

* News & Events *

Water Aerobics Schedule

Thursday 5:00 pm - 6:00 pm
Saturday 10:00 am - 11:00 am

Please note the time changes



Stop by the office to pick up a monthly fitness calendar

All classes and community events provided by The Let's Get Healthy Program are listed on the calendar

Any changes to classes or programs are listed

They are available at the start of each month at the Diabetes Center for Excellence lobby

April is Stress Awareness Month

Group Guided Relaxation

Every Friday 9:50am - 10:25am
Relaxation Lounge

Deep Breathing Techniques
Guided Muscle Relaxation
Visualization

Start Walking Day!

Wednesday
April 1, 2015
4:30-6:30pm
Join us at the Tewathahita Walking Trail.

Enter for chance to win a prize!
We will be serving a light meal at the Diabetes Center for Excellence!



Cooking Demo:

Healthy Spring and Summer Salads

April 23rd
11:30am-1:00pm
Diabetes Center for Excellence
Theatre Kitchen

Space limited to 8 participants

Call to RSVP!
518-358-9667

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

Wednesday 12:05-12:50pm
Friday 9:00-9:45am
Steevi King

Lunchtime Yoga

Tuesday and Thursday
12:05-12:50pm
Mary Terrance

Body Works

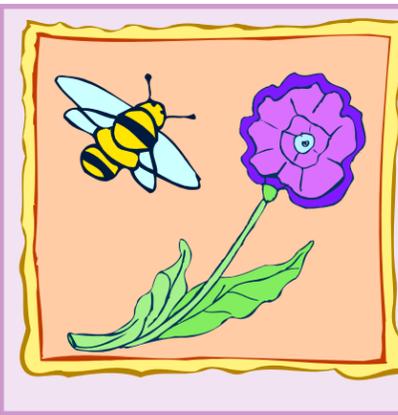
Monday and Wednesday
4:30-5:15pm
Mary Terrance

Chair Yoga
SRMT Office for the Aging
Tuesday
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 sneakers.



Helping Build A Better Tomorrow



Onerahtohko:wa/April 2015

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

March Activities

We've been busy at The Let's Get Healthy Program

Throughout the month we celebrated National Nutrition Month with taste tests, healthy snacks, weekly email education and cooking demonstrations.

Steevi and Heather P. implemented a fitness and food activity with all 4 St. Regis Mohawk School first grade classrooms. Heather read a Dr. Seuss book, "Oh, the Things You Can Do That Are Good For You." Steevi taught fitness games with each of the classes and all the kids enjoyed healthy snacks at the end of the program.

Our staff held Diabetes Alert Day on March 24th. There were glucose screenings, blood pressure checks and a diabetes risk assessment. Throughout the afternoon staff promoted our Youth Fitness Program, held an awesome new Diabetes BINGO game, hosted a lunch hour yoga class, served healthy snacks and distributed new recipe samples.

This month Mary participated in the Akwesasne Coalition for Community Empowerment's Diva Dinner, was a guest speaker for the Salmon River Central Lacrosse teams and had record attendance at chair yoga.

Mera and Heather Garrow attended USET's GPRA Best Practices Conference in Hollywood, Florida. Heather Garrow was a guest speaker.

The water aerobics classes are a new and popular community fitness opportunity.

Nia:wen to the Akwesasne community for including us in your special events.

Nia:wen to all our participants who attend appointments, fitness classes and our special events.



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Nutrition

Shop for the Season!

Spring is officially here, or at least that is what the calendar says. As I am working on this newsletter it is snowing and the temperatures are still below freezing. With the arrival of Spring comes a new season and a new shopping list for “in season” fruits and vegetables. It is best to buy produce that is in season, as they are usually less expensive and plentiful in the supermarkets. The quality of the produce is at its best during the growing season, the color, texture and taste is better “in season.”

Try Something New!

This Spring set a goal for yourself to try out some new produce items that you haven't tried in the past. There are some recipes in the recipe section of this newsletter that features a few of these items. You will find a list of Spring produce below.

Spring Vegetables

Artichokes
Asparagus
Broccoli
Butter lettuce
Dark Greens:
Collards
Mustards
Spinach
Swiss Chard
Watercress
Endive
Fennel
Green beans
Peas

Meal Ideas for including Spring Produce in your Meal Plans

Breakfast Ideas:

- *Top your oatmeal with fresh strawberries.
- *Add mango to your Greek yogurt.
- *If having an egg and whole grain toast, add a fresh apricot to your meal.
- *Try making an asparagus quiche or frittata with other vegetables for a low carb/high protein breakfast.

