

Upcoming Events

HAVE YOU HEARD...

Diabetes Support Group

St. Regis Mohawk Health Services
Admin Board Room
Start Time: 6:30pm
1st and 3rd Wednesday of each month

Open to the Akwesasne community, all ages welcome, diabetics and anyone affected by diabetes encouraged to attend.

Local health professionals will provide weekly education sessions and answer diabetes related questions.

358-6091 for more information

STARTS MARCH 2nd!!

~*FREE ZUMBA CLASS*~

Zumba Gold Instructor-Jamie Ross

Monday-4:30-5:30pm
St. Regis Recreation

Tuesday-5:30-6:30pm
Let's Get Healthy Program

Wednesday-4:30-5:30pm
St. Regis Recreation

Thursday-5:30-6:30pm
Let's Get Healthy Program

Anyone can join, come give it a try!
You never know, you might like it!



Meatless Monday
Taste Testing

Monday, March 7th
5:00-6:00pm
Let's Get Healthy Program Building
(Former LBM Lumber Building)

Featured Recipes will include:

- Quinoa
- Tofu
- Lentils/Beans
- Vegetables



Come learn how to prepare meatless meals that are heart healthy, diabetic friendly, easy to prepare, nutritious and delicious for the whole family.

RSVP by March 4th to 358-6091

Event will be cancelled if less than 5 registrants.

Local Pools:

The following pools are open for public swimming, young and old.

Aquatic Centre— Cornwall
prices vary depending on swim session

Brasher Falls School—
Water Aerobics— Tues & Thurs 5:45-7:15pm
Saturday-8:45-10:15 am
\$2 per person/class

Family Swim Night-Wednesday 6:30-8:00pm
\$1 per person/night

Salmon River Central—
Public Swimming—times unknown

Free

Comfort Inn & Suites-Plattsburgh

***NEW* Spray Park**

Indoor water park

518-562-2730 ext-309



Helping Build a Better Tomorrow



Ennisko:wa/March
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"

March is National Nutrition Month



senha kakhwi:io sera:ko

Choose Lean Meats and Poultry

Choose poultry without skin.

Prepare meats without added fat such as oil or butter.

Remove all visible fat from meat before cooking.

Remove skin from poultry before cooking or eating.

Choose white meat when eating chicken or turkey.

Grill, bake or broil meat, poultry or fish.

Cut back on processed meats (deli or cured meats) they are usually high in sodium and saturated fats.

Cuts of meat and pork labeled "loin" or "round" usually have the least amount of fat.

Wild game such as venison, moose, bison, fish are lower in saturated fat and cholesterol than store bought beef.

Limit canned meats, Spam, potted meat, etc...

American Heart Association recommends having a serving of fish at least twice per week.

Choose lower sodium tuna, packed in water.

Limit high fat processed meats— salami, bologna, sausage, hot dogs.

Read food labels to choose lower fat, lower sodium meats.

American Heart Association

American Stroke Association



Orange/yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple

Vegetables: carrots, yellow pepper, corn and sweet potatoes.

INSIDE THIS ISSUE:

Nutrition Page	2
Fitness Page	3
American Heart Month	4-5
Notes from the Nurses	6
Shining Star	7
Upcoming Events	8

Nutrition Page

GO GREEN — Cooking With Herbs

Reduce your salt intake without cutting flavor.

If a recipe calls for 1 teaspoon dried herbs use 1 tablespoon of fresh herbs.

Cut fresh herbs finely, right before using for the most aroma and flavor.

Add fresh herbs at the end of cooking to preserve their freshness.

Store bunches of fresh herbs in the fridge in a small amount of water, similar to fresh cut flowers in a vase.

Adding Herbs to Your Meals:

Increase the flavor of olive oil by simmering fresh herbs in oil, rosemary and garlic to make a great combo for salad dressing or dipping bread.

Add flavor to meats by using chopped herbs rubbed onto beef, poultry or fish before cooking.

Stuff fresh herbs into poultry before roasting.

Add fresh chopped herbs to a green salad.

When making bread or dinner rolls add chopped rosemary, garlic, chives to the batter.

Mint complements fruit well, try mixing it in a fruit salad or a smoothie.

For those who don't like plain water add fresh mint, lemon balm or lemon grass to your water.

Freeze fresh chopped herbs in ice cube trays with water and add to drinks, or smoothies for a refreshing treat.

Add chopped fresh basil, parsley or oregano to pasta dishes.

Give salsa a try, add some chopped parsley or cilantro to fresh chopped veggies.

