



Onerahtohkó:wa/May 2016

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



Seeds to Self Camp

This year, the Let's Get Healthy program teamed up with the 7 Dancers Coalition to hold a spring break camp for teen girls from the ages of 13-18. Both programs came together to create weeklong activities to help improve their life in a positive and healthy way.

Some of the activities included meditation, self-esteem building, gardening techniques, diabetes education, self-care, fitness and nutrition. We ended our week with a hike in the Adirondacks, followed by a commercial shot by Akwesasne TV, called "I am beautiful".



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Women's Health Week May 8-14, 2016

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. The 17th Annual National Women's Health Week kicks off on Mother's Day, May 8, and is celebrated until May 14, 2016.

What steps can I take for better health?

To improve your physical and mental health, you can:

- Visit a doctor or nurse for a well-woman visit (check up) 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.

How can I participate in National Women's Health Week?

The Office on Women's Health invites women across the country to:

- Spread the word through social media. Use the #NWHW hashtag
- Join the National Women's Health Week Thunderclap
- Take the National Women's Health Week Pledge
- Learn what steps you should take for good health based on your age

Visit: womenshealth.gov



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 physical activity 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 Sexual Health

- Choose the right birth control if I still get my period
- Talk to my doctor about when I need a Pap test 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 am overweight or obese
- 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



May is National Stroke Awareness Month

Spot a Stroke F.A.S.T.

F.A.S.T. is an easy way to remember the common stroke warnings signs. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away.

F– Face Drooping– Does one side of your face droop or is it numb? Ask a person to smile. Is the person's smile uneven?

A- Arm weakness- Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S– Speech Difficulty– Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “the sky is blue.” Is the sentence repeated correctly?

T– Time to call 9-1-1- if someone shows any of these symptoms, even if the symptoms go away, call 9-1-1.

* Every 40 seconds someone has a stroke

* 1 out of 6 people will suffer a stroke in his or her lifetime

* Stroke is the leading cause of disability in the U.S.

* Stroke is the #5 cause of death in the U.S.

You can help prevent stroke by making healthy lifestyle choices.

A healthy lifestyles includes the following:

- **Eating a healthy diet**– Choosing healthy meal and snack options can help you avoid stroke and its complications.
- **Maintaining a healthy weight**– Being overweight or obese increases your risk for stroke.
- **Getting enough exercise**– Physical activity can help you maintain a healthy weight and lower your cholesterol and blood pressure levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.
- **Not smoking**– Cigarette smoking greatly increases your risk for stroke.
- **Limiting alcohol use**– Avoid drinking too much alcohol.

theclipartdrawer.com

May is Better Sleep Month



Refreshing sleep (7.5-8.5 hours) is extremely important to remain healthy. Better Sleep Month aims to raise awareness about the benefits of better sleep and how poor sleep can disrupt our lives. As with diet and exercise, sleep is crucial to our physical, emotional and mental health.

Inadequate sleep can lead to an increase in blood pressure and stress hormone production; the body can become stressed when it does not get enough sleep. The consequences of poor sleep include reduced concentration, mood swings, irritability, stress and a weakened immune system. The release of stress hormones can also make it harder to sleep, perpetuating an unhealthy sleep cycle.

So how much sleep is needed each night?

Experts believe between 7.5-8.5 hours is optimal but 6 hours of deep refreshing sleep is more beneficial than 8 hours of interrupted sleep.

Here are a few tips to get better sleep at night:

- ♦ Establish a consistent sleep schedule every night (Yes, on weekends too)
- ♦ Relax before sleeping. Try reading a book to ease your mind.
- ♦ Create an optimal sleeping environment. Your room should be dark, ventilated and the appropriate temperature.
- ♦ Make sure you have a healthy lifestyle consisting of proper diet and exercise. Avoid things like alcohol, nicotine and caffeine before bed which can disrupt sleep throughout the night.

We have guided meditation CDs for healthy sleep available upon request at LGHP office.

May is National H

Grilled Portobello Mushroom Burger

Makes: 4 servings (1 portobello burger each)

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

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 also be made indoors on a countertop grill or in a grill pan.



Why is it a better choice?

Portobello burgers are lower in calories, fat, saturated fat and cholesterol than a traditional burger made from ground beef.

Portobello mushrooms are also good sources of potassium and B vitamins.

Homemade Lower Sugar BBQ Sauce

Ingredients:

1 TBSP olive oil
1 medium yellow onion, finely chopped
2 cloves garlic, minced
Zest from 1 lemon
1/2 cup brown sugar or Splenda equivalent
1/2 tsp red pepper flakes
1/4 tsp ground black pepper
1/4 cup tomato paste, no salt added
2 (8 oz) cans tomato sauce, no salt added
1/2 cup apple cider vinegar
2 tsp Worcestershire sauce, low sodium version

Directions:

In a medium saucepan, over medium heat sauté onion, garlic and lemon zest until onions are translucent. Add the brown sugar and tomato sauce and cook another 2 minutes, stirring often. Add all the other ingredients, bring to a boil and reduce heat to a low simmer. Cook for 20 minutes or until sauce is thick and sticky.

