



Ohiaarihko:wa/July 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 Celebrates Summer!



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 June's events, including Men's Health Night with Dr. Kelly, MD, "Healthy Grilling" cooking demonstration, Fitness Classes : "Bodyworks", "Club Circuit" and "Lunchtime" and "Chair" Yoga. Check out our monthly newsletter for upcoming activities!



Healthy Grilling Cooking Demonstration



Men's Health Night with Dr. Kelly, MD



Club Circuit



Lunchtime Yoga



Bodyworks



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Summer Survival Tips for Diabetics

When it comes to summertime weather and activities, people with diabetes have a lot to consider. Heat, high humidity, and uncontrolled blood sugar can slow down the body's cooling system, leading to dehydration. Diabetes and Nutrition Education Supervisor Terri Brennan shares her top tips for enjoying a safe, healthy, and fun-filled season while avoiding potentially life-threatening conditions.

Beat the Heat



- Drink plenty of sugar-free fluids throughout the day. Limit drinks with caffeine and alcohol as these tend to cause more fluid loss through urination.
- Watch for signs of dehydration like thirst, dry mouth, decreased urine output, and dizziness.

Avoid the Burn

- Apply a broad-spectrum sunscreen, which will block both UVA and UVB rays, with an SPF of at least 30. Apply at least 30 minutes prior to going outside.
- Reapply sunscreen every two hours, and cover any wounds with a bandage to protect from bacterial infection while outdoors.
- Never go barefoot and avoid open-toed sandals, this will protect your feet from sunburn and injury, and it's recommended to wear water shoes in and around the pool and on the beach.

Work it Out



- Exercise in a cool place such as your home or gym and continue to hydrate.
- Plan outdoor activities in the early morning or late afternoon when temperatures are more moderate.
- Wear a medical ID for identification in case of emergency.
- Check blood sugar before activity and again on breaks, and always keep snacks and fast-acting carbohydrates such as glucose tablets or juice with you in case your blood sugar drops.
- Plan activities with someone that knows you have diabetes.

Manage Medicine and Supplies

- Avoid exposing insulin to temperatures above 86° F. Extreme temperatures can also affect the accuracy of meters and test strips.
- Store insulin in an insulated pouch to keep it from overheating, and store meters and strips inside the meter case in a cool dry place to prevent damage.

Balance Your Plate

- Choose lean grilled meats instead of fried, and limit your intake of breads, rolls, chips and dips.
- Eat a variety of vegetables. Grilling vegetables such as squash, zucchini, mushrooms, asparagus and tomatoes can be a great low carb, low fat side dish at a barbeque.
- Remember to watch the portion size, if you want a high-fat or high-calorie item such as a dessert or potato salad have a smaller portion.
- Raw vegetables with low fat dip for snacking is always a good choice. Avoid mayonnaise based dips and sauces.
- Fresh fruit and berries are in season, enjoy them in moderation.
- If you take insulin, try to stick to your regular meal time to help maintain good blood sugar control.

This is Melanoma

This is what it looks like. Please schedule your skin check today, and put sunscreen on in the morning before you head to work or school.

Photos of Melanoma

A large, asymmetrical melanoma with an uneven color and irregular border



A large, asymmetrical melanoma that is more than 10 millimeters (about 1/2 inch) wide



A melanoma with uneven color, an irregular border, or a scaly or flaky area



A melanoma with an irregular border



All suspicious areas should be checked by your doctor.





Tai-Chi at the Akwesasne Office for the Aging



Each week (on Tuesday's @10am) seniors participate in a Chair Yoga class in the Sun Room, but once a month, the room is closed for a Seniors' Club Meeting. This month, instead of relocating or canceling, Shannon Hall of Pathfinders Consulting provided a beginners workshop for her program, Tai Chi Easy. Shannon helped students unlock their pelvis and find proper posture. She challenged students with balancing exercises and mindfulness practices. Participants also learned a variety of breathing exercises and then incorporated those into the movements. Shannon Hall gave students a basic introduction to Tai Chi, its philosophy, benefits and concepts, and also gave students a number of activities they are able to practice at home.

*Submitted by Mary Terrance- Health Promotion Specialist



Kid's Summer Safety

As school ends its time for summer fun! Whether it's swimming in the pool, hiking through the woods, taking long walks, or going for a bike ride, there is something for everyone, no matter how young or old. Although we want everyone to enjoy the warm weather and stay active, we want to remind all parents and grandparents to stay safe to prevent illness and injury. Here are some safety tips for kids as they play throughout the summer.

