

# \* News \*

## 8th Annual Twilight Fun Run/Walk Series

\*All ages & abilities welcome

Where: Tewatahita Walking Trail-  
Generations Park

When: Thursdays-Summer 2014  
July 10- July 17- July 24- July 31  
August 7- August 14- August 21-  
August 28

\*\*Event starts at 5:30 p.m.\*\*  
Bring your family and walk or run at  
your own pace!  
\*Giveaways throughout the month\*

For More Information: Call the  
Let's Get Healthy Program  
358-9667

Saint Regis Mohawk Tribe  
Insulin Pump  
Question & Answer Session

Wednesday August 5, 2015

Two Sessions:  
8:00am - 12:00pm  
&  
5:00pm - 7:00pm  
at the

Diabetes Center for Excellence

This is a free event for insulin-dependent  
diabetics interested in learning how the  
latest technologies can help achieve better  
control without daily injections! Don't miss  
this opportunity to learn about the latest  
advances in diabetes treatment

Questions? Please call Andy Mager  
802-355-6177

## After Hours Fitness

Educational  
and  
instructional class  
for any individuals  
who would like to  
learn proper use of  
equipment,  
ask fitness questions  
or simply work at their  
own pace.

Tuesdays  
5:15pm-6:00pm  
Diabetes Center  
for Excellence

Saint Regis Mohawk  
Tribe Office for the  
Aging  
Active Living Every  
Day!

Activities:

ALED Walking Club  
Mondays  
&  
Wednesdays  
10:00am  
(weather permitting)  
At the  
Tewatahita'  
Walking Trail

Chair Exercises

Tuesdays  
10:00am  
Office for the Aging  
In the  
Sunroom

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  
Friday 9:00-9:45am

"After hours fitness"  
Tuesday 5:15-6pm

Body Works  
Monday and Wednesday  
4:30-5:15pm

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 and a water bottle



Helping Build A Better  
Tomorrow

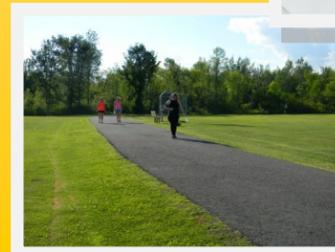


# Seskéha/August 2015

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



## Twilight Fun Run/Walk Series



## Wellness Day 2015

Wellness Day 2015 took place on Thursday July 27th at the former IGA  
Building. The Let's Get Healthy Program was available for program  
questions, blood sugar screenings, stability ball education, and Steevi  
King, Health Promotion Specialist presented a brief overview of our  
program, the services we provide and her role as a Health Promotion  
Specialist. She presented "How to stay on track and achieve your fitness  
goals". She also shared a Pow Wow Fit demonstration-a cardio workout  
that combines Pow Wow dancing, flexibility, balance and strength  
training.



### INSIDE THIS ISSUE:

New Faces	2
Health Promotion Specialist	3
Recipes	4-5
Nursing Notes	6
Twilight Fun Run/Walk Series	7
News/Upcoming Events	8

# New Faces!



Hello everyone my name is Aj Sutter and I am the newest member of the Lets Get Healthy Program. I am a 2007 graduate of Massena Central and I attended the University of Hartford where I majored in Health Sciences. In 2012, I became an AFAA certified personal trainer and began my career locally at Heart to Heart Fitness. I have a great passion for staying active and healthy and in June of 2015, that passion led me to this great program where I am now a Health Promotion Specialist.

Please join AJ  
on  
Tuesday  
afternoons from  
5:15pm-6:00pm  
for

### "After Hours Fitness"

Educational and instructional class for any individuals who would like to learn proper use of equipment, ask fitness questions or simply work at their own pace.

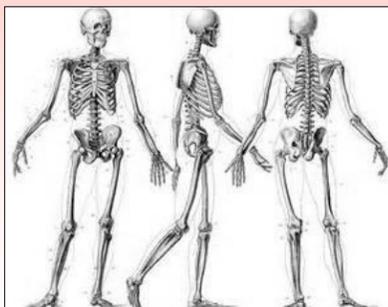
New Community  
Class!  
Need to be 18  
years or older,  
bring a water  
bottle and dry  
clean sneakers!

