Tsiothóhrha/January 2012

Tsitewatakari:tat/The Let's Get Healthy Program
Akwesasne Housing Authority, Training Center
518-358-9667

Diabetes and Alcohol

Tis the season for food and drinks, if you have diabetes here are a few things to keep in mind when having a drink.

Moderate amounts of alcohol 1-2 drinks per day will cause blood sugar to rise. Excessive amounts of alcohol can cause blood sugar to drop to dangerously low levels.

Beer and wine contain carbohydrates, if you count your carbs don't forget to count your drinks.

Alcohol stimulates your appetite which can cause you to overeat, plan ahead and snack on healthy foods if you are attending a party.

Alcohol may increase your blood pressure and triglyceride levels.

Alcohol can interfere with oral diabetes medications as well as insulin.

Do not drink more than 2 drinks in a one day period.

A drink is a 5 ounce glass of wine, 1.5 ounces of liquor "a shot" or 12 ounces of beer.

Stay away from sweet wines or sugary mixed drinks.

Drink slowly.

Have something healthy to snack on while drinking, never fast before drinking.

If you are planning on consuming alcohol please check with your diabetes care team to make sure it is okay.

Info: American Diabetes Association "Alcohol"

8 Ways to Reduce Stress

1-Create a to-do list. Write down your tasks in their order of importance.

2-Listen to a happy tune. Put in a CD or download some relaxing music.

3-Get moving. In any way you can, walking, biking, swimming or pilates.

4–Take a bath. Get out before your skin wrinkles, as this can open skin up to a bacterial infection.

5-Phone a friend. A chat with a friend or family member can help you get through the day.

6-Delegate. Instead of feeling overwhelmed by chores, ask others around you for some help.

7-Plan "me" time. Set aside time each day to just sit and relax.

8-Spend time with loved ones. Go out to dinner or a movie.

SMART Goals

If you are planning on a New Year's resolution this year make your goals SMART to avoid falling off the wagon.

S- Specific
M- Measurable
A-Action
R-Realistic
T-Time

Example–
I will start exercising.
What type of exercise?
How will you measure progress?
How will you exercise?
Is it realistic?
Will you re-evaluate what you are doing?

Example–
I am going to ride my bike for 20 minutes every day after breakfast for the next 4 weeks.

Setting SMART goals is a good way to get started in the new year. Set a goal for yourself and track it on a calendar. **Reward yourself with something positive if you meet your goal!**

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Nutrition Page

Testing Your Blood Glucose and Your Meals.

There are many factors that make your blood glucose elevated, and food is one of them. Different foods can raise your blood glucose more than others depending on the amount you eat, the amount of carbohydrates, fat, protein and fiber in the food. Testing before and after a meal shows you how the food you ate and the portion size you had affects your glucose. Once you are checking your glucose and know how different foods and the portion sizes are affecting you, changes can be made.

TRY THIS:

Test before your meal and again 2 hours after the beginning of your meal.

If your after meal test result is more than 50 mg/dL higher than your pre-meal result try eating less carbohydrates the next time.

If your blood glucose is consistently high after meals talk with your diabetes care team so adjustments in medications, and meal plans can be made.

Information Source: Lifescan-OneTouch

New Year New Foods

Research shows that the following foods may have the power to boost your immunity and help you stay healthy in 2012.

Sweet Potatoes
Elderberry Tea
Green Tea
Mushrooms
Watermelon
Cabbage
Almonds
Grapefruit
Wheat Germ
Garlic
Greek Yogurt
Spinach
Broccoli

Nothing too weird or strange, all the items can be found in the supermarket for relatively low price and all part of a healthy meal plan.

Food List: webmd.com

TAKE A CHALLENGE

Take the quiz and drop it off at the office for a chance to win a prize.

