat 10-15x's, 2-3x's a day.

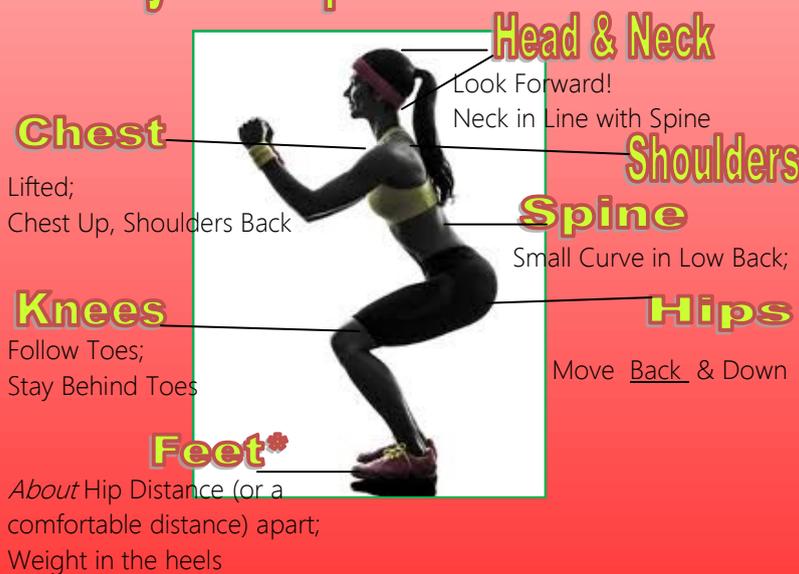
Phase II:

Still using the chair, mindfully shift the weight to the heels and bend the knees. Lower the buttocks and lightly tap the seat of the chair **WITHOUT ACTUALLY SITTING**. Exhale as you press through the heels back to a standing position. Repeat 10-15x's, 2-3x's a day

Phase III:

Remove the chair and continue to maintain proper form. As you build strength in the legs you will eventually be able to squat lower. When squatting becomes comfortable, increase the intensity by adding weight (holding onto something heavy) or by adding a plyometric movement (i.e. jumping instead of standing).

Anatomy of a Squat



The holidays are coming, stay active and fit during the holidays.

Make a plan and stick to it. Plan your physical activity for early morning before you are up to your ears in wrapping paper, tape and ribbons.



Healthier Ho

Homemade Corn Tortilla Chips

Ingredients:

Corn tortillas
Olive oil/canola oil
Spices and flavorings of your choice



Use with
Homemade
Hummus or the
Pear &
pomegranate
Salsa!

Directions:

Preheat the oven to 350 degrees. Stack 2 corn tortillas on top of each other on a cutting board and cut into 4 equal pieces using a pizza cutter, add the cut pieces to a zip top gallon size bag. Continue to do this until you have enough chips. Add a drizzle of olive oil to the bag and shake chips and oil until tortillas are well coated. Once coated remove from bag and place on a baking sheet in a single layer. Sprinkle with any spices or flavorings you wish to add. Bake in the oven for 7-8 minutes checking on them often. When chips have started to get golden brown remove from oven and flip each chip over. Continue to bake for another 2-3 minutes or until both sides are golden brown.. Remove from oven and let cool. Leftovers can be stored in an airtight container.

1 serving is equal to 4 chips (made from one 6 inch corn tortilla)

Ingredients:

1- 15 ounce can garbanzo beans (chickpeas)
2 TBSP lemon juice
2 TBSP tahini (sesame seed paste)
1 TBSP olive oil
1 Clove garlic, minced
1/4 tsp ground black pepper

Homemade Hummus



Directions:

Save liquid from can of chickpeas

Drain and rinse chickpeas in a colander. Combine all other ingredients in a food processor. Process until blended, slowly adding the reserved liquid from the chickpeas only until desired consistency is reached. Transfer from food processor to a serving bowl.

Refrigerate any unused portions in an airtight container for up to 2 days.

1 serving is equal to 1/4 cup

Try this

As a dip with whole grain crackers, or vegetable slices

As a sandwich spread in place of mayo

As a salad topping in place of salad dressing

If you do not have a food processor you can use a potato masher, consistency will be thicker.

Try these add ins

Roasted red peppers

Fresh garlic

Roasted garlic

A dash of cayenne pepper

Mrs Dash spices

Lime in place of lemon and a dash of cumin

A scoop of pumpkin puree

A sprinkle of fresh parmesan cheese

Natural creamy peanut butter in place of tahini



Why is it healthy?

