



Tsiothohrkó:wa/January 2015



**Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center For Excellence
66 Business Park Road
Akwesasne, NY 13655
518-358-9667**

Keeping your 2015 New Year Resolutions

Choose an obtainable goal.

Resolving to look like a super model is not realistic for the majority of us, but promising to include daily physical activity in our lives is very possible.

Avoid choosing a resolution that you've been unsuccessful at achieving year after year. This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.

Create a game plan.

At the beginning of January, write a comprehensive plan. All successful businesses start with a business plan that describes their mission and specifics on how they will achieve it. Write your own personal plan and you'll be more likely to succeed as well.

Break it down to make it less intimidating.

Rather than one BIG end goal, dissect it into smaller pieces. Set several smaller goals to achieve throughout the year that will help you to reach the ultimate goal. Then even if you aren't able to reach your final goal, you will have many smaller, but still significant, achievements along the way. For example, if your goal is to complete a 10K race, your smaller goals could be running a 5K in less than 30 minutes, adding upper and lower body strength training to increase your muscular endurance, and running 2 miles with a personal best completion time.

Don't do it alone!

Ask friends and family members to help you so you have someone to be accountable to. Just be sure to set limits so that this doesn't backfire and become more irritating than helpful. For example, if you resolve to be more positive ask them to gently remind you when you start talking negatively. Reward yourself with each milestone. If you've stuck with your resolution for 2 months, treat yourself to something special. But, be careful of your reward type. If you've lost 5 pounds, don't give yourself a piece of cake as a reward. Instead, treat yourself to a something non-food related, like a professional massage.

Get professional assistance, if needed.

Everyone needs help and sometimes a friend just isn't enough. Sometimes you need the help of a trained professional. Don't feel that seeking help is a way of copping out. Especially when it comes to fitness, research studies have shown that assistance from a fitness professional greatly improves peoples success rate.

Limit your number of promises.

You'll spread yourself too thin trying to make multiple changes in your life. This will just lead to failure of all of the resolutions.

Don't let statistics get you down.

On average only about 20% of us keep our New Year's resolutions. Unfortunately, some of the biggest failures are found in fitness resolutions. But don't let the statistics get you down. By following the tips above you'll be better equipped to fall into the successful 20% category.

INSIDE THIS ISSUE:

Diabetes & Hearing Loss	2
Fitness Page	3
Healthy Recipes	4-5
Nursing Page	6
Nursing Page	7
News	8

Diabetes and Hearing Loss

A recent study found that hearing loss is twice as common in people with diabetes as it is in those who don't have the disease. Also, of the 86 million adult in the U.S. who have pre-diabetes, the rate of hearing loss is 30% higher than in those with normal blood glucose.

Right now we don't know how diabetes is related to hearing loss. It's possible that the high blood glucose levels associated with diabetes cause damage to the small blood vessels in the ear, similar to the way in which diabetes can damage the eyes and the kidneys. But more research needs to be done to discover why people with diabetes have a higher rate of hearing loss.

Since it can happen slowly, the symptoms of hearing loss can often be hard to notice. In fact, family members and friends sometimes notice the hearing loss before the person experiencing it.

Signs of Hearing Loss

- Frequently asking others to repeat themselves.
- Trouble following conversations that involve more than two people.
- Thinking that others are mumbling.
- Problems hearing in noisy places such as busy restaurants.
- Trouble hearing the voices of women and small children.
- Turning up the TV or radio volume too loud for others who are nearby.
- Talking louder than usual.



What should I do if I suspect a hearing loss?

Talk to your primary care doctor. You may then want to seek help from hearing specialist like: an audiologist, a licensed hearing aid dispenser or a doctor who specializes in hearing problems. From a full hearing exam, you'll learn more about your hearing loss. You will also be told what can be done to treat it.

-American Diabetes Association



Sometimes you have the best intentions during a three day holiday weekend. You swear you'll eat well, even when you're offered the most succulent barbecue meals — and swear even more that you'll exercise instead of sleeping in AND avoid alcohol. (Go you!) But there you are Tuesday morning: feeling guilty, slightly ill and bloated from all the over-eating.

Now what you do? The way I see it, you've got only one choice: get back on track as quickly as possible! Here are four ways to get back on track with you weight loss plan after a long holiday weekend.

