

* N E W S *

Our office will be closed on
December 25, 2012
January 1, 2013



Please plan ahead for the holiday season and pick up your supplies early!

Reminder:

MFH Participants– you collect health credits each time you come to exercise.

These credits can be used to purchase health and fitness items.

For your credit total please ask Heather Garrow or Jamie Ross

COOKING DEMO Make your own cookies!

Holiday Cookies
December 20th
11:30a.m. -1:30p.m.
LGHP Office
Lunch will be served.
Please register by Dec. 17th.
Space is limited to 4.
CALL EARLY!

Feeling stressed?
Blood sugars out of control?
In need of some relaxation?

Call and book a relaxation class with Heather Pontius.

-Learn mini relaxations
-Practice deep breathing



Laughter is the Best Medicine:

Come enjoy a dose of Healthy Humor™ with Brad Nieder MD, a funny doctor and clean comedian who blends healthcare humor with wellness advice and an uplifting message.

Sunday, December 9, 2012

2:00 p.m.

Saint Regis Mohawk Tribe Office
for the Aging.

Register for this free event with
Mary or Lora Lee at
358-2963.

Sponsored by the New York State
Office for the Aging and the Saint
Regis Mohawk Tribe Title III
Program

Green Food Bag Program Now Available through Office for the Aging

\$10 per bag

December Dates:

Order by Dec. 6th at 5:00pm
Pick up Dec.18th at 12:30-5:00pm
At the SENIOR CENTER

January Dates:

Order by Jan. 3rd at 5:00pm
Pick up Jan.15th at 12:30-5:00pm
At the SENIOR CENTER

FRESH FRUIT AND VEGGIES!

For more info: Chanel Cook
358-2963

Exercise Classes

FREE

Move For Health

Nurse supervised exercise classes: Monday-Thursday

Class times:

8-9 9-10 10-11 11-12

To join you must have approval from a LGHP Nurse or Dietitian and have completed a fitness assessment with Jamie.

Community Classes:

Club Circuit

Tuesday and Friday

1:30-2:15pm

AHA Training Center

Total Body Circuit

Monday and Thursday

4:30-5:15pm

AHA Training Center

Zumba

Wednesdays

4:30-5:30pm

Mohawk School

Due to holidays and trainings please pick up the December fitness schedule for classes and cancellations
THANKS!

Don't use the weather as an excuse to stop exercising!
*Skating
*Walking
*Snowshoeing
*Skiing



Helping Build
A Better
Tomorrow



Tsiothóhrha/December 2012

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

Diabetes Extravaganza

Over 70 people came out to celebrate American Diabetes Month with The Let's Get Healthy Program. There were several educational booths and 5 speakers discussing different aspects of Diabetes care.



Heart to Heart Fitness



LGHP Physical Activity



Health Screenings



Bev Cook, Stress & Diabetes



Foot Care Nurses



Diabetes Center for Excellence

2012

Diabetes Center for Excellence

Building Progress-November 28, 2012

There are walls and a roof! Take a peak, give thanks to the work crew.



There is a suggestion box in the entry way of our office.

We are looking for suggestions on what the community would like to see in the Diabetes Center for Excellence.

Stop by and drop your suggestions in the box.



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Nutrition

Nurse Care

November Cooking Demo

On November 16th The Let's Get Healthy Program held a "turkey leftovers" cooking demonstration at our office. There were four community members in attendance.

We enjoyed the following recipes:

- Turkey and Squash Soup
- Fall Turkey Salad Lettuce Wraps
- Pumpkin Mousse Pie
- Low Sugar Cranberry Sauce

If you would like any of the recipes please stop by the office for your copy.



Try Something New!

Participants in the Move For Health Fitness Classes can have two appointments in one.

EXERCISE and NUTRITION

Learn about healthy eating and improved nutrition while exercising in our MFH class.

If you are not currently attending MFH classes please make an appointment with our Nurse Case Managers for a referral.



