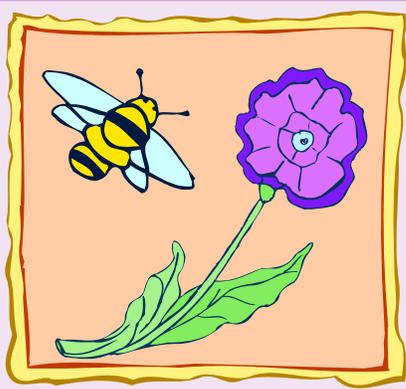


Onerahtókha/April 2016

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



For a copy of the recipes stop by the Diabetes Center for Excellence

INSIDE THIS ISSUE:	
Alcohol and Diabetes	2
Fitness Page	3
Spring Inspired Recipes	4-5
Nursing Notes	6
National Walking Day 2016	7
News/Upcoming Events	8

March was National Nutrition Month

The Let's Get Healthy Program celebrated by hosting two different workshops, one using a vegetable spiralizer and the other making homemade granola.

The recipes were healthy, delicious and very easy to make.



Alcohol and Diabetes

How Alcohol Effects Diabetes

If you have diabetes, drinking alcohol may cause your blood sugar to either rise or fall. Plus, alcohol has a lot of calories. If you drink, do it occasionally and only when your diabetes and blood sugar levels are well-controlled. If you are following a calorie-controlled meal plan, remember to count your calories that are in the drinks you are consuming.

Hypoglycemia: How Low Can You Go?

If you have diabetes, you probably know the warning signs of low blood sugar, or hypoglycemia. "It's been described best as a little like the feeling you get when you're sliding on ice in a car: panic, rapid heart rate, and sort of a sense of doom," says John Buse, MD, PhD, professor of medicine, chief of the division of endocrinology, and executive associate dean for clinical research at the University of North Carolina at Chapel Hill School of Medicine.

It is a good idea to check with your doctor to see if drinking alcohol is safe for you.



Effects of Alcohol on Diabetes

Here are some ways that alcohol can affect diabetes:

- While moderate amounts of alcohol may cause blood sugar to rise, excess alcohol can actually decrease your blood sugar level, sometimes causing it to drop into dangerous levels, especially for people with type 1 diabetes.
- Beer and sweet wine contain carbohydrates and may raise blood sugar.
- Alcohol stimulates your appetite, which can cause you to overeat and may affect your blood sugar control.
- Alcoholic drinks often have a lot of calories, making it more difficult to lose excess weight.
- Alcohol may also affect your judgment or willpower, causing you to make poor food choices.
- Alcohol can interfere with the positive effects of oral diabetes medicines or insulin.
- Alcohol may increase triglyceride levels.
- Alcohol may increase blood pressure.
- Alcohol can cause flushing, nausea, increased heart rate, and slurred speech. These may be confused with or mask the symptoms of low blood sugar.

Diabetes and Alcohol Consumption Dos and Don'ts

People with diabetes who drink should follow these alcohol consumption guidelines:

- Do not drink more than two drinks of alcohol in a one-day period if you are a man, or one drink if you are a woman. (one alcoholic drink = 5-ounce glass of wine, 1 1/2-ounce "shot" of liquor or 12-ounce beer).
- Drink alcohol only with food.
- Drink slowly.
- Avoid "sugary" mixed drinks, sweet wines, or cordials.
- Mix liquor with water, club soda, or diet soft drinks.
- Always wear a medical alert piece of jewelry that says you have diabetes.
- Notify your friends or the group you are with that you have diabetes, if an emergency arises they will be able to rely your medical information.



Fitness



April 6th is National Walking Day!



**National
Start!
Walking Day**

Becoming less active, can increase your risk of heart disease, stroke and other diseases! Get up and move!
Lace up your sneakers and take 30 minutes out of your day to get up and walk.

