

* News *

8th Annual Twilight Fun Run/Walk Series

All ages & abilities welcome

Where: Tewatahita 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
358-9667

Wellness Day
July 23rd
At the former
American's First IGA
store
11am-5pm
Community Health
Programs,
Prizes
and Information!

Water Aerobics

with
Sylvie Marion
will be

cancelled

until further
notice

We're sorry for any
Inconvenience.

Please listen for
updates on CKON

or

contact our office
at

518.358.9667

OFFICE CLOSED!

Our office will be closed:

July 3rd

Independence Day



July 31st

Staff Appreciation Day



Please pick up testing
supplies ahead of time.

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



Ohiairihko:wa/July 2015

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



Sun Safety



The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

Shade : You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing: When possible, long-sleeved shirts long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hat: For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses: Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen: Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

How sunscreen works. Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics. Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves

Source; cdc.gov



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Nutrition

Diabetes and Surviving the Summer Heat



For those living with diabetes special precautions should be taken when dealing with the heat this summer.

Stay Hydrated: Dehydration can occur in diabetics and non diabetics on hot days. It is important to stay hydrated by drinking caffeine-free beverages throughout the day. The best choice is WATER!

Watch for Signs of Heat Exhaustion: People with chronic conditions like diabetes or heart disease are more prone to heat exhaustion by overheating. Take extra precaution when exercising or working outdoors on hot days. Symptoms to be on the lookout for include dizziness, fainting, excessive sweating, skin that is cool or clammy, muscle cramps, headaches, or nausea. If you experience these symptoms move to a cooler place and drink plenty of fluids, water is best, but you may also want to try a sports drink upon doctor recommendation.

Exercise: Exercise is important for all diabetics, choose to exercise early in the morning or late in the evening when the sun is not so hot. You may also choose to exercise in an air conditioned facility such as The Diabetes Center for Excellence, Heart to Heart Fitness Center, Senior Center or go for a walk in an air conditioned building like the mall.

Check Glucose More Often: The heat and warm weather can cause fluctuations in glucose levels. Check your glucose levels more often in hotter weather. Always carry extra fluids and healthy snacks with you. If you notice changes in your glucose levels contact your RN Case Manager or your healthcare provider.

Safe Storage of Supplies: Store your glucometer, insulin and test strips in a cool dry place. Do not leave your supplies in a car or near the window. Never store insulin in a freezer or in a car glove compartment as the temperatures are too extreme, carry your insulin on you if you have to.

Special Precautions for Pump Users: For diabetics that are on insulin pumps excessive perspiration can cause the adhesive on the infusion site to be ineffective. When you are sweating or working out check to make sure your infusion site is secure. If you are experiencing changes in your infusion site due to the heat or sweating contact your pump trainer and they can recommend other adhesives for you to use. Information Source: www.joslin.org

Local Farmer's Markets & Produce Stands

Massena: Parking lot of Triple A Building Supply **Thursdays 10am-5pm Starting July 9th**

Malone: Pavilion near the airport across from Walmart *****

Potsdam: Ives Park, Main St. Parking Lot **Saturdays 9am-2pm Beginning May 9th**

Bombay: New Pavilion at Bombay Town Park *****

Produce Stands:

Val's Country Creations– Bombay Helena Road, Bombay

County Line Green House, Route 37C, Helena

Produce Stand at Twin Leaf Parking Lot

For More Information on local foods or local farms check:

Garden Share: www.gardenshare.org or (315) 261-8054

Cornell Cooperative Extension-Franklin County: Guide to Local Food
Senior Citizens and WIC participants are eligible for farmer's market coupons. Contact the senior center or the WIC office for your coupons!

8th Annual

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FREE

Family Health



Prizes

Stay Fit

Sponsored By:

The Let's Get Healthy Program

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How Can Mindful Eating Help Someone with Diabetes or Pre-diabetes

Many people with pre-diabetes and diabetes have a lot of experience with dieting. In all honesty, most of us could teach a course in nutrition! If that describes you, then the reason you are eating isn't because of lack of knowledge. It is something else. This is where mindful eating can help.

What mindful eating does is help you understand WHY you are eating. Is it hunger or something else? So often, eating is just habit. There is little connection to why you are eating and your direct experience of hunger. As a diabetes educator, I have seen many patients report this gets worse after being diagnosed with diabetes. Patients think food isn't going to be enjoyed anymore; they fear their food. This fear drives patients to think that eating healthy requires them to weigh, count and measure food.

As a diabetic educator I see all of my patients taking prediabetes or diabetes seriously. You are willing to keep a food log for a day or two, maybe even a week! But after a while, the motivation to keep as this fades. It is hard!

