

* News *

Exercise Classes Offered By LGHP!

Body Works-Bodyweight Class

Thursdays at 4:30-5:15pm
Akwesasne Housing Authority Training Center
Open to ages 18+

ZUMBA

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 –Active Living Center

ALC classes are offered at Akwesasne Housing Authority Training Center
Tuesday and Thursday
8:00am, 9:00am, 10:00am and 11:00am
Must have clearance from a LGHP Nurse to begin.

The Beach Walk-Walking Club

On your own time. JUST WALK!
Get your move on with The Beach Walk!
Register with Rachael at The Let's Get Healthy Program. Never too late to start walking!!

Club Circuit-NEW CLASS TIMES!

Tuesday, Wednesday and Friday
1:30-2:15pm
Tuesday evening class 4:30-5:15pm
Akwesasne Housing Training Center
Open to ages 18+

All Classes are FREE and open to BEGINNERS!
We must have good attendance to keep these classes going during the summer.

If attendance stays low as it has been the last few weeks classes will be cancelled!

Come try a class, bring a friend!
For More Information: LGHP Office
358-9667

The Beach Walk Update

We made it to Jersey Shore! Over 750 miles have been logged so far.

If you are interested signing up for the walking program please stop by The Let's Get Healthy Program or call Rachael Ward at 358-9667.

Log books are due every 2 weeks!!

Community Screening May 3rd 3:00-5:00pm

Our nurses will be checking blood sugars and blood pressures and our Registered Dietitian will have a **MAKE YOUR OWN SALAD DRESSING WORKSHOP**
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 Cherie
358-9667

I will be practicing what I preach: to put myself and my health first.

I will continue my Melanoma treatments, as well as some wholistic treatments, from May 1st to August 1st.
Cherie Bisnett, RN,BSN and Heather Pontius, RD will be available in my absence. -Susan Gale, RN

Office CLOSED

May 28th
For Memorial Day
Please get your testing supplies early!



Helping Build A Better Tomorrow



Onerahtohkó/May 2012

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

May is Women's Health Month

Women's Health Month–

Know the Signs and Symptoms of a Heart Attack:

Each woman will experience a heart attack differently. Some women experience all, some or no symptoms of a heart attack. The sooner you recognize the symptoms and are treated the better.

Symptoms of a heart attack:

- Discomfort, tightness, pressure, fullness or squeezing in the middle of the chest, lasting for more than a few minutes.
- Crushing chest pain.
- Pressure or pain that spreads to the shoulders, neck, upper back, jaw or arms.
- Dizziness or nausea.
- Clammy sweats, heart flutters or paleness.
- Unexplained feelings of anxiety, fatigue or weakness, during exertion.
- Stomach or abdominal pain.
- Shortness of breath and difficulty breathing.

Action:

If you are experiencing some or all of these symptoms **call 911** and get help immediately!

Crush or chew a full strength aspirin and drink a glass of water to prevent further blood clotting.

Once at the hospital insist that you are given an EKG test or enzyme blood test to see if you are having a heart attack. Healthcare providers have failed to recognize heart attacks symptoms by attributing them to other health problems such as indigestion.

Info From: www.womenheart.org

April Cooking with DeDe



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Nutrition Page

Diabetes and Food Safety

With spring and summer fast approaching it is time once again to talk about food safety.

According to the Centers for Disease Control and Prevention, 48 million people get sick from foodborne infection and illness each year in the United States. It is especially important for people with diabetes to make safe food handling, preparing and consuming a priority.

Diabetes can affect the immune system, which when functioning properly fights off harmful bacteria and other pathogens that cause infections. With diabetes the immune system may not recognize harmful bacteria or other pathogens that cause infections. The delay in recognition of the bacteria may put a person with diabetes at risk for an infection.

If a diabetic does contract a foodborne illness, it is likely that the illness will last longer, it will be more severe and could even result in hospitalization.

