

* NEWS *

Move for Health classes



are **cancelled**
Wednesday
May 13th

We are sorry for any inconvenience.

Group Guided Relaxation



Every Friday
in
May

9:50am-10:15am
Relaxation Lounge

With
Heather Pontius, RD

Water Aerobics Class
is **cancelled**



on
Saturday
May 23rd
&
Saturday
May 30th

Mother's Day



is
Sunday
May 10th
Remember to
honor the most
influential women
in your life

Our Office will be
Closed Monday
May 25th
in Observance of
Memorial Day



All Fitness Classes
Are Cancelled

Remember to pick up
supplies on or before
Friday May 23rd

"My Gal and Me"
Youth Fitness Class

All Youth Fitness
Participants
Please bring your
favorite lady
On Tuesday
May 12th
At your regular
scheduled time
for a
Team Workout
Session!



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

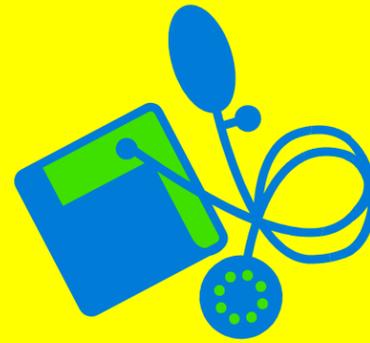
Body Works
Monday and Wednesday
4:30-5:15pm
Mary Terrance

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**



Onerahtohkó:wa/May 2015

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

May is Blood Pressure Awareness Month!!

Know Your Numbers

Blood Pressure is the pressure of the blood in the circulatory system. Below is a chart showing the different blood pressure categories which is measured in a ratio of

Systolic blood pressure/Diastolic blood pressure

Systolic (Upper #)- measures the pressure in the arteries when the heart beats (when heart muscle contracts)

Diastolic (Lower #)- measures the pressure in the arteries between heartbeats (when heart muscle is resting between beats)



Blood Pressure Category	Systolic mm Hg (upper #)	or	Diastolic mm Hg (lower #)
Low blood pressure (Hypotension)	less than 90	or	less than 60
Normal	90 to 120	and	60 to 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension Stage 1)	140-159	or	90-99
High Blood Pressure (Hypertension Stage 2)	160 or higher	or	100 or higher
High Blood Pressure Crisis (Seek Emergency Care)	180 or higher	or	110 or higher



A condition in which the force of the blood against the artery walls is too high is known as High Blood Pressure. Individuals with high blood pressure who are overweight and not exercising can lower their blood pressure by losing weight and exercising regularly. Incorporating physical activity into your daily routine can help control your blood pressure entirely without the use of medications. Most others can also reduce the amount of medications that they require on a daily basis.

Aerobic exercise helps to condition the cardiovascular system so that the blood pressure is reduced. Too high of a weight can mean too high of a blood pressure, and reducing your weight is a reliable method for reducing blood pressure.

Make exercise, and weight control part of your program to help maintain a healthy and normal blood pressure!

*American Heart Association

What is National Women's Health Week?

National Women's Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority. The week also serves as a time to help women understand what steps they can take to improve their health.

What steps can I take for better health?

To improve your physical and mental health, you can:

- Visit a doctor or nurse to receive regular checkups and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

Find out what additional steps you should take based on your age by viewing pages 6 and 7.

Why are Check-Ups Important?

Regular health exams and tests can help find problems before they start. They can also help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life. Your age, health and family history, lifestyle choices (i.e. what you eat, how active you are, whether you smoke), and other important factors impact what and how often you need healthcare

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Diabetes and menopause: What to expect



Menopause is the phase of life after your periods have stopped. Diabetes and menopause may team up for varied effects on your body, including:

Changes in blood sugar level. The hormones estrogen and progesterone affect how your cells respond to insulin. After menopause, changes in your hormone levels can trigger fluctuations in your blood sugar level. You may notice that your blood sugar level is more varied and less predictable than before. If your blood sugar gets out of control, you have a higher risk of diabetes complications.