Contains protein, fiber and healthy fats as compared to other dips that are high in salt, preservatives and unhealthy fats. Can be used as a vegetarian source of protein in meals or snacks. It is easily paired with other healthy foods like whole grain crackers, fresh raw vegetables and dark green salads. Making it yourself you can control the ingredients and

Roasted Chick Peas

Ingredients:

1- 15 ounce can of chick peas
1 TBSP olive or canola oil
Spices and flavorings of your choice

Directions:

Preheat oven to 400 degrees.
Drain and rinse the chickpeas in a colander, set out on paper towels and let dry. To speed up the process of drying pat dry with paper towels. Line a baking sheet with parchment paper. Add Chickpeas, olive oil and any spices or flavorings to a gallon size zip top bag and shake until mixed. Spread the seasoned chickpeas on the baking sheet in a single layer. Roast in the oven for 30-40 minutes. Shake the pan every 5 minutes to ensure even cooking and that they do not burn. When golden brown and starting to get crispy remove from oven and let cool on the counter. Once cool they can be stored in an airtight container for 3 days.

1 serving is equal to 1/4 cup

Try this

Use as a topping for salads in place of croutons or bacon bits

Add to a heart healthy trail mix with unsalted pistachios and unsalted pretzels

Snack on them plain in place of peanuts or other salted snacks

Try these flavors

Your choice- try a Mrs Dash flavoring that sounds good

Keep it simple with ground black pepper

Make it Spicy with a dash of cayenne pepper

Try it smoky with smoked paprika

Add a touch of sweetness before cooking with a drizzle of maple syrup

Sprinkle with fresh grated parmesan cheese and garlic powder

Why is it healthy?

Contains protein, fiber and healthy fats making them a filling, crunchy snack.

They can be made low in sodium depending on the spices/flavorings you use.

They are low in sugar and very cheap to buy.

Holiday Snacks



Pear & Pomegranate Salsa

Makes: approx. 3 cups

Ingredients:

- 2 fresh pears (any variety) cored and diced
- 1 fresh pomegranate, seeded (all rind removed)
- 1/4 cup red onion, finely chopped
- 1/2 cup fresh cilantro leaves, washed and chopped
- 2 TBSP lime juice
- Ground black pepper to taste

Directions:

Gently mix all ingredients in a bowl until well combined. Cover and refrigerate until ready to serve. Can be stored in an airtight container for up to 2 days.

1 serving is equal to 1/2 cup

Try this

Serve with whole grain crackers, pita chips, or corn tortillas. Serve on top of a bed of dark mixed greens as a salad.

Add chopped citrus fruits: oranges or grapefruit
Add other seasonal fruit: apples, different colored pears

For a sweet salsa omit the cilantro and red onion and add a few tablespoons of low sugar fruit preserves and chopped fresh berries or other seasonal fruits like mango and pineapple.

In place of lime juice try orange juice or pineapple juice.

For a more subtle flavor try using a sweet onion in place of the red onion.



Health Benefits

Seasonal fruits are the most flavorful and the most economical to buy.

Crunchy, sweet and savory snack that provides a good source of antioxidants, fiber and is low



Ingredients:

Homemade Trail Mix

- 2 TBSP healthy nuts
- 1 Tablespoon Dark Chocolate pieces
- 1/4 cup high fiber cereal
- 2 TBSP dried cranberries or cherries

Directions:

In a small bowl mix or a snack bag mix together all ingredients and Enjoy!

Try this

- | | |
|----------------------|---------------------|
| Walnuts | Dark chocolate M&Ms |
| Pecans | Dried cranberries |
| Almonds | Raisins |
| Dark chocolate chips | Dried cherries |

Gluten free corn or rice chex

*If you make a large bag ahead of time do not add dried fruit until you are ready to eat it as it will make the trail mix soft/soggy.



1 serving is one recipe



Health Benefits

This snack has healthy fats, good carbs and is just the right mix of sweet and crunchy with a few bits of chocolate thrown in their for heart health! It is a great "grab and go" snack to keep in your bag or in the car.

How to open and de-seed a pomegranate

Step by Step

#1 wash the outside of the fruit well.
 #2 on a plastic cutting board, hold the fruit upright and use a large sharp knife to make a vertical cut down the middle to split the fruit in half. Always use plastic as the pomegranate juice will stain a wood or bamboo cutting board.