4 Steps to Food Safety

Clean: Wash hands and surfaces often. Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, counter tops, and food. As an added precaution, sanitize cutting boards and counter tops with a mix of one tablespoon of bleach and 1 gallon of water.

Separate: Don't cross contaminate. Keep raw or uncooked foods away from fresh produce or ready to eat foods like salads, rolls, fruit and veggie platter etc... Never use the same cutting board for meat and produce.

Cook: Cook foods to safe temperatures. Foods are safe when they are heated to the USDA/FDA safe minimum internal temperatures, check temperature by using a food thermometer. Just because a food is hot does not mean that it is cooked thoroughly.

Chill: Refrigerate promptly. Cold temperatures slow the growth of harmful bacteria. Refrigerate or freeze meat, poultry seafood and other perishables (dairy/eggs) within 2 hours of buying it at the grocery store or 2 hours after cooking. If the temperature is greater than 90 degrees outside the food should be refrigerated within 1 hour of purchasing or cooking.

Remember:

NEVER THAW FOODS AT ROOM TEMPERATURE ON THE COUNTER OR IN THE SINK!

It is safe to thaw foods in the fridge or in the microwave.

At a party put all foods in the refrigerator within 2 hours of cooking. **DO NOT** leave food out on tables for more than 2 hours!

Buy a food thermometer and use it correctly each time you are cooking to prevent foodborne illness.

Uncooked ground meat should only be kept in the refrigerator for 1 to 2 days before cooking or freezing.

Cooked leftovers should be eaten or thrown away within 4 days of cooking.

Divide large amounts of food into smaller containers for quick cooling in the fridge.

When cooking in a microwave, cover and stir food often for even heating.

Wash the rims of canned goods before opening to prevent bacteria from getting inside the can.

To find the USDA/FDA internal temperatures list and other food safety resources please check out:

www.fsis.usda.gov



Nutrition Appointments

**If you have not seen the Registered Dietitian please make an appointment.
Topics-weight loss, label reading, glucose control, hypertension and healthy cooking**



Did You Know.....

It is best to water your plants in the early in the day. If plants are watered in the evening they take longer to dry out, resulting in plants that are prone to fungal diseases.

Garden Center 2012

Mohawk Healthy Heart Project- Gardens 2012!

Garden Project 2012 is getting ready for another successful year. We will be returning to our original format of offering our *active* Mohawk Healthy Heart Project participants, the supplies to create a raised be garden, filled with vegetables! Mera Faubert, Data Clerk Specialist, will be sending out postcards inviting you to join the gardening project, based on your status as an active participant.

If you have not received a 4x4 ft garden form and would like one, we will make and deliver it to you. We will also be offering, 3 tomato plants, 3 pepper plants, 2 cucumber plants, and 2 zucchini/squash plants.

As in past years, we will replenish your soil in your current 4x4 garden and make sure that the soil is ready for planting. As a recipient of a garden or plants you are responsible for the weeding, maintaining and harvesting your vegetables. Please be on the lookout for your invitation, and if you have any questions, please contact Mera Faubert at 518.358.9667. Happy Planting!

-Mera Faubert

Are You Ready for Planting Season?

It is important to make sure your raised bed gardens are ready for seeds or plants when it comes time to plant.

Never step in your raised bed gardens. Work from the outside edges, if you can't reach all points of the garden from the outside, rebuild it smaller. It is best to plant in soil that is aerated and light rather than compact.

Inspect and fix your raised beds before planting any seeds or transferring young plants. Pay special attention to the corners and bottoms of the garden forms.

Pull any weeds that are in the gardens or around the base of the gardens.

Do not lay plastic or landscaping fabric under or around the gardens as this slows drainage of water and moisture and can cause damage to delicate plants.

If soil is several inches below the top edge of the garden and is compact your garden may benefit from the addition of some peat or compost. This can be purchased at a local gardening center.