1) Ditch the guilt. So, despite your best intentions, you didn't stick to your diet plan. You need to ditch any guilt you feel and stop beating yourself up about it. Feeling guilty about overindulging is wasted energy — spend that energy doing something productive instead.

2) Dump the extra food. If you've got extra food around the house from the holiday weekend, dump it. Why keep unhealthy, calorie-laden food around to tempt you? Better that the food goes in the garbage than on your hips or belly, right?

3) Review or reset your goals. Sometimes overindulging comes about because you either lost sight of your goals or have set your goals too high. A goal of "I'm never going to eat cookies again" may be too strict for you and cause you to overindulge, using a holiday week-end as an excuse to ditch your diet plan.

4) Eat your favorite healthy meal and do your favorite workout. You're only one healthy meal and one workout away from getting back on track. If you need the extra incentive, why not cook your favorite healthy meal (for me, it's salmon!) and do your favorite workout — and blast your favorite music while doing it.

If you overindulged over the long holiday week-end, chances are the "damage" is not as bad as you think. Use these four tips to get back on track and you'll be back to losing weight before you know it.

* fitwatch.com

Top Fitness Myths & Facts

Myth: Lifting weights make you bulky

Fact: No! Women especially fear getting too “big”, but it’s impossible for a women to get big and bulky because you need testosterone. In fact strength training will help you lose weight faster and keep it off in the long run.

Myth: Doing strictly Crunches and ab workouts will get rid of your belly fat!

Fact: To get that sculpted 6 pack takes a lot of work and focus. But first you must reduce your body fat with a combination of cardio, strength training and a clean strict diet. “Ab’s are made in the kitchen!”

Myth: Stretching before working out.

Fact: Keep doing it if it feels good to you, but methods found that stretching before had no significance to your workout or body. Stretching before can actually do more damage to the muscles, try something that will get your heart pumping as a warmup such as jogging or a brisk walk. Then after your workout cool down with stretching focusing on all major muscles groups.

Myth: You need 45minutes to 1 hour of cardio to lose weight.

Fact: Yes cardio is beneficial to weight loss, but large amounts of it is not needed. Large amounts of cardio actually reduces your muscles. For a lasting change incorporate strength training into you workout routine, this will increase muscle mass and boost your metabolism.

Myth: Lack of sleep can cause weight gain.

Fact: Studies have shown that people who got less than 7hours of sleep showed an increase in the hormone ghrelin that triggers hunger.

Lunges have a leg up to squats. According to an American Council on exercise study, both squats and lunges target the gluteus maximus (the largest butt muscle) equally well. But lunges make your hamstrings and the gluteus medius (the second-biggest muscle in your booty) work more. That’s not to say you should skip squats; variety is crucial for a well-rounded strength plan.



Youth Fitness

“You’re never too young to lead a healthy, active lifestyle!”

The Let’s Get Healthy Youth Fitness Program is a 10 week program designed to provide Akwesasne and area youth with the information, skills, and tools to live a healthy and active lifestyle. The program provides exercises that help with coordination, balance and stamina. We also provide diet and nutritional education, team building, and play numerous fun games and interactive activities throughout the class.

Classes are split into two separate age groups (8-12 and 13-17) every Tuesday and Thursday from 4:30 to 6:30.

Steevi King

Health Promotions Specialist



We are currently taking registrants for the youth fitness classes for ages 13-17. Classes are held 5:30 pm – 6:15 pm every Tuesday and Thursday at the Diabetes Center for Excellence. If you would like to register your child or for more information, please contact Steevi Health Promotion Specialist at Let’s Get Healthy Program 358-9667.

Healthier Holiday

Sweet and Spicy Toasted Mixed Nuts

Makes: 2 cups

Ingredients:

1/4 tsp of each:
cinnamon
cumin
chili powder
chipotle pepper
cayenne pepper-*optional*
1/8 tsp ground nutmeg
3 TBSP butter (*or buttery spread*)
1 cup walnuts, shelled
1 cup pecan halves, shelled
1/4 cup brown sugar (or splenda brown sugar equivalent)
1 TBSP water
1 tsp Worcestershire sauce, low sodium



Directions:

In a small bowl combine all spices, set aside. In a large skillet, melt the butter over medium heat. Add the walnuts and pecans, cook until toasted, about 4 minutes, stirring occasionally. Once toasted and fragrant sprinkle with spice mixture. Add the brown sugar, water and Worcestershire sauce. Cook and stir for 1-2 minutes or until sugar is melted. Remove all from the pan and place on foil lined cookie sheet to cool. Store in an airtight container.

