

Kenténha/October 2014



Tsitewatakari:tat/The Let's Get Healthy Program
66 Business Park Road
Akwasasne, NY 13655
518.358.9667

Online Mental Health Screening Program Helps to Identify Depression and Mood Disorders

Saint Regis Mohawk Tribe Mental Health Services- Kanikonri:iohne (Good Mind Counseling Center) offers screenings at www.mentalhealthscreening.org/screening/STREGIS

(Akwasasne, 10/9/14) – Depression affects all walks of life. From young adults to the elderly and across all races, nearly one in 10 people in the U.S. suffer from depression. Screening for depression and other mood disorders allows individuals to identify warning signs early and connect with the appropriate treatment resources. Early recognition and treatment offers the best opportunity for recovery.

National Depression Screening Day[®], held on Kenténha/October 9th, 2014, serves as a supportive community initiative to connect the public with online mental health screenings. Through this program, Saint Regis Mohawk Tribe Mental Health Services is offering free, anonymous mental health screenings at www.mentalhealthscreening.org/screening/STREGIS. Online mental health screenings are a free and easy way for people to monitor their mental health and learn about local treatment options. This year, more than 1,000 organizations including community centers, hospitals and colleges across the country are hosting National Depression Screening Day online screening events.

“Recent statistics from the Centers for Disease Control and Prevention show that about half of American adults will develop a mental illness at some point in their lifetime,” says Christine Venery, LCSW, and Mental Health Director at Saint Regis Mohawk Mental Health Services. “It’s important to learn the signs and symptoms of depression, such as changes in appetite, loss of energy or loss of interest in your usual activities, as well as the necessary steps you can take to improve your health.”

Although the online screenings are not diagnostic, they do provide valuable insight helping to identify if someone is exhibiting symptoms associated with depression and other mood disorders and if they should seek help. In a recent independent study commissioned by the nonprofit Screening for Mental Health, 55 percent of study participants who completed an online depression and mood disorder screening sought treatment within three months of taking the screening. Hope and help is available, if you are interested in services call 518-358-3141x160 or walk in to our Mental Health Department, Monday-Friday from 8 am to 5 pm.

About Screening for Mental Health

For more than two decades, Screening for Mental Health, Inc. (SMH) has partnered with organizations to provide mental health education and screening programs, including *National Depression Screening Day*, *National Alcohol Screening Day*[®], and the *National Eating Disorders Screening Program*[®]. These programs are designed to educate, reduce stigma and screen people for mood and anxiety disorders as well as alcohol problems. For more information about SMH, visit www.MentalHealthScreening.org.

Article submitted by Christine Venery, LCSW Mental Health Director

Symptoms of Depression

Too much stress sometimes can lead to depression. You may be at risk for depression if you have any of the following symptoms for more than a week:

- Feeling sad or irritable
- Having lost interest in activities you enjoy
- Feeling worthless
- Having a change in sleeping patterns
- Feeling fatigued or like you have lost energy



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Nursing Notes



A REMINDER FROM THE NURSE'S STATION

Storing your strips is also important to their effectiveness. Heat, humidity and exposure to the air, can affect any type of diabetes test strip. They should be stored in an airtight container in a cool, dark place. Test strips exposed to air and the elements can provide an unusually high, false reading. If a diabetic's blood glucose tests unusually high, the first course of action is to check the test strips. Meters can also go bad, so avoid leaving it in the car during really hot or cold weather. These meters are electronic and any exposure to the elements can damage the device.

The accuracy of diabetic test strips is key to managing diabetes and it's the only real way of knowing what your blood sugar levels are from day to day. It also affects your piece of mind and using expired test strips can be frustrating. Although many people have claimed to use them without a problem (as long as they are not over 6 months old), it's best to have reliable test strips in order to keep track of treatment and progress.

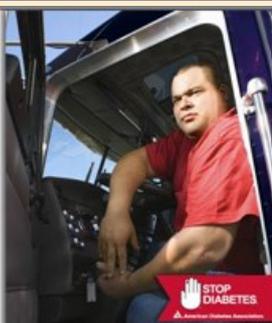


MYTH
People who use insulin cannot be firefighters or police officers.

FACT
Men and women with diabetes proudly protect and serve their communities across the country.

STOP DIABETES
A National Diabetes Association

MYTH
People who use insulin can't be commercial drivers.



FACT
Insulin users can now apply for a Department of Transportation medical certification to drive a commercial vehicle.

STOP DIABETES
A National Diabetes Association



MYTH
People with diabetes can join the military.

FACT
The military still severely restricts enlistment for people with both type 1 and type 2 diabetes. But if you are already serving, you can seek to stay in.

