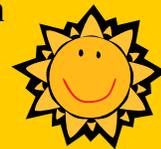




Seskéha/August 2014

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



The Let's Get Healthy Program offers diabetes care and diabetes prevention programs for everyone!



Teaming up in Bodyworks!

The Let's Get Healthy Program offers a number of healthy activities that are free and open to the Akwesasne community. Featured on this front page are July's events, including Twilight Fun Run, cooking demonstration, Fitness Classes : "Bodyworks", "Club Circuit" and "Lunchtime" and "Chair" Yoga. Check out our monthly newsletter for upcoming activities!



Cooking Demo: Frozen Treats



Twilight Fun Run

Cooking Demo: Grilling Fruits



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Traveling with Diabetes

If you have diabetes, traveling requires extra planning. Changes in meal patterns, activity levels, and time zones can affect your blood sugar levels. Here are ways to make your trip a healthy and enjoyable experience.

Before Your Trip

- Tell your doctor about your plans. Ask for a letter explaining that you have diabetes and some extra prescriptions. Carry this with you at all times during your travel.
- Ask the doctor about adjusting insulin doses if you're crossing time zones.
- Get twice as many supplies as you think you'll need.
- Be prepared. Scope out health care facilities where you're going.



What Should You Take?

- A piece of paper or card with your doctor's name and phone number. A list of current medicines. Keep it with you at all times. Medical identification that says you have diabetes.
- Medicines, syringes, blood sugar testing supplies, and all oral medications. Keep them in your carry-on luggage. Don't risk a checked bag getting lost or sitting in an unheated, uncooled cargo hold.
- Enough medicines and medical supplies to last an extra week.
- Some type of sugar source in case you develop low blood sugar.



Getting Through the Airport Here are steps you can take to make your trip through airport security with diabetes supplies hassle-free:

- Tell security that you have diabetes and have medical supplies with you. You can take them through security checkpoints, but they must have a prescription label and a proper manufacturer's label.
- Syringes will be allowed through security if you have insulin, too.
- Notify security if you're wearing an insulin pump. They will inspect the meter -- you must ask them not to remove it.

Caring for Your Feet

- Pack comfortable shoes, socks, and a first-aid kit to treat minor foot injuries.
- Bring at least two pairs of shoes so you can change them often. This can help you avoid blisters and sore pressure points. Follow your daily foot-care regimen. If you have a diabetic emergency while you're overseas and you don't know where to go, try the American consulate, the Red Cross, or a local medical school. (Article source WebMD)Submitted by Susan Gale, RN



Nurse's Note

August is one of the hottest months of the summer and it is important to maintain your hydration to help keep your blood sugar numbers balanced.

Water is one of the most natural ways to lower your blood sugar when partnered with exercise , eating three balanced, portioned meals and a snack when you feel you need it.

Many diabetic patients take blood pressure medications that contain a diuretic (water pills/fluid pills) and this makes it even more important to drink water when moving in this hot August weather.

Sweating while exercising helps rid your body of bad fats in your blood, like triglycerides. When you are exercising, moving regularly throughout each day ,sweating helps increase your good cholesterol (HDL), and lower your bad cholesterol (LDL).

Exercising and/or moving regularly throughout the day, helps to lower and balance your blood pressure, blood sugar, and lowering high fat levels in the blood.

So if all you chose to do each day is to move, and drink water while you move, give yourself a pat on the back, keep moving, and know that by doing this you are, regulating your blood sugar, blood pressure, and bad fats in your blood.

The Let's Get Healthy Program at the Diabetes Center for Excellence has nurse educators available, to help educate you about your healthcare needs and a fully equipped fitness room to help support your choice to move every day.

Come and join us by calling 518-358-9667. Submitted by Susan Gale, RN ,Nurse Case Manager.

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Akwesasne Boys and Girls Club

This summer the Lets get Healthy Program will be partnering with the Akwesasne Boys & Girls Club Summer Program for Teens. This 4 week program will be July 14- August 8.

The schedule is filled with fun activities, guest speakers and a physical fitness program organized by LGHP Health Promotion Specialist Steevi King.



7th Annual Twilight Fun Run/Walk Series

The 7th Annual Twilight Fun Run/Walk Series has started off with record numbers!

