

# \* NEWS \*

Our office will be closed on  
October 1st  
October 8th



Please pick up all your supplies  
ahead of time.

## Cooking Demo- Fall Harvest Cooking Squash and Pumpkin Recipes

Thursday, October 18th  
11:30am-1:00pm  
LGHP Office  
(AHA Training Center)

**Hands On Demo:  
Make a Recipe  
Group Taste Testing  
RSVP Required! Space is limited!  
Call today 358-9667**

If you missed the September  
sessions on relaxation and  
would like to learn some  
mini relaxations and/or deep  
breathing exercises.

Please call and book an  
appointment with Heather.  
Specify for relaxation.  
**THANKS!**



## October is National Breast Cancer Awareness Month!

The Outreach Chronic Care Nursing  
Department will be hosting:  
**Breast Cancer Awareness Day**  
Thursday, Kenténha/October 11, 2012

Lobby at the Saint Regis Mohawk  
Health Services

9:00 a.m. to 2:30 p.m.

Informational tables/displays  
Breast cancer trivia  
Freebies and giveaways

Don't forget **WEAR PINK** to enter to  
win DOOR PRIZES!

Outreach will be scheduling  
appointments for women who wish to  
have a breast exam done. Exams will  
be done by appointment and spots are  
limited so please call early.  
**A rose will be given to all women  
who receive a breast exam.**

**The Truth About Breast Cancer.**  
Breast cancer is the most common  
cancer among women and it's also one  
of the leading causes of cancer deaths  
among women.

Women have a one in eight chance of  
developing invasive breast cancer  
during their lifetime.

The American Cancer Society  
estimates that more than 1 million  
women in the U.S. have breast cancer  
and don't know it.



**Exercise Classes**  
**\*FREE\***  
**Move For Health**  
Nurse supervised exercise  
classes: Monday-Thursday  
Class times:

8-9 9-10 10-11 11-12

To join you must have  
approval from a LGHP  
Nurse or Dietitian and have  
completed a fitness  
assessment with Jamie or  
Rachael.

Community Classes:  
**Club Circuit**  
Tuesday and Friday  
1:30-2:15pm  
AHA Training Center

**Zumba Craze**  
Tuesdays  
4:30-5:15pm  
AHA Training Center

**Body Works**  
Monday and Thursday  
4:30-5:15pm  
AHA Training Center

**Zumba**  
Wednesdays  
4:30-5:30pm  
Mohawk School

Take a walk!  
Some great local  
trails in Massena:

Robert Moses  
State Park.

Whelan Park  
on Route 131.



Helping Build  
A Better  
Tomorrow



# Kentén:ha/October 2012

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

## Diabetes Center For Excellence.

**Check it out for yourself, the building is located near Generations Park.**

Akwesasne's very own Diabetes Center For Excellence building project is underway!  
The Diabetes Center For Excellence has been a dream for many of us, a one stop shop for diabetes care in our community. After all those years of planning, fundraising and designing there is dirt being moved, foundations are poured and contracting crews are working hard to give us a building we can call our own!  
The building will have office space for our diabetes educators, a theatre kitchen for cooking demos, open floor space for group fitness classes and training rooms for presentations and guest speakers.

Next time you are taking a walk at the Walking Trail take a peek for yourself.



## 7 Miles for 7 Generations September 29, 2012

What a great day! In total, 78 participants walked and raised \$4,123 for the  
Diabetes Center for Excellence Building Fund.



**N  
i  
a  
w  
e  
n**

## Fall

### INSIDE THIS ISSUE:

Nutrition Page	2
Fitness Page	3
Slow Cooker Recipes	4-5
Nursing Notes	6
Fall Activities	7
News	8

# Nutrition Fall Activities

## Healthier Halloween Treats

Instead of treating your family to candy and junk food at Halloween, try these fun snacks.



**Fruit Jack-O-Lantern**  
Carve an orange and fill with cut up fruit.

For a quick treat:  
Use grapes, mandarin oranges or canned pineapple.