STOP DIABETES
A National Diabetes Association

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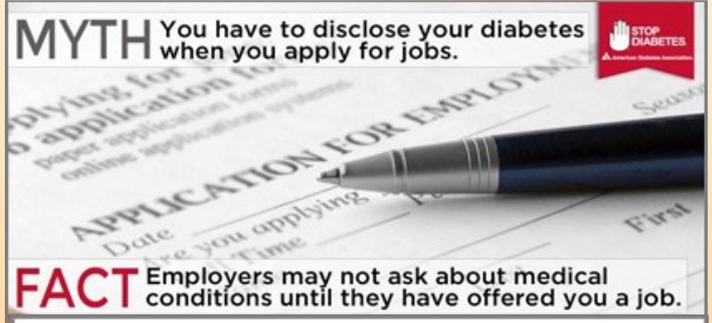
MYTH
My child with diabetes is an honors student, so he doesn't qualify for a Section 504 Plan.



FACT
All students with diabetes qualify for Section 504, regardless of academic performance.

STOP DIABETES
A National Diabetes Association

MYTH You have to disclose your diabetes when you apply for jobs.



FACT Employers may not ask about medical conditions until they have offered you a job.

STOP DIABETES
A National Diabetes Association

MYTH
Child care providers don't have to admit children with diabetes.



FACT
It is usually illegal to deny admission to children because they have diabetes, and providers typically must provide diabetes care.

STOP DIABETES
A National Diabetes Association

October is Breast Cancer Awareness Month



October is Breast Cancer awareness month and the Saint Regis Mohawk Health Services is having breast exam clinics on October 16th and 30th in the Outreach department and October 21st and 28th in the Medical Clinic. If you are due for a mammogram make an appointment on one of the breast exam clinic dates. Any questions please call the Outreach Office or Medical Clinic at (518) 358-3141 to make an appointment. Every woman that makes an appointment for a breast exam will get a free gift.



Fitness



Yoga Therapy Center

For more information about these exercises, please contact Mary Terrance at 518.358.9667



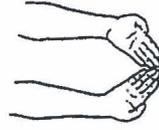
9. INHALE hands down fingers curled toward forearms



EXHALE hands up fingers toward head & spread



10. INHALE palms flat & out



EXHALE palms flat & in



11. INHALE fists out EXHALE in 3x then reverse circles



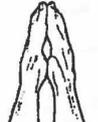
1. Stick pose - Dandasana EXHALE feet toward head, toes spread



INHALE point foot curling the toes



2. INHALE soles face out keep feet upright.



EXHALE soles face in keep feet upright.



12. INHALE arms right, palms up



EXHALE knuckles to shoulders



13. INHALE elbows wide apart



EXHALE elbows together



14. INHALE hands up palms facing forward



EXHALE hands down, palms face backward



3. INHALE circling out EXHALE circling in



4. INHALE with a mild arm effort, straighten knee



EXHALE hold lower shin as you pull heel to thigh



15. INHALE arms up palms facing in



EXHALE arms behind your back



16. INHALE arch back, squeeze blades



EXHALE round back open shoulder blades



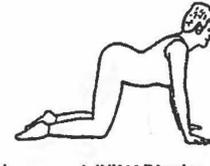
17. INHALE erect EXHALE side bend



18. INHALE turn leg out e toe down & swing open



EXHALE lift hip, turn leg in great toe down & swing it back



6. INHALE head up spine down



EXHALE back up abdomen pulled in



19. INHALE sit erect EXHALE spinal twist



19. INHALE head up



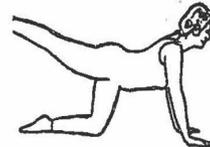
EXHALE head down



20. INHALE sit erect EXHALE head to side



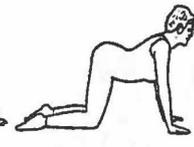
21. INHALE center head EXHALE rotate head



INHALE stretch leg back and up, spine down



EXHALE bring knee toward chest, spine lifted



8. INHALE center pose squeeze thighs



EXHALE hips to side feet opposite, toes forward



Bone & Joint Education

Nearly half of the American population over the age of 18 are affected by bone and joint conditions. This includes back pain, arthritis, traumatic injuries and childhood conditions. Exercise is the best way to keep your bones and joints healthy. Exercise maintains bone density (as we age that bone weakens), lessens joint pain, and helps balance so you avoid harmful falls. Use the following types of exercise to help your bones and joints:

Strength Training: The best way to protect your joints is to strengthen the muscles around the joint, by incorporating 2-3 days a week of strength training.