Insect bites and especially ticks: Wear protective clothing and bug repellent. Check your children each day for ticks.

Helmet Safety: A helmet must be worn whenever a child is on "wheels". This means bicycles, scooters, rollerblades, skateboards and more!

Water Safety: Adult supervision is needed at all times no matter the age! No child or adult is "drown proof"

Sun protection: Always wear protective clothing, hats and sunglasses. Sunscreen is a must even on cloudy days. Look at products with UVA, UVB and SPF, and apply every 2 hours or more often, especially if your child is swimming, sweating or toweling off.

Poison Ivy, Oak and Sumac: Learn how to identify poison ivy, oak and sumac, and avoid bushy, overgrown areas that may contain these plants.

Dehydration and heat related illness: Drink lots of fluids, don't wait until your child says they are thirsty, this means they are dehydrated already. Look for shade and take lots of breaks while outside playing.

Playground safety: Always check the playground before hand, look for any sharp objects, hot surfaces, and any loose materials. Children should always have play friendly clothing and closed toe shoes.

Please keep your child safe and if you have any concerns, please see your Medical Provider.

*Submitted by Steevi King- Health Promotions Specialist

Re-think Your Drink!

It is important to stay hydrated during the summer to prevent dehydration. Staying hydrated does not mean you need to drink sports drinks, vitamin waters or sweetened beverages. The best choice for staying hydrated during the summer, and any time of the year is water.

If you are like the millions of Americans that do not drink enough water each day try one of these tips.

Flavor water with frozen fresh fruits (grapes, strawberries, melon balls, raspberries and blackberries)

Freeze fresh mint or crushed berries in ice cube trays with water to make flavored ice cubes.



Try adding different flavored herbs and fruits to your water until you find a mix you enjoy!



Better for You than zero calorie flavor drops.



Summer

Homemade Ketchup-No sugar added

Ingredients:

- 1 can (6oz) no-salt-added tomato paste
- 1/3 cup apple cider vinegar
- 1/3 cup water
- 2 Tbsp. very finely minced onion
- 1 garlic clove, finely minced
- 1/4 tsp allspice
- 1/4 tsp freshly ground black pepper
- 1/8 tsp. ground cloves

Nutrition:

- Makes: 9 servings (2 Tbsp serving size)
- Calories 20
- Fat 0g
- Carbohydrate 4g
- Sodium 280mg
- Protein 1g



Directions:

Combine all ingredients in a food processor or blender until smooth. Spoon into a container with a lid and refrigerate; use within 7 days.

Homemade BBQ Sauce-No sugar added

Ingredients:

- 2 tsp. olive oil
- 1 small onion, finely minced
- 2 garlic cloves, finely minced
- 1 can (6 oz) no-salt-added tomato paste
- 1/2 cup apple cider vinegar
- 1/2 cup water
- 1/4 cup Homemade Ketchup (see recipe above)
- 3 Tbsp. coarse mustard
- 1 Tbsp. Worcestershire sauce (low sodium)
- 1 tsp. smoked paprika
- 1 tsp. liquid smoke(optional)
- Pinch of cinnamon

Nutrition:

- Makes: 16 servings (2 Tsp. serving size)
- Calories 30
- Carbohydrate 4g
- Sodium 100mg

For lower sodium, omit liquid smoke



Directions:

In a large skillet, heat oil over medium heat. Add the onion and garlic, and sauté for 3 to 4 minutes. Add the remaining ingredients and bring to a boil, uncovered. Lower the heat and simmer for 30 minutes. Spoon into a container with a lid and refrigerate; use within 7 days.

Salsa Fresca

Ingredients:

- 1 large sweet onion, minced
- 2 lbs plum tomatoes, seeded and chopped
- 1 large jalapeno pepper, seeded and minced
- 2 Tbs. fresh lime juice
- 2 tsp red wine vinegar
- 1/4 tsp freshly ground black pepper
- 3/4 cup fresh cilantro or fresh parsley, minced
- optional: fresh garlic or garlic powder as desired

Nutrition:

- Makes: 28 servings (1/4 cup serving)
- Calories 10
- Carbohydrate 2g

Use gloves when handling jalapeño peppers.