**Pumpkin Bowl**  
Scoop the insides of a fresh pumpkin. Use as a serving bowl to serve up: fruit salsa, garden salsa, apple pie party dip or pumpkin pudding. Try with your own homemade tortilla chips-YUM!



**Monster Mash**  
Serve up green monster mash (guacamole)

Avocado is heart healthy. Guacamole can be made at home or bought in the store.

## Evil Apple Pie Party Dip

Makes: 4 servings

### Ingredients:

2 cups apples, peeled, cored and diced  
1 tsp lemon juice  
2 tsp brown sugar  
2 tsp apricot preserves  
1/4 tsp ground cinnamon

### Directions:

In a mixing bowl combine all ingredients, cover and refrigerate until serving. Dip will refrigerate without browning for up to 2 hours.

### Serve with:

Graham cracker sticks  
Cinnamon pita chips

### Serve in:

Festive bowl.  
Hollowed out pumpkin  
or individual mini pumpkins.

## Pumpkin Yogurt Pudding

Makes: 6 servings

### Ingredients:

2 cups vanilla Greek yogurt  
1 tsp pumpkin pie spice  
1 cup pumpkin puree (canned or fresh)  
1/2 cup light whipped topping  
Cinnamon for sprinkling on top

### Directions:

Combine yogurt, pumpkin puree and pumpkin pie spice in a bowl. Mix well. Spoon into 6 dessert dishes. Top with whipped topping and sprinkle with cinnamon.

Refrigerate for 15 minutes before serving.

### Try This:

Serve in hollowed pumpkins.  
Top with plastic spider rings.  
Serve as a snack with graham crackers or ginger snap cookies.

## Freaky Fruit Salsa

### Ingredients:

3 cups of cut up fruit  
2 TBSP of jam or jelly  
2 TBSP orange juice

### Directions:

Wash and dry fruit.  
Dice fruit.  
In a mixing bowl, add fruit, jam/jelly and orange juice.  
Cover and refrigerate until ready to serve.

### Serve with:

Cinnamon pita chips.  
**Choose your favorites:**  
Cantaloupe  
Honeydew Melon  
Mango Papaya  
Kiwi Pineapple  
Green or yellow apples

**Local Orchards**  
**Brookdale Orchard**  
1997 County Rt. 49  
Winthrop NY  
Phone (315) 389-5840  
U Pick and roadside stand

**Fobare's Fruits**  
180 Johnson Rd.  
Rensselaer Falls NY  
Phone (315) 344-1207  
U Pick and farm market

**Kaneb Orchards, LLC**  
182 Highland Rd.  
Massena NY  
Phone (315) 769-2311  
Web Site: kaneborchards.com

## Local Public Swimming Schedule:

### FAMILY SWIM

Salmon River  
Wednesday Evenings  
6:00-8:00pm  
FREE

### AQUA ZUMBA

St. Lawrence Central  
Monday and Wednesday Evenings  
5:15-6:15pm  
\$6 per person

### LADIES WATER AEROBICS

St. Lawrence Central  
Saturday Mornings  
8:45-10:15 am  
\$2 per person

### FAMILY SWIM

Massena Central School  
Tuesday and Thursday Evenings  
6:00-8:00pm  
\$3 per person

Great way to have low impact, cardio workouts!

## PARK WORKOUT!

Bring your kids or grand kids to the park and get a work out at the same time! Use this article and the flyer provided in the newsletter to help guide you.

This 20 minute park workout strengthens and tones each major muscle group with nothing but the play structure.

Before starting your circuit workout (see the flyer insert in the newsletter) be sure to warm up. Take a brisk walk around the play area or chase you little one for three to five minutes to prime your muscles for the workout.

After completing your circuit rounds cool down with another few minutes of walking to lower your heart rate and finish with some gentle stretches.

Perform the workout as a circuit: go through each of the seven exercises one by one, doing each exercise for 30 to 60 seconds, then quickly move on to the next. Repeat the circuit up to three times for a full 20 minute workout.