What is one carbohydrate serving for pasta?
1 cup 1/2 cup 1/3 cup

What food can replace oil in baking recipes?
Prune puree Applesauce Both

Which choice is not a whole grain?
White Rice Wheat Berries Oatmeal

True or False: Bread causes weight gain.
True False Don't Know

What type of fat is heart healthy?
Polyunsaturated Monounsaturated Trans

Milled Flax Seed can be used to replace:
Oil Eggs Both

Which is a better drink choice?
Water 100% juice Diet soda

Please return to Heather Pontius
Akwesasne Housing Authority
Training Center

A 150 pound person will burn 408 calories in one hour shoveling snow.

You would have to shovel snow for 2 hours to burn all the calories eaten in a Big Mac with cheese.

http://caloriecount.about.com

Snowshoeing burns 45% more calories per hour than walking or running when done at the same pace on the same type of terrain.

150 pound person will burn 551 calories per hour snowshoeing

www.livestrong.com

Portion Size and Dining Out

Follow these three simple tips when eating out to reduce the portion size of your meal.

1. Ask for half or senior portions.
2. Before digging in, fix your plate so you only eat what you want to eat, put the rest in a take out container.
3. If you have dessert, share it.

Info: www.diabetes.webmd.com

Did You Know…..

Choose whole grain breads with at least 3 grams of fiber per serving. Always read food labels and ingredient lists to be sure all your grains are 100% whole!

Fitness Page

Baby, It's Cold Outside...
Create your own Heat.....Burn Calories!
Add mini boosts of activity and movement into your day!

Burn calories with the family:
~Learn how to play the sports and dancing Wii games with the kids in your life.
~Shovel an elder's driveway together.
~Learn how to ski.
~Learn how to snowshoe.
~Build a snowman.

Burn extra calories and walk to the mailbox instead of checking from the car.

Taking a shower burns more calories than taking a bath.

Sitting on a Stability Ball while watching your favorite TV show will work your abdominal muscles to keep your balance

* Driving on a long trip?
* Waiting for an appointment?
* Do you have a desk job?

TRY THIS
~Draw in your abdominal muscles and hold for 20 seconds~ relax for 10~ hold again for another 20...
No one but you will know you are working out your abs!

Increase your calorie burn and turn some music on and dance while cleaning... or cooking.....

When you treat yourself to ordering out ~ pick up your food rather than having it delivered.

Drink lots of water from a small water bottle... you will burn calories with frequent trips to the bathroom AND you'll have to refill the water bottle more often...each small walk burns calories!

Jamie combines two "must-have" workout tools in one workout: resistance bands and stability ball.

Do
Not
Use
The
Drive
Thru
Window!

Burn calories at the grocery store:
~walk a lap around the store before you begin shopping.
~Bag your own groceries.
~Do a few bicep curls as you put your grocery bags into the car.
~If you are only buying a few items, skip

Put most-used items on top or bottom shelves so you have to reach for them

Challenge yourself to find creative and fun ways to keep your body in motion!

Article submitted by: Jamie Ross, Health Promotion Specialist

Make and F

Vegetable Lasagna

Makes: 8x8 pan (6 servings)

Ingredients:

1 teaspoon olive oil
1 cup thinly sliced fresh mushrooms
1 cup chopped zucchini
1/2 cup matchstick carrots
1/2 cup chopped onion
1 (26 ounce) jar tomato basil pasta sauce (choose lowest in sodium)
1 tablespoon dried basil
1 teaspoon dried oregano
1 teaspoon garlic powder
1/2 teaspoon black pepper
1 (15 ounce) container part skim ricotta cheese
6 lasagna noodles, whole wheat or whole grain. Cut in half.
1 cup part skim shredded mozzarella cheese

Directions:

Soak noodles in bowl of water, no need to pre-cook. Heat oil in a sauce pan add mushrooms, zucchini, carrots, and onion, cook for 5 minutes stirring often. Add pasta sauce; bring to a boil. Reduce heat and simmer for 10 minutes.
Add basil, oregano, garlic powder, black pepper and ricotta to a bowl, mix well. Spread 1/2 cup pasta sauce in bottom of an 8x8 pan. Arrange 4 noodles over sauce. Top noodles with half the ricotta and 1 cup tomato sauce. Repeat layers, ending with the noodles. Spread remaining tomato sauce over noodles, sprinkle with mozzarella.

