

* News *

Guided Relaxation
&
Diaphragmatic
Breathing
By appointment
with
Heather Pontius, RD
518.358.9667



NEW FITNESS CLASS:

Power Hour

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



Tuesdays & Thursdays
12 - 1 pm
Diabetes Center
for Excellence

Exercise Classes:

Move For Health

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

Club Circuit

Friday
9:00-9:45am

Power Hour

Tuesday & Thursday
12-1pm

After Hours Fitness

Monday & Wednesday
5:15-6pm

Body Works

Monday & Wednesday
4:15-5:00pm

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

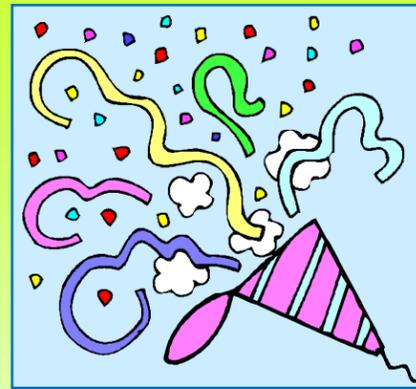
Please wear comfortable clothes and bring clean/dry sneakers and a water bottle



Helping Build A Better Tomorrow

Tsiothohrkó:wa/January 2016

Tsitewatakari:tat/The Let's Get Healthy Program
Diabetes Center For Excellence
66 Business Park Road
Akwesasne, NY 13655
518-358-9667



Happy & Healthy New Year!

The New Year is quickly approaching, and with it the need to make a list of "New Year's Resolutions". Millions of people partake in the annual ritual and the majority of us admit defeat within weeks. Typical lists usually include several items we promise to eliminate from our daily lives. This year, try refocusing your efforts on adding more quality to that list. You will give yourself the best gift of all- better health and well-being

Diabetes, as well as many other chronic diseases, benefit the most with simple and consistent behaviors. Many diabetics will tell you that simple behavior changes have greatly impacted their medical and mental well-being, as well as their finances. The list below includes some top resolutions you can add to your 2016 list, these are guaranteed to keep you healthy and lower your risk of diabetic related complications.

- Schedule your annual physical examination. Unlike a specific diabetic-related office visit, your annual examination will check blood counts, blood pressure, and nerve and kidney function. Identify any potential problems early and treat appropriately. Have your feet checked while there to make sure there are no infections, non-healing sores, or impaired circulation issues.
- Schedule your yearly eye examination. You should get a dilated eye examination, which will identify diabetes-related vision problems.
- Schedule your routine dentist examination (the recommendation is 2x/year). Untreated dental cavities and gum line infections can lead to uncontrolled blood sugars.
- Set realistic goals when increasing activity levels, whether it's joining a gym, taking daily walks, dancing, or yoga- all activity will improve your overall health, maintain blood sugars, and lower stress levels.
- Take ownership of your diabetes. Know your numbers (A1C, blood pressure and cholesterol levels). Test your blood sugars regularly and use a logbook. Look for diabetic friendly recipes and add new healthy food choices in the year ahead. Stay hydrated, get adequate sleep, plan "me time" in your busy schedule, and appreciate all that is good in your life. Diabetes, much like many other chronic diseases, can feel overwhelming at times. With proper education comes a sense of empowerment that will make 2016 all that much better.

Best wishes for a safe, healthy and happy New Year ahead.

Looking to start a healthy 2016? Need some help getting motivated? Call to make an appointment with the Let's Get Healthy Program and start the New Year right. Schedule your appointment today:
(518) 358-9667

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OFFICE CLOSED
Friday January 1st
and
Monday January
18th, 2016

Please pick up your testing supplies early!

Sorry WE'RE
CLOSED

Let It
SNOW



Nutrition Page

Oatmeal is a great source of whole grains.

January is a great month to think about your health and there's no better way to start each and every day than with a healthy and satisfying breakfast.