Aerobics: Rev up your heart rate with hiking, dancing, walking or climbing stairs. Biking and swimming are also great options and are less weight bearing, but do not boost bone density.

Flexibility: Stretching and yoga are great for joints and help with your range of motion, but take caution and don't stretch too far. Do at least 3 days a week of stretching, also before and after workouts to prevent sore muscles.

Pumpkins E

Pumpkin Pancakes

Ingredients:

1 cup whole white wheat flour
2 tsp baking powder
1/2 tsp cinnamon
1 tsp
1 tsp pumpkin pie spice
1 cup low fat buttermilk
3 egg whites
1/4 cup pumpkin puree (canned/fresh)

Directions:

Mix all dry ingredients in a bowl. In a different mixing bowl combine wet ingredients and mix well. Add wet ingredients to the dry ingredients and mix well. Fold in the chopped pecans. Heat a skillet on medium heat, spray with non stick spray. Add 1/4 cup of pancake batter to skillet. Flip when pancake edges are set and bubbles form in the middle. Cook for an additional 1-2 minutes. Continue doing this until all batter has been used. Top pancakes with small amount of warm maple syrup.

TRY THIS! Add chopped apples and pecans to the top of pancakes.

Ingredients cont...

1 TBSP pure maple syrup
1 tsp pure vanilla extract
2 tsp canola oil
3 TBSP chopped pecans



Pumpkin Turkey Chili

Taken from allrecipes.com
Start to Finish: 30 minutes
Make 6 servings

Ingredients:

1 Tbsp canola oil
1 small chopped onion
1 chopped green bell pepper
1 chopped red bell pepper
1 clove garlic, minced
1 lb ground lean turkey breast
1 (14.5 oz) can diced tomatoes No Salt
2 cups pumpkin puree (fresh/canned)
1 (15 oz) can of black beans, drained and rinsed in cold water.
2 Tbsp chili powder

1 tsp ground cumin
1/2 tsp ground black pepper
Cayenne pepper to taste (SPICY)

Optional:

Kidney beans
White Beans
Low fat shredded cheddar cheese
Plain Greek yogurt



Directions:

Heat the oil in a large skillet over medium heat, and sauté the onion, green bell pepper, red bell pepper, and garlic until tender. Stir in the turkey, and cook until evenly brown, drain, and mix in tomatoes, beans and pumpkin. Season with chili powder, pepper and cumin. Reduce heat to low, cover, and simmer 20 minutes.

Serve topped with low fat cheddar cheese or plain Greek yogurt.
Serve with a whole grain corn muffin or a side salad.

Nutrition information per serving:

Calories 156, Total Fat 3.1g (Saturated Fat 0.4g, Trans fat 0g), Cholesterol 36.6 mg, Total Carbohydrate 13.6 g, Dietary Fiber 3.7g, Protein 19.3g.
More protein and fiber if adding more beans**

Pumpkin Pie Latte Quinoa Casserole

Ingredients:

2/3 cup warm water
1/3 cup brewed coffee, hot or warm
2 tablespoons pumpkin puree
1 tablespoon maple syrup
1 teaspoon coconut oil, melted
1/4 teaspoon pure vanilla extract
1 teaspoon pumpkin pie spice
1/4 cup raw quinoa

Topping:

1/4 cup raw pecans, chopped
2 tablespoons almond flour
2 tablespoons maple syrup
1 tablespoon milled flax seed
1/2 teaspoon cinnamon
1 tablespoon canola oil or melted butter

Directions:

Preheat oven to 350F.

Add water, coffee, pumpkin puree, maple syrup, coconut oil, vanilla and pumpkin pie spice to a 4-cup casserole dish. Stir to combine. Then add quinoa. Cover and bake for 45-50 minutes until most of the liquid is gone. There should still be some liquid left and the quinoa should be just about cooked.

Meanwhile, add pecans, almond flour, maple syrup, milled flax seed and cinnamon to a small bowl. Mix to combine, then mix in canola oil or melted butter. Place the bowl in freezer until ready to use.

Once casserole is complete, remove from oven, take off the cover and top with the crumbled topping. Return to oven, uncovered and bake for 12-15 minutes until topping browns.

SERVE WARM OR CHILLED.

SWAP PECAN FOR WALNUTS

WHOLE GRAIN & HIGH FIBER



everywhere!

Roasted Pumpkin Seeds



Ingredients:

2 cups whole, raw pumpkin seeds
1 tablespoon canola oil
Salt free spices as desired



Directions

Scrape seeds from the inside of a pumpkin. Rinse the pumpkin pulp off as well as you can and pat dry.



