

Onerahtohkó:wa/May 2014

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



May is National Blood Pressure Month

What is blood pressure?

Blood pressure is the force of blood on the walls of your blood vessels as blood flows through them. Blood pressure has two numbers, systolic and diastolic, and is measured in millimeters of mercury (mmHg). Systolic pressure is the force on the blood vessel walls when the heart beats and pumps blood out of the heart. Diastolic pressure is the force that occurs when the heart relaxes in between beats.

Have you talked about a goal for your blood pressure with your health care provider? If not, do it at your next visit.

One of three American adults has high blood pressure, also called hypertension. That's 67 million people who have to work to keep their blood pressure in check each day. Unfortunately, more than half of people with high blood pressure do not have their condition under control.

Make control your goal

Of the 67 million American adults who have high blood pressure, 16 million know that they have the condition and are getting treatment, but their blood pressure still remains higher than it should be. For these individuals, awareness and treatment are not enough—that's why the CDC is asking patients, families, and health care professionals to "make control the goal."

If you have high blood pressure, there are steps you can take to get it under control, including:

- **Ask your doctor what your blood pressure should be.** Set a goal to lower your pressure with your doctor and then discuss how you can reach your goal. Work with your doctor to make sure you meet that goal.
- **Take your blood pressure medication as directed.** If you are having trouble, ask your doctor what you can do to make it easier. For example, you may want to discuss your medication schedule with your doctor if you are taking multiple drugs at different times of the day. Or you may want to discuss side effects you are feeling.
- **Quit smoking—and if you don't smoke, don't start.** You can find tips and resources at the CDC's Smoking and Tobacco Web site or Be Tobacco Free Web site.

Reduce sodium. Most Americans consume too much sodium, and it raises their risk for high blood pressure. Learn about tips to reduce your sodium.

There are other healthy habits, in addition to taking your medication that can help keep your blood pressure under control:

- Achieve and maintain a healthy body weight.
- Participate in 30 minutes of moderate physical activity on most days of the week.
- Eat a healthy diet that is high in fruits and vegetables and low in sodium, saturated fats, trans fat, and cholesterol.
- Manage stress.
- Limit the amount of alcohol you drink (no more than one drink each day for women and two for men).

If you have a family member who has high blood pressure, you can help by taking many of the steps listed above with them. Go for walks together or cook meals with lower sodium. Make it a family affair!

Centers for Disease Control and Prevention <http://www.cdc.gov/Features/HighBloodPressure/>



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The title "Spring Cleanup" is written in a large, bubbly, orange-outlined font. On either side of the text are circular icons containing various cleaning supplies: a spray bottle, a sponge, and a brush.

Spring is a great time to make some easy changes. Let's examine simple ways to improve our health by making small adjustments in the home during springtime.