Oatmeal is a common breakfast food, but not all oatmeal is healthy. Steel cut oats or old fashioned rolled oats are the least processed. Quick oats and instant oats are the most processed. So, next time you are out shopping, take some time in the hot cereal section. Read your labels and choose steel cut oats or old fashioned oats.

Add in your own flavors and extras when cooking.

Some healthy options include; natural peanut butter, chopped walnuts, pecans, milled flax seed, chia seeds, maple syrup, honey, agave nectar, sliced bananas, fresh berries, chopped apples, a few dark chocolate chips, pumpkin puree, ground cinnamon or pumpkin pie spice. Just remember to add extras sparingly, not all at once.

For more information or recipe ideas, contact our dietitian: Heather Pontius at (518) 358-9667.

Try This!

No Bake Cookie Oatmeal

1/2 cup cooked old fashioned oats
1 TBSP natural peanut butter
5 dark chocolate chips
1 tsp honey



Do you need help setting a realistic New Year's resolution this year?

Focus on setting a SMART goal this year for success in maintaining your New Year's Resolution through the whole year.

S-Specific

What do you want to achieve?

M-Measurable

Can your progress be measured in some way?

A-Action oriented

What steps will you take to reach this goal?

R-Realistic

Is it realistic?

T-Time frame

What is the time frame that you have set for achieving this goal?

Instead of making a resolution to "lose weight" Set a SMART goal.

I want to lose weight, 1-2 pounds per week, by increasing exercise to 3 days per week and making healthier food choices at home and at work for a total of 30 pounds weight loss during 2016.

Make an appointment with your Let's Get Healthy Program Nurse Case Manager or Registered Dietitian for help reaching your lifestyle and health related goals.

Tips and Tricks to Making Homemade Soup Tasty and Healthy:

Use a no salt or low sodium stock in place of broth for more flavor.

Choose ground turkey breast instead of ground beef in chili for less calories, fat and cholesterol.

Add whole grains like quinoa, barley or wild rice in soups for added fiber.

Choose no salt tomatoes in place of regular tomatoes for lower sodium soups.

Add frozen chopped spinach to soups or chili for added nutrients and antioxidants.

Read your labels and stay away from bouillon and broths with added flavors, colors and ingredients you are unsure of.

Add pureed vegetables, a dash of fresh or dried herbs and spices for flavor.

Save leftover beans or chopped vegetables in the freezer and add them to your soups.

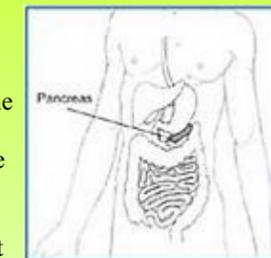
What is Diabetes?

Too Much Glucose in the Blood

Diabetes means your blood glucose (often called blood sugar) is too high. Your blood always has some glucose in it because your body needs glucose for energy to keep you going. But too much glucose in the blood isn't good for your health.

Glucose comes from the food you eat and is also made in your liver and muscles. Your blood carries the glucose to all of the cells in your body. Insulin is a chemical (a hormone) made by the pancreas. The pancreas releases insulin into the blood. Insulin helps the glucose from food get into your cells.

If your body does not make enough insulin or if the insulin doesn't work the way it should, glucose can't get into your cells. It stays in your blood instead. Your blood glucose level then gets too high, causing pre-diabetes or diabetes.



Type 1 Diabetes

Type 1 diabetes, which has also been called juvenile diabetes or insulin-dependent diabetes, develops most often in young people. However, type 1 diabetes can also develop in adults. With this form of diabetes, your body no longer makes insulin or doesn't make enough insulin because your immune system has attacked and destroyed the insulin-producing cells. About 5 to 10 percent of people with diabetes have type 1 diabetes. To survive, people with type 1 diabetes must have insulin delivered by injection or a pump.

Type 2 Diabetes

Type 2 diabetes, which used to be called adult-onset diabetes or non insulin-dependent diabetes, is the most common form of diabetes. Although people can develop type 2 diabetes at any age -- even during childhood -- type 2 diabetes develops most often in middle-aged and older people.