Healthy Holiday Treats

Most of the time when we think of the holidays we think of food, lots of delicious, unhealthy, carbohydrate filled foods. The good news is there are some foods that provide us with health benefits.

Nuts:

Contain mono and polyunsaturated fats. These are the types of fat that are linked to heart health. They are a good source of protein, and are high in vitamin E. English walnuts are rich in Omega 3 fatty acids which decreases inflammation.

Choose unsalted nuts, those with the most nutrition are walnuts, almonds, macadamia, pecans and pistachios.

Enjoy a small handful each day.

Pomegranates:

They are relatively new to the supermarket and the best time of the year to purchase pomegranates are right now! They are an excellent source of vitamin C, they are high in polyphenols and potassium. Latest research shows pomegranates have more antioxidant power than acai, blueberries, red wine or tea.

If you are not too keen on cutting and seeding the fruit yourself you can purchase seeds already removed.

Enjoy half a pomegranate or 1/2 cup of seeds, plain, in yogurt, on salads or in oatmeal.

Dark Chocolate:

Yes, you can have chocolate as long as it is dark chocolate made from 70% cocoa. The darker it is the more health benefits it supplies. Dark chocolate contains antioxidants that help protect our body from free radical damage.

Enjoy 1 ounce of chocolate per day. That is equivalent to six Hershey Kisses.

Olives:

Olives are not a typical food we think of as healthy. When eaten in moderation olives can provide heart healthy mono unsaturated fats, heart healthy fat that can help raise HDL cholesterol.

They are high in sodium, it is important to eat them in moderation and cut back on your sodium intake elsewhere.

One serving of olives has only 25 calories.

Enjoy 5 large or jumbo olives, 10 small olives, 5 kalamatas or a tablespoon of sliced or chopped olives.



Try This!

Serve healthy, diabetic friendly foods at your holiday gatherings. Fruit and Pomegranate fruit trays, bowls of unsalted nuts, candy bowl with dark chocolate and platter of olives and reduced fat cheese.

Metabolic Syndrome:

Metabolic syndrome is a group of risk factors: high blood pressure, high blood sugar, unhealthy cholesterol levels, and abdominal fat. These risk factors double your risk of blood vessel and heart disease, which can lead to heart attacks and strokes. They increase your risk of diabetes by five times. Metabolic syndrome is becoming more common. But the good news is that it can be controlled, with changes to your lifestyle.

Risk Factors for Metabolic Syndrome:

According to the American Heart Association and the National Heart, Lung, and Blood Institute, there are five risk factors that make up metabolic syndrome.

Large Waist Size	For men: 40 inches or larger For women: 35 inches or larger
Cholesterol: High Triglycerides	150 mg/dL or higher or Using a cholesterol medicine
Cholesterol: Low Good Cholesterol (HDL)	For men: Less than 40 mg/dL For women: Less than 50 mg/dL or Using a cholesterol medicine
High Blood Pressure	Having blood pressure of 135/85 or greater or Using a high blood pressure medicine
Blood Sugar: High Fasting Glucose	100 mg/dL or higher

To be diagnosed with metabolic syndrome, you would have at least **three** of these risk factors.

What Causes Metabolic Syndrome?