# Thank you!



A very special thank you to Dr. Gerry Lauzon, Chiropractor at the Saint Regis Mohawk Health Services, for helping us celebrate Men's Health Week with a discussion on "Signs, Symptoms and Causes of Lower Back and Joint Pain". Dr. Lauzon demonstrated exercises that you can do in your home to help alleviate lower back and joint pain as well as answering all questions in his field.

Please contact the Saint Regis Mohawk Health Services at 358.3141 ext 110 for all your chiropractic needs.



# 8th Annual

# Twilight Fun Run/Walk Series

**\*FREE\***

**\*Family Health\***

**\*Prizes\***



**\*Stay Fit\***

## Sponsored By:

# The Let's Get Healthy Program

**\*All ages & abilities welcome\***

**Where: Tewathahita Walking Trail– Generations Park**

**When: Thursdays-Summer 2015**

**July 9- July 16- July 23- July 30**

**August 6- August 13- August 20- August 27**

**\*\*Event starts at 5:30 p.m.\*\***

**Bring your family and walk or run at your own pace!**

**\*Giveaways throughout the month\***

**For More Information: Call the Let's Get Healthy Program  
518-358-9667**

# Nursing Notes

## Caregiving For someone with Diabetes

At some point in our lives most of us will take care of a family member or friend. Family caregiving can be very rewarding. It can also be hard for both the person giving help and the one receiving help.

For many, caregiving is a long-term commitment. Taking the time to think through how it might work is a good thing.

Be open about asking for help from a variety of resources and welcome whatever help you are able to get. Tapping into family, friends and other community services can really help.

As a caregiver for someone with diabetes, learn the basics of diabetes management. The Let's Get Healthy Program provides diabetes education Monday – Friday from 8 a.m. – 4 p.m. by appointment, if earlier or later appointment times are needed, it can also be arranged. There are many resources available online, the American Diabetes Association is a great source of information. Go to [www.diabetes.org](http://www.diabetes.org). Read "Diabetes Basics." Under "Living with Diabetes" tab, review the information for seniors. Review the section on Food and Fitness.

## Taking care of yourself as the Caregiver

Caregiving can be stressful. Continue to take care of your own health. Stay active, eat well and visit your doctor regularly. Find someone to talk to when caregiving gets to be too much. Avoid taking on too much and learn to say "no". Ask for and accept help. Involve friends and family. Stay organized and prioritize what needs to be done.

As a caregiver, you are taking on the role of helping a loved one with those day-to-day things that we usually do ourselves. You are the one who will ensure that they have a safe and healthy place to live.

Before making the decision to become a caregiver take a minute to think about the role of being a caregiver. Discuss the reasons your loved one needs a caregiver. Ask if it will be difficult for your loved one to accept help from a caregiver. Present the positives of having a caregiver handling certain things. For example, keeping track of when to take diabetes medications. Find out how your loved one is dealing with the loss of independence and control. Make a caregiving plan. List the tasks that your loved one needs help with and who might take on which tasks. If your loved one appears overwhelmed by too many medicines or the frequency of self-care, talk to their health care provider about their goals, quality of life issues and how to make things simpler.

Be realistic about community services. Sometimes the services provided through the health care and social service systems are limited and may require you and your loved one to be flexible about your plan. Find out about getting a durable power of attorney for health care and finances for your loved one.

More often than not one person in the family becomes the primary caregiver. Getting everyone else in the family, including siblings, to help out with some tasks, may become a cause of family stress. Sometimes caregivers feel that other family members are not doing their share of helping out. To get everyone involved, think about ways they might best help out.

Some families find it helpful to create a calendar with assigned days and times. This allows multiple caregivers to juggle tasks. Taking care of a loved one can require time, energy and patience. One person is not able to do it all. If family members cannot commit to a regular way to help, reach out to the community for support. Finding and accepting help often helps make the caregiving experience more positive for you and your loved one. Some families get help from home health aides, who help with bathing and dressing, as well as light cleaning and meal preparation. Ask your health care provider about these services and check with volunteer associations about others who might be willing to help out.