Info from: www.eatright.org



Teiotsistohkwathe'shôn:'a Shining Star-Aimee Benedict



When it comes to regulating my blood glucose levels, I find the winter months especially difficult. I prefer to be cozy and warm on the couch near the fireplace instead of outside skiing or skating. This past year has been especially difficult. My glucose levels have been the highest ever. The Let's Get Healthy crew and my medical provider talked about the progression of my diabetes and what the next steps might be. What a wake-up call! Continuing on my present path, insulin was the next logical step. They recommended some changes to my diet: adding carbohydrates. I was too carb conscious. Not eating enough carbs tricks your body into thinking it's starving and doesn't process them correctly. Another suggestion was to remember to take my medications on schedule. I was missing several doses every week. The final suggestion was exercise. My sisters and I decided to give Zumba a try. We've scheduled ourselves for three times a week. What a difference the combination has made.

The change in my glucose levels have been amazing. I was averaging in the low, middle and occasionally high 300s. Since making the changes, I'm staying in the 100s. One memorable morning it was 97.

Although I haven't lost any weight, my new low glucose numbers have definitely made it worth the sweat. I have to give credit to my sisters for pushing me to go to Zumba regularly. For the times when we just can't get motivated, I also give credit to my Dad who tells us, "Quit being a baby!" —Aimee Benedict

Great job Aimee! Keep it up! Thank you for being our very first Shining Star-Staff of the Let's Get Healthy Program

THINK BEFORE YOU DRINK

Calories in 12 ounces of beer--

Bud Light- 110

Blue Moon-171

Coors Light-104

Miller High Life-143

Yuengling-145



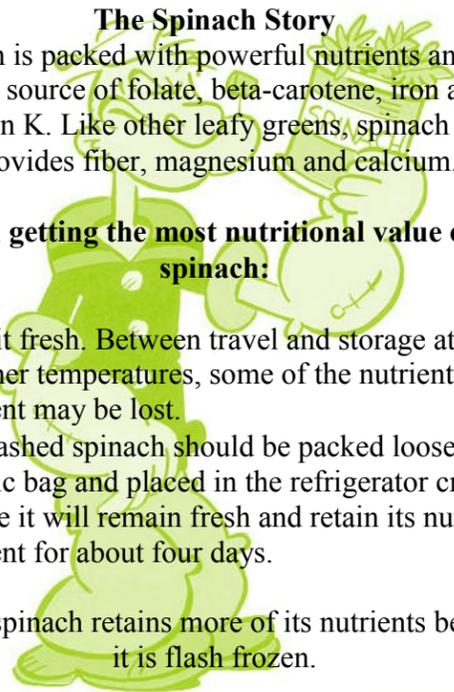
The Spinach Story

Spinach is packed with powerful nutrients and is a good source of folate, beta-carotene, iron and vitamin K. Like other leafy greens, spinach also provides fiber, magnesium and calcium.

Tips on getting the most nutritional value out of spinach:

- Buy it fresh. Between travel and storage at warmer temperatures, some of the nutrient content may be lost.
- Unwashed spinach should be packed loosely in a plastic bag and placed in the refrigerator crisper where it will remain fresh and retain its nutrient content for about four days.

Frozen spinach retains more of its nutrients because it is flash frozen.



Listen for our Nutrition

Month Ads on CKON!

Do you like hearing health messages on the radio? Let us know. 358-6091



Can You Name These Green Foods?



Picture yourself in the middle of this care wheel. You are leading your care by choosing the health care providers available to you, through the St. Regis Mohawk Health Services and The Let's Get Healthy Program. When looking at the wheel, the people that surround you, the patient, are your support people. We are here to educate, support and guide you through your journey to a healthy lifestyle. Please take an active role in your diabetic health by accessing your available services. Susan Gale, RN

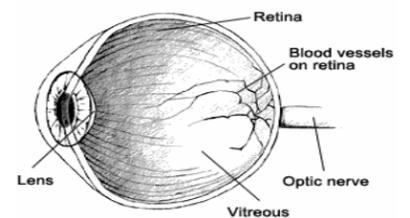
How Can Diabetes Affect Your Eyes?

Retina-the lining at the back of the eye, it's job is to sense light coming into the eye. Damage can cause blurry vision.

Vitreous-is a jelly like fluid that fills the back of the eye. High sugars and blood pressure can cause bleeding/ blood in the vitreous.

Optic Nerve-the eye's main nerve to the brain. Glaucoma can cause pressure in the eye and damage the nerve.