Some benefits of walking just 30 minutes a day include:

- Reduce stress
- Improve blood circulation
- Reduce cholesterol
- Strengthen muscles
- Lower blood pressure
- Lower triglyceride levels
- Protection from arthritis
- Weight management/prevent diabetes
- Improves functioning of heart and lungs



Seven Tips for “National Foot Health Awareness Month”

- 1: Inspect your feet daily to check for injuries, dry or peeling skin, and or cracks.
- 2: Dry your feet after showering, especially between toes to avoid fungal infections.
- 3: Don't leave nail polish on 24/7, this can lead to brittle nails or fungus.
- 4: Stretch your feet, ankles and lower legs before exercising to avoid injury.
- 5: Get an annual foot inspection.
- 6: Maintain a healthy weight...excess weight can lead to foot/heel pain, circulatory problems and arthritis
- 7: Don't walk barefoot in public areas where you can suffer cuts, contract athletes foot or planters warts.



If you are due for a Complete Diabetic Foot Exam, please call the
Let's Get Healthy Program Office at 358-9667
to schedule your appointment today!



Spring Insp

Maple Walnut Granola

Ingredients:

- 2 cups old fashioned oats
- 1/4 cup chopped walnuts
- 2 TBSP chia seeds
- 1/4 cup maple syrup (100% pure)
- 2 TBSP canola oil
- 1/2 tsp vanilla extract

Directions:

- Preheat the oven to 300 degrees. Combine all ingredients in a mixing bowl, using clean hands to mix well and to coat all ingredients. Spread the mixture on a baking sheet and bake for 10 minutes or until VERY lightly toasted. Allow to cool before serving or storing in an airtight container. Can be kept for up to 2 weeks.

Spring is
Maple Season!

Maple syrup is a natural sweetener, it is important to treat it as a sweetener and remember to count the carbs in maple syrup!

One Tablespoon maple syrup = 13grams carbohydrates or one carb choice!

Chicken with Asparagus and Sweet Potatoes

MAKES 4 MEALS at ONE TIME!

Ingredients:

- 2 TBSP olive oil
- 2 boneless, skinless chicken breasts cut in half
- OR**
- 4 thinly sliced chicken breasts
- 2 bunches of fresh asparagus (4 cups total)
- 2 sweet potatoes, peeled and chopped (2 cups total)
- Any flavor no salt spice like Mrs. Dash, to taste
- Ground black pepper, to taste

Directions:

- Preheat oven to 350 degrees. In a 9x13 casserole dish, drizzle 1 TBSP olive oil. Place chicken in a row in the middle of dish.
- Add the chopped sweet potatoes in a row to one side of the dish.
- Add the fresh asparagus to a row on the other side of the dish.
- Drizzle with remaining 1 TBSP olive oil and sprinkle with black pepper and no salt spices as desired. Cover with foil and bake for one hour. Remove foil and enjoy warm.

EACH MEAL should include:

- one serving of chicken breast, 1/2 cup sweet potatoes and 1 cup vegetables.

Spring is the
best time for
asparagus!

**Cook once,
eat 4 times!**
**Great for those
that don't like to
cook for one or
two people!**



Required Recipes

Slow Cooker Fajitas

Makes: 4-6 servings

Total Time: 5 hours 5 minutes

Ingredients:

- 1 green bell pepper, seeded and sliced into even strips
- 1 red bell pepper, seeded and sliced into even strips
- 1 small yellow onion, skin removed and sliced into even pieces
- 3 uncooked boneless, skinless chicken breasts (4-5 ounces each)
- 1/2 cup no salt chicken stock or vegetable stock
- 2 Tablespoons No salt taco seasoning (recipe below)
- 1 teaspoon paprika or smoked paprika
- 4-6 Whole grain tortillas

Toppings as desired:

- Avocado slices
- Plain Greek yogurt or light sour cream
- Reduced fat cheddar or Mexican blend shredded cheese
- Low sodium salsa

Directions:

Place all ingredients in slow cooker. Cook on low for 4-5 hours. Remove chicken breasts and shred using a fork. Add chicken back to slow cooker and serve warm on whole grain tortillas. Use toppings as desired.

TRY THIS!

For added protein and fiber, add a can of black beans that have been rinsed and drained to the slow cooker.

Vegetarian option: use a mixture of canned beans and/or chunks of firm tofu.

If you don't like to cook, no problem! Make this once and have a week's worth of meals!

Make this recipe on Sunday evening and have meals all week.