## Sending Best Wishes!



Please join us in sending Nurse Case Manager Susan Gale, RN, best wishes on her new adventure. She is joining the Saint Regis Mohawk Health Services Outreach Department as the Navigator Nurse. She will be in charge of assisting patients in great need of organizing multiple appointments through difficult times. She can be contacted at

518.358.3141 ext.180

Best of Luck Susan!

# Summer Fun!

## Youth Fitness

Youth fitness is a class held at the Diabetes Center for ages 8-17. This class will help your child develop a healthy lifestyle by teaching them the following components of fitness:

- Cardiorespiratory endurance
- Muscular Strength
- Flexibility
- Balance
- Healthy Eating

Through various circuits, team building exercises, and fun interactive games your child will improve their physical fitness and confidence!

Youth Fitness will resume September 8<sup>th</sup>, starting with initial assessments that week, if you or your child is interested please call Steevi King at the Lets Get Healthy Program 358-9667.



# Beat the Heat

## The Importance Of Hydration During Exercise

Water is essential for your body to function properly. Water helps regulate body temperature and cushions the joints. We lose water through everyday activities such as digestion and breathing. Exercise is one of the fastest ways water is depleted from the body, which is why proper hydration is essential not only after, but during exercise as well. Replenishing lost water is critical in avoiding dehydration and optimal exercise performance. Proper hydration is always important, but again during exercise it is essential for maximum energy and endurance. If water lost through sweating is not replaced, fatigue can develop and energy levels will decrease. Without proper hydration during exercise, endurance levels can also be lower. Drinking enough water also helps cool the body down and can prevent heat related illnesses, such as heat exhaustion and heat stroke.

## Signs to recognize lack of hydration during exercise:

- Headache
- Decrease in coordination
- Lack of energy

## Signs of dehydration:

- Nausea
- Muscle cramps
- Dizziness
- Fatigue



## **Try this!**

Add fresh fruit and vegetables to your water to add flavor and nutrients: Fresh berries, watermelon, cucumber slices, lemon and lime slices, fresh mint, to just name a few. Try all sorts of combinations in an infusion cup or in a large pitcher.

# Get Grilling!

## Grilled Vegetable Foil Purses

### Ingredients

Aluminum Foil  
1 medium zucchini sliced, into 1/2 inch rounds  
1 medium yellow squash, sliced into 1/2 inch rounds  
1 medium red bell pepper, sliced into strips  
1 medium yellow bell pepper, sliced into strips  
1 large carrot, peeled, cut diagonally into 1/4 inch slices  
1/4 cup olive oil  
1/2 tsp black pepper  
6 fresh rosemary sprigs  
6 garlic cloves, peeled and crushed

### Nutrition Facts:

Calories: 115  
Total Carbohydrate: 8g  
Sodium: 170 mg

### Directions

1. Tear heavy duty aluminum foil into 6 sheets, each 12 by 18 inches. Preheat an outdoor grill to medium
2. In a bowl, combine all of the ingredients except the rosemary and garlic. Divide the vegetables among the foil pieces, placing the mixture in the center of the foil. Top each pile of vegetables with a rosemary sprig and garlic clove. Bring the long ends of the foil together and crimp the sides to make a packet.
3. Add the packets to the grill, close grill cover, and grill for 20 minutes, flipping the packets once. Remove the packets from the grill and serve. Be careful when opening packets; the steam will be hot.



## Lemon-Turkey Patties

### Ingredients:

1lb ground turkey  
1 Tbsp Mrs Dash lemon-pepper seasoning  
1 cup panko bread crumbs  
1 egg, beaten  
4 Tbsp finely minced onion  
2 garlic cloves, finely minced  
Dash of hot sauce

### Nutrition Facts:

Calories: 260  
Total Carbohydrate: 15g  
Sodium: 120mg

### Directions:

1. Combine all ingredients, handling the meat lightly. Form mixture into 4 equal size patties
2. Prepare outdoor grill. Coat rack with cooking spray. Grill the patties on medium high heat for 5-6 minutes per side until the turkey is cooked through to an internal temperature of 165F.
3. Remove patties from the grill and keep warm until ready to serve. If desired, serve on a whole wheat bread thin with lettuce, onion, tomato and your favorite condiments.



