

Upcoming Events

Have you dusted off your skates?

Public Skating
3 locations!

Salmon River Central
Anowarakowa Arena
St Lawrence Centre Arena



All locations have several times
available call to check on
schedules!

Salmon River-358-6664
Anowarakowa Arena-613-936-1583
St Lawrence Centre-315-764-0684

Great way to change up a boring
fitness routine!

Our Offices will be closed:
February 4th 9:00am-2:00pm
February 21st all day

Please be sure to get your testing
supplies early!!



Honoring the Gift of Heart Health

February 9, 2011

Office of the Aging (Senior Center)
9:00am-12:00pm

A *free* meal at Seniors will follow the class

Come learn about:

- How the heart works
- Blood pressure and glucose
- Cholesterol
- Heart Healthy Nutrition
- Physical activity
- Smoking cessation

RSVP is required!

Please Call Emily By Feb. 7th: 358-6091

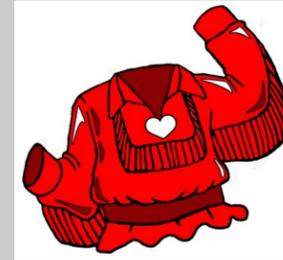
Heart Healthy Giveaways
Please wear comfortable clothes and proper
fitting sneakers.

*Open to the community, any MHHP
participants that have not attended and any
MHHP who have attended and want a
refresher! See you there!*

Feb 10th
4:30pm at MHHP office
There will be an informal
meeting to discuss the start of a
diabetes support group.
If you are interested please
come share your ideas!
If you can't make it and are
interested please call Heather
358-6091



Helping Build a Better
Tomorrow



Enniska/February
2011

Mohawk Healthy Heart Project
Heart to Heart Fitness Center
358-6091

Diabetes Grant
Former LBM lumber Building
358-9667

Let's Get Healthy Program
"Tsitewatakari:tat"

February is American Heart Month



February 4th is Wear Red Day!

Come celebrate Wear **RED** Day 2011 with
Tsitewatakari:tat (Let's Get Healthy Program)

In support of women's heart health and heart health for all
Akwasasnonon the Let's Get Healthy Program has a day of activities
planned for **Feb 4th 2011.**

St. Regis Mohawk Health Services lobby
9:30am-1:00pm

Wear **RED** and be entered for great prizes!
Blood sugar and blood pressure screenings
Make a homemade trail mix—to go

Fitness demonstrations by our fitness specialists
Heart Healthy Trivia Game

Heart Healthy Kitchen Basics, Recipes & Taste Testing
Look for heart healthy items at the local restaurants & delis.



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DON'T FORGET Wear RED Day!

Feb 4th 2011.

St. Regis Mohawk Health
Services lobby
9:30am-1:00pm

Wear **RED** and be entered for great prizes!
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Look for heart healthy items at the local restaurants &
delis on this day!

Heart Healthy Recipes

Quinoa Pudding

Ingredients:

1 cup quinoa (soak for 15 minutes and rinse in a sieve to remove natural saponin, a bitter protective coating)
 2 cups water
 2 cups apple juice
 1/2 cup raisins, dried cranberries, dried currant berries
 1 tsp ground cinnamon
 2 tsp vanilla extract
 2 TBSP brown sugar or 1 TBSP Splenda brown sugar

Directions:

Place quinoa in a sieve and rinse thoroughly. Allow to drain, place quinoa in medium saucepan with water. Bring to a boil over high heat. Cover pan with a lid, lower heat and allow to simmer until all water is absorbed and quinoa is tender, about 15 minutes. Mix in apple juice, dried fruit and cinnamon. Cover pan and allow to simmer 15 minutes longer. Stir in vanilla and brown sugar. Serve warm with low fat milk if desired, ENJOY!