To make ahead– cover with plastic wrap and aluminum foil. Freeze for up to 2 months. Thaw lasagna in the fridge overnight. Bake at 375 covered in aluminum foil for 30 minutes. Uncover and bake an additional 20 minutes. Let stand for 10 minutes before serving.

Meatless Jambalaya

Makes: 8 servings Cook Time: 60 minutes

Ingredients:

1 TBSP olive oil
1 yellow onion, chopped
1 green bell pepper, chopped
1/2 cup celery, chopped
3 cloves garlic, minced
2 cups water
14oz. can no salt added diced tomatoes, undrained
8oz. can low salt tomato sauce
1/2 tsp dried Italian seasoning
1/4 tsp crushed red pepper flakes
1/8 tsp fennel seeds, crushed
1 cup long grain brown rice, uncooked
15oz. can butter beans, rinsed and drained
15oz. can red beans, rinsed and drained

Directions:

In a large skillet, heat oil over medium heat. Cook onion, green bell pepper, celery, and garlic in hot oil until tender, about 3-4 minutes, stirring frequently. Add water, tomatoes, tomato sauce, Italian seasoning, red pepper flakes, and fennel seed.
Bring to a boil and add rice. Reduce heat to low, cover and simmer for 20-25 minutes until rice is tender, stirring frequently. Add beans and cover. Simmer 5-10 minutes longer or until well heated, stirring frequently. To freeze, cool casserole in refrigerator and ladle into plastic freezer containers. Seal and freeze. To reheat, place frozen jambalaya in saucepan and heat over very low heat, breaking up and stirring frequently, until hot.

Freezing Tips:

Cool hot foods before placing in the freezer.

Portion the meal into single servings.

Label and date the container.

If using storage bags, freeze flat and then stand up to save space.

If freezing soups or stews all room for expansion by leaving some head space in the container.

NEVER thaw frozen foods at room temperature!

Freezer temp should be ZERO degrees.

Use several layers of wrap to protect foods in the freezer.

If defrosting using a microwave, cook meal immediately.

Use a vacuum sealer if available to preserve flavor.

Discard any food that looks dry, white, or freezer burned.

reeze Meals

Cumin Scented Wheat Berry and Lentil Soup

Makes: 6 servings
Cook Time: 45 minutes

Ingredients:
1.5 cups French lentils, rinsed and sorted (find in bulk food store or co-op)
4 cups low sodium vegetable broth
4 cups cold water
3 TBSP olive oil
2 large carrots, peeled and finely chopped
1 red onion, diced
4 cloves garlic, minced
1.5 tsp ground cumin
1.5 cups cooked wheat berries
1 bunch of rainbow or red chard, large stems removed, leaves rough chopped
3 TBSP lemon juice
Ground black pepper to taste

Directions:
Combine lentils, broth and water in a soup pot. Bring to a boil over high heat, reduce heat, cover, and simmer gently until the lentils are tender, but not mushy, 25 to 30 minutes.
Heat oil in a large skillet over medium heat. Add carrots, onion, and pepper. Cook, stirring occasionally, until the vegetables begin to brown, about 15 minutes. Add garlic and cumin and cook, stirring constantly, for 30 seconds more. Remove from the heat.
When the lentils are tender, stir cooked wheat berries and chard into the pot. Cover and simmer until the chard has wilted, about 5 minutes. Stir in the carrot mixture and lemon juice.
To freeze put soup in airtight, freezer safe container. Store up to 2 months.
To thaw run container under hot water until sides separate, add to soup pot and heat on medium high until boiling. Serve warm!

Stock Up:

Have these items handy in the freezer for quick and easy meals when time is tight.

Cooked ground turkey burger for tacos, burritos or stuffed peppers.

Cooked, shredded chicken breast for soups, stews or casseroles.

Frozen vegetables As a side dish, soup or stir fry.

Homemade broth or stock.

Extra:

Make extra pancakes or waffles to freeze. To reheat pop them in the toaster.