July 10th
82 Walkers/Runners/Strollers
263 Laps
157.8 Miles

July 17
42 New Walkers/Runners/Strollers
292.5 Laps
182.8 Miles

The Twilight Fun Run/Walk Series takes place every Thursday through the month of August, the event starts at 5:30 pm at the Tewathahita Walking Trail. All ages and fitness levels welcome. Walk or run as many laps as you would like, and receive a no sugar added popsicle at the finish line. So tie up those laces, grab the family and start walking!



Turn off t

Honey Glazed Grilled Watermelon

Ingredients:

- Seedless watermelon, cut into triangles leave rind intact.
- 2 tablespoons honey or agave nectar
- Ground black pepper-optional



Directions:

- Pre heat the grill to 350-400 degrees and clean well.
- Press the watermelon slices between sheets of paper towels to remove excess liquid.
- Brush the slices with honey/agave nectar.
- Put water melon on the grill and cook for 3-5 minutes or until grill marks have appeared and fruit is softened.
- Flip once if you wish.
- Remove from grill and sprinkle with ground black pepper. Enjoy warm on the rind or cut into cubes off the rind.

Try This!

- Serve as an appetizer, mix it into a salad or serve as a dessert.
- Salad Idea: cut into cubes and serve with feta cheese and mint with a drizzle of balsamic glaze or balsamic vinegar reduction sauce.
- Recipe can be made on a George

Grilled Apple Slices

Ingredients:

- 2/3 cup 100% orange juice
- 1 TBSP chopped fresh mint
- 2 TBSP honey or agave nectar
- 1 tsp vanilla extract
- 1/2 tsp ground ginger
- 3 granny smith apples, cored and cut into 4 (1/2 inch) slices, skin left on.



Directions:

- Combine all ingredients in a large Ziploc bag. Seal the bag and marinate in the refrigerator for 1-2 hours. Turn the bag occasionally but do not shake. When ready to grill preheat the grill to medium high heat, clean well. Place the apple slices onto the grill. Reserving the marinade. Grill for 3 minutes on each side, and baste with additional marinade if desired.
- Arrange on a platter and serve warm.

Try This!

- For a dessert use a sweeter apple like gala, golden delicious or pink lady.
- Serve with a Greek vanilla yogurt, honey yogurt dip or a scoop of vanilla ice cream.
- For a side dish or to add to a salad use a more tart apple like Granny Smith. Add to a sandwich with turkey breast and cheddar cheese. Pairs well with grilled chicken.
- Recipe can be made on a George Foreman Grill.

Grilled Peaches

Ingredients:

- 1 fresh peach, cut in half and pit removed
- 2 TBSP Yogurt Honey Dip (recipe on back)
- Sprinkle of chopped walnuts or pecans

Directions:

- Preheat the grill to medium high heat. Clean well and prepare with oil.
- Place the peaches flesh side down on the grill rack. Grill for 4-5 minutes and flip over. Grill for another 3 minutes. Remove from the heat and serve warm.

TRY THIS!

- Serve with yogurt honey dip or vanilla ice cream for a dessert.
- Chop and serve with other grilled fruits as a fruit salad or a fruit salsa.



WHY SHOU FRU

Fruit is perfect because it's prepared

Quick and easy for any meal as a salad, side dish or dessert.

WHICH FRU EASIEST T

Hard fruits like pineapple and the rind in tact are easiest to grill, since their shape holds while cooking.

Plums, peaches, mango and cantaloupe can also be grilled, but they become mushy.

Pick a fruit that's about ripe. It's away from over-ripeness they will overcook.

BASIC C INSTRUC

Pre heat the grill to high heat. Clean the grill and prepare with oil.

Grilling: Lightly spray the fruit with a drizzle of citrus (lemon or orange) juice and a little cooking oil.

Cook on the grill for 3-5 minutes, flip over and add another 3 minutes or until soft. Remove from the grill and serve warm with honey yogurt or vanilla cream or

Maple Cumin Glazed Mango

Ingredients:

- 1/2 cup pure maple syrup
- 1/4 tsp ground cumin
- 1/4 tsp ground cinnamon
- 1/4 tsp cayenne pepper-optional



Try This! Use this glaze for pineapple, peaches or bananas.

Directions:

Preheat the grill to medium high heat. Clean well. Add the syrup and spices to a bowl, whisk to combine. Add the mango chunks to the bowl and stir gently until coated with the glaze. Thread the fruit on the skewers. Place on the prepared grill and grill for 2 minutes and flip skewer. Continue grilling and flipping until fruit is soft and sugars have caramelized. Serve warm.

