

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

Guided Relaxation Session before each meeting at 6:15-6:30.

Let's Get Healthy Program Moving To A New Home!!



The Akwesasne Housing Authority has opened their arms to the SRMHS diabetes programs: Diabetes Grant and Mohawk Healthy Heart Project. We will be relocating both offices and all staff to the newly constructed AHA Training Center, sometime in June 2011. This will be our temporary home until the Diabetes Center of Excellence is ready.

Diabetes Center of Excellence Groundbreaking Coming Soon..



Thanks to the hard work of many, to mention a few: Tribal leadership, the Diabetes Center of Excellence Charter, St. Regis Mohawk Health Services, SRMT-Planning and Infrastructure Department and many community supporters, federal and local funders. We are excited to begin our planning for a groundbreaking ceremony for the Diabetes Center in June 2011.

It is with great appreciation to all Akwesasne Mohawk families for their support and patience to bring this vision closer so our fight against diabetes is strengthened. Please stay tuned for updates as they arise and or stop by our offices to see the architect sketches completed to date. Niawen:Kowa-Janine Rourke-RN, BSN, CDE-Tsitewatakari:tat.

OFFICE CLOSED!
The Mohawk Healthy Heart Project & Diabetes Grant Office will be CLOSED on Monday, May 30th for Memorial Day!
Please get your diabetic testing supplies ahead of time.



Women's Wellness Day

You are cordially invited to participate in our 1st women's wellness day as part of women's health month.

Fitness instructors will be available for demonstrations
Community wellness programs within Akwesasne area will be present with information about their programs.
Vendor tables will be located around our indoor track.

May 11, 2011
Heart to Heart Fitness Center
Hogansburg, NY
10am - 4pm

Sponsored by:
Heart to Heart Fitness
Let's Get Healthy

Please RSVP to:

Susan Gale 518-358-6091 or susan.gale@srmt-nsn.gov
Denise Laneville 518-3200 or dlaneville@hthfitness.com



Helping Build A Better Tomorrow



GUIDED RELAXATION SESSION BEFORE THE DIABETES SUPPORT GROUP MEETINGS 6:15-6:30PM ADMIN BOARD ROOM



Helping Build A Better Tomorrow



Onerahtokha:wa/May 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"

national **women's health** week
May 8-14, 2011



Racing Against Drugs
Anowara'kowa Arena

What is National Women's Health Week?

National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Service and kicks off on Mother's Day, May 8, 2011. The theme for 2011 is "It's Your Time". National Health Week encourages women to make their health a top priority and to take steps in improving their physical and mental health and lower their risk of certain diseases. Those steps include:

- ♥ Getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity or a combination of both, each week.
- ♥ Eating a nutritious diet
- ♥ Visiting a health care provider to receive regular checkups and preventive screenings
- ♥ Avoiding risky behaviors, such as smoking and not wearing a seatbelt
- ♥ Paying attention to mental health, including getting enough sleep and managing stress

Why celebrate National Women's Health Week?

Women often serve as caregivers for their families, putting the needs of their spouses, children, and parents before their own and as a result their own wellbeing becomes secondary. It is our responsibility to support the important women in our lives and help them take steps for longer, healthier and happier lives.
www.womenshealth.com



April Event



**National Women's Checkup Day
Monday
May 9, 2011**

MAKE YOUR APPOINTMENT TODAY

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Gardening Corner

Raised Bed Gardening

Raised beds are popular because they are relatively easy to build, plant, weed, and maintain. Since the soil can drain sooner and warm up faster in spring, they enable you to plant earlier in the season. You can make a garden of permanent or temporary raised beds. Here's how.

Tools and Materials

- Bricks, rocks, concrete blocks, naturally rot-resistant wood, or wood treated with a safe preservative
- Sheet plastic or wood preservative (optional)
- Shovel
- Spading fork
- Iron rake
- Measuring tape
- Hammer
- Nails
- Topsoil
- Compost

Making permanent beds. Use rot-resistant wood such as cedar, or bricks, rocks, or cement blocks to create a bed that is at least 1 foot deep, no more than 3 to 4 feet wide, and as long as you like. If the beds are wider than 3 to 4 feet, it's hard to reach the center to weed, water, and fertilize. To slow the rotting of the wood, consider painting the wood with an Earth-friendly preservative, such as linseed oil or borax-based treatments. Ask your hardware store staff for suggestions. If building the bed on soil, improve drainage by loosening the soil in the bottom of the bed with a shovel or spading fork. Then fill the bed to the top with a mixture of compost and topsoil.

Making temporary beds. In the garden, temporary raised beds allow you to change the design each year. Shovel garden soil into raised beds, or bring in a mixture of compost and topsoil. Beds can be any shape you desire: rectangular, curved, or even round. The basic rule of thumb is to build beds about 12 inches deep and no more than 3 to 4 feet wide. Remove sticks, rocks, and other debris, and rake the tops of the beds smooth and flat.

