

Upcoming Events

Cooking Demo
Under the pavilion!
Grilled Fish and Vegetables

May 21st
2:30-4:00pm
LGHP office

Come learn about grilling fish.
Each participant will get a chance
to make a low salt marinade.

There are 5 spots available, so call
today for a reservation!
358-9667

Now is a great time to learn how to relax!
Come join us for a relaxation session.
Learn how to relax.
Learn how to breathe.
Practice mini relaxations.
Enjoy a guided relaxation

May 7th
1:30-2:15pm
LGHP Building Conference Room



Exercise Classes:
Move For Health
 Nurse supervised exercise program.
 Monday-Thursday
 8am-12pm
 Must have fitness assessment and clearance
 by provider to attend the class.

Community Classes:
Club Circuit
 Tuesday and Friday
 1:30-2:15pm
 LGHP building

Body Works
 Monday and Thursday
 4:30-5:15pm
 LGHP building

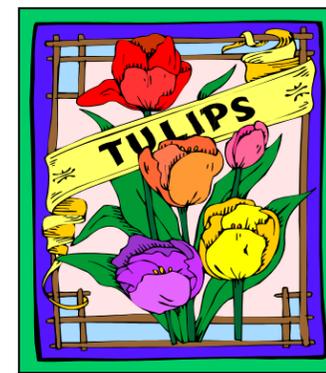
All exercises classes offered by The Let's
 Get Healthy Program are free.

Please wear comfortable clothing and bring
 clean, dry sneakers to change into.
 For more fitness info:
 358-9667 ask for Calandra

OFFICE CLOSED!
Our office will be CLOSED on
Monday, May 27th for Memorial Day!
Please plan ahead and get enough
supplies.
Reminder: our office is open
Monday to Friday 8am-4pm
we do not close for lunch



Helping Build a Better Tomorrow



Onerahtohko:wa/May

Tsitewatakari:tat/The Let's Get Healthy Program
Akwesasne Housing Authority, Training Center
518-358-9667

May is Women's Health Month

Women's Health Month-
 It is important to know the signs and symptoms of a heart attack. Each woman will experience a heart attack differently. Some women experience all, some or no symptoms of a heart attack. The sooner you recognize the symptoms and are treated the better.

Symptoms of a heart attack:
 Discomfort, tightness, pressure, fullness or squeezing in the middle of the chest, lasting for more than a few minutes.

- Crushing chest pain.
- Pressure or pain that spreads to the shoulders, neck, upper jaw or arms.
- Dizziness or nausea.
- Sweating, heart flutters, or paleness.
- Unexplained feelings of anxiety, fatigue or weakness during exertion.
- Stomach or abdominal pain.
- Shortness of breath and difficulty breathing.

Action:
 If you are experiencing some or all of these symptoms **CALL 9-1-1.**
 Get help immediately.

Crush or chew a full strength aspirin and drink a glass of water to prevent further blood clotting.

Once at the hospital, insist that you are given an EKG test or enzyme blood test to see if you are having a heart attack. Healthcare provider have failed to recognize heart attack symptoms by attributing them to other health problems such as indigestion.

You know your body better than anyone else, if something doesn't feel right call 9-1-1 and get help immediately.

SPRING ACTIVITIES

Pictures:



Cooking with Tofu Demo
 April 19,2013



Indoor Herb Garden Workshop
 March 27,2013

For May activities check out the news page.

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Nutrition Page Gardening Center

Make Healthy Eating a Family Affair

The easiest way to make lifestyle changes is by including all your loved ones in the positive changes you are making.

There are no special foods.

Often a person with diabetes is separated out from the rest of the family for meals and snacks because of diabetic foods. The truth is that there are no "special" foods for diabetics. Healthy foods are healthy for the entire family.

Lead by example.

If you have diabetes and have seen a diabetes educator you can be a great role model for your family. Educate them about diabetes and teach them what you have learned about healthy eating, proper portion sizes and making positive changes.

Refill your cupboards and refrigerator with healthy foods.

Gradually make changes to the foods that your family enjoys by replacing your "go to" foods with nutritious alternatives. Stock up on fruits, vegetables, whole grains, low fat dairy and lean protein that your family enjoys.

Include your family in all aspects of eating.

This includes meal planning, shopping, preparation, cooking and clean up. Take time to make family meal planning a priority.

Young children like to help out, put them to work rinsing off vegetables. Teenagers are more likely to eat a meal that they have contributed to, ask your teen to find some healthy recipes they want to try. Young adults have an interest in disease prevention, include them in meal planning for themselves as they are starting families of their own.

CHALLENGE!