Preheat oven to 150 degrees F. Roasting on this lower heat helps to maintain more of the healthy essential fatty acids.



Combine all ingredients in bowl; stir to coat all the seeds. Add spices and stir again.



Spread the seeds in a single layer on a baking sheet. Bake until seeds are golden brown (about 20 minutes), stirring occasionally.



TRY THIS!

Spicy: sprinkle with chili powder.
Garlicky: garlic powder and Italian herbs
Try some of the salt free Mrs Dash seasonings.
Autumn Spice: Brown sugar and pumpkin pie spice



Health Benefits of Pumpkin

Pumpkin seeds often called pepitas are a good source of heart healthy fats.

Great source of fiber keeping you full longer.

High in beta carotene an anti oxidant that prevents cancer.

More potassium than a banana.

Uses for 100% Pure Pumpkin Puree

- Add a scoop to Greek vanilla yogurt with a dash of cinnamon.

-Add a few tablespoons to oatmeal with chopped pecans and a drizzle of honey.

-Add to a smoothie recipe.

-Baby food.

-Mix it in with chili.

-Add a scoop to your apples when making apple crisp.

-Mix a scoop with original store bought hummus or when making your own hummus recipe serve with cinnamon pita chips.



Pumpkin Pie Pudding

Ingredients:

2 cups plain Greek yogurt
1 tsp pure vanilla extract
1 teaspoon honey/agave nectar
1 cup pumpkin puree (fresh/canned)
1 tsp pumpkin pie spice (plus extra for topping)
1/2 cup light whipped topping



Directions:

In a mixing bowl mix all the ingredients together. Serve in a hollow pumpkin or individual Halloween cups. Refrigerate for 15 minutes or until ready to serve.

SERVE WITH:

Cinnamon graham crackers
Plain graham crackers
Ginger snap cookies
Vanilla wafers
Apple Slices

KID FRIENDLY & EASY TO MAKE!



Nursing Notes

October is the start of the Flu season What should a diabetic always do when they get sick?

- Test your blood sugar every 2 hours.
- Drink 30 ounces of regular ginger ale, Gatorade, or water every 30 minutes.
- Eat something every 2 hours
 - Regular Jello
 - Broth with saltine crackers
 - Dry toast with regular jelly
 - ½ of a banana

Take all medications as ordered.

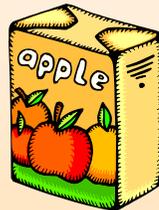


What should you do if you test your blood sugar and it is below 70 ?

You are hypoglycemic
(you have a low sugar)

Use the "Rule of 15"

- Eat/Drink 15 grams of carbohydrates
- Examples of 15 grams of carbohydrates are:
 - 1 TBSP of honey or regular jelly
 - 5 lifesavers/ 15 jelly beans
 - 3 glucose tabs/ 1 tube of glucose gel
 - 4 ounces of apple juice
 - 1 piece of 1/2 cup fruit



Wait 15 minutes test blood sugar, if it is still below 70mg/dL, **repeat rule of 15.**

If your next meal is more than 1 hour away, eat 1 more, 15 gram carbohydrate snack choice.

If after 2 snacks and checking glucose in 15 minute intervals your glucose is still less than 70mg/dL CALL 9-1-1!

Article submitted by Susan Gale, Nurse Case manager. For more information please ask your Nurse Case Manager.

Flu Shot

The flu vaccine helps protect you from the flu. Each year, the type of flu that makes people sick is different. This is why you should get a flu shot every year. The best time to get the shot is in the early fall, so that you will be protected all flu season, which usually lasts until the following March.

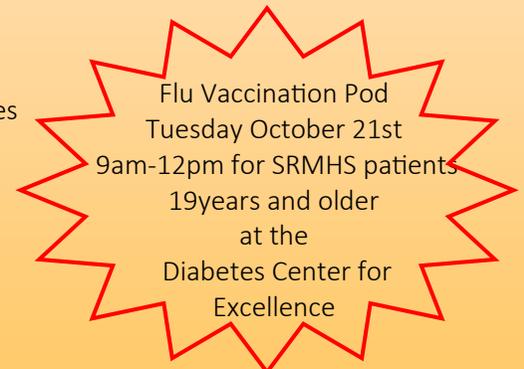
Persons with diabetes 6 months and older should get the flu vaccine each year.!!!