## Lemony Tomato, Mozzarella, and Basil Salad

### Ingredients:

2 medium fresh tomatoes, cut into wedges  
4 oz reduced fat mozzarella cheese, fresh or shredded  
4 tsp fresh basil, chopped  
2 Tbsp reduced fat balsamic vinegar salad dressing  
2 whole lemons, cut in half  
Black pepper to taste

### Nutrition Facts:

Calories: 100  
Total Carbohydrate: 8g  
Sodium: 300mg

### Directions:

1. Mix tomato wedges, mozzarella, basil, and balsamic dressing together in a bowl
2. Squeeze desired amount of lemon juice on salad. Adjust seasoning as needed
3. Split salad evenly between 4 bowls and serve



## Whole Wheat Bread Thins

Many of the whole wheat bread thins and "skinny" bagels in grocery stores are lower in calories and carbohydrates than two typical slices of bread, and often have more fiber. For a quick snack or light lunch, spread half of a bread thin with hummus, top with spinach or other dark leafy greens, roll tightly, and slice into spirals.



## Grilled Eggplant with Tomato, Capers and Olive Topping

### Ingredients:

6 sun-dried tomatoes (not packed in oil)  
1/2 pint cherry or grape tomatoes, quartered  
1/2 cup diced red bell pepper  
1/4 cup diced celery  
2 scallions, finely minced  
10 pitted black olives, halved  
1 Tbsp drained large capers  
2 1/2 Tbsp olive oil, divided  
1 Tbsp minced fresh oregano  
1 large eggplant  
Olive oil cooking spray  
1/2 tsp ground black pepper

### Nutrition Facts:

Calories: 130  
Total Carbohydrate: 15g  
Sodium: 235

### Directions:

1. Prepare the topping: Add sun-dried tomatoes to a heat proof bowl. Pour boiling water over to cover; set aside for 15 minutes. Drain, then thinly slice the tomatoes
2. Add the sliced sun-dried tomatoes, cherry tomatoes, red pepper, celery, scallions, olives and capers to a bowl. Add 1 Tbsp of the olive oil and the oregano. Mix well; set aside.
3. Preheat an outdoor grill to medium-high. Slice the eggplant crosswise into 6 slices. Coat one side of the eggplant with olive oil cooking spray and brush with some of the remaining olive oil. Sprinkle with pepper.
4. Add the eggplant slices to the grill, oil side down. Grill the eggplant for about 8- 10 minutes on one side until soft and charred. Coat the top side of the eggplant with cooking spray and brush with remaining oil, sprinkle with pepper. Turn the eggplant slices over and grill for another 8- 10 minutes, until the eggplant is cooked through. Serve with the tomato, caper and olive topping.



## Pesto Provolone Pizza

### Ingredients:

1 whole wheat bread thin  
1 cup baby arugula (tastes spicy) or baby spinach (tastes mild)  
2 tsp prepared pesto  
2 Tbsp bottled marinara sauce  
1/2 cup canned, drained and rinsed cannellini beans, slightly smashed  
4 thin slices of tomato  
1/4 tsp fresh oregano  
1 slice reduced fat provolone cheese, divided

### Nutrition Facts:

Calories: 165  
Total Carbohydrate: 24g  
Sodium: 325mg

### Directions:

1. Preheat the oven broiler to high. Line a broiler pan or baking sheet with foil.
2. Place the 2 halves of the bread thin cut side up on the prepared pan. Broil for 1 to 2 minutes, until lightly toasted. Remove the pan and bread thin halves from oven.
3. Combine arugula/spinach with pesto, mixing well. Spread each half of bread thin with marinara sauce. Top with cannellini beans, then add arugula/spinach-pesto mixture to the tomato slices. Sprinkle with oregano. Lastly, top each pizza with half of the cheese. Return the pan to the oven and broil for 2 minutes, until cheese is