Feed your soil, by adding compost or rotted manure at least 2 weeks before planting seeds or young plants.

Place all soaker hoses, tomato cages and trellis structures before planting.

Info Modified From: www.earteasy.com

Pictures From Past Garden Projects



Nursing Notes

Fitness Page

Insulin-The scoop on different types of insulin

Quick Definitions:

Onset of action: How fast the insulin starts to work after the injection.

Peak: When the insulin works the hardest.

Duration: How long it continues to work.

Insulin:

Action: Regulates glucose metabolism in the body. Helps balance blood sugar levels in combination with healthy eating and physical activity.

Side Effects: Can be experienced differently by each individual.

Hypoglycemia-glucose level less than 70 mg/dL.

Burning or stinging at injection site.

Rapid Acting Insulin: Humalog, Novolog, Apidra

Onset of Action: 5 to 15 minutes

Peak: 30 to 60 minutes

Duration: 3 to 5 hours

Long Acting Insulin: Levemir

Onset of Action: 1 to 2 hours

Peak: 6 to 8 hours

Duration: 6 to 23 hours depends on the dose

Long Acting Insulin: Lantus

Onset of Action: 1 hour

Peak: virtually no peak

Duration: 24 hours

Additional Info:

Clear in appearance.

Available by prescription only.

Your individual treatment plan may include more than one type of insulin to be taken at different times of the day.

Available in vials/syringes and pens.

Monitor blood sugars frequently if using insulin to prevent hypoglycemia and to know if the insulin you are taking is bringing your blood sugars to target after meals.

Info From: Susan Gale

Meet Our New Nurse!



Hello, I am Cherie Bisnett, the Diabetes Case Manager at the Let's Get Healthy Program. I have been a Registered Nurse at Massena Memorial Hospital since 2001, taking care of acute care patients. I am looking forward to working with the team here at the Let's Get Healthy Program to provide our patient's with support in their diabetes self-management, education and prevention.

-Cherie

Women's Health Month- Diabetes and Sex.

Diabetes and sexual dysfunction is not always a man's problem. Sexual dysfunction can affect women with diabetes too. It is not diabetes that affects your sex life, it is the complications from elevated blood sugars that can cause problems for men and women.

Many women are unaware of the complications of diabetes and how it affects their sex life. Women are also less likely to discuss any of these issues with the doctor or diabetes care team. For many people it is a problem that goes undiagnosed and untreated for a long time.

Elevated blood sugars can cause a decrease in lubrication which results in less sensation, more difficult to achieve orgasm and painful or uncomfortable feeling during intercourse.

Elevated blood glucose also affects microcirculation, the tiny vessels in our bodies that are responsible for feeding our nerves. When the vessels are damaged, neuropathy occurs and can affect arousal and sensation.

If you are experiencing a change in your sexual function, **SPEAK UP!**

Info From: <http://diabetes.webmd.com>



Making exercise a habit...

Stick to a regular time every day.

Sign a contract committing you to exercise.

Put "exercise appointments" on your calendar.

Keep a daily log or diary of your exercise activities.

Ask your doctor to write a prescription for your exercise program, such as what type of exercise to do, how often to exercise and for how long.

How do I stick with it?

Here are some tips that will help you start and stick with an exercise program:

Choose something you like to do ~ Make sure it suits you physically, too. For instance, swimming is easier on arthritic joints.

Get a partner ~ Exercising with a friend or relative can make it more fun.

Vary your routine ~ You may be less likely to get bored or injured if you change your exercise routine. Walk one day. Bicycle the next. Consider activities like dancing and racquet sports, and even chores like vacuuming or mowing the lawn.

Choose a comfortable time of day ~ Don't work out too soon after eating or when it's too hot or cold outside. Wait until later in the day if you're too stiff in the morning.

Forget "no pain, no gain" ~ While a little soreness is normal after you first start exercising, pain isn't. Take a break if you hurt or if you are injured.