Type 2 diabetes usually begins with insulin resistance—a condition that occurs when fat, muscle, and liver cells do not use insulin to carry glucose into the body's cells to use for energy. As a result, the body needs more insulin to help glucose enter cells. At first, the pancreas keeps up with the added demand by making more insulin. Over time, the pancreas doesn't make enough insulin when blood sugar levels increase, such as after meals. If your pancreas can no longer make enough insulin, you will need to treat your type 2 diabetes with insulin injections.

Gestational Diabetes

Some women develop gestational diabetes during the late stages of pregnancy. Gestational diabetes is caused by the hormones of pregnancy or a shortage of insulin. Although this form of diabetes usually goes away after the baby is born, a woman who has had it and her child are more likely to develop diabetes later in life.

Prediabetes

Prediabetes means your blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes. People with prediabetes are at an increased risk for developing type 2 diabetes and for heart disease and stroke. The good news is that if you have prediabetes, you can reduce your risk of developing type 2 diabetes. With modest weight loss and moderate physical activity, you can delay or prevent type 2 diabetes.

Signs of Diabetes

Many people with diabetes experience one or more symptoms, including extreme thirst or hunger, a frequent need to urinate and/or fatigue. Some lose weight without trying. Additional signs include sores that heal slowly, dry, itchy skin, loss of feeling or tingling in the hands or feet and blurry eyesight. Some people with diabetes, however, have no symptoms at all.

If Diabetes is Not Managed

Diabetes is a very serious disease. Over time, diabetes that is not well managed causes serious damage to the eyes, kidneys, nerves, heart, gums and teeth. If you have diabetes, you are more likely than people without diabetes to have heart disease or a stroke. People with diabetes also tend to develop heart disease or stroke at an earlier age than others.

The best way to protect yourself from the serious complications of diabetes is to manage your blood glucose, blood pressure and cholesterol and to avoid smoking. It is not always easy, but people who make an ongoing effort to manage their diabetes can greatly improve their overall health.

*NIHSENIORHEALTH.com



How a Diabetes Educator Can Help You

If you have diabetes, you know how challenging it can be to manage your disease. Healthy eating, physical activity, monitoring your condition, taking medication and reducing your risk for complications are probably part of your daily routine. At times, all of this might seem overwhelming.

As a member of your healthcare team, a diabetes educator will work with you to develop a plan to stay healthy, and give you the tools and ongoing support to make that plan a regular part of your life. Diabetes education is a recognized part of your diabetes care. Diabetes may not have a cure, but you can control it and live well. The Let's Get Healthy Program, located at the Diabetes Center for Excellence offers diabetes education as well as diabetes prevention.

What happens during diabetes education?

During initial visits, your diabetes educator will spend time with you developing a plan that helps you overcome the barriers you face in managing your diabetes, develop problem-solving and coping skills and adopt healthy behaviors. Some examples of the many activities you may work on together are:

- Helping you understand exactly what diabetes is and how it affects your body
- Explaining how diabetes medications work
- Figuring out what types of food are best for you and how to plan meals that fit your life and budget
- Suggesting charts, apps and other tools to provide reminders and help you track your progress
- Offering tips to help you cope with stress and solve problems as they arise

Meeting with a diabetes educator is a great first step. Effective diabetes education is a process and takes time. It's important to attend all of your diabetes education appointments. If you need to miss an appointment, be sure to reschedule. Discuss what you've learned with your doctor who referred you to the diabetes educator. He or she wants to be kept informed and may be able to contribute helpful ideas. Managing diabetes is a team effort!

The Let's Get Healthy Program caters to all community members, Diabetic and Non-Diabetic, that are eligible for services through the Saint Regis Mohawk Health Services.

Please call the Let's Get Healthy Program for more information or to schedule an appointment with a Nurse Case Managers and start your journey to a healthier you.

