

# \* News \*

## COOKING DEMONSTRATION HANDS ON DEMO!

**Make Your Own Granola**  
-Cheaper than store bought.  
-Easy to make and store.

**January 17th**  
**11am to 12pm**  
**LGHP Office**  
**RSVP by Jan 15th**  
**4 spots available.**  
**Call Heather Pontius 358-9667**

**Meal Planning 101 Using MyPlate**  
**Presentation Style Class**  
with hands on meal planning for  
breakfast, lunch and supper meals.

**January 24th**  
**11:30am to 1:30pm**  
(A light meal will be provided)  
**LGHP Office**  
**RSVP by Jan 22nd**  
**6 spots available.**  
**Call Heather Pontius 358-9667**

**The Let's Get Healthy Program**  
**Office will be closed on:**  
**January 1, 2013**  
New Year's Day  
**January 21, 2013**  
Dr. Martin Luther King Jr. Day

**Please remember to pick up your**  
**testing supplies early.**

*Sorry* **WE'RE**  
**CLOSED**

## Winter Weather:

Now that winter has arrived, please listen to CKON for LGHP office updates.

CKON will announce exercise class cancellations and office closures.

If you are not able to make your appointment due to the weather please call the office and we will reschedule your appointment.

It is important to have enough testing supplies in case you are snowed in. Don't let yourself get low on supplies this time of the year.

## \*PLEASE\*

If you are not feeling well or have been ill call and reschedule your appointments.

Everyone's health and well being is our top priority.

Stay home, rest and when you are feeling better come to see us.

## \*REMEMBER\*

Always wash your hands!

## Exercise Classes: Move For Health

Nurse supervised exercise classes: Monday-Thursday  
Class times:  
8-9 9-10 10-11 11-12

## Community Classes: Club Circuit

Tuesday and Friday  
1:30-2:15pm  
AHA Training Center

## Body Works

Monday and Thursday  
4:30-5:15pm  
AHA Training Center  
*With Heather Garrow*

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

Please wear comfortable clothes and bring clean, dry footwear to change into.



**HAPPY  
NEW  
YEAR**

Green Food Bag  
Office for the Aging  
\$10 per bag  
January Dates:  
Order by 1/3 5pm  
Pick up 1/15  
12:30-5:00pm  
SENIOR CENTER  
Fresh Fruit & Veggies  
For more info:  
Chanel Cook 358-2963



Helping Build A Better Tomorrow



Tsithohrkó:wa/January  
2013

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

## New Year's Resolutions and Diabetes

As we approach the New Year, traditionally many of us are saying, "I will exercise, diet, etc." We all know how easy it is to make those promises to ourselves because we are not there yet. When the New Year comes and goes many of us procrastinate and will always "start tomorrow".

My first New Year's resolution for 2013 is to actually stick to my resolutions! What are your New Year's resolutions? It is essential for people living with diabetes, experienced and newly diagnosed, to make lifestyle changes. Lifestyle changes are never easy, so I suggest baby steps. Pick one small change and as you begin to accept that change, add another. Here are some ideas you may want to try with me.

**Make a schedule:** Life is busy for many of us and stressful! Creating a set time schedule to eat and exercise can really simplify the diabetes lifestyle. A large calendar can be helpful. It leaves room for notes, pre-planned meals, and exercise. Put the calendar somewhere that you will see it every day, as a reminder to stick to your plan.

**Learn to cook a diabetes friendly meal:** There are many great diabetic recipes on the internet and in our monthly newsletter! This can be your "go-to" meal, for example, if you are on insulin, you will know exactly how much to take with that meal.

**Find low carbohydrate, low calorie snacks:** When your life is too hectic, it is important to remember not to let your blood glucose get out of control. Pick a healthy snack to take on-the-go, like apples, yogurt or almonds.

**Do more cardiovascular exercise:** Exercise not only benefits your cardiovascular system, it also lowers blood glucose and builds muscle. Make exercise a part of your life and you will soon see the benefits outweigh the risks of cardiovascular disease.

**Check your A1C:** To get an overall picture of your blood glucose level, you should get your A1C checked every 90 days. The closer you keep your A1C to 6%, the better it is for your overall health.

