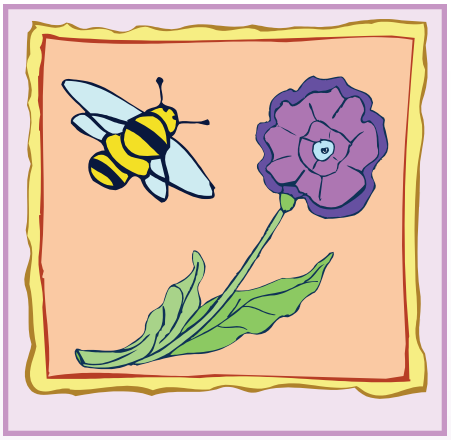

Onerahtohko:wa/April 2014

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

National Walking Day April 2nd

On Wednesday April 2, the Let's get Healthy Program will join the American Heart Association in celebrating National Walking Day. It's a day to challenge ourselves and our nation to get heart healthy and fit.

Physical inactivity is a major national problem. Eighty percent of adults in America don't get enough physical activity. This means we are at a greater risk for heart disease, stroke and other blood vessel diseases.

But we're not going to take it sitting down.

On April 2, we'll join millions of Americans as they pledge to live a healthier lifestyle and get physically active.

Here's what you can do to join in the celebration:

- Show your support and wear sneakers to school or work on April 2.
- Join our walk from 4 pm to 6 pm at the Tewathahita Walking Trail and pledge to live a healthier lifestyle!
- Since you'll be wearing your sneakers, we challenge you to take a 30-minute walk on Wednesday and keep it up! Start a habit of daily walking.
- Visit StartWalkingNow.org and use the American Heart Association's free tips, tools and trackers to stay motivated on your walking program.

Don't forget to mark your calendar for 4pm to 6pm on April 2 to join us in our celebration! Enter for a chance to win a door prize. A light meal will be served at the Diabetes Center for Excellence. For more information, please contact the Let's Get Healthy Program: (518) 358-9667.

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April is Stress Awareness Month

Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is a necessity.

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses – from headaches to stomach disorders to depression – and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

The Fight or Flight Response

The sympathetic stress response is a survival mechanism that's "hard wired" into our nervous systems. This automatic response is necessary for mobilizing quick reflexes when there is imminent danger, such as swerving to avoid a car crash.

When you perceive a threat, stress hormones rush into your bloodstream—increasing heart rate, blood pressure, and glucose levels. Other hormones also suppress functions like digestion and the immune system, which is one of the reasons why chronic stress can leave you more vulnerable to illness.

Danger triggers the stress response – but, unfortunately, so can work conflicts, worry over debt, bad memories, or anxiety. Although one bad day at work won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk for disease.

Combat Your Stress

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options:

Recognize when you don't have control, and let it go.

Don't get anxious about situations that you cannot change.

Take control of your own reactions, and focus on what makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.

Develop a vision for healthy living, wellness, and personal- professional growth and set realistic goals to help you realize your vision.

Implementing A Healthy Life Style Goal

The key to creating and implementing a healthy lifestyle goal into your daily routine takes only a few minutes of your time. Here are some tips for success:

- Identify a goal (something you really want that is attainable with effort) for example, drinking more water.
- Reach your goal by making a plan and taking action, for example, buy a 12 pack of bottled water

Utilize checklists. Checklists are powerful because they are efficient. They reduce stress, conflict, increase independence and set you up for further lifestyle changes: SUCCESS!!

As a diabetic , you face many changes and you may find it hard to manage all your diabetic care needs.

Start slow. Pick one thing to implement at a time. Then as a goal is met, add it in your daily routine.

For example: (pick one)

Testing your blood sugar when you wake up every day.

Drinking more water

Eating 3 meals per day

Eating a snack before bed

Taking your meds daily

Walk for 15, 30 or 45 minutes a day.

Submitted by, Susan Gale, RN, Nurse Case Manager

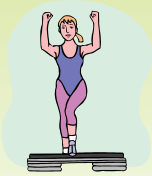
Fitness Page

Exercise and stress: Get moving to manage stress

Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries.

All physical activity, from aerobics to yoga, is beneficial. If you're not an athlete or even if you're downright out of shape, you can still make a little exercise go a long way toward stress management. Discover the connection between exercise and stress relief — and why exercise should be part of your stress management plan.