If you have a large family or a family of teens split into teams. Each team finds and prepares their own recipe, the whole family tries it and rates each of the recipes. The best recipe becomes a new family recipe. *Great for grandkids too!*

Ask for support.

Many diabetics feel that they are being sabotaged by their family members who bring unhealthy foods into the house, plan large family meals that are full of carbohydrates, choose to go to dinner places that only serve unhealthy foods etc... It is important to share with your family what your needs are and ask for their support in healthy eating. It is ok to ask that only healthy foods be brought into the house. Your family wants to help you, they just don't always know what to do.

The Let's Get Healthy Program is a great place for families to come and learn about diabetes, diabetes prevention and healthy lifestyle changes. Our educators are here for you and your family, you are welcome to bring your supportive family members to your appointments.

Lower Blood Pressure Through Relaxation

Relaxation techniques trigger a "relaxation response" in our body which is the calming of the nervous system, which lowers blood pressure and slows the breathing rate.

Relaxation techniques include:

Hatha yoga
tai chi
deep breathing
guided relaxations
visualizations

Description of relaxation techniques:

Hatha Yoga— aligns breath awareness and body awareness through movement and posture. It builds body awareness, relaxation, flexibility and strength.

Tai chi— moving meditation, in which the body is in motion and combines mind body awareness.

Deep breathing— Proper breathing technique that calms our body and with practice can calm our mind.

Guided relaxation— an exercise in which a person is guided into relaxation by another person. Often guided relaxations are progressive relaxations starting at the top of the body and relaxing all the muscle groups from the head to the toes.

Visualization— an imagery exercise, using our mind to imagine something that uses all of our senses along with deep breathing. An example would be imagining you are on a beach, or in a favorite place. Some people use visualization to visual their health problems disappearing, for example they visual their blood sugars going down.

If you are interested in learning relaxation response make an appointment today!

A listing of local greenhouses

Valley Greenery —1372 St. Hwy. 72, Colton, NY

Phone: (315) 265-3437

Sunny View Greenery— 2081 St. Rte. 95, Bombay, NY

Phone: (518) 358-2559

Val's Country Creations— Bombay Helena Rd, Bombay, NY

Phone: (518)358-9225

Gonyea's Green Houses—37 Fourth St., Malone, NY

Phone: (518)483-5360

Millier Munson & Kelly— 70 Wood Rd, Lisbon, NY

Phone: (315)393-0374

Carla's Greenery— St. Hwy. 30, Malone, NY

Phone: (518)483-9452

County Line Greenhouse—St. Hwy. 37C Bombay, NY

Phone: (315)769-5315

North Racquette Greenery— 50 Trippany Rd., Massena, NY

Phone: (315)769-1162

Northrup's Hilltop Nursery — 9209 St. Rte., 56, Massena, NY

Phone: (315)705-0138

White's Farms— 420 Main St., Massena, NY

Phone: (315)769-6140

Most greenhouses will be open the first weekend in May. It is important for the health of all gardens to buy your vegetable plants locally, as this reduces risk of diseased plants that come from other parts of the country.

If you have any questions regarding vegetable gardening, greenhouse staff or the local Cornell Cooperative Extension would be great resources!

Best plants to grow from seeds

Some vegetables do well being planted from seeds, some do better when you buy the plants and transplant them. Below is a list of vegetables that grow well from seeds.

Lettuce:
Plant a row each week.

Beans

Squash

Lettuce

Swiss Chard

Beets

Kale

Radishes

Peas

Seed Potatoes

Basil

Chives

Chives:
Will come back each year.

Peas:
Grow well on a trellis.

Potsdam Farmer's Market Garden festival

May 11th

9:00am-2:00pm

Ives Park, Main Street Potsdam
Behind the municipal parking lot

A kick off for the summer farmer's market season!

For Sale:

Plants, seeds & herbs
Locally raised meats
Local cheese & wine

Food demonstration using market goodies.
Presentation on cooking with herbs.

Live music.

For More Info :
gardenshare.org

Pictures From The Past:

Mohawk Healthy Heart Gardening Project

Home grown food is good for your body and your soul.

Start planning your garden now!



Nursing Notes

Fitness Page

Are You At Risk For Having A Stroke?

80% of strokes are preventable and women are at higher risk than men!

Risk Factors: There are several risk factors that can make you more likely to have a stroke. Some of those risk factors we can control and others we cannot, for instance age, family history, race and gender. Those risk factors that we do have the power to control are high blood pressure, cigarette smoking, drug/alcohol abuse, poor diet, obesity, and physical inactivity. Use of an oral contraceptive combined with cigarette smoking greatly increases your risk of a stroke.

Gender: Approximately 55,000 more women than men will have a stroke this year. Women are also twice as likely to die from a stroke than breast cancer each year.