*I would like to wish you all a Happy and Healthy New Year!! Call the Let's Get Healthy Program today and we can help you get started on the right path to a healthier lifestyle and a healthier you! -Cherie*  
**518-358-9667 Make your appointment today!!!!**

6th Annual Russell "Hoss" Mitchell Memorial Dance  
All proceeds to benefit:

## Diabetes Center of Excellence

January 12, 2013

9pm-1am

American Legion Hogansburg

Door prize & basket raffles

Admission Fees: \$5 single or \$8 couple

MUSIC BY: THE RIVER MOHAWK BAND

Please come out and support the Diabetes Center of Excellence.  
If you would like to donate a raffle item or basket please drop off to LGHP by January 10th. Niawen, we'll see you there!

**Here is important information you should bring with you to each diabetes care appointment:**

Your glucometer for downloading.  
Latest lab results.  
Labels of new foods you are trying.  
List of all medications, time & dosage.  
Timeline of daily routine including meals and sleep pattern.  
Food journal and/or blood glucose log.  
Small notepad to take notes.  
If recently discharged from the hospital bring discharge papers.  
If you are taking insulin bring your pens.



## Get Motivated in 2013

Winter usually means holidays, endless parties, cold weather, layers of clothes, and zero motivation. This can cause your diet and exercise routine to come to a screeching halt...leading to the dreaded holiday weight gain. Don't let the winter blues stop your progress, try some of these ideas to keep the pounds off and still enjoy the festivities!

**Let in the light:** Less daylight makes you feel more tired, which contributes to people being less active in the winter. Early morning light is the most potent energy booster, so open your curtains then head out for a morning stroll.

**Find a fun winter sport:** Explore winter snowy sports such as cross-country skiing, snowshoeing or ice skating. Even a chore like shoveling the snow out of your driveway can burn around 200 calories.

**Choose healthy alternatives:** It's hard to eat right when you don't have access to fresh fruits and veggies. But that doesn't mean there aren't delicious alternatives— oranges and acorn squash are delicious and filling. Try oatmeal and low-calorie homemade soups to warm you up on a chilly day.

**Don't skip breakfast:** People who skip breakfast have been shown to have slower metabolic rates.

**Make a Date:** Schedule and plan exercise appointments and keep them.

**Keep it fun & vary your routines:** Exercise should leave you energized, not bored and exhausted. You should try and then alternate strength-training, skipping rope, yoga, Zumba or other fitness classes.

**Fit Fitness into your day:** At work, get up and move around at least once every hour...walk to deliver an important message, go up and down the stairs several times, take a lap around the building or take a walk at lunch time.

*Article Submitted By: Jamie Ross, Health Promotion Specialist*

## Exercise Intensity

Often times when we are reading a magazine article or listening to health information on TV we hear phrases like light, moderate or vigorous intensity exercise. This article provides you with a definition and examples of each.

**Light exercise intensity** Light activity feels easy.

- You have no noticeable changes in your breathing pattern.
- You don't break a sweat (unless it's very hot or humid).
- You can easily carry on a full conversation or even sing.

**Moderate exercise intensity** Moderate activity feels somewhat hard.

- Your breathing quickens, but you're not out of breath.
- You develop a light sweat after about 10 minutes of activity.
- You can carry on a conversation, but you can't sing.

**Vigorous exercise intensity** Vigorous activity feels challenging.

- Your breathing is deep and rapid.
- You develop a sweat after a few minutes of activity.
- You can't say more than a few words without pausing for breath.

## Overexerting yourself

Beware of pushing yourself too hard too soon. If you're short of breath, in pain or can't work out as long as you'd planned, your exercise intensity is higher than your fitness level allows. Back off a bit and build intensity gradually



Light	Moderate	Vigorous
Walking—slowly Sitting—using computer Standing—cooking, doing dishes Fishing—sitting	Walking—very brisk (4 mph) Cleaning—heavy (vacuuming, mopping) Snow Blowing Bicycling—light effort (10–12 mph) Building a snowman Ice Skating	Jogging at 6 mph Shoveling snow Bicycling fast (14-16 mph) Playing volleyball Cross-country skiing Snowshoeing