Exercise and stress relief



Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. But exercise also has some direct stress-busting benefits.

It pumps up your endorphins. Physical activity helps to bump up the production of your brain's feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner's high, a rousing game of tennis or a nature hike also can contribute to this same feeling.

It's meditation in motion. After a fast-paced game of racquetball or several laps in the pool, you'll often find that you've forgotten the day's irritations and concentrated only on your body's movements. As you begin to regularly shed your daily tensions through movement and physical activity, you may find that this focus on a single task, and the resulting energy and optimism, can help you remain calm and clear in everything that you do.

It improves your mood. Regular exercise can increase self-confidence and lower the symptoms associated with mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All this can ease your stress levels and give you a sense of command over your body and your life.

Article from www.mayoclinic.org

Walk Your Way to Fitness!

Walking is something that we learn even before we talk. It a natural movement for humans and has many benefits for our body and health. What people tend to forget is proper walking form. Here are some points to consider:

- Look forward not at ground
- Stand tall with shoulders back, neck and head aligned with your spine. Do not arch!
- Gently tighten your stomach muscles
- Swing arms freely with slight bend at elbows. You can only walk as fast as your arms pump!
- Walk rolling foot heel to toe
- Avoid clenching hands
- Wear proper foot wear

Remember proper walking form can help you move more efficiently and prevent injuries and stress on our bodies. Enjoy the benefits of walking, progress slowly and always remember to walk safely.

Steevi King: Health Promotion Specialist

Healthy Recipes

Apricot Glazed Pork Loin Roast

Makes: 8servings
Prep time: 5 minutes
Cooking time: about 40 minutes

Calories: 165
Carbohydrate: 6g
Sodium: 80mg
Protein: 20g

Ingredients

Glaze

1/2 cup no-sugar-added apricot preserves
1 Tbs. Dijon mustard
1 Tbs. balsamic vinegar
1 tsp. peeled, grated ginger
1 boneless pork loin roast (about 2lbs) Trimmed of excess fat

Directions:

1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper, or coat a roasting rack with cooking spray and place inside roasting pan
2. In a small bowl, mix the glaze ingredients. Remove 1/3 of the mixture and set aside. Brush 1/3 of the mixture over the pork loin roast and place on the baking sheet or roasting rack.
3. Roast pork for 20 minutes. Brush another 1/3 of sauce over the pork and continue to roast about 20 minutes, until the pork registers 165 degrees on a meat thermometer. Remove the roast from oven and let stand for 10 minutes for the juices to settle, making carving easier. Serve slices with the remaining apricot glaze mixture on the side.

Balsamic-Glazed Green Beans and Pearl Onions

Directions

1. Place beans into a large saucepan of boiling water; cook 3 minutes. Drain and rinse with cold water; drain well. Place beans in a large bowl; set aside.

2. Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat. Add onions; sauté 3 minutes or until lightly browned, stirring frequently. Add broth, vinegar, and sugar; bring to a boil. Simmer 3 minutes or until syrupy. Add beans, remaining 2 teaspoons olive oil, salt, and pepper; toss to coat. Cook for 2 minutes or until thoroughly heated.

Ingredients

- 1 1/4 pounds green beans, trimmed
- 4 teaspoons olive oil, divided
- 6 ounces red pearl onions, halved lengthwise and peeled
- 1/4 cup fat-free, lower-sodium chicken broth
- 3 tablespoons balsamic vinegar
- 1 tablespoon sugar or Splenda
- 1/2 teaspoon freshly ground black pepper

Healthy Recipes

Lemon Tart with Ginger-Oat Crust

Ingredients

- Nonstick cooking spray
- 1 recipe Ginger-Oat Crust (below)
- 2 egg yolks or 1/4 cup refrigerated or frozen egg product, thawed
- 2/3 cup sugar or sugar substitute blend* equivalent to 2/3 cup sugar
- 2 tablespoons cornstarch
- 1 tablespoon finely shredded lemon peel
- 6 tablespoons lemon juice
- 6 tablespoons water
- 1/4 cup Smart Balance buttery spread
- 1/2 cup light dairy sour cream
- Lemon slices, lime slices, and/or orange slices (optional)