Planting raised beds. Plant your favorite vegetables, herbs, and flowering plants at the proper times for your area. Concentrate watering and any fertilizer right around the plants, and try not to compact the soil by stepping on it. Plant tall plants against a wall or on the north side of the bed.

Water regularly. Raised beds may dry out faster than other garden beds, so water regularly. Also, since there is less soil mass to provide food for the plants, fertilize regularly with an all-purpose plant food.

Mulch. Mulch with straw, shredded bark, or other organic materials to conserve water and prevent weeds from growing

The Let's Get Healthy Program has a binder full of articles with helpful gardening tips. The public is welcome to come in and look through this binder and request copies of any article that is of interest to you.

Pictures From The Past Mohawk Healthy Heart Gardening Project



Women's Health Month

Early Detection and Breast Cancer

Breast Cancer is the most common type of cancer among women in the United States. The chance of a woman having breast cancer sometime during her life is 1 in 8. **Early detection is key in the treatment of breast cancer.**

Mammogram - Women age 40 and older who are at average risk should have a mammogram at least once a year. Women who are at high risk should start getting mammograms at age 30.

Clinical Breast Exam (CBE) - This is done by your doctor at your routine general health exam.

Breast Self Exam - Get in the habit of doing monthly self-exams starting at age 20. This will get you familiar with your breast so you will notice any changes that may occur.

Risk Factors for Breast Cancer

Age - Nearly 80 percent of breast cancer is found in women over the age of 50.

Personal History - If you have had cancer in breast you have an increased risk of developing it in the other breast.

Family History - If you have a mother, sister, daughter or other relatives that have had breast cancer your at higher risk.

Childbearing and Menstrual History - At a higher risk are:

Heart Disease, Diabetes and Women

Each year, a growing percentage of women discover that heart disease is the #1 killer of American women. One in three women will die of heart disease. Diabetes is a powerful risk factor for heart disease in women. Women with diabetes are 2 times as likely to have a second heart attack and 4 times more likely to have heart failure than women without diabetes.

A growing number of women with diabetes may already have heart disease or have the risk factors such as high lipid levels, high blood pressure, abdominal obesity, and abnormalities in blood vessel function.

As somebody's wife, mother, daughter, sister it is your time to start protecting yourself. Here are some suggestions:

- ♥ Don't Smoke
- ♥ Control your blood pressure
- ♥ Maintain a healthy weight
- ♥ Exercise regularly
- ♥ Eat a low-fat diet
- ♥ Take care of your diabetes
- ♥ Be aware of chest pain
- ♥ Know your family history



Nursing Notes

Fitness Page

May is National High Blood Pressure Education Month. High blood pressure affects about 50 million, or one in four American adults. Of those with hypertension, about 68 percent are aware of their condition, but only 27 percent have it under control.

Hypertension can lead to stroke, heart failure, or kidney damage. To help prevent that, blood pressure must be lowered to less than 140/85. Normal blood pressure is less than 130/85.

The lifestyle changes to control high blood pressure are:

- Lose weight, if overweight
- Become physically active
- Choose foods lower in salt and sodium
- Limit alcohol intake

www.nhlbi.nih.gov



Signs of a Stroke

Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

Sudden confusion, trouble speaking or understanding

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden, severe headache with no known cause

If you are experiencing these symptoms
Immediately dial 9-1-1



**National Nurses Week
May 6 - 12, 2011**

Teiotsistohkwathe'shôn:'a Shining Star-Raymond McDonald



With support from his wife, Liz, Ray has regularly attended exercise sessions with Justin Point twice weekly. His glucose levels are proof that exercise does improve how our bodies use glucose. Ray is proud of his smaller waistline and shrinking stomach! He and Liz have also made dietary changes suggested by our dietician, Heather Pontius. They are trying new recipes using less fat and more fiber. We often see Liz looking for new recipes while waiting for Ray to finish his exercise sessions.

Ray and Liz work together to improve their health-we see them as a "Shining Star Team".