Age: According to the American Heart Association the chances of having a stroke doubles for each decade of life after age 55. Having a stroke is more common in the elderly but a lot of people under the age of 65 also have strokes.

Hypertension: High blood pressure is also considered the most important controllable risk factor leading to a stroke. If you have elevated blood pressure and notices changes in your numbers contact your physician.

Diabetes: Diabetes is considered a risk factor for a stroke. Many people with diabetes also have high blood pressure, high blood cholesterol and are overweight. This increases the risk even more.

What should we do?

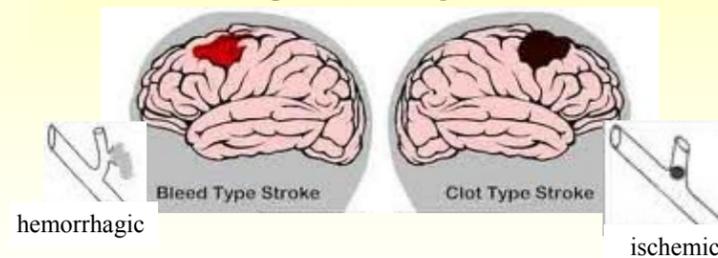
The hardest thing for most adults and children are to CHANGE their lifestyle. As a nurse, I have taken care of stroke patients and heard, "I know what I am doing is unhealthy, I just never thought it would happen to me." Or "If only I knew this years ago but no one warned us about this back then." Now we know and it needs to not only be incorporated into our lives but in our children as well. We have the power to control and prevent a stroke amongst many other diseases related to eating unhealthy and not being physically active.

Start Small: Any change you make can lead to a healthier life. Once you accomplish a small goal, add another challenge, day by day it gets easier.

Get Support: Include family members and friends it's always helpful to have a support system or a partner.

What is a Stroke?

There are a few different types of strokes. Ischemic stroke, is one in which an artery is blocked by blood clots or a build up of plaque preventing blood flow in the brain. There are also hemorrhagic strokes in which a blood vessel in the brain ruptures, leaking blood into the brain.



At the Let's Get Healthy Program we welcome anyone in the community to visit with one of our nurses, one on one. Receive nutritional education from our registered dietician and increase your activity with exercise guidance from our health promotion staff to help you decrease your risk for a stroke.

Article submitted by: Cherie Bisnett

May is National Physical Fitness and Sports Month

National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active. Regular physical activity can benefit everyone-children, adolescents and adults.

Benefits of Physical Activity

Children and adolescents-physical activity can improve muscular fitness, bone and heart health. Adults-physical activity can lower the risk of heart disease, type 2 diabetes and some types of cancer. Older adults-physical activity can lower the risk of falls and improve cognitive function.

Did You Know Regular Physical Activity Can:

- Relieve stress
- Improve sleep
- Increase your energy
- Decrease symptoms of depression
- Increase your chances of living longer
- Reduce pain from arthritis
- Makes your bones, muscles and joints stronger
- Reduce risk of falling
- Decrease in pain from arthritis



Physical Activity Guidelines for Americans

Aim for 150 minutes of moderate aerobic activity each week. Moderate activity includes walking fast, dancing, swimming, raking leaves or riding a bike. Aim for 2 days a week for muscle strengthening activities. These include using exercise bands or weights.

Active Families

Engaging in physical activity as a family can be a fun way to get everyone moving. Families who feel supported by each other are more likely to stick with physical activity. Everyone enjoys a workout buddy. There are safe places to engage in physical activity in the community without having to travel far. The walking trail, Generations Park, the playground at the Mohawk School are all safe, free, and open to the community. Grab your kids or your grandkids and head out for some activity. If you prefer to stay at home, head outside and go for a walk, grab a hula hoop or a jump rope and engage your family in a little friendly competition.

Information From: www.letsmove.gov Article submitted by: Heather Garrow

Seniors Walking Club

Generations Park Walking Trail
Tuesdays at 10:30am
Fridays at 8:30am



The walking club is being organized by
Chanel Cook at Office for Aging.
To sign up or for more questions:
358-2963

Club Circuit

At Let's Get Healthy Program
Tuesday and Friday
1:30-2:15pm

Body Works

At Let's Get Healthy Program
Monday and Thursday
4:30-5:15pm

Open to all community members

May is BBQ Month

Flavor Infused Water

Many people find water BORING! Bottled flavored water is expensive and contain many additives including colors, flavors and sugar substitutes.

You can make your own flavored water by adding fruit to a pitcher of cold drinking water, let it steep for at least an hour, and enjoy. For a more flavorful water, leave the fruit in the pitcher, for a more subtle flavor let it set for a few hours and remove all fruit.

To add sparkle– add a little seltzer water.