Lunch Ideas:

- *Make a salad using fresh spring greens.
- *Stuff a whole grain pita with tuna, spinach and radishes.
- * Enjoy a side of broccoli in place of potato chips.
- *Marinate asparagus in balsamic vinegar and olive oil with your favorite spices of a low calorie, low carb side dish.

Dinner Ideas:

- *Stir fry some fresh greens with olive oil and lemon juice, toss in some pine nuts and serve with broiled fish.
- *Try a broccoli salad with shredded carrots and raisins in place of high carb side dish.



National Walking Day

April 1st, 2015

On Wednesday April 1st, the Let's Get Healthy Program will join the American Heart Association in celebrating National Walking Day. It's a day to challenge ourselves and our nation to get heart healthy and fit.

Physical inactivity is a major national problem. Eighty percent of adults in America don't get enough physical activity. This means we are at a greater risk for heart disease, stroke and diabetes.

But we're not going to take it sitting down. On April 1st, we'll join millions of Americans as they pledge to live a healthier lifestyle and get physically active.

Here's what you can do to join in the celebration:

- Show your support and wear sneakers to school or work on April 1st.
- Since you'll be wearing your sneakers, we challenge you to take a 30-minute walk on Wednesday and keep it up! Start a habit of daily walking.
- Visit StartWalkingNow.org and use the American Heart Association's free tips, tools and trackers to stay motivated on your walking program.

Local Start Walking Event for families, individuals

and those of all ages and activity levels

Tewathahita Walking Trail

4:30-6:30pm

A light meal will be served at the Diabetes Center for Excellence.

Come and walk a lap with us for a chance to win a prize!

For more information, please contact the Let's Get Healthy Program:

(518) 358-9667.

Please remember to dress for the weather and spring time trail conditions.

Let's Pledge to live a healthier lifestyle. Start walking on April 1st!



Stress Awareness Month

Nursing Notes

AADE 7 Self-Monitoring Behavior Guidelines #3 MONITORING

Daily self-monitoring of blood glucose provides people with diabetes the information they need to assess how food, physical activity and medications affect their blood glucose levels. Monitoring, however, doesn't stop there.

Diabetes nurse case management and registered dietician visits educate patients regarding equipment use, timing and frequency of testing, target values, interpretation and use of results.



Self-monitoring of blood glucose (SMBG): Collect your supplies (meter, lancet, and

strips) in 1 place and wash your hands with warm water and soap.



Massage your hands

to get some blood flowing.



Prick your finger with the lancet, hold your hand below your

waist for blood flow.



Touch the blood drop to the test strip in your meter.



Read your blood sugar results in the meter window.

The blood sugar range should be: **fasting <120, 2 hours after meals < 180, before bed <140.**



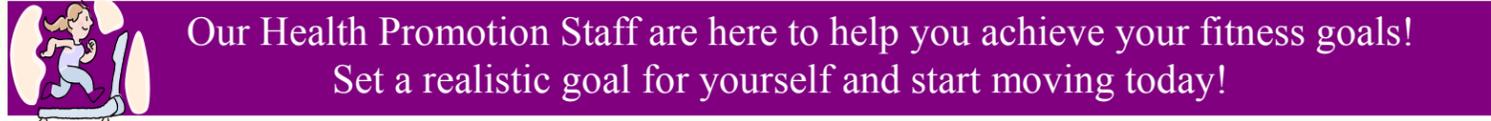
Fitness

Benefits of Stretching For the Body and Mind

- Improve Flexibility and Range of Motion – Flexibility improves balance and coordination.
 - Increases Power – Your body will be in better shape and be able to accomplish more things. Also enhances your awareness, or your body understanding what it can do.
 - Damage Prevention – Avoid damage to joints, tendons, and muscle tissue with lots of stretching. Muscular tissue and tendons are considered excellent working order when well-flexed.
 - Minimize muscle tension – When muscle groups are frequently stretched, it's less likely for them to contract, helping relieve any muscle discomfort.
- Stretching has been proven to help increase blood flow to the muscles. This flow increase brings a greater nutrient supply to muscles, reducing muscle soreness and helping to speed recovery from muscle and joint injuries. Everyone has stress. A buildup of stress causes your muscles to contract, becoming tense. This tension can go on to have a negative impact on just about every part of your body. Stretching has powerful stress-reducing abilities.