518.358.9667



Be on the lookout for upcoming 2016 community classes in our Monthly Fitness Calendar and Newsletter!

January is National Family Fit Lifestyle Month

Only about half of all Americans aged 12 to 21 exercises regularly. Engaging in active indoor and outdoor activities is a great way for spending time with the whole family while promoting the importance of a healthier lifestyle. A family that gets fit together becomes a much stronger and healthier unit.

Here are some healthy family lifestyle tips:

- Walk together. Pencil it into everyone's busy schedules - family walking time. Every day/night, or even once or twice a week. 30 minutes to 1 hour. Even if it's just around the block.
- Play with your child, at the playground or in the backyard, throw and catch, tag, or hopscotch.
- Stretch. Put on some soft or playful music, touch your toes, stretch your legs, sit and stretch your spine. It's a great time to talk to your child and connect.
- Make exercise a game (who can touch their toes 10 times?)
- Make regular physical fitness activity a part of your family's daily routine.
- Limit the time spent in front of the television.

Attitudes toward health and fitness begin forming in a child's early years and fun, variety and excitement are crucial elements in motivating youngsters. Age-appropriate structured activities help kids gain strength, balance, coordination, fine and gross motor proficiency, agility, flexibility and social skills. Children enjoy getting to know and control their bodies, and the excitement from accomplishing a physical task builds self-esteem and confidence. Make it fun!

Tips to reach your New Year's Fitness Goals From the Health Promotion Staff



- **Make a commitment:** Don't just say it...do it!
- **But not too big a commitment:** Start off with smaller more obtainable goals that lead to bigger ones.
- **Don't say "I'll do it tomorrow":** Do it today, the only workout you'll regret is the one you didn't do.
- **Find a training partner:** Someone with similar goals to help push you and hold you accountable.
- **Take a fitness class:** Try something new, don't be shy!
- **Be realistic:** Weight loss will happen...just not overnight.
- **Switch up your routine:** Don't do the same thing every day, that's counterproductive!
- **Ask questions:** Talk to a trainer or health care professional, don't think you know it all. Even the most highly respected fitness professionals keep learning!
- **Take measurements:** Pant size goes down but the scale stays the same? Could be as simple as replacing fat with muscle.
- **Write it down:** Everything; water, workouts, sleep, food, everything! This can help you catch any mistakes in your daily diet or routine.

How Much Should I be Lifting???

The answer to that question is not simple because there are a number of variables and mostly depends on the individual's goals. The following are training protocols and tips to keep in mind when lifting:

♦ **Training for Strength:**

Training for strength is usually done by elite athletes who are training to get as strong as possible for an event or competition. When training for full strength capacity, you lift until muscle failure- which means lifting very heavy weight, until you cannot lift anymore. 1-6 reps

♦ **Training for muscle size:**

When training for muscle size, determine your weight, and do it correctly with good form for 8-12 reps. Keeping good form is key to maximizing muscle size, making sure you are "near" muscle failure- the point at which you cannot repeat another rep.

♦ **Training for muscle endurance:**

Training at a lower level of intensity and training the muscles more aerobically. Doing the exercises with lots of reps (15-20) without fatiguing. The weight is not enough to maximize muscle size or strength.

Warm Up With These Favorites!

Crock Pot Hot Toddy (non alcoholic)

Makes 12 servings



Ingredients:

4 quarts of water
8 herbal tea bags (choose your flavor; apple cinnamon, lemon ginger, orange spice)
1 inch of fresh ginger, peeled and thinly sliced
4 cinnamon sticks
1/3 cup honey or agave nectar or other liquid sweetener to desired taste
2 fresh lemons thinly sliced

Directions:

Place all ingredients (*except lemon slices*) in the crockpot on high setting. Let heat for a couple of hours or until warm. Remove tea bags, cinnamon sticks and slices of ginger. Ladle into coffee mugs. Serve with a slice of lemon and additional sweetener if desired.