Monday-on a tortilla, Tuesday-over wild rice, Wednesday-with corn chips, Thursday-with Quinoa

SPRING TIME~

The weather is getting warmer and the days are getting longer, which means we spend more time outside and less time preparing meals. Don't put away your slow cooker just yet! It can be a year round kitchen tool for healthy and quick meals.

No Added Salt Taco/Fajita Seasoning

Ingredients:

- 3 TBSP chili powder
- 1 TBSP ground cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/4 tsp dried thyme
- 1/2 tsp dried oregano
- 2 tsp dried basil
- 1/8 tsp ground white pepper
- 1/8 tsp ground black pepper

Directions:

Mix all spices in an airtight container. Store covered, away from heat and moisture for up to six months.



Nursing Notes

Diabetes Over Time

Insulin Resistance
Lifestyle + Medications

A 4-PART SERIES: Part One-Reflections

From many years beyond, today was a day she was told she needs to start insulin. She says to her granddaughter, “here you do it-just stick the needle in my arm”. Wow that was in 1979!! Now the grand daughter is a nurse and at that time, “Ma” told her to do something and she did it without hesitation. One could say, fear was definitely in the air, but Ma was asking for her help and there simply was no other choice for the granddaughter than to do what was being asked.

In real time today, there are many of you the same age as this writer or perhaps older that can go back to a similar time of diabetes care and treatment as a health care provider or as a person with diabetes for over 30 years. Those of us still here on Turtle Island, can remember how the medication called insulin came in a glass bottle. To get the medication out, you would stick the needle attached to the syringe (which may have been glass or plastic). Yup, some diabetics were still using glass syringes at that time and needed to sterilize them after every use. But, the lucky ones were now able to get disposable plastic syringes...Halleluiah!! What a convenience. The needles were still over a half inch long and a little thinner than the ones they used for your penicillin shots. Bottom line-it still gave a hurting.

This is a moment when the granddaughter can offer that it seemed to hurt her more than it did Ma-you know what I mean? Anyway, moving forward, let’s continue to reflect on how much effort it took to get the medication out of the bottle at that time. You needed to pull the plunger back to put air in your syringe based on the amount of your current insulin dose. Then you would inject that air into the bottle of insulin and you would tip the bottle upside down. Requiring some level of dexterity, you would hold the bottle in the air with the syringe attached and push the air back in the bottle and then pull down the plunger again to fill up the syringe with the amount of insulin the doctor had prescribed for you. Oh my, there are many of you still out there remembering this as if it was yesterday!!

If you are as old as this writer, you will also remember there were two main types of insulin available at that time: NPH and Regular, often described as the cloudy insulin or the clear insulin. I’ll close this Part One by asking who can still remember the days of checking sugars by dipping a test strip in one’s urine to see how the dipstick turned shades of green and maybe orange if you were low? Heaven help you if you were color blind or held the test strip up to the light and could not make up your mind what shade of green it really was!! And even better, you could check ketones, by taking some of your urine, pouring it in a test tube and dropping in this tablet to watch the “liquid” bubble and turn colors to see if your sugar was high enough to call the doctor. Ahh yes, the good old days!! But, let’s remember the kids who had Type 1 Diabetes, this was the only guide they had at home to know if their sugars were in a danger zone.

NEXT MONTH-Part Two: The Power of Education.