#3 Make a 1 inch cut in the top of the 2 pieces, so they are ready to be split again. Place the pieces into a clean bowl and fill with cool water until fruit is submerged.

#4 With your hands beginning at the 1 inch split carefully pry each piece in half so that now you are working with 4 pieces of fruit.

#5 Using your fingers gently separate the seeds from the rind. Once all the visible seeds are removed continue by gently prying apart the rind to reveal more sections of seeds. The seeds will quickly sink into the water and the rind will float on the surface.

#6 Once all of the seeds have been removed remove the floating pieces of rind, use your fingers once more to brush over the seeds sitting in the bowl to remove any pieces of rind that are still attached to seeds.

#7 strain out the water and your seeds are ready to be used. They can be eaten as is, used in recipes or patted dry and frozen to be used in the future.

Health Benefits:

They are an antioxidant rich food, helps to reduce inflammation
 They are high in vitamin C and potassium. They are a good source of fiber.
 A 1/2 cup serving of pomegranate seeds:
 Total calories: 71 Total Carbs: 16grams
 Total fiber: 4 grams
 Total Protein: 1.5 grams
 Total Potassium: 204 milligrams



Nurse Care



Welcome to HealthSlate



What is HealthSlate?

In 2013 the American Association of Diabetes Educators (AADE) along with a mobile health company A to Z Health introduced the latest technology in Diabetes Education, the creation of AADE HealthSlate. AADE HealthSlate is the first tablet computer developed specifically for diabetes educators. HealthSlate provides a rich set of teaching aides, clinical resources, and patient management tools that help diabetes educators teach and support patients, increase the efficiency of their practice, and stay current on clinical guidelines and AADE programs.

In 2013 our staff at Diabetes Center for Excellence attended the AADE 2013 annual meeting and received complimentary tablets, which we are now ready to introduce to our patients! After launching HealthSlate in 2013, AADE and HealthSlate took the recommendations from diabetes educators and announced the expansion of the AADE HealthSlate tablet program which provides members a tablet with teaching aides, clinical resources and patient management tools.

The new HealthSlate 2.0 app, available today, includes new major features that were requested by tablet users including:

- The ability to download apps from Google Play store;
- Cloud storage that educators can use to upload their own teaching content, which can be accessed via the PC or tablet;
- Access to online glucose meter insurance and drug pricing information;
- Tablet-based forms for patient history and goals setting;
A new Carb Challenge for teaching carb counting skills.
- The ability to browse the web, send/receive emails and download apps.



What does the AADE app include?

The AADE HealthSlate app includes the teaching tools that are based on the AADE7 Self-Care Behavior teaching framework, including:

- Videos including more than 60 video clips organized by AADE7 topics
- Animations, including approximately 180 animations for teaching insulin injection schedules
- Games that can be used as fun group activities and patient knowledge assessments
- A medication guide
- Diagrams of commonly taught concepts like Nutrition Labels, Plate Method, and Glucose Logs

If interested in learning more about the HealthSlate tablet call and make your appointment today. As of this time HealthSlate tablets are only available to AADE members and can be purchased at <http://www.healthsplate.com> for \$99; the AADE HealthSlate App is provided as a no cost annual license (AADE member number required.) In addition AADE members can also download the AADE HealthSlate App onto their own iPads and Android tablets at no cost. Non-members will be able to license the app for \$100/yr for use on their own tablets.

Prevent holiday weight gain and excess stress, by ensuring you get 8 hours of sleep , drink plenty of water, and try to exercise atleast 30 minutes each day. For more stress management tips, check out Guided Group Relaxation every Friday at the Let's Get Healthy Program at the Diabetes Center for Excellence.

358-9667





Nurse Care



Mindful Eating During the Holidays

Do you eat so quickly that you usually end up stuffing yourself? Or do you tend to eat in front of the TV, and before you know it, your meal is gone? If these situations sound familiar, you are not alone.

Food is a central part of our lives, and some research has shown that we make more than 200 food-related decisions every day. There are countless restaurant options and foods to choose from at the grocery store. We see food advertised everywhere - on television, online, and many other places as well.

With all of these triggers telling us to eat, it's easy to forget the essential purpose of our food: to nourish our bodies and provide us with energy. If you have trouble controlling cravings or overeating unhealthy foods, it may help to work on being more mindful when you eat.