Start with one circuit round at 30 seconds per exercise to see how you feel, and then increase the time interval and the number of circuits performed as you feel stronger.

Do not worry about the number of repetitions, just continue for the timed interval; you should feel fatigued after each exercise.

When completing more than one circuit round take a one to two minute rest between rounds if needed.

Start slow, gradually increase your workout intensity, and listen to your body. If any exercises cause pain in your joints or discomfort beyond tired muscles, it may not be right for you.

Save the workout insert to carry in your purse, diaper bag, etc. to follow as you do your park workout.

Article Provided By: Rachael Ward,  
Health Promotion Specialist

## Check This Out!

www.diabetes.org

For information on diabetes care, medications, recipes and anything diabetes related.



Enjoy the fall harvest. Apples, pumpkins, pears and squash are full of antioxidants, fiber and vitamins and minerals. Check out local farm stands for the best prices!

# Nursing

# Fitness

## Health Information Card

Come in and have your health information card filled out this month!



A health information card is a great tool to carry in your wallet or purse in case of an emergency. The card includes information such as:  
 Current medications, names and doses.  
 Allergies to medications and foods.  
 Blood pressure record.  
 Latest lab results.  
 Your doctor's name and contact information.  
 An emergency contact number.

A nurse will assist you in filling out your health information card.  
 Please call The Let's Get Healthy Program for an appointment at 518-358-9667.

## How Stress Affects Diabetes

Stress results when something causes your body to behave as if it were under attack. Think of it as the reaction your body would have if you were confronted by a bear while out berry picking. When stress occurs your body prepares to take action, this is called the fight or flight response. Levels of stress hormones elevate to make stored energy (glucose and fat) available for your body to use as fuel to help your body get away from danger. In people who have diabetes, the fight or flight response does not work well. In people with Type 2 Diabetes, insulin is not always available to get that extra energy (glucose) into the cells. The glucose builds up in our blood and causes high blood sugars.

Sources of stress can be physical like an injury or an illness. Stress can also be mental like problems in your family, at your job, with your health or money. With stress your mind reacts to a harmless event as if it were a real threat examples of this are being stuck in traffic jam, taking an exam or excessive worry.

Stress hormones that are designed to deal with short term danger stay turned on for a long time. As a result, long term stress can cause long term high blood glucose levels.

In people with diabetes, stress can elevate blood sugars in two ways:

\*People under stress may not take good care of themselves. They may deal with stress by drinking or smoking. They may also have little energy or time to exercise. They may forget to check their blood sugars and may be too busy to plan and prepare healthy meals.

\*Stress hormones alter blood sugars directly.

By reducing the amount of stress in your life your body can use your own insulin more effectively and the stress hormones will be reduced causing blood sugars to come down.

## Learning How to Relax

For some people with diabetes controlling stress with relaxation therapy seems to help.

The first step in relaxing is BREATHING! Practice deep breathing exercises for 10-20 minutes each day.

## Replace bad thoughts with good thoughts.

When you notice a bad or negative thought, replace the thought with something that is good or positive. Compliments are a good way to change a bad mood. It feels good to give someone a compliment as well as receive a compliment.