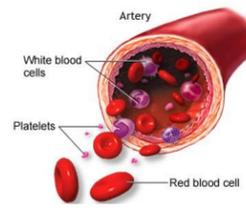
Lens-the lens is at the front of the eye, it focuses light on the retina. Cataracts occur on the lens of someone with diabetes.



Nursing Notes

ANTIPLATELET THERAPY—Part 2

In last month's article on antiplatelet medication, we discussed how these medications thin our blood to prevent blood clots from forming in our vital organs. They can be life saving medications for people with heart disease, keeping arteries open so blood can properly nourish our heart with oxygen and other essential nutrients. The Antiplatelet medications include Clopidrogel (Plavix), Aspirin, Ticlopidine (Ticlid), Dipyridamole (Persantine), Prasugrel (Effient), and Cilostazol (Pletal).



Bruising and/or bleeding:

Since antiplatelet medications decrease the ability of our blood to form clots, easy bruising and bleeding can occur. This can be frightening for anyone. Our best defense is knowledge.

Accidents can happen. If you cut yourself, apply pressure to the area for 5 minutes or until the bleeding stops. If you bump into something, apply a small ice pack to the area for 10 minutes.

Avoid contact sports. Avoid icy or slippery areas where your risk of falling is increased. Use mechanical equipment carefully and avoid hurrying!

When should you call the doctor?

If you have bleeding in your stool (black or dark colored), blood in your urine, or have nosebleeds that are hard to stop.

If you feel very tired, weak, short of breath, or look pale.

If you have sudden severe headaches, fever or chills or confusion.

If you have dizziness, chest pain, stomach upset or pain, nausea, diarrhea, muscle pain or severe back pain.

Always Remember...

Carry medical information indicating that you use antiplatelet medication when you travel. Better yet, purchase and wear a Medic Alert bracelet or necklace that states you are taking an antiplatelet medication.

Article Submitted By: Rosemary Bennett, RN, CDE

Hemoglobin A1C

An A1C shows your average glucose over the last 2 to 3 months.

Often your doctor will recommend you have an A1C done every 3 months, to see how well your blood sugar is controlled over time.

It is important to know your A1C, your last A1C and your newest A1C so you can know whether your blood sugars are balanced over time.

The American Diabetes Association recommends an A1C less than 7% for someone with diabetes.

7% = average glucose of 154 m/dL.

Fitness Page

Is your stability ball collecting dust or being used by the kids as a kickball? Here are 2 exercises you can do using a stability ball:

Wall Squat with a Ball

Do it:

Place an exercise ball between the wall and the curve of your lower back. Stand with your feet shoulder-width apart. Bend your knees and lower 5 to 10 inches, keeping your shoulders level and your hips square. Hold this position for 3 seconds and then stand back up. Start with 5 reps and work up to 12. Rest for 30 seconds and do another set.



Overhead Squat with Ball

Do it:

Grab an exercise ball and stand with your legs hip-width apart. Raise the ball over your head, your arms extended and close to your ears. Now squat down, keeping the weight in your heels and your arms extended. Hold the squat for one count, then come back up. Keep your arms lifted as you do 12 to 15 squats.



Get rid of your office chair...

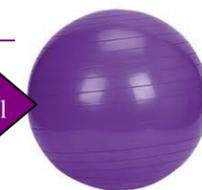
Sitting on an exercise ball can be a challenge and improve your posture when sitting in front of the computer or the TV.

Once you are comfortable just sitting on the ball try raising one foot and balancing to really engage your core stomach muscles.

This is a great way to improve your posture, burn some extra calories all while checking Facebook or watching your nightly TV shows.



Replace your chair with a ball



Choose the Right Exercise Ball

4'11" to 5'4" choose a 55 cm ball
5'5" to 5'11" choose a 65 cm ball
6'0" to 6'7" choose a 75 cm ball

Your thighs should be parallel to the ground when you are sitting on the ball.

An underinflated ball is easier to use and stabilize because there is more surface area on the floor.

A Message From Susan Gale, Nurse Case Manager at Mohawk Healthy Heart Project:

Hi, everyone I have decided to get my message across to you in a different way today. I feel so proud of all our Mohawk Healthy Heart participants, you are leading the community toward better heart health and a diabetic balance. You are all mothers, fathers, sisters, brothers, aunts, uncles, daughters, sons and grandparents, striving to create a diabetic balance in your life as well as the life of your friends, families, co-workers and bosses. The one thing I would like to let you know is that just wanting to help yourself and others is the first step to heart health and diabetic balance. When you are thinking of others you are always on the road to balance.