What exactly is Mindful Eating?

Many people eat mindlessly at meal time or when they snack. It's common to eat while watching television, while on the computer, and while driving. When you eat mindfully, you slow down the process of eating, turn off autopilot, and focus on the present moment. Increasing your awareness of the present moment helps you become more conscious of your food choices, and requires you to use all five of your senses. This helps you truly taste and enjoy your food - without stuffing yourself. When you eat mindfully, it also makes you more aware of your body's cues that tell you how hungry or full you are.

Mindful Eating at Home

Like anything, learning to eat mindfully takes practice. If you want to give it a try, pick a time when you don't have a lot of distractions. Start by choosing a single food that is not very tempting to you. (A piece of fruit, a carrot, or a raisin might be a good place to start). Before you even put the food in your mouth, look at it closely. Notice the color, the texture, and the smell. Then, put the food in your mouth and let it sit on your tongue. Use your tongue to explore the shape and texture. You may even want to close your eyes at this point, so you can solely focus on the food in your mouth. Then, start to chew slowly and notice the flavors, textures, and smells that come in and out as the food breaks down.

All this time, stay in the present moment. Think about the current taste of the food instead of anticipating the next bite or having more. Before reaching for another bite, notice whether you are doing so out of craving or because you are physically hungry. Once you've gotten a feel for it, try eating more mindfully at one meal or snack each day. Over time, you can gradually make it a habit that you practice at all meals of the day. You'll find that you are actually tasting your food, enjoying meal time, and are more in control of what and how much you eat.

Tips To Beat Mindless Eating

Here are a few practical tips to help you eat more mindfully:

1. Sit down to eat. Avoid distractions like reading, the television, or the computer at meals and snacks. Don't multi-task while you are eating.
2. Consciously tell yourself to slow down before eating. Take smaller bites and chew your food well. To slow down the process of eating, try putting your fork down between bites. You can also try eating with your opposite hand.
3. Use the hunger rating scale before you decide it's time for a meal or a snack. It can help you recognize if you are simply having a craving, wanting to eat due to an emotion, or if you are actually hungry.
4. Remember that you can't eat what's not there. If you have trouble with overeating or mindlessly eating certain foods, try not to buy them. Save them for a special occasion or just enjoy them when you are out to eat.
5. Eat from a smaller plate or bowl. Doing so actually makes us feel like we are eating more. When you eat from a larger plate or bowl, most people tend to fill it up and eat more.
6. Be mindful when choosing your foods. Don't just grab the first thing you see. Tune in to what you want, and consider whether your choice will provide you with some nutrition.
7. Out of sight, out of mind is another concept that can work. Put healthy snacks on the counter where you can see them. Put healthy foods in the front of your pantry and refrigerator too since you are more likely to choose the first thing you see.
8. Explore whether certain emotions trigger you to eat.

Eating mindfully may be a good way to help you enjoy your food more and control portions. If you have family members that you normally eat with, try out mindful eating together!



* NEWS *

Our office will be closed on
December 25, 2014
January 1, 2015



Please plan ahead for the holiday season and pick up your supplies early!

BodyWorks Classes

Canceled
December 3rd
&
December 31st

Move For Health! Classes

are canceled
on
December 25th
&
January 1st

Feeling stressed?
Blood sugars out of control?
In need of some relaxation?



Group Guided Relaxation
Every Friday
9:50am-10:15am
Diabetes Center for
Excellence
Relaxation Room

COOKING DEMO Holiday Appetizers!



December 18th
11:00a.m. - 1:00p.m.
Diabetes Center
for
Excellence
Theatre Kitchen
Please register by
Dec. 15th.
Space is limited
CALL EARLY!

Don't use the
weather as an excuse
to stop exercising!

***Skating**
***Walking**
***Snowshoeing**



Exercise Classes: Move For Health

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

Community Classes: Club Circuit

Wednesday 12:05-12:50pm
Friday 9:00-9:45am
Steevi King

Lunchtime Yoga

Tuesday and Thursday
12:05-12:50pm
Mary Terrance

Body Works

Monday and Wednesday
4:30-5:15pm
Mary Terrance

Chair Yoga

SRMT Office for the Aging
Tuesday
10:00am-11:00am

All exercises classes offered
by the
Let's Get Healthy Program
are free.

Ages 18 years and older.
Please wear comfortable
clothes and bring clean/dry
footwear.



Helping Build
A Better
Tomorrow