Directions

1. Preheat oven to 350 degrees F. Coat a 9-inch tart pan with removable bottom with nonstick cooking spray. Using your damp fingers, press Ginger-Oat Crust dough onto bottom and up the side of the prepared tart pan. Line crust with a double thickness of foil that has been lightly coated on the bottom with nonstick cooking spray. Bake for 8 minutes. Carefully remove foil. Bake for 5 to 7 minutes more or until crust is lightly browned. Cool completely on a wire rack.
2. In a small bowl, use a fork to lightly beat egg yolks; set aside. In a medium saucepan, stir together sugar and corn-starch. Stir in lemon peel, lemon juice, and the water. Cook and stir over medium heat until thickened and bubbly. Stir half of the lemon mixture into egg yolks. Add egg mixture to lemon mixture in saucepan. Cook and stir over medium heat until mixture comes to a gentle boil. Cook and stir for 2 more minutes . Remove from heat. Whisk in Smart Balance spread until well mixed. Cover surface of the cooked lemon mixture with plastic wrap. Let stand at room temperature for 15 minutes. Whisk in sour cream until well mixed.
3. Pour lemon mixture into cooled tart crust. Cover loosely and chill at least 1 hour before serving. Remove side of pan to serve. If desired, top with lemon, lime, and/or orange slices.

Nutrition Facts Per Serving:

Servings Per Recipe: 10
PER SERVING: 223 cal.
11 g total fat
121 mg sodium
30 g carb.

Ginger-Oat Crust

Ingredients

- 1/4 cup softened butter
- 2 tablespoons packed brown sugar or brown sugar substitute* equivalent to 2 tablespoons brown sugar
- 1 egg white
- 1/2 teaspoon pure vanilla extract
- 1/3 cup all-purpose flour
- 1/2 cup ground gingersnaps (8 to 9 gingersnaps)
- 1/2 cup quick-cooking rolled oats
- 1/8 teaspoon ground ginger

Directions

1. In a medium bowl, beat softened butter with an electric mixer on medium to high speed for 30 seconds. Add packed brown sugar or brown sugar substitute* equivalent to 2 tablespoons brown sugar. Beat until combined, scraping bowl occasionally. Beat in egg white and vanilla until combined. Beat in all-purpose flour. Stir in ground gingersnaps, quick-cooking rolled oats, and ground ginger.

Tips For Managing Your Diabetes

Eat the foods you like:
Having diabetes doesn't mean you can't eat your favorite foods. It does mean you should know how your favorite foods will affect your blood sugar. Skills such as counting carbs, reading food labels and controlling portions will allow you to balance your food choices and your glucose levels.

Choose your plate wisely:
A healthy, balanced meal will satisfy your hunger and control your glucose levels. Choose a "portion plate" with mostly non-starchy vegetables, one serving of whole grains or starches, and a serving of protein, such as a lean meat, nuts or beans/legumes.

Keep a journal:
Getting in the habit of writing down important information will help you keep track of your meals, medications and glucose levels. A well kept journal should include time, medications given, meals eaten, and any glucose checks you did throughout the day. It may also be helpful to track physical activity and stress level.

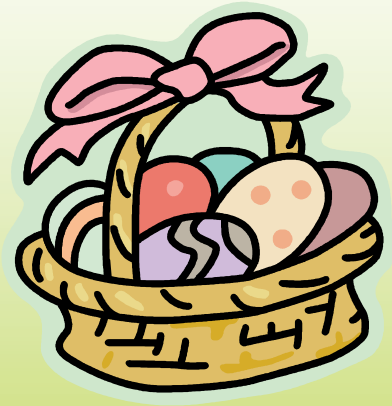
Manage your stress level:
We often forget that stress can elevate blood glucose levels. Living with chronic health conditions like diabetes, is stressful and can affect our moods. It is important to take time each day to engage in stress reduction activity. For example, physical activity, deep breathing exercises, yoga, stretching, meditations or other activities/hobbies that you find relaxing.

The Let's Get Healthy Program offers many programs and services that can help manage your health. If you have not seen an LGHP Case Manager lately, call today for an appointment. 518.358.9667
Article by Heather Pontius RD,CDN

Healthier Easter Treats

This year the Easter Bunny is offering many healthier and alternative options to fill the kid's baskets!