- 1. Check the bathroom.** Medicine cabinets are notorious for out of date products. Discard any unused, out of date prescriptions. We all keep partly used antibiotics which could lose their potency after the expiration date. There are usually not enough pills for a full course of medication anyway. Check with your local health department to see how to dispose of them properly. Some medications should not be flushed down the toilet for fear of entering the water supply. Add ice/heat packs for summer injuries, bug spray and new sunscreen (SPF 30), which should be replaced every year. Think about purchasing the sunscreen sprays which children seem to tolerate without a fight. Look at old anti-histamine products and their expiration date, since allergies are high in the spring. Purchase or put together a new first aid kit, including an antibiotic cream or gel, band-aids and tape since outdoor activities can often lead to small accidents. Dispose of lotions and skin products that contain phalates - chemicals which are considered endocrine disruptors. Endocrine disruptors can cause insulin resistance, among other problems. Replace with natural fragrances and natural products. Change your toothbrush or toothbrush head if you have an electric brush. You should replace your toothbrush after an illness or dental work as well. Purchase a new tooth paste that is "Complete" to reduce the risk of gum disease, and a mouth rinse without alcohol. Consider adding a Water Pik and dental floss to your dental routine. Do not keep your diabetes supplies in the bathroom, due to the high moisture content. Leave them by your bedside stand.
- 2. Check your diabetes supplies for expiration dates.** Insulin lasts for about 28-30 days once opened. Mixed insulin in pens last for 14 days once opened. Control testing solution lasts for 3 months once opened. Blood glucose test strips last for 4 months once opened. Look at the manufacturer's inserts for exact dates of expiration.
- 3. In the closet.** Check sneakers for support and sole condition. If you walk or run - as recommended - you should replace your sneakers at least yearly. Have socks without seams to further protect your feet. Look at your slippers and pool shoes and replace them if they are in poor condition. You should have proper foot wear before starting an exercise program. Exercise is full of positive benefits, including blood sugar control, mood elevation, bone health, better memory and cardiac health - so be ready to go. Have a wide brim hat to help protect you from the sun. Check your sunglasses for UV protection.
- 4. Remove all cigarettes.** Spring is a great time to make a huge lifestyle change, and this would be a major one - especially if you have diabetes. Smoking is known to constrict blood vessels, increase kidney and heart disease, mouth, lip or tongue cancer, increase lung disease, inflammation, peripheral vascular disease, risk of stroke and increases glucose levels, along with limiting healing abilities. Check with your physician if quitting is a real challenge. You could try acupuncture, hypnosis, counseling or medication.
- 5. Check your pillow and mattress.** Most people do not realize that a mattress has a life expectancy of 8 years, and pillows lose their fiber content over time. Getting good sleep is not always easy, but having a cool, dark room with proper sleeping aids can help. Sleep is important for reducing insulin resistance and getting your immune system in better shape.



I hope you find time to enjoy the spring season after you make time for spring cleaning. These tips should improve your health and state of mind.

Author: Roberta Kleinman, RN, M.Ed., CDE

Americandiabeteswholesale.com

Balancing Calories: Help Kids Develop Healthy Eating Habits

To help your child maintain a healthy weight, balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth.

Remember that the goal for overweight and obese children and teens is to reduce the rate of weight gain while allowing normal growth and development. Children and teens should NOT be placed on a weight reduction diet without the consultation of a health care provider.

One part of balancing calories is to eat foods that provide adequate nutrition and an appropriate number of calories. You can help children learn to be aware of what they eat by developing healthy eating habits, looking for ways to make favorite dishes healthier, and reducing calorie-rich temptations.

Encourage healthy eating habits.

There's no great secret to healthy eating. To help your children and family develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Serve reasonably-sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages.

Limit consumption of sugar and saturated fat.

Remember that small changes every day can lead to a recipe for success!



Look for ways to make favorite dishes healthier.

The recipes that you may prepare regularly, and that your family enjoys, with just a few changes can be healthier and just as satisfying.

Remove calorie-rich temptations!

Although everything can be enjoyed in moderation, reducing the calorie-rich temptations of high-fat and high-sugar, or salty snacks can also help your children develop healthy eating habits. Instead, only allow your children to eat them sometimes, so that they truly will be treats!

Celebrate Older Americans Month & Women's Health Month

Aging Bodies and Muscle Mass

After 30, our bodies start to lose 3-5% of muscle each decade! This can also accelerate sometime around 65-75 years of age.

Lifting weights will help your body build muscle (mass which may be deteriorating), build your endurance and make you stronger. Adding weight training to your exercise regimen along with cardiovascular exercise can give you optimal results for your health and well-being.

Weight training can also improve bone density (Post-menopausal women can lose 1-2% of their bone mass annually), help prevent falls and decrease the risk of injury if you do fall. In addition, strength training can help reduce the signs and symptoms of many chronic diseases, including arthritis.

Here is a general guide for physical activity:

- Aerobic activity 3-4 days per week for 45-60 minutes
- Weight/Resistance Training 1-2 days per week
- Stretching 3-4 days per week

*Please check with your provider before starting any exercise regimen.

*Ask your Health Promotion Specialist how to get started.

Ladies, don't be afraid of weights! Strength training is good for you and your body.