Make exercise fun ~ Read, listen to music or watch TV while riding a stationary bicycle, for example. Find fun things to do, like taking a walk through the zoo. Go dancing. Learn how to play a new sport.

What is the best exercise?

The best exercise is the one that you will do on a regular basis!

WALKING is a great choice because it's easy, safe and inexpensive. Brisk walking can burn as many calories as running, but is less likely than running or jogging to cause injuries. Walking also doesn't require any training or special equipment, except for good shoes.

Failure is an essential tool for success

DON'T GIVE UP!

Submitted by: Jamie Ross, Health Promotion Specialist
Information Source: FamilyDoctor.org

10,000 Step Program

Who Created the 10,000 Step Program?

The concept originated in Japan, where researchers determined 10,000 steps a day as the daily recommendation for physical activity. Walking is a safe method of physical activity for nearly all individuals, making this program a great first step to healthy fitness activities.

Why 10,000?

The program reflects the Surgeon General's strong recommendation for individuals to get at least 30 minutes of moderate activity per day.

The average American stride = 2.5 ft

2,000 steps = 1 mile

10,000 steps = 5 miles

Accumulating 10,000 steps per day equates to 30 minutes of continuous, moderate physical activity, as recommended.

Hints to Get Started

- ✦ Track steps with a pedometer.
- ✦ Keep a daily log of your total steps.
- ✦ Start slow. Increase daily steps by 10% each week until you reach 10,000.
- ✦ Divide your day into three parts, try to include a walk in each.
- ✦ Consider a family walk as part of your weekly routine.
- ✦ Convert all of your daily activities into steps.

Submitted By: Rachael Ward, Health Promotion Specialist

Thought of the Day

If you think you can't, well, think again. You really can. Little by little, one day at a time. Be positive. Where your mind goes, your body follows.



Focus on Fruit & Veggies

Asian Apple Chicken Salad

Makes: 4 servings

Ingredients:

- 2 cups chicken breast, boneless, skinless-cooked and cubed
- OR 2 cups firm tofu, drained and cut into chunks
- 2 large apples, cored and cubed
- 2 TBSP fresh lime juice
- 2 TBSP apple or orange juice
- 2 TBSP canola oil
- 1 TBSP low sodium soy sauce
- 1 TBSP teriyaki sauce
- 1 in piece fresh ginger, finely grated
- 1/4 cup fresh parsley, washed and chopped
- 1/4 cup fresh cilantro, washed and chopped
- 3 scallions, thinly sliced
- 1 pound baby spinach, washed and dried

Directions:

Put the chicken and apples into a large bowl. In a small bowl, whisk together the lime juice, apple juice, canola oil, soy sauce, teriyaki sauce and ginger. Pour the dressing over the chicken and apples. Sprinkle the parsley, cilantro and scallions over the chicken and toss to mix. To serve, lay the spinach on a platter and spoon the chicken and apple mix over the spinach.

Recipe: 5 a Day, The Better Health Cookbook, pg. 128

Nutrition Info (1/4 of recipe)

Calories: 244 Carbs: 18 grams Protein: 25.4 grams Sodium: *240mg
Total fat: 8.3 grams Fiber: 5.3 grams Cholesterol: 60 mg
*less of choosing a low sodium teriyaki



Spring Produce

- Asparagus
- Rhubarb
- Strawberries
- Fiddleheads
- Wild leeks or ramps
- Wild mushrooms
- Peas
- Beets
- Spinach
- Swiss Chard
- Lettuce
- Radishes
- Green onions

Fresh spinach



Wash produce before eating, not before storing!

Water soluble vitamins are destroyed with washing ahead of time. It is best to wash produce as a whole, before cutting, peeling or scrubbing.