* Use in place of store bought BBQ sauce for grilling or as a condiment.

* Can be saved in the freezer in small portions to be used for additional recipes.



Better Burg

Lamburger Month

Hawaiian Turkey Burgers

Makes: 4 to 6 burgers depending on size

Ingredients:

4 slices of fresh pineapple (save 1/4 cup pineapple juice)
1/2 cup plain bread crumbs
1/2 cup fresh scallions or sweet onion, finely chopped
1/2 cup red bell pepper, finely chopped
1 pound lean ground turkey
1/4 cup lower sodium teriyaki sauce *Try recipe found below!*

Reduced fat cheddar cheese slices

4 whole wheat/whole grain burger buns

Toppings as desired:

avocado slices, fruit salsa, tomato slices, green leaf lettuce, cilantro mayo

Directions:

Preheat the grill to medium high heat.

Combine bread crumbs, scallions, bell pepper, 1 TBSP teriyaki sauce and 1/4 cup pineapple juice. Thoroughly mix ingredients. Add ground turkey and mix again.

Make burger patties by dividing the mix into 4-6 equal portions.

For easy burgers use a burger press and put burgers onto a sheet of wax or parchment paper when they are pressed.

Cook your burgers on the grill for 3 minutes on each side. Brush occasionally with additional teriyaki sauce. Grill for an additional 4-6 minutes on each side or until a meat thermometer reads an internal temperature of 160-165 degrees. Add pineapple slices to the grill and grill a few minutes on each side.

Once the burgers have reached their internal temperature of 160-165 degrees, they are cooked. If desired add cheese slices and grill your burger buns. Top with your favorite toppings and ENJOY!

TRY THIS

If you do not have fresh pineapple you can use canned pineapple slices.

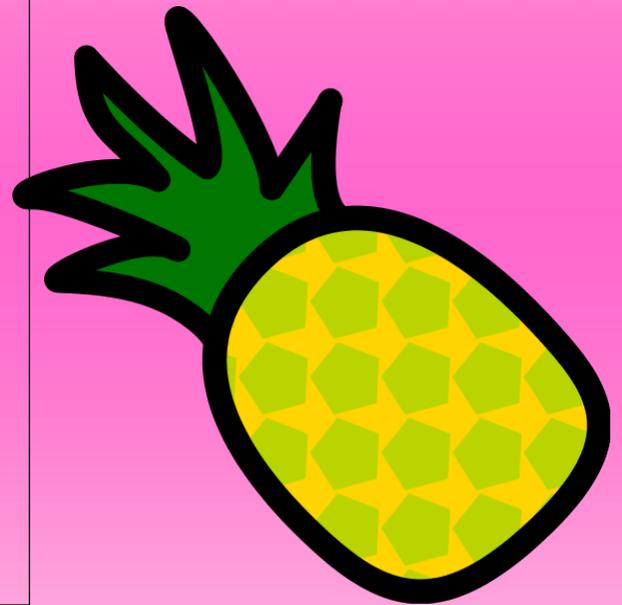
You can use 100% pineapple juice.

Mix cilantro with mayo for a condiment.

Try serving the burger with a pineapple mango salsa and tortilla chips.

Use teriyaki marinade/sauce on pineapple slices before grilling.

Choose a whole grain bun, English muffin or sandwich thin for added fiber.



Homemade Lower Salt Teriyaki Marinade/Sauce

Ingredients:

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

Directions:

Mix all ingredients in an airtight container and store in the refrigerator until ready to use. Up to one week.

Uses for Teriyaki Marinade/Sauce

Use for any recipe that calls for teriyaki marinade/sauce.

Use as a marinade for chicken breast, portobello mushrooms, pork loin or extra firm tofu.

Use as a stir fry sauce for a vegetable stir fry, pair with cooked brown rice and edamame for a balanced vegetarian meal.

Use as a sauce with chicken breast and pineapple kebabs on the grill.

er Recipes



Nursing Notes



Diabetes Over Time: Insulin Resistance/Lifestyle + Medications

A 4-PART SERIES: Part Two-The Power of Education.

If you had a chance to read Part 1, this was dedicated to reflection as an important health strategy. Part 2 of this story is a focus on a powerful tool called a glucometer. If you can imagine what the first ones looked like...my memory sees a small book or as big as your entire hand (wrist to finger tips). The test strips at that time required a drop of blood the size of a small pea!! Today, most meters sit in the palm of your hand and test strips require a very tiny drop of blood so poking a big hole in your finger is reduced. Over the years, the goal is to make blood sugar testing more comfortable, quicker and accurate so persons with diabetes can be more engaged in their health care and have less resistance to picking fingers. As it is, there is no cure for diabetes yet, but there is tremendous support to help you control it to prevent major damage to your eyes, kidneys and blood vessels.