Calandra Curleyhead-Thompson, Health Promotion Specialist





Healthy Marinades



Orange Cumin

Prep Time: 5-6 min

Total Servings: 6

Serving Size: 3-4 oz

Exchanges:

4 very lean meats

Calories.....155

Calories from fat.....38

Total Fat.....1 g

Saturated Fat....1g

Cholesterol....73 mg

Sodium.....64mg

Total Carbohydrate....1 g

Dietary Fiber.....0 g

Sugars.....0g

Protein.....27 g

Ingredients:

1/4 cup Fresh orange juice

1 Tbsp olive oil

2 tsp grated orange peel

1 tsp cumin

2 tsp minced parsley

2 Tbsp white wine



Directions:

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.

Lemon Pepper

Prep Time: 5-6 min

Total Servings: 6

Exchanges:

4 very lean meats

Calories.....155

Calories from fat.....38

Total Fat.....1 g

Saturated Fat....1g

Cholesterol....73 mg

Sodium.....64mg

Total Carbohydrate....1 g

Dietary Fiber.....0 g

Sugars.....0g

Protein.....27 g

Ingredients:

1/2 cup dry white wine

1 Tbsp olive oil

1/3 cup low-fat, reduced sodium chicken broth

1/4 cup lemon juice

2 tsp grated lemon peel

1 garlic clove

1 Tbsp whole black peppercorns



Directions:

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 from the heat source. Grill for 7-8 minutes per side until no trace of pink remains.

Balsamic Mustard

Prep time: 5-6 min

Total Servings: 6

Serving Size: 3-4 oz

Exchanges: 4 very lean meats

Calories.....155

Calories from fat.....38

Total Fat.....1 g

Saturated Fat....1g

Cholesterol....73 mg

Sodium.....64mg

Total Carbohydrate....1 g

Dietary Fiber.....0 g

Sugars.....0g

Protein.....27 g

Ingredients:

1/4 cup low-fat, reduced-sodium chicken broth

2 garlic cloves

1/3 cup balsamic vinegar

3 Tbsp Dijon Mustard

1 Tbsp olive oil

1 Tbsp minced scallions



Directions:

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.



Healthy Marinades

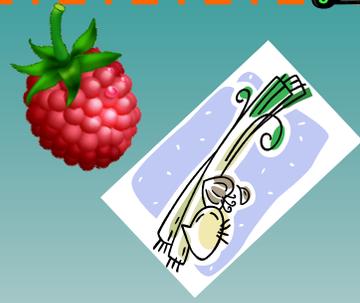


Raspberry Shallot

Prep Time: 5-6 min
 Total Servings: 6
 Serving Size: 3-4 oz
 Exchanges: 4 very lean meats
 Calories.....155
 Calories from fat.....38
 Total Fat.....1 g
 Saturated Fat....1g
 Cholesterol....73 mg
 Sodium.....64mg
 Total Carbohydrate....1 g
 Dietary Fiber.....0 g
 Sugars.....0g
 Protein.....27 g

Ingredients:

1/2 cup raspberry vinegar
 1 Tbsp olive oil
 3 Tbsp minced shallots
 2 tsp minced thyme
 Fresh ground pepper to taste



Directions:

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. Drain marinade. Add lean meat to hot outside grill with the grill rack set 6 inches from the heat source. Grill for 7-8 minutes per side until no trace of pink remains

South of the Border

Prep time: 5-6 min
 Total Servings: 6
 Serving Size: 3-4 oz
 Exchanges:
 4 very lean meats
 Calories.....155
 Calories from fat.....38
 Total Fat.....1 g
 Saturated Fat....1g
 Cholesterol....73 mg
 Sodium.....64mg
 Total Carbohydrate....1 g
 Dietary Fiber.....0 g
 Sugars.....0g
 Protein.....27 g

Ingredients:

1 Tbsp fresh minced oregano (or 1 tsp dried oregano)
 1/2 cup fresh lime juice
 1 Tbsp olive oil
 1/2 cup chopped yellow onion
 1/2 cup chopped red pepper
 2 garlic cloves
 2 Tbsp minced cilantro



Directions:

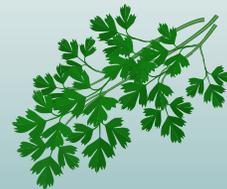
1. In a large bowl, combine all marinade ingredients. Add the lean meat and marinate for at least 2-3 hours, or up to 2 days.
2. To cook, drain marinade. Add lean meat to hot outside grill with the grill rack set 6 inches from the heat source. Grill for 7-8 minutes per side until no trace of pink remains.