*Article Submitted By: Heather Garrow, Health Promotion Specialist*

Information Source: [www.mayoclinic.com/health/exercise-intensity/SM00113](http://www.mayoclinic.com/health/exercise-intensity/SM00113)

## Black Bean Soup

Prep Time: 20 mins. Cook Time: 30 mins

### Ingredients:

- 1 TBSP extra virgin olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, minced
- 1/2 cup celery, chopped
- 1 cup carrots, peeled and chopped
- 2 TBSP chili powder
- 1 TBSP ground cumin
- 1/4 tsp ground black pepper
- 3 (14 oz) cans low sodium chicken broth or stock
- 3 (14 oz) cans black beans, rinsed and drained
- 1 cup frozen whole kernel corn, thawed
- 1 jar mild salsa— choose lowest sodium

### Directions:

In a soup pot, heat oil over medium high heat, cook onion, celery, carrots and garlic in oil for 5 minutes, stirring often. Add chili powder, cumin, black pepper, cook for 1 minute. Stir in broth, beans and corn. Heat to boiling, stirring occasionally. Reduce heat to medium, simmer for 15 minutes. Serve warm with corn muffins or whole grain crackers.

## Carrot Cake Cookies

Makes: Approximately 40 cookies

### Ingredients:

- |                               |                                |
|-------------------------------|--------------------------------|
| 1 cup whole white wheat flour | 3/4 cup pecans, chopped        |
| 1/2 cup wheat bran            | 1 TBSP pure vanilla extract    |
| 1 cup oatmeal                 | 1.5 cup fresh grated carrots   |
| 1/2 tsp baking soda           | 2 whole eggs                   |
| 1/2 tsp baking powder         | 1/2 cup unsweetened applesauce |
| 1 TBSP ground cinnamon        | 2 TBSP butter, room temp.      |
| 1 tsp pumpkin pie spice       | 1/2 cup brown sugar            |
|                               | 1/2 cup raisins                |

### Directions:

Preheat oven to 325 degrees F.  
In a large mixing bowl, whisk eggs. Add applesauce, vanilla, butter and brown sugar, mix well.  
Add the raisins and carrots, stir well.  
In a medium mixing bowl, mix all the dry ingredients and the chopped nuts.  
Gently and slowly add the dry ingredients to the wet ingredients. The dough will be pretty thick.  
Line a baking sheet with parchment paper. Use a teaspoon to set cookies on the baking sheet, 2 inches apart. For flat cookies, flatten with the back of the spoon.  
Bake for 12 to 16 minutes, depending on cookie size, until edges are brown and middle is set.

## Ginger Lemon Tea

Makes: 6 Servings

### Ingredients:

- 6 cups water
- 2 teaspoons Agave nectar
- 1– 1 inch piece fresh ginger thinly sliced
- 8 strips of lemon peel (avoid peeling white part of lemon)
- 6 green tea bags
- Lemon slices (optional)

### Directions:

Combine water, agave, ginger, and lemon peel strips in a large saucepan. Bring to boil; reduce heat and simmer, uncovered, for 10 minutes. Remove ginger and lemon strips with a slotted spoon and discard them.

Place tea bags in a teapot; immediately add simmering water mixture. Cover; let steep according to tea package directions. Remove tea bags; discard. Serve warm. If desired, garnish with lemon slices.

### Ginger Measurements:

1 inch fresh ginger = 1 Tablespoon minced ginger  
Equals 1/8 tsp dried ground ginger

## No Sugar Added Minty Hot Cocoa

Makes: 1 serving

### Ingredients:

- 1 TBSP unsweetened cocoa powder
- 1 teaspoon Splenda (or to taste)
- 1 cup 1% milk
- 1/4 tsp vanilla extract
- 1/8 tsp peppermint extract

### Directions:

Mix cocoa and Splenda in a large mug. In another mug heat milk in the microwave until warm, 1 minute 30 seconds. Add milk to cocoa and Splenda, stir until well blended. Add vanilla and peppermint, stir again. Serve warm-ENJOY!

**Dark chocolate provides beneficial antioxidants, choose a dark chocolate cocoa powder. Hershey Special Dark Cocoa is a great choice and can be found in local supermarkets.**