Why its healthier:

By making this snack yourself you can control the amount of salt added to the recipe. You can also choose heart healthy nuts like almonds, walnuts, pecans and pistachios.

SERVING SIZE of nuts is a small handful, no more than 1/4 cup.

Balsamic Bruschetta

Makes: 8 servings

Ingredients:

8 roma (plum) tomatoes, diced
1/3 cup fresh basil, cleaned and chopped
2 cloves garlic, minced
1 TBSP balsamic or white balsamic vinegar
1 tsp olive oil
1/4 tsp ground black pepper
1 loaf multigrain French bread



Directions:

Preheat oven to 400 degrees.

In a bowl gently toss together the tomatoes, basil and garlic. Mix in the balsamic vinegar, olive oil and black pepper. Serve on toasted bread slices.

For the bread:

Slice 1/2" thick slices at a diagonal.

Brush with olive oil and rub with a peeled garlic clove, toast in the oven just until toasted, watch carefully!

Optional: top with grated parmesan cheese

Tomato and

Ske

Ingred

Cherry tomatoes
Fresh basil, rinse
Fresh mozzare
liquid re
Ground bl
Good qual

Direc

Alternate toma
mozzarella on a
with black peppe
olive oil. Se
tempe



20



Diabetes and The 7 Self

The primary goal of diabetes education is to provide knowledge and skill training, as well as help individuals identify barriers, facilitate problem-solving and develop coping skills to achieve effective self-care management and behavior change.

Diabetes educators should assess individual Self-Care Behavior at a minimum of pre- and post- each appointment. Additional follow-up measurements are ideal, and should be applied as appropriate to the program setting.

When the diabetic educator uses the Self-Care Behaviors education to teach their diabetic patient, the educators are able to help their patient create a daily routine that promotes healthy habits that creates, and maintains, their blood sugar balance.

Blood sugars balanced below 140, are the desired outcome of diabetes education, these blood sugar levels prevent cardiac or kidney complications.

Behavior change can be most effectively achieved using the 7 self-care behaviors, which are healthy eating, being active, monitoring blood sugar levels, taking medication, problem solving, reducing risks and healthy coping. Below is a description of these 7 behaviors, and for the next 7 months we will talk about each one individually, so make sure you read each month or stop by the Diabetes Center for Excellence lobby and pick up a copy of The Lets Get Healthy newsletter, or go online to srmt-nsn.gov, and click on the newsletter under publications.



Healthy eating

Making healthy food choices, understanding portion sizes and learning the best times to eat are important to balancing blood sugar levels, in diabetics, and non-diabetics. By making appropriate food selections, diabetics, pre-diabetics, adults, and children can balance and maintain their blood sugar levels daily. When children and teenagers, make appropriate food selections, their growth and develop will be free of diabetes. And, by controlling their weight and achieving optimal blood glucose levels, many adults may be able to manage their condition for a time without medications. Diabetes education classes can assist people with diabetes in gaining knowledge about the effect of food on blood glucose, sources of carbohydrates and fat, appropriate meal planning and resources to assist in making food choices. Skills taught include reading labels, planning and preparing meals, measuring foods for portion control, fat control and carbohydrate counting. Barriers, such as environmental triggers and emotional, financial, and cultural factors, are also addressed.

The Lets Get Healthy Program has nurse case managers, a registered dietician, and fitness staff skilled in guiding and supporting behavior change in all aspects of diabetes prevention, and management. Through or exercise programs we are able to show the participant how their body works after eating a meal, along with taking medications, and the response following exercise. The participant is able to automatically see the positive effects of exercise and dietary changes on their blood sugar level, and blood pressure level.

Being active

Regular activity is important for overall fitness, weight management and blood glucose control. With appropriate levels of exercise, those at risk for type 2 diabetes can reduce that risk, and those with diabetes can improve glycemic control. Being active can also help improve body mass index, enhance weight loss, help control lipids and blood pressure and reduce stress. Diabetes educators and their patients collaborate to address barriers, such as physical, environmental, psychological and time limitations. They also work together to develop an appropriate activity plan that balances food and medication with the activity level.