Weight gain. Some women gain weight during the menopausal transition and after menopause. This can increase the need for insulin or oral diabetes medication.

Infections. Even before menopause, high blood sugar levels can contribute to urinary and vaginal infections. After menopause — when a drop in estrogen makes it easier for bacteria and yeast to thrive in the urinary tract and vagina — the risk is even higher.

Sleep problems. After menopause, hot flashes and night sweats may keep you up at night. In turn, the sleep deprivation can make it tougher to manage your blood sugar level.

Sexual problems. Diabetes can damage the nerves of the cells that line the vagina. This can interfere with arousal and orgasm. Vaginal dryness, a common symptom of menopause, may compound the issue by causing pain during sex.

Diabetes and menopause: What you can do

Menopause can wreak havoc on your diabetes control. But there's plenty you can do to better manage diabetes and menopause.

Make healthy lifestyle choices. Healthy lifestyle choices — such as eating healthy foods and exercising regularly — are the cornerstone of your diabetes treatment plan. Healthy foods and regular physical activity can help you feel your best after menopause, too.

Measure your blood sugar frequently. You may need to check your blood sugar level more often than usual during the day, and occasionally during the night. Keep a log of your blood sugar readings and symptoms. Your doctor may use the details to adjust your diabetes treatment plan as needed.

Ask your doctor about adjusting your diabetes medications. If your average blood sugar level increases, you may need to increase the dosage of your diabetes medications or begin taking a new medication — especially if you gain weight or reduce your level of physical activity. Likewise, if your average blood sugar level decreases, you may need to reduce the dosage of your diabetes medications.

Ask your doctor about cholesterol-lowering medication. If you have diabetes, you're at increased risk of cardiovascular disease. The risk increases even more when you reach menopause. To reduce the risk, eat healthy foods and exercise regularly. Your doctor may recommend cholesterol-lowering medication if you're not already taking it.

Seek help for menopausal symptoms. If you're struggling with hot flashes, vaginal dryness, decreased sexual response or other menopausal symptoms, remember that treatment is available. For example, your doctor may recommend a vaginal lubricant to restore vaginal moisture or vaginal estrogen therapy to correct thinning and inflammation of the vaginal walls (vaginal atrophy). If weight gain is a problem, a registered dietitian can help you revise your meal plans. For some women, hormone therapy may be a good option.

Diabetes and menopause is a twin challenge. Work closely with your doctor to ease the transition.

For more information on Diabetes and Menopause go to : www.mayoclinic.org

You're in your 50s! Take these steps for better health

General Health

- Get an annual well-woman visit
- Get my blood pressure checked
- Eat healthy
- Maintain a healthy weight
- Get at least 30 minutes of exercise most days
- Quit smoking or don't start
- Limit alcohol use
- Get a seasonal flu shot
- Ask what other shots I need
- Ask about daily aspirin use (55 and older)
- Talk to my doctor about any domestic and interpersonal violence

Reproductive and Sexual Health

- Choose the right birth control if I still get my period
- Talk to my doctor about when I need a Pap and HPV test
- Talk to my doctor about menopause symptoms
- Talk to my doctor about my risk for sexually transmitted infections and need for screening
- Get an HIV test at least once in my lifetime



Diseases and Conditions

- Talk to my doctor about getting my cholesterol checked if I have a family history of heart problems
- Get tested for diabetes if I have blood pressure higher than 135/80
- Talk to my doctor about my family history of cancers
- Get a mammogram every other year
- Get screened for colorectal cancer
- Ask about lung cancer screening if I am a current or past smoker (55 and older)
- Get screened for Hepatitis C if I was born between 1945 and 1965
- Talk to my doctor about getting screened for Hepatitis B
- Talk to my doctor about stress, depression, and other mental health concerns

You're in your 60s! Take these steps for better health.