Heart Healthy Food

List:

Salmon
 Flax seed, milled
 Oatmeal
 Black and Kidney Beans
 Almonds
 Walnuts
 Red Wine
 Tuna
 Tofu
 Brown Rice
 Blueberries
 Spinach
 Carrots
 Broccoli
 Sweet Potatoes
 Colored Bell Peppers
 Oranges
 Tea
 Tomatoes
 Cantaloupe
 Dark Chocolate (70% cocoa)

Tabbouleh



Ingredients:

6 cups water
 1 cup bulgur wheat
 1 cup green or brown lentils(rinsed)
 1/3 cup fresh lemon juice
 2 TBSP olive oil
 4 roma tomatoes, chopped
 1 English (seedless) cucumber, chopped
 3 green onions, thinly sliced
 1 cup fresh mint or parsley, chopped

Directions:

In a covered saucepan, heat water to boiling on high. In medium bowl, place bulgur, cover with 2 cups boiling water. Let stand 30 minutes, drain well. To remaining boiling water add lentils. Reduce heat to low, cover and simmer 20 mins or until tender, but not mushy. Drain in a colander. In a mixing bowl, whisk lemon juice, pepper to taste and olive oil. Add bulgur and lentils, stir to coat. Stir in chopped veggies, cover and cool at least 2 hours or overnight. Before serving add chopped herbs and more dressing if desired.

Popped Amaranth

This is a gluten free grain, like corn, it can be popped in a similar way. After it is popped it can be eaten as a snack or as a grain similar to cereal.

Instructions:

Place a skillet on the stove over high heat. Let the skillet become hot enough that a drop of water disappears when you drop it on the surface. Put a spoonful (one tablespoon) of amaranth into the skillet and cover. Shake the skillet until most amaranth has popped. This will take about 15-20 seconds per spoonful. Remove the popped seeds, reheat the skillet and repeat until you reach the desired amount of popped amaranth.

Yield: 10 TBSP = 2 cups of popped seeds.

Uses: Add to cold or hot cereals, sprinkle on yogurt, snack on just plain and popped.

Taste: crunchy, nutty, toasted flavor similar to puffed rice or puffed wheat.

Purchase: Amaranth seeds can be found locally at Potsdam Co-op or Martin's Country Store in Moira.



The Connection: Salt & Your Heart

The good news is we need salt or sodium in very small amounts, about 500mg or 1/4 teaspoon per day.

It helps our body function properly in the following ways: helps maintain a fluid balance in the body, helps with transmission of nerve impulses and helps with muscle contraction and relaxation.

When we take in too much sodium in the form of salt, from processed foods we eat, from adding a little dash here and a sprinkle there, our kidneys can't eliminate all of it and it starts to build up in our blood. When this happens it attracts water, causing the blood volume to increase making the heart pump harder and increases the pressure in the arteries. This can lead to heart disease, congestive heart failure, stroke, kidney disease and elevated blood pressure (hypertension.)

How much sodium do we need? For a healthy adult the limit is 2,300 milligrams, one teaspoon of salt. For an adult with high blood pressure, heart disease, kidney disease, diabetes, middle aged or older the limit is 1,500mg. If you are sensitive to the effects of sodium you may need less.

Choose foods that are low in sodium, read your labels! Some "lower" sodium foods especially soups and sauces still contain 500 milligrams of sodium per serving—lower sodium soy sauce has 575mg sodium in one tablespoon!

Information from: www.mayoclinic.com



5% added while cooking
 6% added while eating
 12% from natural sources
 77% from processed and prepared foods

Director's Corner

Sure.. winter is here and our lives become more challenged in our trips to the grocery store, getting the kids ready for school, dropping by to see a friend, keeping appointments at the doctors, etc., etc. An optimist will say, "Winter weather helps me to organize and plan better". A pessimist will say, "Winter is here and I'm already sick of it." **Where do you fit in terms of accepting the challenges that winter brings us every year?** As adults, we know winter is inevitable, things we cannot change, unless we move to???... We also know we live in one of the most beautiful places on earth: Akwesasne, Land where the Partridge Drums... With that, we have a lot of experience to adjust our activities to ensure our health stays well and to avoid the pitfalls of the cold season.

Here are a few reminders:

Reduce the Risk of the FLU-

Wash your hands often, get a flu shot, avoid staying too long in closed spaces, help kids wash their hands more often. Wipe down door handles, phones, sink knobs more often.

Be Creative in Your Workouts-

Use your body weight to add resistance and strength training for your muscles. Mall walk. Get up from your computer every 30 minutes at least. Do stretch and/or meditation breaks. Learn more about core strength and breathing better.

Smile and Laugh-

Did you hear the joke about what's invisible and smells like carrots?