Directions:

In a large bowl, combine all ingredients. Serve immediately. Refrigerate unused portion in a container with a lid; use within 3 days

Making a choice when it comes to "extra" condiments for your food. It is always better to make them yourself. You can control the ingredients and the recipe. It's a family's pride.

If buying from a store, look for items that are no salt added, low sodium, low

Often condiments are so good because they are high in sodium chloride (table salt), MSG (monosodium glutamate), and enhancers.

BBQ sauces are high in sugar. Some contain high fructose corn syrup.

READ YOUR LABELS

Cheer up! Cook on! Just more treats!

Extras

Vegetable Relish-No salt

Ingredients:

- 1 small red bell pepper, finely chopped
- 1 small green bell pepper, finely chopped
- 1 small red onion, finely diced
- 2 garlic cloves, finely minced
- 1/2 cup water
- 1/4 cup fresh lemon juice
- 1/4 cup red wine vinegar
- 1/4 cup packed light brown sugar
- 1 tsp ground ginger
- 1/4 tsp freshly ground pepper

Nutrition:

Makes 32 servings (2 Tbsp serving size)
Calories 10
Carbohydrate 3g

Can substitute
Splenda brown sugar



Directions:

Combine all ingredients in a saucepan and bring to boiling over medium-high heat, uncovered. Lower the heat and simmer for 20 minutes. Spoon into a container with a lid and refrigerate; use within 3 days.

Mango Chutney-No salt

Ingredients:

- 2 tsp canola oil
- 1/2 cup red onion, minced
- 1 Tbsp. fresh ginger, peeled and grated
- 2 garlic cloves, minced
- 2 tsp curry powder
- 1 medium mango, peeled, pit removed and diced
- 1 small red pepper, seeded and minced
- 1 small jalapeno pepper, seeded and minced
- 1/2 cup pineapple juice
- 2 Tbsp red wine vinegar
- 1/4 tsp freshly ground black pepper

Nutrition:

Makes: 32 servings (2 Tbsp serving size)
Calories 15
Sodium 35mg
Carbohydrate 2 g



Directions:

In a large saucepan, heat the oil over medium heat. Add red onion, ginger, and garlic, sauté for 3 minutes. Add the curry powder and sauté for 1 minute. Add the mango, red pepper, and jalapeno pepper and cook for 5 minutes, until mango and peppers begin to soften. Add the pineapple juice, red wine vinegar and black pepper. Bring to boiling, lower the heat, and simmer, uncovered, for 10-12 minutes, until the mangos and peppers are softened. Spoon into a container with a lid and refrigerate; use within 3 days.

Cool Summer Treats

Cool down and enjoy a nice frozen treat in moderation this summer season. Choose low fat/ lower sugar options such as:

- Non fat Greek frozen yogurt
- Slow Churned vanilla ice cream
- Freeze your favorite low fat yogurt in a freezer
- Throw some freshly cut up fruit into the freezer for a few hours and eat or throw into unsweetened iced tea

Top your favorite low fat/low sugar frozen treats with fresh sliced seasonal fruits such as:

- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Fresh Melons
- Grapes
- Bananas
- Pineapple



Many Thanks and Best Wishes

To all of the great patients and participants of the Let's Get Healthy Program that I've met, I hope all of you stick to your goals whether they are fitness, nutrition or overall health goals, continue to come back here to better your health every day! I've learned so much from everyone here, and thank you for being amazing patients and participants. I enjoyed my time working with all of you, and here with the Let's Get Healthy Program and I look forward to coming back to visit after I have the baby.

I've enjoyed the experience and I'm going to miss everyone!

Remember: keep your core tight, and breathe!

-Calandra Thompson



Hiking & Walking Trails in St. Lawrence County & Northern Adirondacks:

Dozens of hiking trails are available both within St. Lawrence County and a short drive away. Here are many of them, provided by the Laurentian Chapter of the Adirondack Mountain Club. The club's website can be viewed at AdkLaurentian.org. For more nearby hikes, see the "Northern Region" guidebook published by the Adirondack Mountain Club. Also recommended are "Views from on High: Fire Tower Trails in the Adirondacks and Catskills," by John Freeman and "Kids on the Trail: Hiking with Children in the Adirondacks," by Potsdam residents David Trithart and Rose Rivezzi.