Cookies, muffins and quick breads like banana bread all freeze well. Thaw and serve for a tasty treat.

Slightly undercook casseroles if you will be freezing them. Thaw and finish cooking.

Freeze extra beans (black, kidneys, chickpeas) to throw in soups.

Winter Vegetable Chowder

Makes: 8 servings
Prep Time: 40 mins. Cook Time: 10 mins.

Ingredients:
6 medium leeks, roots, tops and outer leaves removed, soaked in cold water to remove sand.
2 TBSP olive oil
4 stalks of celery, washed and chopped
3 medium parsnips, peeled and chopped
2 medium red potatoes, scrubbed and chopped into 1/2 inch pieces
2 pounds butternut squash, peeled and chopped into 1/2 inch pieces
2– 14 ounce cans low sodium vegetable or chicken broth
4 cups water
1/2 tsp dried thyme leaves
Black pepper to taste
1 cup light cream or fat free half and half

Directions:
In a saucepot heat oil on medium high until hot. Add leeks, celery and parsnips, cook for 10 minutes or until tender, stirring occasionally. Add potatoes, squash, broth, thyme and pepper. Heat to boiling on medium high, cover, reduce heat to medium low and simmer for 10 mins. or until vegetables are tender. Stir in half and half and heat through about 12 minutes.
Spoon into freezer safe containers. To thaw place containers in hot water until chowder separates from the sides. Add to saucepot and heat over medium heat until boiling.
Serve warm!
Recipe From: goodhousekeeping.com

Nursing Notes

Start 2012 off with a healthy start!

If you have not been in to see your diabetes care team recently please call to make an appointment with a nurse educator and/or the registered dietitian!

We care about you and your health and are here to help you take care of your diabetes.
Call us TODAY!
358-9667

All About Metformin

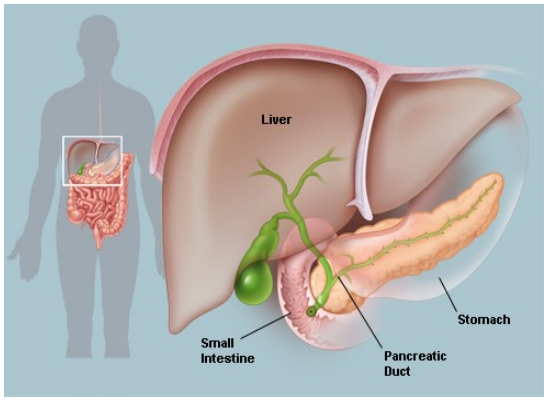
Other Names:
Also called glucophage.
How it works:
Reduces the amount of glucose in the blood.
Reduces the amount of blood lipid levels.
Makes body more sensitive to the insulin our body is producing.
Decreases hepatic (liver) glucose production.
Decreases intestinal glucose absorption.
Starting Dose:
500mg twice per day or 850mg once per day
Maximum Dose:
2550mg total for whole day (in divided doses)
Side Effects:
Diarrhea, nausea, vomiting, abdominal cramps or loss of appetite.
May cause lactic acidosis an imbalance level of lactic acid in the blood.
How To Take:
Take with food. May crush and put in applesauce if not extended release tablet.
Info Provided By: Susan Gale, RN Case Manager

The Pancreas and Diabetes

Your pancreas is about 6 inches long and sits behind your stomach. Its main function is to produce insulin to maintain constant blood sugar levels in the body.

Type 1 Diabetes
The body's immune system attacks the pancreas; insulin producing cells. Lifelong insulin injections are required to control blood sugars.

Type 2 Diabetes
The pancreas loses the ability to produce and release insulin. The body also becomes resistant to insulin and blood sugar rises.
Info From: www.webmd.com



Start Fresh! Garden Fresh!