For more information-Stop by at the offices of the Diabetes Grant and/or Mohawk Healthy Heart Project, we are here to help in anyway we can, to prevent diabetes or manage it better.

Look forward to seeing you...Janine Rourke, RN. BSN.

Answer to the riddle: rabbit farts

Samples at Wear Red Day!



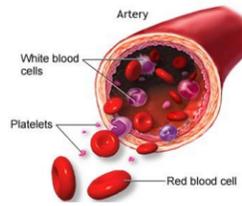
Nursing Notes

Fitness Page

ANTIPLATELET THERAPY

What you need to know:

Platelets are blood cells which help us form blood clots. This is a necessary body function to help heal wounds and prevent excessive bleeding. For people with risk factors for heart disease, such as smoking, high blood pressure, high cholesterol and diabetes, your platelets can clump together more easily and form serious blood clots.



Blood clots in your heart can cause heart attacks. Blood clots in your brain can cause strokes. Blood clots in an artery can block the flow to any vital organ.

Why are you taking antiplatelet medicines?

Antiplatelet medicines stop blood clots from forming. This helps prevent a heart attack or stroke. If you have had a heart attack, stents placed in your coronary arteries, or a stroke, you are likely prescribed antiplatelet medication.

Antiplatelet medications include Aspirin and Plavix (Clopidogrel). If you are prescribed more than one medication, it is important to take them both, as they work in different ways to stop blood clots from forming. Other Antiplatelet medications include:

Pletal (Cilostazol), Persantine(Dipyridamole) and Ticlid (Ticlopidine).

How to take your medicines:

Always talk to your doctor or nurse before stopping or changing the way you take your antiplatelet medication. If you forget a dose, take it later that day. If you missed it completely, do not catch up by taking two doses the next day.

Ask your doctor how long you will be taking this medication. Tell all of your doctors, nurses and your dentist that you are taking antiplatelet medication.

Before any dental work or surgery, ask your dentist or surgeon to speak to your heart doctor about whether or not you should stop taking your antiplatelet medications.

Article Submitted By: Rosemary Bennett, RN, CDE



Heart Attack Warning

Signs:

Chest discomfort- feels like pressure, squeezing, fullness or pain. May come and go or be constant.

Discomfort in the upper body- One or both arms, jaw, neck, back or stomach.

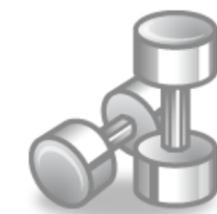
Shortness of breath- Often with chest discomfort but can come before the chest pain.

Other symptoms- Cold sweat, nausea, lightheadedness.

Fast action saves lives!

Call 911!

For More Information:
<http://www.nhlbi.nih.gov>



Use a weight that you are comfortable lifting for 8-10 repetitions for two sets. Start small, to avoid injury!

Genius Ways to Improve Your Workout

Load One Side to Fire up Your Core:

Your core is one of the most important stabilizers in your body. So when you create instability—by holding a weight in one hand, but not in the other, your core muscles immediately start working. "In order to maintain proper posture, your torso muscles have to engage to counterbalance the load," says Nick Tumminello, CSCS, director of Performance University.

He recommends this strategy for lunges, squats, and shoulder presses.

Information By: Greg Presto of Fitbie

Article Submitted By: Nathan Thompson

Nathan Demonstrates a Shoulder Press:

Nathan gets ready to perform a one arm shoulder press



He is now at the peak of the lift, and is ready to lower the weight and repeat.



Progression of this routine:

- After you complete 8-10 repetitions on one arm, switch arms and begin your 8-10 repetitions.
- Repeat until you have done 8-10 repetitions on both arms twice.
- Once you are able to perform two sets with little or no fatigue add a third set to challenge yourself.
- You can also experiment with using heavier weights for two sets after three sets of the initial weight is no longer challenging.

For more fitness tips or to complete a functional movement screening

Contact:
Nate Thompson
Or
Justin Point
358-9667

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Shining Stars

~New to the Newsletter~

Each month we will feature a community member who has a healthy story to share. If you would like to share your story or would like to nominate a friend or family member please give us a call-358-6091!