RED SANDSTONE TRAIL. History and scenery combine in this 3.5-mile trail along west bank of Raquette River between Hannawa Falls and Potsdam. Interpretive markers display a map. See where some of the famous "Potsdam Sandstone" came from. Park near the Hannawa Falls Fire Department on Mill St., just off State Hwy 56 in Hannawa Falls. Follow the blue diamond trail markers. Trail terminates at the northern tip of Sugar Island. Return to Mill St. or walk out the dirt roads to the Back Hannawa Road.

STONE VALLEY RECREATION AREA. Trail goes along both sides of the Raquette River from Colton north to the Brown's Bridge road and back, making it possible to do a 7.5-mile loop if desired. Trailheads in Colton are on each side of the bridge over the river just above the Colton Dam and parking is available at both places. Dramatic views and overlooks of many waterfalls and rapids and some informational plaques.

HIGLEY FLOW STATE PARK TRAILS. A number of great trails are available at Higley Flow State Park. Take route 56 south to South Colton and turn right onto Cold Brook Road – watch for signs on the right. Small day use fee during summer months, but trails are open for skiing all winter at no charge. The Warm Brook Trail follows the Blue Trail Markers. It is 1.3 miles of rolling, hilly trail through the park's northern hardwood forests and pine plantations. A nice hiking and cross-country ski trail. The Beaver Pond Trail follows the Yellow Trail Markers and is .9 miles long. The interpretative trail goes through several different ecological habitats - pine plantations, wetlands, open meadow, and northern hardwoods, and winds around a beaver pond. There are seven interpretative signs alongside this trail. The Cedar Brook Trail follows the Red Trail Markers and is 3.8 miles long. The trail has several loops that go through pine plantations. It offers steep, hilly terrain, suitable for advanced cross-country skiers. For more trail information and trail maps, contact Higley Flow State Park at (315)262-2880.

SOUTHVILLE STATE FOREST – RIVER HILL TRAIL. Head out of Potsdam on Route 11B for about 5 miles, cross the west branch of the St. Regis River, and take the first left onto the Southville-West Stockholm Road. Continue about a mile or so and watch for signs on the left. This trail is also good for cross-country skiing. It's about 2.3 miles total and can be done as a loop. Part of the trail drops down and follows alongside the river.

ROBERT MOSES STATE PARK NATURAL TRAILS. Off Route 37, Massena, trails lead to overlook the St. Lawrence River, picnic and collecting areas.

CLEAR POND. Parishville, 6.6 miles, from Clear Pond to Lilypad Pond, features extensive beech forest and glacial ponds.



AZURE MOUNTAIN. The fire tower atop Azure Mountain has recently been restored by the Azure Mountain Friends, making this a popular two mile round trip hike. Elevation is only 2,518 feet, but this little mountain offers fantastic views of the High Peaks region to the south and east. A volunteer fire tower interpreter is often on duty on weekends to answer questions about the tower and can help identify distant mountains. Great hike for kids, but it is steep and caution should be used on the open cliffs on the summit. Take Route 11B east from Potsdam to Nicholville, then turn south onto Route 458. About four miles past St. Regis Falls, turn right onto Blue Mountain Road. Continue about 7 miles and watch for the small sign and trailhead parking area on the right.

*For more local adventures go to northcountrynow.com/hiking

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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Giveaways throughout the month

**For More Information: Call the
Let's Get Healthy Program
358-9667**

SunRISE Yoga and Meditation

**July 1st, 15th, 29th
7:15-7:50am**

with Mary and Heather
Join us for a new class!

Group Guided Relaxation

**July 11th, 18th, 25th
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 July 17th

Dessert-

Healthier frozen treats

1:00-2:00pm

Tuesday July 22nd

Lunch and Learn- Grilling fruit

101. Lunch provided.

12:00-1:00pm

Wednesday July 30th

Summer Salads-

Make healthy summer salads

and homemade salad

dressings.

11:30-1:00pm

For more information please
contact

Heather Pontius, RD

358-9667

Cancellations/closures:

Our office will be closed:

July 4th

Independence Day

July 9th

8am-12pm

Staff Training

MFH Class

And

Lunch Time Yoga

cancelled

July 24th

Wellness Day: All staff will

be participating in

Wellness Day

at the former IGA

building from 10-5:00pm

MFH Class is cancelled

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**