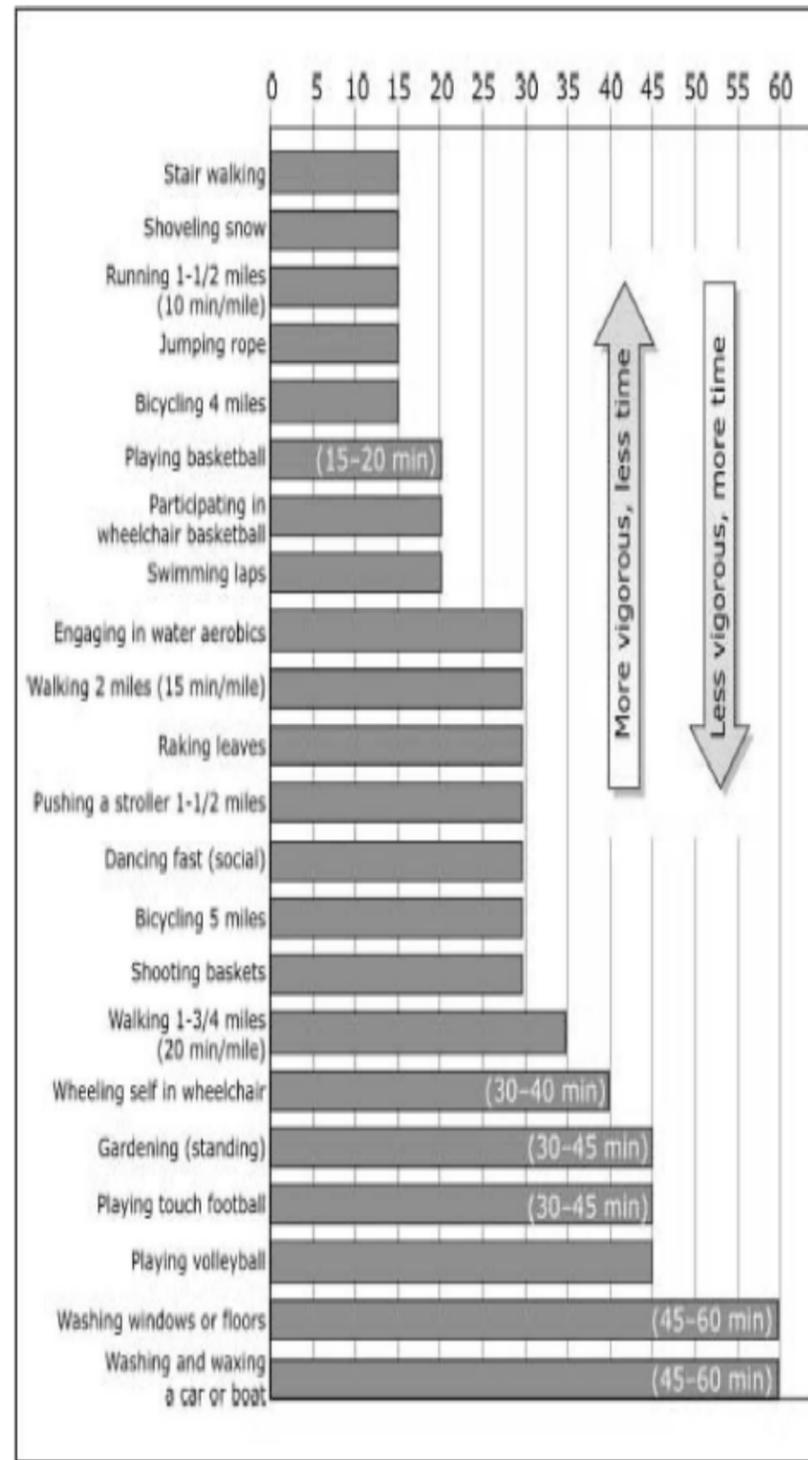
## Do You Know the Difference Between Moderate and Vigorous Activity?

It is recommended that children and adolescents participate in at least 60 minutes of *moderate intensity physical activity* most days of the week.

Children and adolescents can choose any type of moderate to higher intensity physical activity, such as brisk walking, playing tag, jumping rope, or swimming, as long as it adds up to at least one hour a day.

**What is moderate-intensity physical activity?**  
 Moderate-intensity physical activity refers to any activity that burns 3.5 to 7 Calories per minute (kcal/min). These levels are equal to the effort a healthy individual might burn while walking briskly, mowing the lawn, dancing, swimming for recreation, or bicycling.

**What is vigorous-intensity physical activity?**  
 Vigorous-intensity physical activity refers to any activity that burns more than 7 Calories per minute (kcal/min). These levels are equal to the effort a healthy individual might burn while jogging, engaging in heavy yard work, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill.