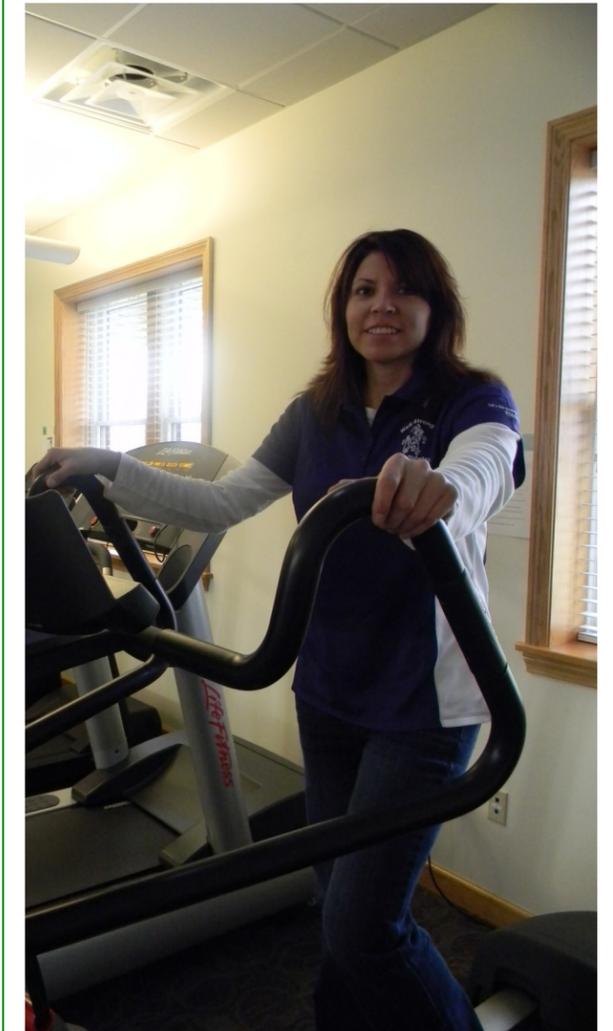
Metabolic syndrome is a collection of risk factors and not a single disease so there could be many causes.

- Insulin resistance
- Obesity
- Unhealthy lifestyle
- Hormone imbalances

American Heart Association website, "Metabolic Syndrome."
Article Submitted By: Susan Gale, RN Case Manager

Welcome Back Heather!

The Let's Get Healthy Staff would like to welcome back Heather Garrow, as our new Health Promotion Specialist. Heather was with the program in 2011 as a community health intern from SUNY Potsdam. She graduated from SUNY Potsdam with a Bachelor of Science Degree in Community Health.



"I am excited to be back at the LGHP and I am looking forward to helping Akwesasronon achieve their healthy lifestyle goals."-Heather Garrow.



Don't forget about your beverages.

A small hot chocolate from Tim Horton's has 9.5 teaspoons of sugar (38grams carbohydrate)
A small hot chocolate from Dunkin Donuts has 7.5 teaspoons of sugar (30 grams carbohydrates)



Treating Hyperglycemia(high blood sugar)

A high blood sugar that shows up on your meter as "hi" is too high for your glucometer to read the value, usually above 500 mg/dL. CALL YOUR PROVIDER and GO TO THE EMERGENCY ROOM!

Nurse Care

Do You Have a Secret?

Article Submitted By: Cherie Bisnett, RN Case Manager/Acting Program Director

Since starting my new journey here at the Let's Get Healthy Program, I have met so many wonderful people in this community. When I started thinking about what to write for this month's article I thought about the many topics I have covered with my patients and which was of most concern to many of them. It was hard to decide because any concern a patient has is important, I decided that because it is the season of family, friends and many wonderful foods, I would like to talk about shame.

Many diabetics I have listened to have expressed their shame when it comes to diabetes and keeping it a secret, because they feel that they have caused this to happen to themselves. I cannot imagine not only having to deal with the diagnosis of diabetes but also feeling as though you cannot share this with your loved ones because you are ashamed. The biggest concern most people with diabetes have is that they will be treated differently because they have diabetes. We often project our own feelings about diabetes onto the person/persons we are closest to. If you see diabetes as something to be ashamed of, or if you see yourself as somehow deficient because of your diabetes, you may expect others to treat you accordingly. The goal, then, is to work through those feelings until you accept your disease and understand that diabetes doesn't make you less worthy of love.

In the end, whether you tell your loved ones about your diabetes is up to you. If you are more comfortable keeping it to yourself, that's your choice and it is a valid one. But keeping secret something that affects every aspect of your life may cause problems in your relationships and to your health. You may be surprised at the reaction you get when you share your secret with your loved ones.