General Health

- Get an annual well-woman visit
- Get my blood pressure checked
- Eat healthy
- Maintain a healthy weight
- Get at least 30 minutes of exercise most days (65 and older who are fit and have no limiting chronic conditions)
- Talk with my doctor about an exercise program that is appropriate (65 and older with low fitness levels or chronic conditions)
- Quit smoking or don't start up again
- Limit alcohol use
- Get a seasonal flu shot
- Get a pneumonia shot (65 and older)
- Ask what other shots I need
- Ask about daily aspirin use
- Talk to my doctor about preventing falls
- Talk to my doctor about any domestic and interpersonal violence
- Talk to my doctor about when I need a Pap and HPV test (65 and younger)
- Talk to my doctor about my risk for sexually transmitted infections and need for screening
- Get an HIV test at least once in my lifetime (65 and younger)



Diseases and Conditions

- Talk to my doctor about getting my cholesterol checked if I have a family history of heart problems
- Get tested for diabetes if I have blood pressure higher than 135/80
- Talk to my doctor about my family history of cancers
- Get a mammogram every other year
- Get screened for colorectal cancer
- Ask about lung cancer screening if I am a current or past smoker
- Talk to my doctor about osteoporosis screening
- Get screened for Hepatitis C if I was born between 1945 and 1965
- Talk to my doctor about getting screened for Hepatitis B
- Talk to my doctor about stress, depression, and other mental health concerns

Your health at every age

National Women's Health Week May 10-16, 2015

Do you know what you should be doing to live a healthier life? Use this list! Pledge to follow one or all of the steps below. Then get the conversation started at your next checkup with this list.

During your well-woman visit, you'll discuss the steps you need to take, as well as the screenings and shots you need, based on your age, health habits, risk factors, and family history. It's a time to check in on how you're doing, how you'd like to be doing, and what changes you can make to reach your health goals. In addition to talking with your doctor or nurse about your health, you may also get a physical exam and perhaps certain shots and medical tests. *You do not need every test every year.*

*Please go to womenshealth.gov for more information on healthier lifestyles at all ages.



You're in your 30s! Take these steps for better health.

General Health

- Get an annual well-woman visit
- Get my blood pressure checked
- Eat healthy
- Maintain a healthy weight
- Get at least 30 minutes of exercise most days
- Quit smoking or don't start
- Limit alcohol use
- Get a seasonal flu shot
- Ask what other shots I need
- Talk to my doctor about any domestic and interpersonal violence

Reproductive and Sexual Health

- Choose the right birth control if I have sex
- Talk to my doctor about whether I plan to have children in the next year
- Talk to my doctor about when I need a Pap and HPV test
- Talk to my doctor about my risk for sexually transmitted infections and need for screening
- Get an HIV test at least once in my lifetime

Diseases and Conditions

- Talk to my doctor about getting my cholesterol checked if I have a family history of heart problems
- Get tested for diabetes if I have blood pressure higher than 135/80
- Talk to my doctor about my family history of cancers
- Talk to my doctor about getting screened for Hepatitis B and Hepatitis C
- Talk to my doctor about stress, depression, and other mental health concerns



You're in your 40s! Take these steps for better health

General Health

- Get an annual well-woman visit
- Get my blood pressure checked
- Eat healthy
- Maintain a healthy weight
- Get at least 30 minutes of exercise most days
- Quit smoking or don't start
- Limit alcohol use
- Get a seasonal flu shot
- Ask what other shots I need
- Talk to my doctor about any domestic and interpersonal violence

Reproductive and Sexual Health

- Choose the right birth control if I have sex
- Talk to my doctor about whether I plan to have children in the next year
- Talk to my doctor about when I need a Pap and HPV test
- Talk to my doctor about whether I am having perimenopause symptoms
- Talk to my doctor about my risk for sexually transmitted infections and need for screening
- Get an HIV test at least once in my lifetime

Diseases and Conditions

- Talk to my doctor about getting my cholesterol checked if I have a family history of heart problems
- Get tested for diabetes if I have blood pressure higher than 135/80
- Talk to my doctor about my family history of cancers
- Talk to my doctor about whether I should have a screening mammogram
- Talk to my doctor about getting screened for Hepatitis B and Hepatitis C
- Talk to my doctor about stress, depression, and other mental health concerns

Full Body Workout

Celebrate Woman's Health Month with this full body workout that will help transform your body and create lean muscle. This workout can be done in the comfort of your own home or at a local gym. All you need is a set of dumbbells (3-8lbs) and some space. Enjoy!