## WORKOUTS SHOULD INCLUDE:

**Warm-up Activities (Flexibility)** Warm-up activities should be done before any other kind of cardiovascular or strength activities. They get your body ready to work a little harder. They help protect you from getting hurt while doing other activities.

**Cardiovascular Activities** Cardiovascular activities help your heart, lungs and blood vessels work better. These activities will probably make you sweat, get hotter, have a red face, and have a faster or heavier breathing than normal and a faster heart rate.

**Strength Training** Exercising your muscles will help you be able to keep doing the activities that you have to do everyday. Strength activities should be done slowly and smoothly. Don't lock your joints when you are lifting weight.

**Cool-down Activities (Flexibility)** Cool-down activities are done after your muscles and joints have been warmed-up well during other activities. Cool-down activities are stretches to help you increase the flexibility of your muscles and joints. This is called increasing your "range of motion."

You can do these stretches as far as you are comfortable-no stretching should hurt while you are doing it.

Article submitted by: Jamie Ross, Health Promotion Specialist

Information Source: Centers for Disease Control and Prevention, <http://www.cdc.gov/nccdphp/dnpa/physical/>  
<http://www.doi.gov/letsmove/indiancountry/getactive/index.cfm>

# Slow Cooking, Saves Time!

## Multigrain Pilaf

Makes: 12 servings (2/3 cup each)

### Ingredients:

2/3 cup uncooked wheat berries  
 1/2 cup uncooked pearl barley  
 1/2 cup uncooked wild rice  
 2 (14.5 oz) cans reduced sodium chicken or vegetable broth  
 2 cups frozen edamame or frozen lima beans  
 1 red sweet bell pepper, chopped  
 1/2 cup onion, finely chopped  
 1 TBSP butter  
 1/2 tsp dried sage leaves  
 1/4 tsp ground black pepper  
 4 cloves garlic, minced

### Directions:

Rinse and drain wheat berries, barley and wild rice. In a 4 quart slow cooker combine all ingredients. Cover and cook on low-heat for 6 to 8 hours or on high for 3 to 4 hours. Stir before serving.

### Nutrition Facts: 2/3 cup serving

**Total Calories:** 147      **Total Fat:** 3 grams      **Cholesterol:** 3mg  
**Sodium:** 173mg      **Carbohydrate:** 24 grams  
**Protein:** 7 grams      **Fiber:** 3 grams

## Maple Ginger Sweet Potatoes

Makes: 8 servings (1/2 cup each)

### Ingredients:

5 cups sweet potatoes, peeled and cut into bite size pieces  
 2 apples, cored and coarsely chopped  
 1/4 cup dried cranberries  
 1 teaspoon grated fresh ginger  
 1/2 tsp ground cinnamon  
 1/4 tsp ground nutmeg  
 1/4 tsp ground black pepper  
 1/2 cup water  
 1/4 cup sugar free Maple syrup

### Directions:

In a 4 quart slow cooker combine sweet potatoes, apples, cranberries, ginger, cinnamon, nutmeg and black pepper. Top with water and syrup. Cover and cook on low for 5 to 6 hours or high for 2 to 3 hours.

### Nutrition Facts: 1/2 cup serving

**Total Calories:** 92      **Total Fat:** 0 grams      **Cholesterol:** 0 mg  
**Sodium:** 194 mg      **Carbohydrate:** 19 grams  
**Protein:** 1 gram      **Fiber:** 3 grams

### Nutritious and Tastes Good!

Sweet potatoes are an excellent source of vitamins A and C. They are packed with fiber, and antioxidants.

## Tips and Tricks

Use a slow cooker liner for easy cleanup.

There are different size cookers, if you are cooking for 1 or 2 use a 2 quart, if you are cooking for a large family you may need a 6 quart cooker.

Make sure your slow cooker is at least half full and no more than two-thirds full.

If you take something out of a recipe make sure you add something else. Say you don't want parsnips, add carrots.

NEVER put frozen meat into a slow cooker, it will not heat properly.

Cut all vegetables to a uniform size to ensure that they all cook evenly.