There is no right time or wrong time to tell someone about your diabetes, but earlier is generally better. There are some crucial details that your close friends and loved ones need to know, even if you only plan to share the bare minimum. Anyone with whom you plan to spend a great deal of time with should know about hypoglycemia (low blood sugar) and its warning signs, and not just because you may seem a little bit cranky when you are experiencing a low blood sugar. Understanding how to treat a low and what to do in an emergency is important for loved ones of people with diabetes.

For those of us who have loved ones with diabetes, remember, diabetes does not discriminate. Diabetes is a disease that affects men, women and children of all ages. Whether they are overweight, average or healthy weight, diabetes can affect anyone.

So, when we gather for the holidays, remember to be considerate of those who are trying to manage their diabetes and make better choices. Always be careful of what you say around people, because someone you know may have diabetes and be struggling to share it with you. Have a wonderful holiday and A Happy/Healthy New Year!!!Cherie.

Breaking the news to your family and friends

Choose a quiet location without disturbances.

Let them know that you have diabetes.

Reassure them that it is a disease that can be controlled, and you will be able to live a fulfilled life.

If you are comfortable sharing what lifestyle changes you are making, your family and friends can be a great support.

Discuss ways that you would like them to support you.

If you prefer, ask them to not give you advice, that you will seek advice and education from your diabetes care team.

Just a Friendly Reminder

If you receive an Annual Reminder Postcard, please call the office to schedule an appointment with your Nurse Case Manager. We will schedule all necessary lab and provider appointments for you, in order to ensure all requirements of your annual are met. If a provider has already scheduled a lab for you, please inform the Nurse of the date, so we will be able to use these results for your

Annual Completion. Nia:wen
Mera Faubert-Data Clerk Specialist

Fitness

Precautions for People with Diabetes

With the start of a new year right around the corner, many of you may be considering an increase in physical activity as a new year's resolution. It is important to keep in mind the following tips when beginning a physical activity program.

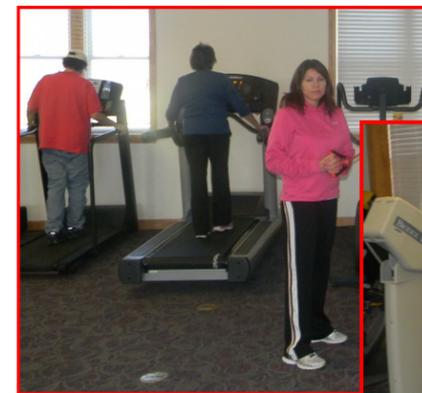
- Because people with diabetes are at higher than average risk for heart disease, they should always check with their doctors before starting an exercise program. For people who have been sedentary, or have other medical problems, lower-intensity exercises are recommended, when talking with your doctor be sure to mention the types of exercise you are wishing to start (walking, Zumba, spinning class, water aerobics etc...)
- Strenuous strength training or high-impact exercise is not recommended for people with uncontrolled diabetes. Such exercises can strain weakened blood vessels in the eyes of patients with retinopathy (a common diabetic complication). High-impact exercise may also injure blood vessels in the feet.

Patients who are taking medications that lower blood glucose, particularly insulin, should take special precautions before starting a workout program.

- Wear good, protective footwear to help avoid injuries and wounds to the feet.
- Wear clean, dry moisture wicking socks and apparel.
- Glucose levels swing dramatically during exercise. People with diabetes should monitor their levels carefully before, during, and after physical activity.
- Patients should avoid exercise if glucose levels are above 300 mg/dL or under 100 mg/dL or other parameters as discussed with your doctor or diabetes care team.
- To avoid hypoglycemia (low blood sugar), people with diabetes should inject insulin in sites away from the muscles they use the most during exercise.
- People with diabetes should drink plenty of fluids, before during and after exercising.
- If you are prone to hypoglycemia after exercising plan ahead and have a healthy snack available.