What do we healthcare workers always say? Take your blood sugar, drink plenty of WATER, Take your MEDICATIONS regularly, EAT a BALANCED DIET of protein, healthy fats and carbohydrates creating balance in your meals. Strive for at least 3 servings of vegetables and 2 servings of fruit per day, and last but not least EXERCISE 30 minutes a day. Getting healthy is just that, a change we make to our daily routine is a step to better health and diabetes prevention. As your diabetes educator and supporter, I hope that I am communicating this message to you: **you are no different than anyone else! We all need to create a daily routine that is heart healthy.** In creating this routine we will prevent heart disease and decrease the onset of diabetes or diabetes complications. So, I hope you see and feel supported in your journey to heart health and diabetic balance, because I personally love my role as your diabetes educator.

Please join us this month, National Nutrition Month, in creating one routine nutritious change in your food habits toward heart health and diabetes balance. Susan Gale, RN

For more fitness tips or to complete a functional movement screening
Contact:
Justin Point
358-9667

Answers to the Green Foods Challenge:
#1-Edamame #2-Scallions #3Artichoke #4Parsley #5Red leaf lettuce #6 Lime

Diabetic Meals 30 Minutes or Less

Stuffed Zucchini Boat

Makes 6 servings, Prep Time 15 minutes

Ingredients:

3 medium zucchini
1.5 pounds lean ground turkey breast
1 small onion, minced
1/2 cup finely diced carrot
1/2 cup finely diced red bell pepper
2 tsp fresh minced basil
1 tsp fresh minced oregano
1 egg, beaten
1 cup low sodium spaghetti sauce

Directions:

Preheat oven to 350 degrees.

Cut each zucchini in half lengthwise and scoop out the inside of each zucchini leaving a 1 inch shell. Then cut the zucchini boat in half crosswise to make 6 boats. Minced the scooped out zucchini.

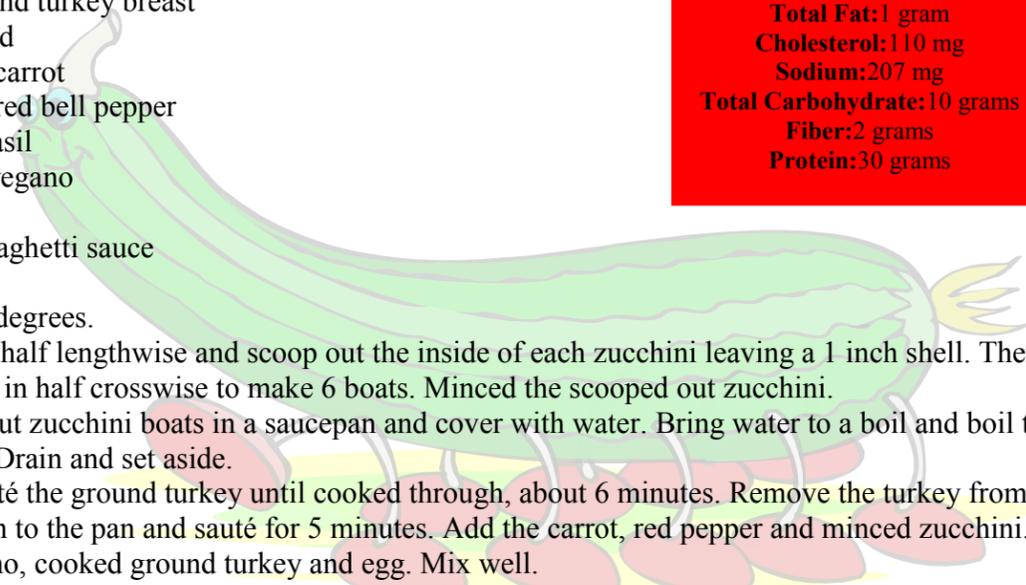
Place the hollowed out zucchini boats in a saucepan and cover with water. Bring water to a boil and boil the boats for 5 minutes. Drain and set aside.

In a large skillet, sauté the ground turkey until cooked through, about 6 minutes. Remove the turkey from the skillet. Add the onion to the pan and sauté for 5 minutes. Add the carrot, red pepper and minced zucchini.

Add the basil, oregano, cooked ground turkey and egg. Mix well.

Fill each zucchini boat with the turkey mixture. Place the zucchini boats in a preheated oven at 350 degrees and bake uncovered for 10 minutes. Serve with heated spaghetti sauce drizzled on each boat.