Leave the lid on it. Every time you open the lid you release heat and moisture. With each time you remove the lid you add 30 minutes to the time.

Oval shaped cookers are best for large cuts of meat, like brisket, roasts or ribs.

To save money use less tender cuts of meat, they cook better too!

Use a slow cooker with multiple settings: Warm, low and high.

Make extras. Slow cooker meals make great leftovers. Dish into freezer safe bowls and save for up to six months in the freezer.

## Stuffed Pepper Soup

Makes: 8 servings (1 1/4 cup each)

### Ingredients:

1 pound ground turkey breast  
 1 large yellow onion, chopped (1 cup)  
 1/2 cup red sweet pepper, chopped  
 1/2 cup orange sweet pepper, chopped  
 1/2 cup green sweet pepper, chopped  
 2 cloves garlic, minced  
 4 cups lower sodium beef broth or stock  
 2 cups water  
 1 (14.5 oz) can no salt added diced tomatoes, undrained  
 1/2 tsp ground black pepper  
 1/2 tsp chili powder  
 1/2 tsp smoked paprika  
 3/4 cup uncooked instant brown rice  
 1/2 cup shredded reduced fat cheese (Colby Jack or Cheddar)

### Directions:

In a large skillet cook burger, onion, sweet peppers and garlic until meat is browned, about 5 minutes. In a 4 to 5 quart slow cooker combine all ingredients *except rice and cheese*. Cover and cook on low for 8 to 10 hours or on high for 4 to 5 hours. 30 minutes before serving, turn to high and stir in rice. Cover and cook for 30 minutes. Serve up and sprinkle with cheese. Recipe from: Diabetic Slow Cooker Magazine fall/winter 2012

## Turkey Tortellini Soup

Makes: 6 servings (2 cups each)

### Ingredients:

4 cups reduced sodium chicken broth or stock  
 4 cups water  
 4 cups roasted turkey, coarsely chopped  
 1 (14.5 oz) can no salt added diced tomatoes, undrained  
 1 TBSP Italian herb seasoning  
 1 9 ounce package refrigerated cheese tortellini  
 2 cups baby spinach  
 6 TBSP shredded fresh parmesan cheese, as desired

### Directions:

In a 5 to 6 quart slow cooker combine broth, water, turkey, tomatoes, and Italian seasoning. Cover and cook on low for 6 to 8 hours or high for 3 to 4 hours. If using low heat, turn up heat to high, stir in tortellini. Cover and cook for another 30 minutes until tortellini is tender. Stir in spinach. Serve up and sprinkle with parmesan cheese, if desired.

### Helpful Hints:

Tortellini can be found in the refrigerated coolers near the fresh pasta, olives, deli meats and cheeses. For more fiber choose whole wheat tortellini!

If you don't have Italian herb seasoning use a teaspoon of each basil, thyme and oregano.

## Forget about it Applesauce

Makes: 8 servings (1/2 cup)

### Ingredients:

3 pounds apples  
 (Macintosh and Cortland)  
 2 tsp lemon juice  
 1/4 cup water  
 Ground cinnamon, as desired

### Directions:

Wash, peel and core apples. Slice into uniform size pieces. Line a slow cooker with a liner. Add all ingredients to the slow cooker. Cook on high for 3 hours. After 3 hours mash with a potato masher or wire whisk.

### Helpful Hints:

\* For the best tasting apple sauce use different varieties of apples. In the office we used a mix of Macintosh and Cortland apples.

\* Cooked applesauce will last up to one week in the refrigerator or six months in the freezer.

\* 3 pounds of apples will make about 4 cups of applesauce.

## Make it Healthy!

Use no-salt added canned tomatoes

Use lower sodium canned beans and rinse them in a colander under cold water.

Choose ground turkey breast over ground beef and save 60 calories and 8 grams of fat per serving.

Brown your meat in a pan before adding to the slow cooker.

Instead of using packets of spices like chili mix make your own.

**For recipes see our RD!**

Great use for leftover turkey breast!