May is National Bike Month

So, take those bikes out of the garages and oil up the chains and get them ready to put the mileage in this summer. If you don't have a bike, now is the time to start shopping for one. You have a few options here when it comes to selecting a bike. Ask yourself "what type of biking will I be doing this summer? Will it be on the road only, will it be off road only, will it be a little bit of both, or will I just be cruising on the beach?" There are about four different bikes to choose from. The road bike is geared towards pavement only and if you have a need for speed, then this bike is a perfect fit for you! This type of bike has thin tires and you use a forward lean while riding the bike, something to think about if you have some low back issues. If your choice is to do some off road riding, then the mountain bike is your best selection and it can be utilized on the road as well, but it won't be as fast as the road bike. You do sit upright, taking the stress off your low back, depending if you have a low back issues. Hybrid bikes offer a little bit of both of the road and mountain bikes. You'll get the skinnier tires and upright seating. The next selection would be the cruiser. This bike is not fast, is not geared toward off road biking, but is great for just taking a cruise around the beach or taking it slow and enjoying the fresh air. For those of you that need extra cushion for the seat and don't need the speed, than this bike is a perfect fit! There is one more bike that is a BMX bike. It is smaller than all of the bikes mentioned above and heavier. So, if you like to jump curbs, hit ramps, and do 360's in air, then the BMX bike is your cup of tea. If you plan on putting in the mileage this summer, then your best bet would be to invest in a really good bike. Because you get what you pay for in terms of selecting a \$79 bike to a let's say \$700 bike. Make sure you find a bike shop too. Ask about bike maintenance, how to change a flat tire, etc.

Finding the right terrain to ride long distance and to be safe would be the Cornwall Recreational path. The recreational path is about 40 km from the St. Lawrence College to the Long Sault Parkway. There are a few things you might want to consider if you're thinking about taking a long ride. Water bottle, small bike pump, maybe a wrench if don't have quick release, timer if you want to record your duration and improve weekly, cell phone in case of a emergency, maybe some healthy snacks and a backpack to put all of items in there. Don't worry about warming up before you start because your not expected to go from zero to sixty. Stretch when you want to take a break and enjoy nature. If you start to get tired then just coast and take a small break from cycling. This a great way of burning tons of calories and it's non weight bearing, so no stress on the joints, just the muscles working, enjoy your ride!

Article submitted by Justin Point



May is BBQ Month

Cranberry-Lime Margarita Punch

- 6 cups water
- 1 container (12 oz.) frozen cranberry juice cocktail
- 1/2 cup fresh lime juice
- 5 packets Splenda
- 2 cups ice cubes
- 1 cup diet ginger ale
- 1 lime, sliced

- Combine water, cranberry juice, lime juice and splenda in punch bowl; stir until splenda dissolves.
- Stir in ice cubes, diet ginger ale and sliced lime; garnish with fresh cranberries if desired.

Dietary Exchanges: 1 1/2 fruit
Calories 87, Total Fat 0g, Protein 0g, Carbohydrate 23g, Cholesterol 0mg, Sodium 9mg



Herb Marinade

- 2 Tbsp minced parsley
- 2 tsp minced fresh thyme
- 2 tsp fresh rosemary
- 2 sage leaves
- 1 tsp fresh minced tarragon
- 1/3 cup sherry vinegar
- 1 Tbsp olive oil
- Fresh ground pepper to taste

1. In a large bowl, combine all marinade ingredients. Add the lean meat and marinate for at least 2-3 hours, or up to 2 days.
2. To cook, drain marinade. Add lean meat to hot outside grill with the grill rack set 6 inches above heat source. Grill for 7-8 minutes per side until no trace of pink remains.



Orange Twisted Quinoa Waldorf Salad

Ingredients:

- 1/2 cup uncooked quinoa
- 1/2 cup quartered seedless grapes, green or purple, or a combination of both
- 1 stalk celery, chopped (about 1/3 cup)
- 1 small apple, chopped
- 1 ounce chopped walnuts, toasted (about 1/4 cup)
- 1/4 cup plain nonfat Greek yogurt
- 2 TBSP orange juice
- 1 1/2 TSP honey
- 1/4 TSP salt
- Dash black pepper
- 1 cup canned mandarin oranges, drained
- Fresh mint leaves (optional)

Directions:

1. Prepare quinoa according to package directions. Place in large bowl. Mix in grapes, celery, apples and walnuts
2. Whisk yogurt, orange juice, honey, salt and pepper in small bowl. Pour into quinoa and mix well. Add orange sections, reserving some for garnish and mix gently. Garnish with remaining oranges and fresh mint, if desired. **Makes 4 servings (1 cup per serving)**

Dietary Exchanges:

1 Fat, 1 Fruit, 1 Starch
Calories 208, Total Fat 6g, Saturated Fat <1g, Protein 7g, Carbohydrate 32g, Cholesterol 0mg, Dietary Fiber 8g, Sodium 172mg

Grilling Food Safety

Color is not a good indicator of doneness when it comes to cooking. Use a tip-sensitive thermometer to get the right temperature.

Hamburgers 160° F (71°C) Chicken 165°F (74°C)

Dangerous microorganisms like *E. coli* and *Salmonella* cannot be sensed by sight and are equal opportunity pathogen and will happily contaminate quality cuts, and not-so quality cuts of meat.

Other grilling tips:

- **Keep raw foods separate from cooked foods**
- **Use cleanplate and clean utensils for the cooked food**
- **Plate and utensils that touched the raw food should be washed in hot soapy water**
- **Marinate meats in the refrigerator**
- **Discard marinade that has touched the raw meat**