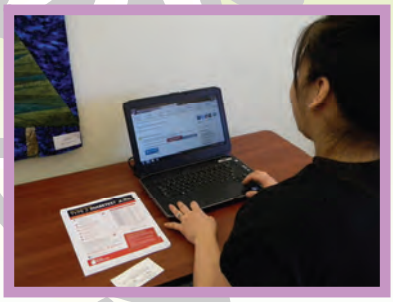
- Kites
- Small amounts of dark chocolate
- Goldfish crackers
- Garden Starter kit: gardening tools, seed packets, watering can, flower pots
- Stickers/tattoos
- Sidewalk chalk
- Bubbles
- Sugar-free gum
- Travel Board games/card games/activity packs
- Art basket: crayons, paper, markers, water colors, safety scissors, glue sticks
- Playdoh
- Jump rope
- Clementines/tangerines
- Healthy trail mix/nuts
- Fishing lures



Diabetes Alert Day

The Akwesasne community joined the Let's Get Healthy Program at the Diabetes Center for Excellence on Wednesday March 26, 2014 for Diabetes Alert Day. Starting at 11:30am, community members were able to have their blood pressure and blood sugars tested, fill out a Diabetes Risk test either online through the American Diabetes Association or on paper, make their own salt free and low salt spices, participate in the lunch time yoga and cooking demonstration, using the spices, and enter for a chance at a door prize. For every Risk test completed online, Boar's Head Brand will donate $5 to the American Diabetes Association, starting March 25– April 25,2014, to further diabetes awareness and education. To take the online risk assessment, simply log onto www.diabetes.org/are-you-at-risk/diabetes-risk-test/

Niawen:kówa to all who participated!



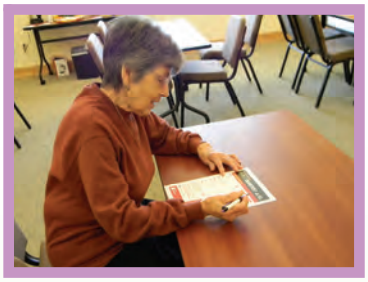
Online Risk Assessment

Lunch Time Yoga with Mary Terrance

Susan Gale RN, doing BP/BS Screenings

Paper Risk Assessment

Make your own spices



Filling out paper assessment

Enjoying healthy homemade snacks

Pouring ingredients for a low salt spice

Education and give away

Heather Pontius RD, CDN creating the final product

Low salt taco salad

Cooking demonstration participants

Grand Prize!

News

New!

The Let's Get Healthy Program
Diabetes Prevention Youth Fitness Classes.
Every
Tuesday & Thursday
Starting
April 29th

Times are as follows:

4:30- 5:15pm for ages 8-12
5:30- 6:15 pm for ages 13-17

Registration and assessments
April 15th & 17th
4-6 pm.

Please have your child wear comfortable clothing and bring clean, dry sneakers. Class size is limited and preference will be given to youth considered at high risk for developing type 2 diabetes.

Classes will be held at the Diabetes Center for Excellence, For more information, please call the Let's Get Healthy Program: (518) 358-9667.

Group Guided Relaxation

Every Friday
in
April
9:50am-10:15am
Relaxation Lounge
With
Heather Pontius,RD

Start Walking Day!

Wednesday
April 2, 2014
4:00-6:00pm

at the Tewathahita Walking Trail
start the walking season
followed by a light meal and prize drawing
at the
Diabetes Center for Excellence!

Cooking Demo

Wednesday
April 30th
11:30am-1:00pm
Spring Inspired Recipes

8 spots available

Please RSVP by April 28th
Call
Heather Pontius, RD
Let's Get Healthy Program
358-9667

Exercise Classes:
Move For Health

Nurse supervised exercise classes: Monday-Thursday
Class times:
8-9 9-10 10-11 11-12

Community Classes:
Club Circuit

Tuesday
1:30-2:15pm
Friday
9:00-9:45am
Steevi King

BodyWorks

Monday and Thursday
4:30-5:15pm
Calandra Curleyhead

Lunch Hour Yoga

Monday and Wednesday
12:05-12:50pm
Mary Terrance

Yoga at Seniors

Tuesday
10-11am
Mary Terrance

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

Please wear comfortable clothes and bring clean, dry footwear .

Helping Build A Better Tomorrow