DB Goblet Squat

3 sets of 12



Stand with feet hip distance apart while holding dumbbell in front of chest, elbows point down. Push hips back while bending knees until your elbows hit your knees. Push yourself back into starting position.

DB Row w/ at twist

3 sets of 10 each side



Hold DB in left hand, bend knees while slightly leaning forward. Place right hand on your right hip, while letting the DB hang over your knee. Pull the DB up towards your rib cage, then twist. Slowly bring DB back to starting position, complete 10 reps and repeat the other side.

Hammer Curl with a Press

3 sets of 12



Hold dumbbell at side palm facing in towards your thighs. Curls weights to shoulders then press dumbbells overhead until DB's are lined up with your shoulders. Slowly Lower back to starting position.

Hip Bridge

3 sets of 12



Lie face up with arms out, palms down, knees bent. Slowly lift your hips toward the ceiling pushing through your heels. Pause then slowly lower into starting position.

Leg Lever

3 sets of 10



Lie face up w/ arms out, palms down. Raise legs until they're perpendicular with the floor. Brace your core, slowly lower your feet as close to the floor as you can, and lift your legs back into starting position.

Did you know?

Some over the counter medications and supplements can interfere with your prescribed medications?

AADE7 Self Care Behaviors #4: Taking Medications

theclipartdrawer.com

There are several types of medications that are often recommended for people with diabetes. Insulin, pills that lower your blood sugar, aspirin, blood pressure medication, cholesterol-lowering medication, or a number of others may work together to help you lower your blood sugar levels, reduce your risk of complications and help you feel better. Your medications come with specific instructions for use—and they can affect your body differently depending on when and how you take them. It may take a while to figure out which medicines work best with your body. So it's important for you to pay attention to how you feel and how your body reacts to each new medicine or treatment. It's up to you to tell your pharmacist, doctor, nurse practitioner, or diabetes educator if you've noticed any side effects. It's important to know the names, doses and instructions for the medications you're taking, as well as the reasons they are recommended for you.

Remember to:

- Ask your doctor, nurse practitioner or pharmacist why this medication was recommended for you.
- Ask your diabetes educator to help you fit your medication routine into your daily schedule. Be sure to bring all medications or labels with you when you go to health appointments.
- Ask a family member to go with you to an appointment and take notes about any medication instructions. Or, ask someone to remind you to take your medications if you have difficulty remembering to take them.

TRUE OR FALSE

When you inject insulin, you need to rotate your injection sites.

TRUE. If you inject insulin in the same spot every time, your tissue can become damaged and won't absorb insulin as

Summer Salads

Barley and Black Bean Salad

Prep Time: 20 minutes

Ingredients:

- 1 cup uncooked barley, cooked according to package directions
- 1 can black beans, rinsed and drained
- 1 colored bell pepper, seeded and chopped
- 1 cup yellow corn, frozen/thawed
- 1/4 cup chopped scallions (or yellow onion)
- optional:* 1 jalapeño, seeded and minced (*wear gloves and use caution*)
- 1/4 cup fresh cilantro, chopped

Homemade Lime Dressing, more or less to taste

Directions:

In a saucepan cook barley according to package directions. Cool at least 30 minutes. In a large serving bowl toss barley, black beans, bell pepper, corn, scallions jalapeno and cilantro until mixed. Add salad dressing when ready to serve. Save leftovers in an airtight container for up to 2 days in the refrigerator.

TRY THIS

In place of barley substitute wheat berries, quinoa or other whole grains. Use leftovers with whole grain Tostitos or pita chips as a salsa.

Homemade Lime Dressing

Ingredients:

- 1/4 cup olive oil
- 3 TBSP lime juice
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp cumin
- 1/4 tsp ground black pepper



Directions:

In a container, mix together all the ingredients. Pour over salad as much as needed.