So, questions from you might be...Why is finger testing of blood necessary? A few answers are these:

- 1) Blood sugar testing of the fingers provides a close check in comparison to drawing blood from your arm. I have not met a person yet that agreed a venipuncture 4-6 times a day would be fun!!
- 2) The effect of diabetes and your decisions in nutrition and exercise, stress, etc., can be very different for you than your neighbor. So, testing helps you figure out your body...that's having real control.
- 3) Yes, there is a lot of information about testing places other than your finger such as your palm or forearm, but a good discussion is important with your diabetes educator/health care provider to ensure your need for accuracy and the technique fits your style of care. Persons on insulin surely need the most accurate checks of blood sugar to decide on insulin dosing and finger testing has the most accuracy.

Progress does come with some challenges with the smaller meters and test strips especially for persons with limited eyesight and dexterity such as arthritis. But, if you miss applying the blood in the correct way, the meter certainly lets you know you made an error and typically another finger poke is necessary.

Next question typically is: How many times should I pick my finger? There is no doubt, the meter keeps us honest. As human beings, some may find the truth a little hard to handle at times. The good news is that persons with diabetes have quite a few options. The amount of testing per day depends on how well one's diabetes is controlled and what mindset you have to stay in control. One may find a need to test more when a medication is changed; in the presence of illness/infection; starting a new exercise program; travelling, lifestyle changes are happening, etc. Testing can always be modified. Last, learning from your results provides the most value from picking your fingers at times that ensure the truth be told, so let's meet it head on together!!

Your health care provider relies on your lab work, especially the Hemoglobin A1c to see how well things are going for you. One may find having a testing plan that keeps you working toward those lab tests is key so everyone smiles with success!! Part 2 of this series, closes with this message: Persons with diabetes have many resources to be in control of diabetes-But it will always be a 50/50 plan. Diabetes educators, as much as some love what they do; to provide new information, guide and support, rely heavily on the participation of the patient. With tongue in cheek..., this writer often says, it is not my choice what you have in your cupboard or your fridge.. But anytime you want me to clean it out... just invite me!!...Stay tuned for Part 3: Translating the Big Words of Science.

Women's Health Day Event

Please join us in celebrating Women's Health Month on Wednesday May 25, 2016 at the Diabetes Center for Excellence. There will be Blood Pressure and Blood Sugar Screenings throughout the day, conducted by our Nurse Case Managers, Cherie Bisnett and Janine Rourke, a breakfast bar will be provided in the morning and light refreshments in the afternoon. Giveaways and prizes to be won!

The schedule is as follows:

- 9-9:45 am: Club Circuit with Steevi King
- 10-10:45am: Balance & Fall Prevention with Jessica Hopps
- 11am-12pm: Women's Health, Theresa Gardner, FNP
- 12-1pm: "Change from the Inside Out", Alice McClure
- 12-1pm: Public Fitness with Jessica Hopps
- 1-1:45pm: Guided Relaxation with Heather Pontius, RD



Stroke Awareness Month

**As we celebrate Stroke Awareness Month this May,
let's focus on choosing and preparing foods with little or no salt.**

Foods low in salt lower your risk for high blood pressure and help you control your blood pressure. Elevated blood pressure is one of the risk factors for stroke.

Compare the sodium content of similar foods by reading food labels. Choose the products that are lower in sodium. Products that are high in sodium are canned goods, packaged rice and pasta mixes, frozen meals, condiments, seasonings and table salt.

Choose frozen foods, soups, baked goods, sauces, spices/seasonings and canned goods that are labeled "low sodium". Making your own food instead of purchasing foods like soups, baked goods and using blends of herbs and spices can reduce the sodium in your meals.

Limit high sodium condiments, such as soy sauce, steak sauce, Worcestershire sauce, salad dressings, ketchup, mustard, pickles and olives. Choose condiments that are labeled as lower sodium. They are not sodium free but they are better than the original variety.

Replace table salt with herbs and spices that are salt free. Make your own taco seasoning, use a blend of spices and herbs in place of packaged chili seasoning, make your own dip mixes and salad dressings to reduce the amount of sodium in your meals.

Rinse canned foods to remove some of the sodium. Rinse canned beans, canned vegetables and canned meats in cold water to remove excess sodium.

Aim to consume less than 1,500mg of sodium per day if you have high blood pressure. That is ONLY 3/4 of a teaspoon of salt per day from what is present in foods and what is added to your foods.

For More Information or low sodium recipes contact Heather Pontius, RD 518-358-9667



* News *



Move for Health classes are **cancelled** Wednesday May 25th

All are welcome to join us for the noon Public fitness class

We are sorry for any inconvenience.

Our Office will be Closed Monday May 30th in Observance of Memorial Day



All Fitness Classes Are Cancelled

Remember to pick up supplies on or before Friday May 27th

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



Guided Relaxation
By appointment
With
Heather Pontius, RD

Women's Health Day
Wednesday May 25th
Starting at 9:00am
At the
Diabetes Center for Excellence

please see ad inside this month's newsletter for full schedule

"My Gal and Me" Youth Fitness Class

All Youth Fitness
Participants:
Please bring your favorite lady
On Tuesday May 10th & Thursday May 12th
At your regularly scheduled time for Team Sessions!



Mother's Day
is
Sunday
May 8th
Remember to honor the most influential women in your life