Spending just a short amount of time (10-15 minutes) stretching each day can help calm the mind, supplying you with a mental break and giving your body a chance to recharge.

Article submitted by: Jessica Hopps, Health Promotion Specialist



A Look Back on a Busy and Exciting Month

Burlington Yoga Conference-March 7-8th

- Workshops included:
- The Radiant Bliss of Being Upside Down by: David Magone
 - Moving from Center: Twisting, Bending, & Folding from the Core by: Rachel de Simone
 - Ashaya Yoga Therapeutics: Healing Sciatica, Hip, Pelvis & Lower Back Dysfunction by Todd
 - Chari Yoga by Brian Tuck
 - Handstanda & Forearm Balances: The Art of Dynamic Stillness by Todd Norian
 - Meditating in the Modern Times: Establishing a Home Meditation Practice by Kalpana
 - Life Yoga: Pranayam & Purushartha (Breathing Techniques) by Will Duprey

~Also participated in a LIVE AcroYoga Demonstration during the Lunch Break both days!!~

Diva Dinner-March 25th

- Theme: "You Can Accomplish Anything in the Right Pair of Shoes"
- The ACCE Coalition hosted a formal dinner for young ladies ages 13-21.
- Topics included: How to set goals, struggles with achieving goals, mindset-the type you need to be successful and also how to change your mindset from negative to positive, & Speed Role Modeling.
- Guest Speakers included Laura Tarbell, Karen Francis, & MFT. My portion of the event included a guided meditation and breathing demonstration. I presented the Nadi Sudhi "Nerve Purification Breath" technique AKA Alternate Nostril Breathing as well as a Yoga practice called Pratipaksa Bhavanam "The Cultivating of Opposite Thoughts" . I combined the Nadi Sudhi Pranayama with Soul Release Affirmations to demonstrate how we can consciously change our thoughts from negative to positive.
- The Speed Role Modeling portion of the event consisted of each "role model" (presenter) sharing a nice meal with a table of young women, giving them the opportunity to ask questions and participate in personal discussions.
- Overall there were over 50+ girls in attendance and everyone had a great time.



Diva Dinner Presenters

Lax Yoga: Salmon River High School Boys & Girls Lax Teams-March 26th

In February I went to the Salmon River High School and gave a basic Beginner Hatha Level I Yoga class to the Boys & Girls Hockey teams and the Health Club. This month they invited me back and I gave a Mixed Level Hatha Class to the Boys & Girls Lacrosse teams. The students had a blast. They tried different balancing poses like Vrksasana-Tree Pose, participated in some Pranayama practices and ended with Yoga Nidra-Deep Relaxation or The Yogic Sleep. The students were so receptive and had amazing questions afterwards. I'm positive I'll be returning to Salmon River for more Yoga Sessions with the students.

Submitted By: Mary Terrance Health Promotion Specialist

Make each Doctor's Appointment Count!



- EVERY DOCTORS VISIT:**
 - Blood sugar
 - Foot inspection
- EVERY 3 to 6 MONTHS**
 - Hemoglobin A1C
- EVERY 6 MONTHS**
 - Dental exam
- YEARLY**
 - Creatinine and eGFR (**blood work**)
 - UACR urine test
 - Lipid panel (**blood work**)
 - Liver function test, (**blood work**)
 - Retinopathy exam (**Eye exam**)
 - Depression, tobacco, alcohol, domestic violence screenings

A1C Improves with Self Monitoring

Studies have shown that those who monitor and keep track of blood glucose levels have lower A1C than those that do not regularly self monitor. Self monitoring is the process of checking your glucose on your own and keeping track of your numbers, your foods and your physical activity.





Spring Inspired Recipes

10 minute Cabbage and Carrot Coleslaw

Makes: 6-8 servings Prep Time: 10 minutes

Ingredients:

- 2 ripe, fresh avocados, halved, seeded, diced and divided
- 1/4 cup white vinegar
- 2 TBSP water
- 1 TBSP sugar or sugar substitute equivalent
- 1/2 tsp ground cumin
- 4 cups sliced green cabbage
- 2 cups grated carrots
- 1/2 cup thinly sliced red onion
- 1/4 cup fresh cilantro, washed, dried and chopped
- Ground black pepper to taste

Directions:

- Place one of the diced avocados, vinegar, water, sugar and cumin in a food processor or blender. Puree until mixture is smooth. In a large bowl combine cabbage, carrots, onion, cilantro and the remaining avocado. Pour dressing mixture from the food processor over the vegetables and toss gently.
- Sprinkle with black pepper and additional cilantro if desired.