The Let's Get Healthy Program is starting to brainstorm for **Garden Project 2012**. We would like to go back to the basics of planting a garden. In order to do that, we would like to host educational workshops that would be offered to our active participants. For participation in the workshops we would help get your garden started. We are looking for ideas that interest you as a gardener, what you would like to learn, whether it be about early planting, tending to a raised bed, soil testing, harvesting, recipes, etc. Mera Faubert, Data Clerk Specialist, will be contacting our active participants via phone for a voluntary garden survey. If you choose to participate in this brief survey, your name will be added for a drawing at the end of the month. If you have any suggestions or tips that you would like to share with us, please feel free to contact, Mera Faubert, Data Clerk Specialist at 518.358.9667.

Did You Know…..
The Plate Method is the VERY FIRST step in learning to count carbs. If you aren't following the plate method, you should START!

Winter Walking Club

Tsitewata'kari:tat Walking Club
Presents
BEACH WALK 2012

Walking is a safe, low impact method of physical activity for nearly everyone. Kick off your New Year's resolution with a commitment to add walking to your weekly routine. Let the Tsitewata'kari:tat Walking Club help you achieve your fitness goals as we walk the Eastern Coast.

Let's go south for the winter!

Walking Club will be making appearances at 10 beaches on the East Coast as we make our way to our goal beach stop, Cocoa Beach, Florida.
January 3, 2012 -May 31,2012

Hampton Beach, NH	**Virginia Beach, VA**
Cape Cod, MASS	**Outer Banks, NC**
Newport Beach, RI	**Myrtle Beach, SC**
Hammonasset Beach, CT	**St. Mary's Beach, Ga**
Jersey Shore, NJ	**Cocoa Beach, FL**

How to get started:

- Pick up and fill out your registration packet
- Start walking and track your progress in the provided logbook
- Turn in your logbook at the drop boxes every two weeks

Walk for that "beach body" and more!

Walking benefits:

- Strengthens heart & lungs
- Improves glucose & cholesterol levels
- Helps maintain a healthy body weight
- Tones muscles
- Relaxes & reduces stress

Walking Club Benefits:

- First 5 to register win a pedometer
- Be entered to win monthly prizes by turning in your logbook
- Walking tips & other fitness information

Pick up your registration packet at the Let's Get Healthy Office today!
For more information or questions contact Rachael Ward 518– 358-9667.

News

FREE FAMILY FITNESS
at Salmon River School
Parents and Tots or Seniors Skating
Wednesdays and Fridays 10:00am—12:00pm
Public Skating for all ages
Saturdays 6:00-8:00pm & Sundays 2:00-4:00pm
Public Swimming for all ages
Mondays and Wednesdays 6:00-8:00pm

OFFICE CLOSED
January 2nd
January 16th
Please pick up all your testing supplies ahead of time.

FREE*EXERCISE PROGRAMS

Bodyweight Class is now called Body Works
No Class on Jan 2nd or Jan 16th
Monday, Wednesday & Thursday
4:30-5:15pm
Akwesasne Housing Authority Training Center
Open to ages 18+

ZUMBA is now twice per week!
Tuesday at St. Regis Mohawk School Multi Purpose Room, 5:30-6:30pm
Wednesday at Kateri Hall, 5:30-6:30pm
Open to ages 18+

ALC has moved and we have NEW machines!
ALC classes that were held at The Senior Center are now being offered at Akwesasne Housing Authority Training Center
8:00am, 9:00am and 10:00am
Must have clearance from Susan Gale or Heather Pontius to begin exercising.

Winter Walking Club
Get your move on with The Beach Walk!
Register with Rachael at The Let's Get Healthy Program.

For More Info: Jamie Ross or Rachael Ward
358-9667

Something New
Once per month on the FIRST THURSDAY of EVERY MONTH
The Let's Get Healthy Program Case Managers will be having a Community Screening and Nutrition Station.
January 5th 3:00-5:00pm
Our nurses will be checking blood sugars and blood pressures and our Registered Dietitian will be demonstrating new recipes.

Stop by to have your diabetes questions answered, to have your blood sugar or blood pressure checked and learn the latest and greatest about nutrition and diabetes.
For More Info: Heather or Sue
358-9667

The Walking Trail is still open for walking or snowshoeing this winter! Dress warm and get out and move!

Helping Build A Better Tomorrow