The Let's Get Healthy Program offers supervised physical activities Monday to Thursday in Move For Health. You must meet with a Nurse Case Manager for a referral and approval by your physician.

Getting Healthy At LGHP

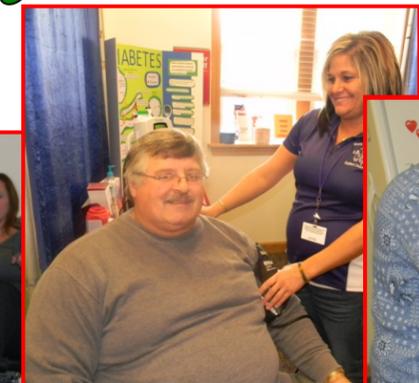


Patients inspire us to get moving

Move For Health



Health Screening



Cooking Demo



Treating Hypoglycemia(low blood sugar)

A low blood sugar is a reading less than 70 mg/dL. This should be treated with a 15 gram carbohydrate snack, and recheck blood sugar in 15 minutes.

Choose one snack: 4 ounces of juice * a piece of fruit * 3 peppermint candies



The holidays are coming, stay active and fit during the holidays. Make a plan and stick to it. Plan your physical activity for early morning before you are up to your ears in wrapping paper, tape and ribbons.



Healthier Holiday Cooking

Quinoa with Roasted Garlic, Tomatoes and Spinach

Makes: 4 servings (1/2 cup each)



Ingredients:

1/2 head of roasted garlic pulp 1 TBSP white cooking wine
 1 TBSP olive oil 1 cup low sodium chicken broth
 1 TBSP shallots, finely chopped 1/2 cup baby spinach leaves
 1/4 tsp crushed red pepper 1/2 cup grape tomatoes, halved
 1/2 cup uncooked quinoa 1 TBSP fresh grated parmesan

Directions:

Heat oil in a saucepan over medium heat. Add shallots and red pepper to pan, cook for 1 minute. Add quinoa to pan, cook for 2 minutes, stirring often. Add wine, cook until liquid is absorbed. Add broth, bring to a boil. Cover and reduce heat to a simmer for 12 minutes or until all liquid is absorbed. Remove from heat, stir in garlic pulp, spinach, tomato and parmesan cheese.

See recipe below for Roasted Garlic

Easy Broccoli-Less than 15 minutes

Makes: 6 servings



Ingredients:

2 pounds broccolini, ends trimmed
 2 tsp butter
 2 TBSP olive oil
 3 garlic cloves, thinly sliced
 1/2 tsp dried crushed red pepper
 1/2 tsp ground black pepper, more or less to taste

Directions:

Boil enough water to cover broccolini, add broccolini and cook for 5 to 7 minutes. Drain. Melt butter in a skillet over medium high heat. Add olive oil, garlic, red pepper and black pepper. Sauté for 2 minutes. Add broccolini, stirring to coat, sauté for 1 minute or until heated through. Serve Warm!

What is broccolini?

It is a green vegetable similar in looks to broccoli with smaller florets and longer, tender stalks. The taste is mild and sweet like that of asparagus.

It can be eaten cooked or raw, and is enjoyed by children.

It is high in potassium, vitamin C, iron and fiber.

It can be found in the produce aisle of the supermarket.

Step By Step: Roasted Garlic

Need:

1 whole garlic head
 Small piece of foil



Directions:

Preheat oven to 350 degrees. Remove papery white skin from garlic head. Cut garlic head in half crosswise. Break apart into separate cloves. Wrap separated cloves in foil and bake for 1 hour. Cool for 10 minutes. Squeeze cloves to extract pulp. Discard skins.

COOKING DEMO Make your own cookies!

Holiday Cookies

December 20th

11:30a.m. - 1:30p.m.

LGHP Office

Lunch will be served.

Please register by Dec. 17th.

Space is limited to 4.

CALL EARLY!