TRY THIS

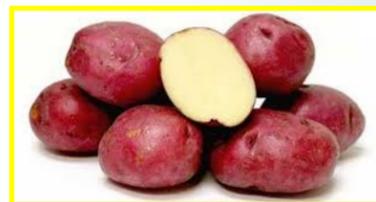
Try adding a pinch of cayenne or crushed red pepper for spice. Extra can be saved in the refrigerator

Salsa Potato Salad

Prep Time: 30 minutes

Ingredients:

- 2 TBSP Olive oil Mayo
- 1/3 cup plain Greek yogurt
- 1/4 cup mild jarred salsa (choose lower sodium)
- 1 TBSP fresh parsley, minced
- 1/4 tsp black pepper
- 3 cups cooked red potatoes, unpeeled
- 2 celery ribs, washed and finely chopped
- 1/4 cup sweet onion, chopped
- 1/2 cup reduced fat shredded cheddar cheese



Directions:

Prepare the potatoes and chill for 30 minutes or until cool. In a medium size mixing bowl combine mayo, yogurt, salsa, parsley and black pepper. In a larger bowl combine potatoes, celery and onion. Add the mayo/yogurt mixture to the potatoes and mix gently to coat. Stir in the cheese. Cover and refrigerate until ready to serve.

Strawberry Spring Mix Salad

Prep Time: 15 minutes

Servings:6

www.allrecipes.com (adapted)

INGREDIENTS: SALAD

- 1/2 cup toasted walnuts/pecans
- 4 cups (or more) mixed salad greens/baby spinach
- 2 cups fresh strawberries, rinsed & sliced
- 1 cup fresh blueberries, rinsed and dried

DIRECTIONS:

In a large salad bowl, toss together the salad greens, strawberries and blueberries. Top with the toasted walnuts/pecans. Serve with homemade balsamic strawberry dressing

*To toast walnuts heat a dry skillet on medium heat, add walnuts/pecans and stir until fragrant. Let walnuts cool at room temperature while you prepare the salad.



Optional: glazed walnuts– toast walnuts and while toasting, add a sweetener (honey, maple syrup, agave nectar or brown sugar) stir often and cool to room temp.

Make it a meal: serve with baked chicken or broiled fish and brown rice.

Try This: Add reduced fat crumbled feta cheese or reduced fat sharp cheddar cheese. Try with grapes, shredded carrots, purple cabbage or sliced apples.

Balsamic Strawberry Dressing

Ingredients:

- 1/4 cup olive oil
- 1/4 cup white balsamic vinegar
- 2 teaspoons honey or agave nectar
- 1/2 tsp poppy seeds
- 3 fresh strawberries, rinsed and stems removed
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/2 tsp ground dry mustard
- 1/8 teaspoon ground black pepper

Directions:

In a food processor, prepare the dressing by pureeing all the ingredients until well blended. Store in airtight container for up to three days in the refrigerator.

Greek/Homemade Vinaigrette Dressing

Ingredients:

- 1/2 cup olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp black pepper
- 1 tsp onion powder
- 1 tsp Dijon mustard
- 2/3 cup red wine vinegar

Directions:

In a container, mix together the olive oil, herbs, and mustard. Pour in the vinegar and mix until well blended. Store tightly covered in the refrigerator for up to 2 weeks



Confetti Quinoa Salad

Prep Time: 20 minutes

Ingredients:

- 1 cup uncooked quinoa + 2 cups water
- 1 can chickpeas, rinsed and drained
- 1 cup grape tomatoes, cut in half
- 1 colored bell pepper, seeded and chopped
- 1/2 cucumber, washed and chopped
- 1/4 cup chopped red onion
- 1/4 cup chopped fresh flat leaf parsley
- 1/2 cup crumbled reduced fat feta cheese
- 1/2 cup **Greek Dressing** more or less to taste

Directions:

In a saucepan, heat quinoa, water and bring to a boil; reduce heat. Cover and simmer 10 minutes or until quinoa is tender. Cool at least 30 minutes. In a large serving bowl toss quinoa, vegetables and parsley until mixed. Top with feta cheese and salad dressing when ready to serve. Save leftovers in an airtight container for up to 3 days in the refrigerator