Grilled Peaches with Honey and Yogurt

Makes: 4 servings (1 peach each)

Ingredients:

- 4 medium ripe peaches, cut in half, pit removed
- 1/2 cup Greek yogurt, honey flavored
- 4 TBSP honey
- 1 tsp cinnamon

Directions:

Place peaches cut side down on the grill. Grill on low or indirect heat until soft, about 4 minutes on each side. Combine yogurt and cinnamon. Add 1 TBSP yogurt over each peach half. Drizzle with 1 TBSP honey. ENJOY!

Switch it Up!

Try using no sugar added vanilla ice cream in place of yogurt.
Try with different flavored Greek yogurts (vanilla, caramel, plain or fruit)

Nutrition Info (1 peach with 1 TBSP yogurt & 1 TBSP honey)

Calories: 131 Total Fat: 0.1 grams Protein: 8 grams
Carbohydrates: 30 grams Fiber: 2.2 grams Sodium: 5 mg



Asparagus

Versatile vegetable that can be grilled, steamed, added to stir fry or roasted in the oven.
Available at farm stands, local food stores or ask a neighbor!

Cook Healthy Eat Healthy

Ask around for fresh rhubarb. Local grown will taste better.

Less Sugar Strawberry-Rhubarb Crisp

Makes: 6-8 servings

Filling:

- 1/3 cup sugar free strawberry preserves
- 1/4 tsp cinnamon
- 2 cups fresh strawberries, washed and sliced
- 2 cups fresh rhubarb*, washed and sliced
- 3 TBSP all purpose flour
- 3 TBSP Splenda for baking

Directions:

Preheat oven to 375. In a large bowl stir together preserves and cinnamon. Add strawberries and rhubarb, stir to coat. Add flour and Splenda stir gently until combined. Spoon into 9" pie plate. Bake uncovered for 20 minutes. In a small bowl combine rolled oats and cornmeal. Stir in honey and vanilla until combined. Carefully remove dish from oven. Sprinkle oatmeal mix over strawberry mixture. Bake uncovered about 20 minutes, or until topping is golden brown and fruit is tender and bubbly. Cool 20 minutes before serving. ENJOY!

*Skinny bright red stalks of rhubarb are sweeter than thick, green and pink stalks.

Topping:

- 1/2 cup quick cooking rolled oats
- 2 TBSP cornmeal
- 2 TBSP honey
- 1 tsp vanilla

Nutrition Info (per serving)

Calories: 151 Total Fat: 1 grams Protein: 2 grams
Carbohydrates: 25 grams Fiber: 3.0 grams Sodium: 5 mg

Caribbean Salsa

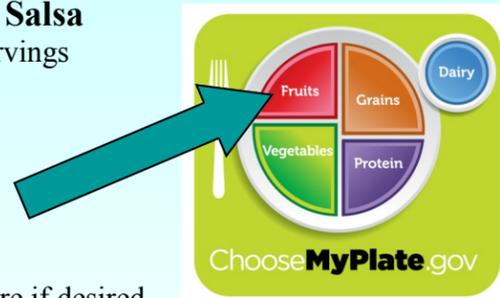
Makes: 8 servings

Ingredients:

- 2 cups watermelon, seeded and chopped
- 1 cup fresh pineapple, peeled, cored and chopped
- 1 large Vidalia onion, chopped
- 1/4 cup fresh cilantro, washed and chopped
- 1/4 cup 100% orange juice
- 1 TBSP jalapeño pepper, seeded and chopped-more if desired.

Directions:

In a large bowl, combine all ingredients and mix well. Cover and refrigerate for at least an hour to allow flavors to blend. Serve on salad in place of dressing, serve over grilled fish, serve as a side dish or as a dip with homemade pita or tortilla chips.



Nutrition Info (1/8 of recipe)

Calories: 34 Carbs: 8 grams Protein: 1 gram
Sodium: 3 mg Total fat: 0 grams Fiber: 1 grams
Cholesterol: 0 mg

Fiddlehead Ferns



Can be collected in the early spring.
Sauté in olive oil until tender.
Add to stir fry or pasta dishes.