Naughty Food List:

**Stuffing- 1 scoop
 up to 550 calories**

**Mashed potatoes-1/2 cup
 237 calories**

**Pecan pie- 1 slice
 Over 550 calories**

**Egg Nog- 1 cup
 340 calories & 19 grams of fat**

**White Russian- 1 serving
 350 calories**

**Caramel Popcorn- 1/2 cup
 160 calories**

**Sugar cookie-1 cookie
 100 calories**

**Fruit cake: 1 slice
 480 calories & 82 grams of carbs**

**Chocolate Orange-5 Slices
 230 calories & 27 grams carbs**

It is important at this time of the year to keep your health in mind. Stick to your meal plans, continue to take your medications as prescribed, take time to relax and be thankful for all the good things in your life.



Roasted Cauliflower with Fresh Herbs and Parmesan Cheese

Recipe from cookinglight.com

Makes: 8 servings (1 cup each)

Ingredients:

12 cups of cauliflower florets (about 2 heads)
 2 TBSP olive oil
 1 TBSP chopped parsley
 2 tsp chopped fresh thyme
 2 tsp chopped fresh tarragon
 2 garlic cloves, minced
 1/4 cup freshly grated parmesan cheese
 1 TBSP lemon juice
 1/4 tsp ground black pepper, more or less to taste



Directions:

Preheat oven to 450 degrees. Add cauliflower and olive oil to a bowl, stir to coat. Transfer to a baking sheet. Bake for 20 minutes or until tender and browned, stirring every 5 minutes. Remove from oven, sprinkle with fresh herbs and garlic. Bake for another 5 minutes. Combine cooked cauliflower, parmesan cheese, lemon juice and black pepper in a serving bowl, mix well. Serve warm.

Nutrition Facts: (1 cup serving)

Calories: 89 Total Fat: 3.5g Cholesterol: 2mg Carbs: 12.1g
 Protein: 5.2g Fiber: 5.4g Sodium: 151mg

Serve as a low carb, high fiber side dish.

Variation: Try different fresh herbs.

If fresh herbs are not available, try using dried herbs.

For each tablespoon of fresh herbs use 1 teaspoon of dried.

Bulgur Wheat with Dried Cranberries

Recipe from: Cooking Light magazine, November 2009

Makes: 8 servings (1 cup)

Ingredients:

1 cup coarse bulgur
 2 cups English cucumber, peeled and cubed
 1 cup dried cranberries
 1/3 cup green onion, thinly sliced
 1 cup fresh flat leaf parsley, washed, dried and finely chopped
 1 tsp grated lemon rind
 1/3 cup fresh lemon juice
 1/3 cup olive oil
 1 tsp ground black pepper, more or less to taste



Directions:

Place bulgur in a bowl, cover with 2 cups of boiling water. Cover and let sit for 30 minutes or until liquid is absorbed. Chill. Fluff with a fork. Add all remaining ingredients and stir well.

Variation: top with walnuts or sliced almonds

Diabetes and Alcohol

People with diabetes should discuss alcohol consumption with their doctor.

A moderate amount of alcohol can increase blood sugars. Too much alcohol can cause dangerously low blood sugars!

Typical guidelines:

Women: one drink per day

Men: two drinks per day

One drink:

= 5 ounces of wine

= 1 shot of liquor

= 12 ounce beer

Drink slowly.

Drink alcohol with a meal or snack.

Avoid "sugary" mixed drinks or those prepared with juice and syrup.

If having liquor mix with sparkling water or diet soft drinks and plenty of ice.

Bulgur Wheat:

Similar in size and texture to brown rice.

Ready in 30 minutes or less!

High in fiber.

Mild nutty flavor, chewy texture.

Versatile-tastes great hot or cold.

Can be used in place of rice or pasta for most dishes.

Can be purchased in bulk.

Reasonably priced.

Dietitian's Favorite: Coarse ground bulgur wheat purchased from Martin's Country Store. Made into stuffed peppers!