What Mindful Eating Can Help You Do

Stop believing that you have to count, weigh and measure your food to be successful.
Stop thinking that certain foods are 'bad', off limits or not allowed with diabetes.
Stop rigidly restricting food or eliminating certain food groups to stabilize blood sugar.
Most importantly, stop feeling guilty, ashamed or unsure after eating.

Mindful eating is about understanding WHY you are eating in the first place. Bring curiosity into your diabetes care. Why am I eating? Why is my blood sugar in the target range today? What have I done differently that gives me energy? With a little practice, asking questions becomes effortless. If you are not sure what questions to ask, that is okay too! Come and check out the diabetes center and ask your nurse case manager or registered dietitian, your question and we will help you understand how you identify with foods and how to understand your body's response to certain food choices.

Article submitted by Susan Gale, Nurse Case Manager

7 Of the AADE Self-Management Behaviors is Healthy Coping

Diabetes can affect you physically and emotionally. Living with it every day can make you feel discouraged, stressed or even depressed. It is natural to have mixed feelings about your diabetes management and experience highs and lows. The important thing is to recognize these emotions as normal. Take steps to reduce the negative impact they could have on your self-care.

The way you deal with your emotional lows is called "coping". There are lots of ways to cope with the upsets in your life— and not all of them are good for your health (smoking, overeating, not finding time for activity, or avoiding people and social situations).

However, there are healthy coping methods that you can use to get you through tough times (faith based activities, exercise, meditation, enjoyable hobbies, joining a support group).

Having a support network is key to healthy coping. Be sure to develop and nurture partnerships in your personal life with your spouse, loved ones and friends. Go to group educational sessions where you can meet and relate to other people going through the same experiences. Build healthy relationships— and remember you are not alone. Sometimes, emotional lows can be lengthy and have a more serious impact on your life, health and relationships. This can be a sign of depression. Tell your diabetes educator if you:

- Don't have interest of find pleasure in your activities
- Avoid discussing your diabetes with your family and friends
- Sleep most the day
- Don't see the benefit in taking care of yourself
- Feel like diabetes is conquering you
- Feel like you can't take care of yourself

Did you know?
Physical activity can influence your mood. If you are sad, anxious, stressed or upset, go for a walk, stand up and stretch, or take a bicycle ride. Exercise actually increases the chemicals in your brain that help make you feel good!



Fitness



Breathing during your Workout

Do not hold your breath! When you hold your breath, your energy level goes down and you begin to feel fatigued earlier than you should.

Remember one method does not fit all workouts. Below are some tips to help control your breath during each workout.

During Weight Lifting: Inhale on the less strenuous part of the exercise and exhale on the more demanding part of the exercise.

During Cardio: Continuous breathing will help you maintain the blood flow to sustain your rhythmic activity.

During Stretching: Stretching is all about loosening up. Focus on inhaling deeply. It will relax your muscles for a better stretch, reducing risk of pulling anything. Exhaling will naturally follow.

During Recovery: Your body needs oxygen to replenish its energy stores. In between sets of exercises, practice diaphragmatic breathing. This will help get more oxygen into your lungs. Focus on filling and emptying your abdomen with each breath instead of raising and lowering your chest.

Article submitted by Jessica Hopps Health Promotion Specialist

What happens when your training stops?

1: Neuromuscular Adaption Loss

-The connection between your brain and muscles will weaken, slow, or both.

2: Loss of Muscle Strength

-Sedentary lifestyles can see a strength decrease in as little as two weeks!

3: Metabolic Decline

- During detraining the body turns to carbs for fuel and relies LESS on breakdown of stored fat.

4: Loss of Cardiovascular Fitness

- VO² max (maximum oxygen consumption) will suffer in less than 2 weeks. You'll soon notice you become more winded than usual.

5: Degraded Insulin Sensitivity

- Little to no activity will decrease your insulin sensitivity which can lead to a variety of health problems.

6: Increased Irritability

- You may see changes in your mental focus, sleep patterns, and mood.

Article submitted by Andrew "AJ" Sutter, Health Promotion Specialist, an excerpt from :

<http://www.bodybuilding.com/fun/6-body-disasters-that-strike-when-your-training-stops.html>



BBQ & Burgers!

Homemade Ketchup-No sugar added

Ingredients:

1 can (6oz) no-salt-added tomato paste
 1/3 cup apple cider vinegar
 1/3 cup water
 2 Tbsp. very finely minced onion
 1 garlic clove, finely minced
 1/4 tsp allspice
 1/4 tsp freshly ground black pepper

Nutrition:

Makes: 9 servings (2 Tbsp serving size)
 Calories 20
 Fat 0g
 Carbohydrate 4g
 Sodium 280mg
 Protein 1g



Directions:

Combine all ingredients in a food processor or blender until smooth. Spoon into a container with a lid and refrigerate; use within 7 days.