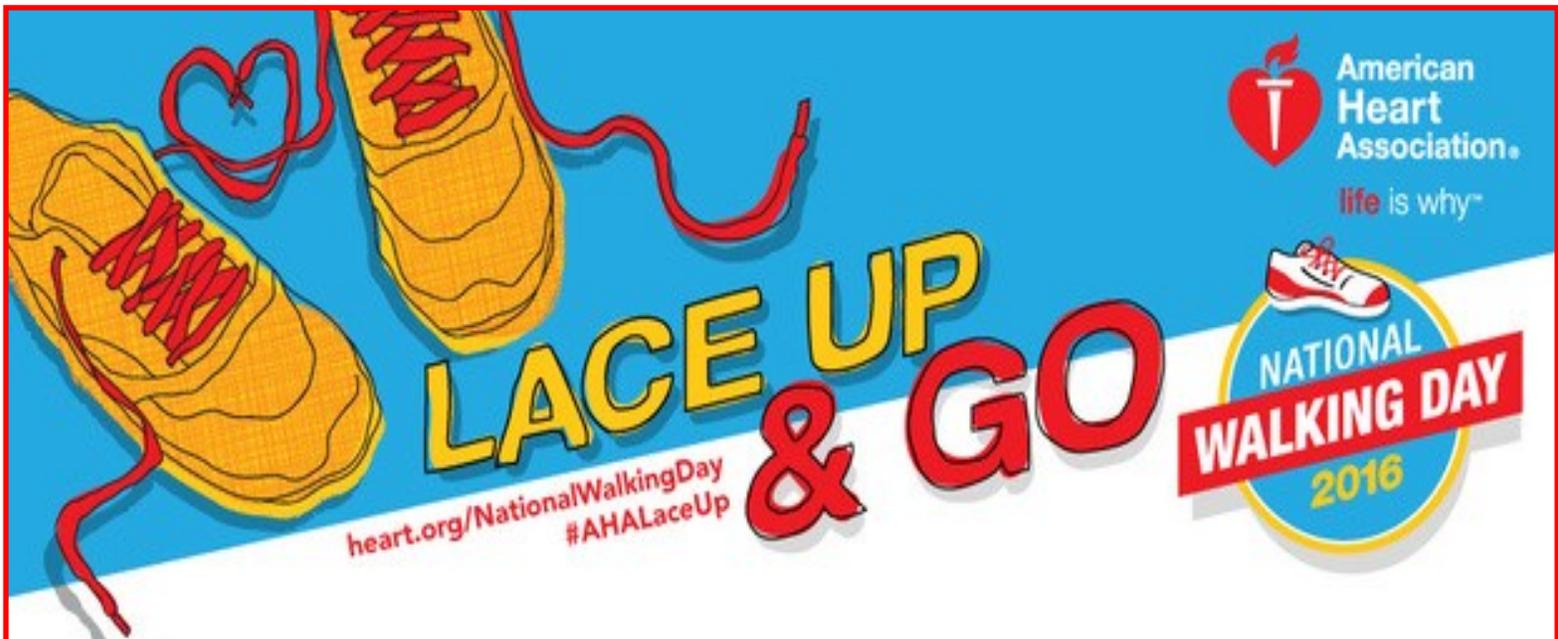
Article Submission: Janine Rourke, RN Case Manager

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.





On Wednesday April 6th, 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.

Join in the celebration by wearing sneakers to school or work. 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.

**Please join us for a family friendly walk at the
Tewathahita Walking Trail— April 6— 4:00 to 7:00 p.m.**

**A light meal will be served at the Diabetes Center for Excellence,
along with giveaways for participants**

FMI contact the Let's Get Healthy Program: (518) 358-9667

**Please remember to dress for the weather and trail conditions
Join us for this fun group celebration that can help us all
live longer, stronger, healthier lives**

**Visit Heart.org/Walking and use the American Heart Association's free tools and trackers to
stay motivated on your walking program**



News & Events

Start Walking Day! Wednesday April 6, 2016 4:00-7:00pm

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!

April is Stress Awareness Month **Group Guided Relaxation**

Deep Breathing Techniques
Guided Muscle Relaxation
Visualization
By appointment
With
Heather Pontius
358-9667



Stop by our 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



Reminder!

Day Light Savings Time
occurred on
Sunday, March 13, 2016

If you have not changed your
time on your glucometer
1 hour ahead, please do so.

Contact the
Let's Get Healthy Program
358-9667
to schedule an appointment
with a Nurse if you are
having difficulty or need
assistance

Exercise Classes:

Move For Health
Nurse supervised exercise
classes
Must be enrolled in LGHP.
Monday-Thursday
8-9am 9-10am 10-11am
11-12pm

Community Classes

Body Works
Monday & Wednesday
4:15-5:00pm

After Hours Fitness
Monday & Wednesday
5:15-6pm

Power Hour
Tuesday & Thursday
12-1pm

Club Circuit
Friday
9:00-9:45am

All exercises classes
offered by the
Let's Get Healthy Program
are free to
ages 18 year and older

Please wear comfortable
clothes and bring clean/dry
sneakers and a water bottle.



**Helping Build A Better
Tomorrow**