Purchase pre shredded cabbage and carrots to cut down on mess and time.

Lower carbohydrate alternative to macaroni salad, pasta salad or potato salad.

Use leftover on top of grilled salmon or with fish tacos.

Black Bean and Mango Salsa Lettuce Wraps

Makes: 5 servings Prep Time: 10 minutes

Ingredients:

- 1 -15 ounce can black beans, rinsed and drained
- 1 mango, peeled, cored and diced
- 1/4 cup red onion, chopped
- 1 jalapeño pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 2 TBSP red wine vinegar
- 1 TBSP olive oil
- 1 tsp agave nectar
- 10 butter lettuce leaves or 20 endive leaves, cleaned and patted dry

Directions:

- Combine all ingredients except for lettuce leaves. Mix well and cover. Let refrigerate for 1 hour or up to 2 days for flavors to develop.

Assemble the wraps:

- if using butter leaves: fill each one with 1/4 cup of salsa mixture
- if using endive leaves fill each one with 2-3 TBSP of salsa mixture

A serving:

- butter leaves = 2 wraps
- endive leaves = 4 wraps

TRY THIS!

- In place of red wine vinegar, try lime juice.
- You may also wish to add cumin or ground black pepper.
- Serve at a party in place of chips and dip.
- For more spice: add more jalapeño, for less spice omit jalapeño



Crustless Asparagus Mini Quiche

Makes: 12 quiches Prep Time: 15 minutes

Ingredients:

- Cooking spray
- 1 TBSP olive oil
- 1 bunch of asparagus, trimmed and diced
- 1 small yellow onion, diced
- 1 yellow bell pepper, seeded and diced
- 1/4 tsp ground black pepper
- 2 whole eggs
- 6 egg whites
- 1/3 cup skim milk
- 6 lite Laughing Cow cheese wedges, split in half

Directions:

- Preheat oven to 375 degrees. Spray a muffin pan with cooking spray. Heat a sauté pan to medium heat, add olive oil, asparagus, onion and bell pepper. Sauté until vegetables are tender. Season with ground black pepper and set aside to cool slightly. In a medium bowl whisk together eggs, egg whites and milk.
- Evenly distribute the cooked veggies among 12 muffin cups. Gently and carefully pour egg mixture over the vegetables. The cups should be full but not overflowing. Add half of a cheese wedge to each muffin cup.
- Bake for 20 minutes. Best if eaten warm.

Try This!

- If you have leftovers they can be frozen and reheated using a toaster oven or microwave.
- Add different seasonal vegetables, try mushrooms, broccoli or spinach.
- Try in mini muffins for a quick snack for little ones.
- Save time by using liquid egg whites. There is a conversion on the carton for how much to use.



Bulgur Salad with Asparagus and Spring Herbs

Makes: 4 Servings (1 cup per serving) Prep Time: 20 minutes

Ingredients:

- 2/3 cup uncooked bulgur (cook according to package directions)
- 2 cups sliced asparagus (1 inch pieces)
- 1/2 cup frozen edamame (cooked and cooled)
- 2/3 cup chopped fresh Italian parsley
- 2 teaspoons finely chopped fresh mint
- 3 TBSP lemon juice
- 1 TBSP orange juice
- 1 TBSP olive oil
- 1/4 tsp black pepper

Direction:

- Prepare bulgur according to package directions, drain well. Chill if desired. Steam asparagus in steamer basket over boiling water 3 to 4 minutes or until bright green and crisp. Cool under cold running water, drain well and blot with paper towels. Combine bulgur, asparagus, edamame, parsley and mint in a large bowl. Whisk lemon juice, orange juice, oil, and pepper in a small bowl. Pour over salad and toss gently.

TRY THIS!

- Try using cooked quinoa in place of bulgur
- Try chopped fresh sugar snap peas in place of edamame.

Nutrition Facts:

Calories: 148
 Total Fat: 4 grams
 Protein: 6 grams
 Carbs: 25 grams
 Cholesterol: 0 mg
 Dietary Fiber: 7 grams
 Sodium: 58 mg