American Heart Month

Guided Relaxation for Blood Pressure Control

In a small study, elderly people with elevated blood pressure lowered their systolic number (the first number in a blood pressure reading) more than the elders who listened to calming, Mozart music for the same length of time. The participants in the study were instructed to listen to a 12 minute audio guided relaxation 3 times a week for 4 weeks or to listen to 12 minutes of Mozart music, 3 times a week for 4 weeks. Both groups improved their blood pressure, but more improvements were seen in the guided relaxation group. Researcher Jean Tang at Seattle University's College of Nursing explains that the group with the improved numbers were able to connect their body with their mind, while those listening to music, did not consciously try to relax.

For the full article visit the following website:

<http://www.webmd.com/hypertension-high-blood-pressure/news/20080917/guided-relaxation-for-blood-pressure>

What is Guided Relaxation?

It is a way to reduce tension and stress through the presentation of images, thoughts or ideas, usually read to you or played through an audio recording, a CD or an MP3. When you present positive, healthy images to your subconscious mind it responds by relaxing.

Usually a relaxation starts by being in a quiet, comfortable, safe place, without distractions. A series of breathing exercises starts to calm your thoughts, and the "guided part" brings you to a place you are most content, like a beach or a favorite spot in the woods. By engaging your senses of what you would hear, smell, feel, your body relaxes, releasing tension and stress.

Where Can I Try Guided Relaxation?

The mental health services at the St Regis Mohawk Health Services and Mohawk Healthy Heart Project have several resources available, there are several downloads available online, and there are scripts online that can be customized and printed to have recorded or read to you by a friend or family member.

www.healthjourney.com has a free 15 minute guided relaxation that you can try.

At the MHHP office we have guided relaxations for stroke, healthy heart, diabetes control, weight loss, healthful sleep, stress relief and weight loss. If you are interested in any of these we would be happy to lend you a copy.

Know The ABCs of Heart Disease

Aim for a Healthy Weight: If you are overweight, a **7% weight loss** has been proven beneficial in reducing your risk for heart disease. Example: for a 200 pound person this is a 14 pound weight loss. Safe weight loss is 1-2 pounds per week. Don't be tricked into a fad diet, the healthiest way to lose weight is by choosing healthy foods, watching your portion sizes and being physically active at least 150 minutes per week.

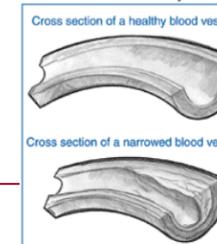
Blood Pressure: Is recorded as two numbers, written as a ratio. The top number is called systolic and measures the pressure in the arteries when the heart beats. The bottom number is called diastolic and measures pressure in the arteries between heartbeats, when the muscle is relaxing. Your blood pressure should be **130/80 mmHg or less** for an adult over the age of 20 years.

Cholesterol: High cholesterol is one of the major risk factors for heart disease. Cholesterol is a fat like substance that builds up on the walls of your arteries causing them to harden and narrow, restricting blood flow to the heart. Your cholesterol number should be:

Total Cholesterol: **less than 200 mg/dL**

LDL (bad) cholesterol: **less than 100 mg/dL**

HDL (good) cholesterol: **above 40 mg/dL**



Risk Factors for Heart Disease in People with Diabetes

Family history— although you can not change your family, if your family members have had a heart attack at a young age you are at risk to also have a heart attack.

Central obesity— carrying extra weight around your middle as opposed to the hips, abdominal fat increases LDL production which can lead to damaged arteries.

High cholesterol levels, high triglycerides and high LDL causes hardening and narrowing of the arteries, and could eventually become blocked.

High blood pressure—your heart must work harder to pump the blood, causing strain on the heart and damage to the blood vessels.

Smoking—doubles your risk of getting heart disease, and damages blood vessels.

Info from: <http://diabetes.niddk.nih.gov>

If you have diabetes, you are twice as likely as someone without diabetes to have a heart attack or a stroke!

Learn the signs of a heart attack!

Always tell someone when you are not feeling well!

You know your body best, if something doesn't feel right seek medical help!

Know your risk for heart disease!

Wear Red Day 2011

Local Restaurants will be serving up a heart healthy item for the day, and wearing red in support of heart health, check out what our community has to offer on this day. Look for the red dress sign in the window of participating restaurants!



A blast from the past...Tribal employees participate in Wear Red Day, in support of women's heart health!