Herb Marinade

Prep Time: 5-6 min
 Total Servings: 6
 Exchanges: 4 very lean meats
 Calories.....155
 Calories from fat.....38
 Total Fat.....1 g
 Saturated Fat....1g
 Cholesterol....73 mg
 Sodium.....64mg
 Total Carbohydrate....1 g
 Dietary Fiber.....0 g
 Sugars.....0g
 Protein.....27 g

Ingredients:

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



Directions:

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.

Healthy Grilling

Marinades are liquid mixes that usually contain oil, acid and flavors. Most commonly used are olive oil, wine or vinegar and herbs. The acid breaks down the tough tissue from the meat making it tender and moist. Length of marinating time depends on the cut of meat. Scallops take only a few minutes, and chicken thigh could take up to a day.

Store bought marinades are often HIGH in sodium (salt) so be sure to choose one that is low in sodium like Mrs. Dash or make your own using fresh ingredients. Shrimp, fish, skinless poultry, lean pork, portabella mushrooms and zucchini are all foods that can be marinated and grilled, for a healthy quick meal.

FOOD SAFETY

*Food should be marinated in the fridge, in a covered container, not on the counter.

*Never reuse marinade that has been previously used.

*Never save marinade to be used as a dipping sauce for meat, and do not put on meat once cooking is complete, bacteria can be present and cause food poisoning.

*Use a clean serving dish and utensils for cooked products. Do not use dirty dishes or utensils once food has been thoroughly cooked.

Cooking Temperatures - USDA Food Safety Standards

Food	Type	Internal Temperature (°F)
Beef & Veal	Ground	160
	Steaks, roasts—medium	160
	Steaks, roasts—rare	145
Chicken & Turkey	Breasts	165
	Ground, stuffed	165
	Whole bird, legs, thighs, wings	165
Fish & Shellfish	Any type	145
Lamb	Ground	160
	Steak, roasts—medium	160
	Steak, roasts—rare	145
Pork	Chops, ground, ribs, roasts	160
	Fully cooked ham	140



Women's Health Month

Wednesday Evenings in May

4:30pm-7:00pm

at the

The Diabetes Center for Excellence

Each week will feature:

Body Works Fitness Class 4:30-5:15pm (optional)

Featured Presentation 5:30-6:15pm

Healthy Living Sessions 6:30-7:00pm (choose one)

A light meal and refreshments will be provided each night for those attending.

Please wear comfortable clothes and clean/dry sneakers

There will be prizes and giveaways to those who attend.

For More Information or to RSVP: The Lets Get Healthy Program 358-9667

May 7

Body Works

Women's Health— Theresa Gardner, FNP

Followed by:

Stretching and Flexibility

or

Relax and Breathe

May 14

Body Works

Cooking demonstration: Taco Salad with turkey burger and tortilla chips—Heather Pontius, RD

Followed by:

Understanding Food Labels

or

Meditation 101

May 21

Body Works

"Resilience from Our Roots" - Beverly Cook, FNP

Followed by:

Staying healthy in body, mind and spirit leading up to and following retirement

or

Weight and Resistance Training 101

May 28

Body Works

"Caregivers: Taking Care of Your Own Health" – Tewentahawih'tha Cole,
Akwasasne Office for the Aging Program Director

Followed by:

How to safely and mindfully get down onto and up from the floor

or

Making your own low sodium marinades



News



Women's Health Month

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in May
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A light meal and refreshments will be provided each night for those attending.

Please wear comfortable clothes and clean/dry sneakers

There will be prizes and giveaways to those who attend.

For More Information or to RSVP:

The Lets Get Healthy Program
358-9667



Our Office will be Closed Monday May 26th in Observance of Memorial Day



All Fitness Classes Are Cancelled

Remember to pick up supplies on or before Friday May 23rd

Lunch Time Yoga Will Also Be Cancelled Wednesday May 28th



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

Calandra Curleyhead

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.

Group Guided Relaxation

Every Friday

in

May

9:50am-10:15am

Relaxation Lounge

With

Heather Pontius, RD



Helping Build A Better Tomorrow