To add sweetness-add a few drops of agave nectar.

To add fun-try freezing berries or herbs in an ice cube tray. Add these ice cubes to your water.

Try These Flavors:

Fruit/Berries & Herbs

- *Apples
- *Blackberries
- *Blueberries
- *Blood orange
- *Cherries
- *Cantaloupe
- *Cucumber
- *Ginger root
- *Grapes
- *Honeydew
- *Kiwi
- *Lemon
- *Lime
- *Mango
- *Mint
- *Oranges
- *Papaya
- *Peach
- *Pineapple
- *Raspberries
- *Strawberries
- *Watermelon

Combinations:

- Cucumber Mint
- Lemon Lime
- Cherry Lime
- Pineapple Mango
- Strawberry Peach
- Lemon Ginger
- Cantaloupe Honeydew
- Orange Pineapple
- Strawberry Kiwi

For the most flavor add your fruit to a blender, puree and add to your pitcher of water.

Flavored waters are great for replacing, lemonade, ice tea, kool aid, soda and crystal light.

Give it a try and let us know which combination you like the best!

Buy fresh or frozen and add to a pitcher of water. For citrus, squeeze into the water, for herbs, chop them, for melon cut into cubes, for all others slice for the most flavor.

Frozen Berry Ice Cubes

Add ice cubes to flavored water or to plain seltzer for a spring treat!



Homemade BBQ Sauce

Makes: about 3 cups

Ingredients:

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

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 baking.

Homemade BBQ sauce is lower in carbs and sodium than store bought BBQ sauce. From the store: 2 Tablespoons = 17 grams of carbs.

Balsamic Marinated Chicken Breast

Makes: 4 servings

Ingredients:

- 3/4 cup balsamic vinegar
- 1/2 cup water
- 1 tsp dried onion flakes
- 1/2 tsp dried red pepper flakes
- 1/2 tsp chopped garlic
- 1/4 tsp ground black pepper
- 1/4 tsp of each paprika, dried rosemary, parsley, oregano
- 4 boneless/skinless chicken breast



Directions:

Place all marinade ingredients in a bowl and whisk together. Place chicken breasts and marinade in a container, seal tight. Marinate the chicken for at least 30 minutes, or overnight in the fridge. When ready to cook, remove from the fridge and discard the marinade.

Preheat grill to medium high heat. Place chicken on the grill, turn often, and cook until cooked through.

Do not use leftover marinade on chicken when on the grill.

Tips for Delicious Grilled Vegetables

1. Cut into pieces that are the same size.
2. Toss the vegetables with a light coating of olive oil.
3. Know your vegetables. Some vegetables take longer to cook than others. Potatoes take the longest to cook.
4. Use a skewer or grill basket. This prevents small vegetables from falling through the grate.
5. Make a foil packet for vegetables that won't grill well. Root vegetables and green beans cook nicely this way.

Try These:

- Zucchini
- Summer squash
- Button mushrooms
- Cherry tomatoes
- Red onions
- Bell Peppers



Rosemary Shrimp Skewers

Makes: 4-6 servings

Ingredients:

- 2 TBSP olive oil
- 1 TBSP lemon juice
- 2 garlic cloves, minced
- 2 tsp fresh rosemary, minced
- 1/4 tsp ground black pepper
- 1 pound frozen/thawed shrimp

Directions:

In a medium sized bowl whisk olive oil, lemon juice, garlic, rosemary and black pepper together. Add shrimp to the bowl, toss well. Cover and refrigerate at least 15 minutes.

Heat grill to medium-high. Thread shrimp on skewers and discard marinade. Grill shrimp just until heated through about 2 minutes on each side.

If using bamboo skewers soak in water for at least 30 minutes to prevent them from burning. Metal skewers work well and can be used again.

Grilled Pineapple

Ingredients:

- 1 TBSP olive oil
- 1 tsp ground cinnamon
- 2 TBSP honey
- 1 TBSP fresh lime juice
- 1 ripe, firm, pineapple
- 1 TBSP grated lime zest

Directions:

Preheat gas grill. Clean well.

In a large bowl combine olive oil, cinnamon, honey and lime juice and whisk to blend. Set aside.

Peel and core the pineapple, cutting the pineapple into 4 long wedges.

Place the pineapple in a bowl with the marinade and stir to coat. Place the pineapple on the grill and cook for 3 to 4 minutes, baste with the marinade. Turn the fruit over and reduce the heat of the grill. Continue to grill for another 3 to 4 minutes until pineapple is golden brown and tender.

Remove from grill and sprinkle with lime zest. Serve warm.

Save Time: buy pineapple already peeled and cored.

Save Money: buy canned pineapple in its own juice.