Homemade BBQ Sauce-No sugar added

Ingredients:

2 tsp. olive oil
 1 small onion, finely minced
 2 garlic cloves, finely minced
 1 can (6 oz) no-salt-added tomato paste
 1/2 cup apple cider vinegar
 1/2 cup water
 1/4 cup Homemade Ketchup (see recipe above)
 3 Tbsp. coarse mustard
 1 Tbsp. Worcestershire sauce (low sodium)
 1 tsp. smoked paprika
 1 tsp. liquid smoke (optional)
 Pinch of cinnamon

Nutrition:

Makes: 16 servings (2 Tsp. serving size)
 Calories 30
 Carbohydrate 4g
 Sodium 100mg

For lower sodium, omit liquid smoke



Directions:

In a large skillet, heat oil over medium heat. Add the onion and garlic, and sauté for 3 to 4 minutes. Add the remaining ingredients and bring to a boil, uncovered. Lower the heat and simmer for 30 minutes. Spoon into a container with a lid and refrigerate; use within 7 days.

Making a healthy choice when it comes to “extras” or condiments for our foods.

It is always best to make them yourself. You can control the ingredients and change the recipe to your family’s preferences.

If buying from a store, look for items that are no salt added, low in sodium, lower in sugar.

Often condiments taste so good because they are high in sodium chloride (table salt) or MSG (monosodium glutamate) a flavor enhancer.

BBQ sauces tend to be high in sugar and often contains high fructose corn syrup.

READ YOUR LABELS!

Grilled Portobello Mushroom Burger

Ingredients:

4 Portobello mushroom caps, cleaned and stems removed
 2 TBSP balsamic vinegar
 1 TBSP low sodium soy sauce
 1 TBSP olive oil
 1 TBSP fresh rosemary, chopped
 1 tsp No Salt steak seasoning (Mrs Dash or Perfect Pinch)
 4 slices of red onion
 4 slices of reduced fat Swiss cheese
 4 thin slices of fresh tomato
 4 slices of avocado, sliced thin
 1 cup of baby spinach
 4 whole wheat/whole grain burger buns or whole grain sandwich thins



Directions:

In a large bowl or a gallon size Ziploc bag mix together vinegar, soy sauce, olive oil, rosemary and steak seasoning. Add clean mushroom caps and evenly coat. Let sit at room temperature for 20 minutes.

Preheat the grill to medium heat. Brush the grill grates with canola oil or a grill spray. Remove the caps from the marinade. Grill for 5-7 minutes on each side or until tender. If desired brush on the extra marinade while grilling.

While mushrooms are grilling add the red onion slices to the grill and grill for a few minutes on each side.

Top each mushroom cap with a slice of swiss cheese during the last minute of grilling. Grill the buns if desired at this time.

To finish the burger place the spinach and mushroom on the bun and top with grilled onion, sliced tomato and avocado slices.

****TRY THIS****

Add chopped rosemary to olive oil mayo to spread on the burger bun.

Try a whole wheat English muffin, whole grain sandwich thin or a whole wheat burger bun for more fiber.

Add extra grilled portobellos to a salad or as a side dish for another meal.

These can be made inside on a countertop grill or in a grill pan.

Homemade Lower Salt Teriyaki Marinade

Ingredients:

1/2 cup olive or canola oil
 1/2 cup brown sugar or Splenda brown sugar equivalent
 1/2 cup lower sodium soy sauce
 3 cloves garlic, pressed
 1 cup 100% pineapple juice
 1/2 tsp grated ginger (or 1/4 tsp powdered ginger)

Directions:

Mix all ingredients in an airtight container and store in refrigerator until ready to use. Can be saved for up to one week in the refrigerator.

TRY THIS!

Use for any recipe that calls for teriyaki marinade.

Use for chicken breast, mushrooms, pork loin, shrimp or extra firm tofu.

Use as a stir fry sauce for a veggie stir fry.

One portobello Mushroom = 1 cup chopped mushrooms
Portobellos are a good sources of:

selenium
niacin
copper
Vitamin D

Each serving (1 mushroom)

Calories: 19
Fat: 0
Carbs: 3g
Protein: 2g

TIPS and TRICKS

Portobellos are mature cremini mushrooms.

Clean mushrooms using a clean damp cloth or paper towel. Do not rinse mushrooms in water as they will absorb too much moisture.

Grill or broil them and use as a replacement for meat as an entrée.

Other Uses:

Use as a side dish with other vegetables like bell peppers drizzled with balsamic vinegar and oil.

Stuff with chopped tomatoes, fresh basil and a sprinkle of mozzarella cheese.