There are two ways you can receive the flu vaccine:

- * Shot (injection): A shot is given by needle and syringe. Flu shots can be given to healthy persons 6 months and older. One type of shot is injected into a muscle (often the upper arm muscle). Another type is injected just under the skin. Your health care provider can tell you which shot is right for you.
- * Nasal spray vaccine: This flu vaccine is sprayed into the nose. This vaccine can be given to healthy persons between ages 2 and 49. Pregnant women cannot receive the nasal vaccine. Your healthcare provider can tell you if the nasal vaccine is right for you.

In general, you should not get a flu shot if you:

- Have a severe allergy to chickens or egg protein
- Have a fever or illness that is more than "just a cold"
- Had a bad reaction to a previous flu vaccine



Nutrition

How to Make Your Own Pumpkin Puree

It may seem easier to go to the store and pick up a can of pure pumpkin puree. You are right it would be, but in less than an hour you can make your pumpkin puree, that is fresh, colorful and better than the canned stuff, I promise.



Start by choosing small pumpkins, smaller than your typical Jack-O-Lantern.
#1



Cut off the stem, cut the pumpkins into quarters and scoop out the insides.
#2



Preheat the oven to 350 degrees. Place the pumpkin pieces on a baking sheet and bake for 45 minutes, or until the pumpkin is tender when pierced with a fork.
#3



Peel back the skin, using a sharp knife to help guide the skin.
#4



Pulse in a food processor until smooth. Or mash with a potato masher.
#5



Add to freezer bags in 1 or 2 cup measurements. Press flat and freeze flat.
#6

Frozen pumpkin can be kept in a deep freezer for up to one year. To use the pumpkin remove from the freezer and thaw. Use as you would canned pumpkin in any recipe that calls for pure pumpkin.

Buy pumpkins now and save them for use later on.

A fun size package of skittles advertises ONLY 90 calories!

What the package doesn't tell you is that it also has 14 grams of carbohydrates which equals 3 teaspoons of sugar!



Healthier Halloween Treats

Spooky Fruit



Carve a watermelon and fill with cut fruit.

Draw faces on fruit cups or tangerines with marker



The Truth About Halloween Candy

This is a good time of the year to remind our readers that sugar free is not carb free, fat free is not sugar free and any candy should be eaten in moderation on special occasions.

Buy Halloween treats that are naturally sugar free : stickers, tattoos, pencils, puzzles or mini games!

* News *

Chair Yoga

Tuesdays 10:00-11:00am
SRMT Office for the Aging

The focus of the yoga session is on joint relief, breathing and relaxation. During these sessions, we will systematically go through and stretch the most commonly used joints in order to relieve tension, loosen and increase range of motion. Each class ends with a breathing practice geared towards relaxation and clearing the mind. Participants are invited to attend weekly or drop in and take these practices home with them. Classes are offered by Mary Terrance, Health Promotion Specialist at Let's Get Healthy Program



Lunch & Learn Everything Pumpkin!

October 15th
12:00pm-1:00pm

Lunch:

Pumpkin Chili & Whole Grain
Corn Muffins

Learn:

Health Benefits of Pumpkins,
Cooking Pumpkins, Using
Pumpkins in your Meals,
Preserving Pumpkin

RSVP required by
October 14th

Space is limited to
10 participants
Call Heather Pontius, RD
518.35.9667

Akwasasne Coalition

Presents

Trunk or Treat

When:

October 30, 2014

At 3pm-6pm

Where:

SRMT

Office for the Aging

Kids come dressed in costume and
Trick or Treat for healthy snacks at the
elaborately decorated trunks of
members of the

Akwasasne Coalition for
Community Empowerment
For more information please contact
the

A/CDP Prevention Program
at 518.358.2967



Our office will be closed on
October 13th
Fall Heritage Day

&

October 29th
8am-12pm
For Staff Training



Please pick up all your supplies ahead
of time.

Group Guided Relaxations

Fridays

9:50-10:15am

Diabetes Center for Excellence



Deep Breathing
Progressive muscle relaxation
Visualization

Exercise Classes:

Move For Health

Nurse supervised exercise
classes

Must be enrolled in LGHP.

Monday-Thursday

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

Community Classes:

Club Circuit

NEW DAY & TIME

Wednesday 12:05-12:50pm

Friday 9:00-9:45am

Steevi King

Lunchtime Yoga

Tuesdays and Thursdays

12:05-12:50pm

Mary Terrance

Body Works

Mondays and Wednesdays

4:30-5:15pm

Mary Terrance

Chair Yoga

SRMT Office for the Aging

Tuesdays

10:00am-11:00am

All exercises classes offered

by the

Let's Get Healthy Program
are free.

Ages 18 years and older.

Please wear comfortable
clothes and bring clean/dry
footwear.



Helping Build
A Better
Tomorrow