Self-Care Behaviors of AADE



Monitoring

Daily self-monitoring of blood glucose provides people with diabetes the information they need to assess how food, physical activity and medications affect their blood glucose levels. Monitoring, however, doesn't stop there. People with diabetes also need to regularly check their blood pressure, urine ketones and weight. Diabetes education classes instruct patients about equipment choice and selection, timing and frequency of testing, target values, and interpretation and use of results.



Taking medication

Diabetes is a progressive condition. Depending on what type a person has, their healthcare team will be able to determine which medications they should be taking and help them understand how medications work. They can demonstrate how to inject insulin or explain how diabetes pills work and when to take them. Effective drug therapy in combination with healthy lifestyle choices, can lower blood glucose levels, reduce the risk for diabetes complications and produce other clinical benefits. The goal is for the patient to be knowledgeable about each medication, including its action, side effects, efficiency, toxicity, prescribed dosage, appropriate timing and frequency of administration, effect of missed and delayed doses and instructions for storage, travel and safety.



Problem solving

A person with diabetes must keep their problem-solving skills sharp because on any given day, a high or low blood glucose episode or a sick day will require them to make rapid, informed decisions about food, activity and medications. This skill is continuously put to use because even after decades of living with the disease, stability is never fully attained: the disease is progressive, chronic complications emerge, life situations change and the patient is aging. Collaboratively, diabetes educators and patients address barriers, such as physical, emotional, cognitive, and financial obstacles and develop coping strategies.



Reducing risks

Effective risk reduction behaviors such as smoking cessation, and regular eye, foot and dental examinations reduce diabetes complications and maximize health and quality of life. An important part of self-care is learning to understand, seek and regularly obtain an array of preventive services. Diabetes educators assist patients in gaining knowledge about standards of care, therapeutic goals, and preventive care services to decrease risks. Skills taught include smoking cessation, foot inspections, blood pressure monitoring, self-monitoring of blood glucose, aspirin use and maintenance of personal care records.



Healthy coping

Health status and quality of life are affected by psychological and social factors. Psychological distress directly affects health and indirectly influences a person's motivation to keep their diabetes in control. When motivation is dampened, the commitments required for effective self-care are difficult to maintain. When barriers seem insurmountable, good intentions alone cannot sustain the behavior. Coping becomes difficult and a person's ability to self-manage their diabetes deteriorates. An important part of the diabetes educator's work is identifying the individual's motivation to change behavior, then helping set achievable behavioral goals and guiding the patient through multiple obstacles. They can provide support by encouraging you to talk about your concerns and fears and can help you learn what you can control and offer ways for you to cope with what you cannot.

Looking to start a healthy 2015? Need some help getting motivated? Call and make an appointment with the Let's Get Healthy Program and start the New Year right. Call the Let's Get Healthy Program at 358-9667 and schedule your appointment today!

* News *

Healthy Choices for Healthy Living Workshops

Set your own goals and make a step-by-step plan to improve your health—and your life.

Thursdays 9:30am to 12:00pm
Starting Thursday, February 5, 2015

at the
Diabetes Center for Excellence
Class Room
Facilitated by

Tewentahawih'tha' Cole and Susan Gale, RN

Sign Up Now. Spaces Are Limited.

To sign-up, contact:
Tewentahawih'tha' Cole
Tsi Tetewatakens St. Regis Mohawk Tribe
Office for the Aging
Phone: 518-358-2963
E-mail:
tewentahawihtha.cole@srmt-nsn.gov

As an added bonus, if you complete the 6-week Healthy Choices for Healthy Living workshop, you will receive a FREE "Living a Healthy Life with Chronic Conditions" Book and "Relaxation for Mind and Body" CD (valued at \$30.00)!

Cooking Demo

Thursday
January 29
9:00-10:30am
Healthy Breakfast
Recipes

Learn how to make a meal that is simple and healthy.

RSVP required
by January 27th
358-9667

Guided Relaxation

Every Friday in
February
9:50-10:15am
Relaxation
Lounge



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 sneakers.

OFFICE CLOSED

Thursday

January 1, 2015

Please pick up all your testing supplies early!

Sorry WE'RE
CLOSED

OFFICE CLOSED

Monday

January 19, 2015

Please pick up all your testing supplies early!

Sorry WE'RE
CLOSED



**Helping Build A Better
Tomorrow**