Nutrition Facts:
Calories:171
Total Fat:1 gram
Cholesterol:110 mg
Sodium:207 mg
Total Carbohydrate:10 grams
Fiber:2 grams
Protein:30 grams



Spicy Chicken with Peppers

Makes 6 servings, Prep Time: 15 minutes, Serving size 1 cup (3 ounces chicken)

Ingredients:

1 TBSP peanut oil
3 cloves garlic, minced
3 small red chili peppers (less if you don't like spicy food)
3 boneless, skinless chicken breast cut into 2 inch pieces
2 TBSP low sodium chicken broth
1 small green and red bell pepper, sliced thin
1 cup celery, sliced
1/2 cup scallions, sliced
1 TBSP low sodium soy sauce

Directions:

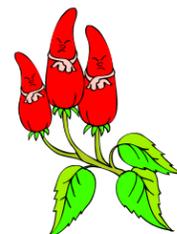
In a wok, heat the oil over medium high heat. Add the garlic and chili peppers. Stir fry for 30 seconds. Do not let mixture burn.

Add the chicken and stir fry for 5-8 minutes until it is opaque. Push the chicken on the sides of the wok. Add the chicken broth to the wok, stir fry the peppers for 4 minutes. Add the celery and scallions, stir fry for 2 minutes. Push the chicken back to the center of the wok.

Add the soy sauce, cover and steam for 2 minutes.

Serve with a whole grain wild rice, quinoa or bulgur wheat

Nutrition Facts:
Calories:190
Total Fat:6 grams
Cholesterol:73 mg
Sodium:185 mg
Total Carbohydrate:7 grams
Fiber:1 gram
Protein:28 grams



Ginger and Lime Salmon

Makes 6 servings, Prep Time: 10 minutes, Serving size 3 ounces of salmon

Ingredients:

1 TBSP sesame oil
1 TBSP low sodium soy sauce
1 TBSP grated ginger
2 TBSP dry sherry
6- 4 ounce salmon fillets
1 TBSP grated lime peel
1 TBSP minced scallions
12 lime wedges

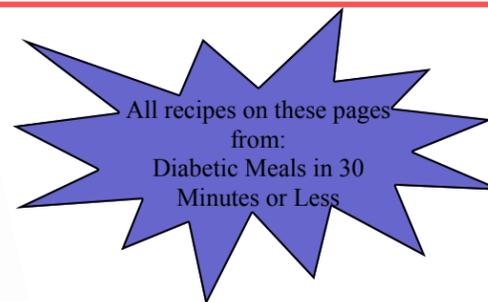
Directions:

Mix together sesame oil, soy sauce, ginger and sherry. Sprinkle over salmon and let marinate for 15 mins. Prepare to steam by filling the bottom of a large sauce pan with 3 inches of water. Place a steamer rack or wide basket in the pot. Place the fillets on a heat proof plate. Cover the pot and steam the fish for 10 minutes, until it is tender. Sprinkle the fish with lime peel and scallions. Serve with lime wedges.

Serve with roasted red potatoes and a side salad for a balanced diabetic meal.

SUBSTITUTE: if you do not have dry sherry- try a dry red or white wine, if you prefer not to use alcohol you can try rice vinegar, orange juice or pineapple juice.

Nutrition Facts:
Calories:205
Total Fat:11 grams
Cholesterol:77 mg
Sodium:109 mg
Total Carbohydrate:1 grams
Fiber:0 grams
Protein:24 grams



All recipes on these pages
from:
Diabetic Meals in 30
Minutes or Less



Tips for using a Wok

Cooking with a wok is an easy way to get food on the table fast!!

Choose one made for a stove, not an electric one. Season your wok well, or buy a wok that is pre seasoned or no stick.

Choose a stirring utensil that has a flat edge and a long handle that will allow you to stir fry properly.

Heat the wok without anything in it first. Make sure your ingredients are not ice cold when putting into the wok, this prevents food from sticking.

Make sure all your food is prepped and ready to go, stir frying is a quick process.

Sliced Tomatoes with Italian Parsley Dressing

Makes 6 servings, Prep Time: 10 minutes

Serving size: 1 cup

Salad:

2-3 large, ripe tomatoes

Dressing:

1/2 cup minced Italian parsley
2 TBSP minced fresh basil
3 TBSP olive oil
2 TBSP lemon juice
4 garlic cloves, minced
fresh ground pepper to taste

Directions:

Slice the tomatoes and place them on a platter, overlapping pattern.

In a blender or food processor, combine the dressing ingredients. Drizzle the dressing over the tomatoes just prior to serving.

Nutrition Facts:
Calories:90
Total Fat:7 grams
Cholesterol:0 mg
Sodium:38 mg
Total Carbohydrate:7 grams
Fiber:2 grams
Protein:1 grams