Purchasing and Storing Fresh Ginger:

Fresh ginger can be found in the produce section of the supermarket. Look for ginger root that is firm and feels heavy as compared to the size. Peel ginger using a vegetable peeler or a small paring knife, removing just the papery skin. Save ginger by wrapping the excess in a paper towel and then in plastic wrap in the refrigerator or peel, chop and freeze ginger in small amounts.

Health benefits of ginger:

Reduces nausea, vomiting and can improve circulation creating a warming effect in the body.

8 Ingredient Chili— ready in less than 30 minutes!

Ingredients:

1 TBSP olive oil
2 pounds ground turkey breast
1 yellow onion, chopped
1 green bell pepper, chopped
2 TBSP chili powder
1 tsp ground cumin
2.5 cups low sodium V8 juice
2 (15 oz) cans red kidney beans, rinsed and drained

Directions:

Heat olive oil in a 4 quart saucepan over medium high heat. Add ground turkey, yellow onion and green pepper. Cook until meat is browned and vegetables are tender, stirring often, about 5 minutes. Add chili powder and cumin. Stir and cook until fragrant, about 2 minutes. Add V8 juice and kidney beans, heat until boiling. Reduce heat to low, cover and cook for 15 more minutes or until meat is cooked through and vegetables are fully cooked. Serve warm.

Try this: Add cooked quinoa to the chili for a complete meal. Add additional spices for extra flavor, black pepper, garlic powder, cayenne pepper or some of your favorite salsa



National Hot Tea Month

Benefits of Tea:

The flavonoids in tea are good for your heart and play a role in reducing your risk for cancer.

The antioxidants protect our bodies from the free radicals that cause inflammation, heart disease and cancer.

Tea has less caffeine than coffee.

Brewed teas are more nutritious than bottled teas.

Tea has the power to help with mental alertness and clarity.

Most Beneficial:

Green
Black
White
Oolong

Use Caution With:

Herbal teas, diet teas and teas containing supplements that may interfere with prescription medicines



Quinoa Minestrone Soup



Ingredients:

1 large yellow onion, diced
3 medium carrots, chopped
2 stalks celery, sliced
2 Tbsp. olive oil
2 cups diced, fresh zucchini
2 cups green beans, frozen
1 red bell pepper, chopped
3 cloves garlic, minced
1 (32 oz.) carton unsalted chicken or vegetable broth
1 (28 oz.) can no salt added crushed tomatoes
3 cups water
3 Tbsp. chopped fresh parsley
1 tsp dried rosemary, crushed
1 tsp dried thyme leaves
Ground black pepper, to taste
3/4 cup dry quinoa (if it needs to be rinsed, rinse and drain using a strainer)
1 (15 oz.) can cannellini beans, drained and rinsed
1 (15 oz.) can chick peas, drained and rinsed
2 cups chopped fresh spinach (baby spinach has a mild flavor)
1 Tbsp. lemon juice
Shredded parmesan cheese, for garnish

Directions:

In a large stockpot, heat olive oil over medium-high heat. Add onion, carrots and celery. Sauté about 5 minutes, until softened. Add in zucchini, green beans, red bell pepper and sauté 2 minutes, then add garlic and cook 1 minute longer.

Add in broth, crushed tomatoes, water, parsley, rosemary, thyme, and season with black pepper to taste. Bring mixture to a boil, reduce heat to medium and allow soup to gently boil, uncovered for about 20 minutes.

Add in dry or rinsed quinoa. Cover and cook 15 - 20 minutes longer.

Add cannellini beans, chick peas, spinach and lemon juice. Add more water or broth if it seems too thick. Cook, uncovered until spinach has wilted, about 5 minutes. Serve warm garnished with parmesan cheese.

For convenience and money saving, try these:

Frozen onions and peppers

Frozen chopped spinach

Cook a large batch of quinoa and add 2.5 to 3 cups to the soup at the end of cooking. You will have a high protein, whole grain meal.