Honey Lime Grilled Pineapple

Ingredients:

- 1 TBSP canola oil
- 1 tsp ground cinnamon
- 2 TBSP honey or agave nectar
- 1 TBSP fresh lime juice
- 1 ripe, firm, pineapple
- 1 TBSP grated lime zest (optional)



Try This!

****Summertime Treat:** Serve with vanilla ice cream or with Greek vanilla or honey yogurt

****Salad:** Mixed greens salad with fresh berries, sliced almonds, shredded carrots and a raspberry vinaigrette dressing.

****Kebabs:** cut pineapple into bite size pieces, thread on prepared

skewers and cook, turning often, until golden brown.

****Plain:** Can also be made plain by spritzing with a mixture of canola oil, water and honey.

****Sandwiches:** Grilled chicken, Reduced fat swiss cheese

Directions:

Preheat grill to medium high heat. Clean well.

In a large bowl combine canola oil, cinnamon, honey and lime juice and whisk to blend. Set aside.

Peel and core the pineapple, cutting the pineapple into rings.

Place the pineapple in a bowl with the marinade and stir to coat. Place the pineapple on the grill and cook for 3 to 4 minutes, baste with the marinade. Turn the fruit over and reduce the heat of the grill. Continue to grill for another 3 to 4 minutes until pineapple is golden brown and tender. Remove from grill and sprinkle with lime zest. Serve hot or warm.

Yogurt Honey Dip

Ingredients:

- 1/2 cup plain Greek yogurt
- 1 TBSP honey
- 1 teaspoon fresh lemon juice
- a sprinkle of ground cinnamon

Directions:

Whisk all ingredients in a bowl until combined.



Use as a fruit dip or a dressing for fruit salad

Medical Nutrition Therapy



A "hands on" approach to healthy eating is learning how to cook healthy meals. Participants follow a recipe for grilled vegetable packets.

Nutrition Services at the Let's Get Healthy Program
LGHP offers Medical Nutrition Therapy as part of our treatment plans for all of our patients by our Registered Dietitian Heather Pontius, RD, CDN
Meal planning for diabetes and diabetes prevention.
Individualized nutrition counseling services.
Healthy eating for families and individuals.
Balanced meal ideas that are quick and easy to prepare.
Focus on portion plate/balanced meals.
Monthly Cooking Demonstrations.
Supermarket tours.
Label reading/food journal reviews.
You won't find a "diet." Our focus is on lifestyle changes for our patient and their family for the rest of their lives not just the next month or two.

Mind Body Program

The Mind Body Program at LGHP is a newly developed program as a way to provide diabetes care and diabetes prevention to our patients using a holistic approach to overall health and well being.

Mind Body interventions offered by LGHP

Sessions are available as community group sessions or by individual appointment to our patients.

Guided relaxations

Progressive muscle relaxations

Visualizations

Focused breathing exercises

Guided imagery

Stress reduction/management tools

Yoga Classes available to all community members

SunRISE yoga and meditation

Chair Yoga

Lunch Hour Yoga

These services help patients experience healing of their illnesses in a new and different way. The mind and the body are connected, we can use the mind body connection for healing and overall health.



LGHP Relaxation Lounge
Summer Cooking Demo
Mind Body Yoga Program
at St Regis Mohawk
School



7th 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: Thursdays-Summer 2014
July 10- July 17- July 24- July 31
August 7- August 14- August 21- August 28**

****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
518-358-9667**



News



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358-9667

Group Guided Relaxation August 1st, 15th, 22nd, & 29th

9:50am-10:15am
Relaxation Lounge



Individual or small group
Guided Relaxation Sessions
by appointment

Join us for a quiet time to relax,
renew and rejuvenate.

Cooking
Demonstrations
Thursday August 14

Better Burgers
11:30-1:00pm

Thursday August 28
Vegetarian Grilling
11:30-1:00pm

For more information
please contact

Heather Pontius, RD
358-9667



Cancellations/ closures:

Chair Yoga
will be
cancelled

August 12th, 19th,
and 26th

Lunch Time Yoga
Is cancelled for the
month of
August and will
resume in
September

**Mary is attending
Yoga Training**

Exercise Classes:

Move For Health

Nurse referred/supervised
exercise classes:

(Must be enrolled in LGHP)

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 Wednesday

4:30-5:15pm

Mary Terrance

Lunch Hour Yoga

Monday and Wednesday

12:05-12:50pm

Mary Terrance

Chair Yoga

at

Akwesasne Office For The Aging

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**