

# Seskehkó:wa/September

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

## Let's Get Healthy Program Continuing Education

During the month of August three of our team members attended extensive training to increase our knowledge and improve our educational programs at the Let's Get Healthy Program.

Heather Pontius and Cherie Bisnett both attended the AADE (American Association of Diabetes Educators) Annual Meeting in Orlando, FL the week of August 4th. At this meeting we attended workshops, listened to featured presenters and browsed the marketplace all with a focus on diabetes education and diabetes care.



Mary Terrance has been in Charlottesville, VA for 3 weeks taking her "Intermediate Hatha (Level II) Integral Yoga Teacher Training"

ITT teaches additional asanas (postures) their benefits and how to safely guide students into and out of these poses. ITT teaches participants how to skillfully develop asana sequences or vinyasas and adaptations that will enhance the class experience for students.

The course includes the study of The Bhagavad Gita, one of the world's most profound scriptures, that explains the philosophy and practices of The Four Main Paths of Yoga:

Karma Yoga, Raja Yoga, Bhakti Yoga, & Jnana Yoga.



ITT offers the opportunity to develop confidence and practice the necessary skills for teaching the more subtle aspects of yoga including chanting, yogic diet, and meditation, "It has enriched my understanding of Integral Yoga and developed my practice both as a teacher and a practitioner. -Mary

## August Pictures



### Twilight Fun Run/Walk Series 2014



### Wellness Day 2014 LGHP Staff at Wellness Day

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Put LIFE back  
in your life



If you have a chronic condition such as arthritis, heart disease, osteoporosis or diabetes, please join us!



# Healthy Choices for Healthy Living

## FREE 6-week workshop series

Are you living with or caring for someone with a chronic condition or limiting health condition?  
Sign up today!

Every Thursday  
September 30—October 4  
10:00am-12:30pm

The **Healthy Choices for Healthy Living** workshop is a 6-session, peer-led health education program that utilizes the Chronic Disease Self-Management Program (CDSMP) curriculum developed at Stanford University's Patient Education Research Center. The workshop is for anyone dealing with a chronic condition or limiting health condition.



Josy Delaney, Community Wellness Specialist. Trained as a CDSMP leader in 2008, through Eastern Adirondack Health Care Network.

Held at Sunrise Acres

Akwasne Housing Authority Training Center  
378 State Route 37  
Akwasne, NY

Registration is easy!

Please call Tewentahawih'tha' Cole at 518-358-2963



Tewentahawih'tha' Cole, Health Educator. Trained as a CDSMP leader in 2013, through Center for Excellence in Aging and Community Wellness.



# Fitness Page

## Twilight Fun Run/Walk Series

The 7th Annual Twilight Fun Run/Walk Series was highly successful this year. We had an amazing turn out despite a rainy season. This year we had a total of 170 Registrants with 81 people walking 2 or more nights. We had a grand total of 1055 laps walked/ran equaling 633 miles, that would be like walking from Akwesasne, NY to Cincinnati, OH! Great job Akwesasne!



## Living a Healthy and Active Lifestyle

Steevi King, Health Promotions Specialist

On August 23<sup>rd</sup> the “Breezy Steevi’s” competed in the Akwesasne Freedom School’s Survival Race, our team came in 3<sup>rd</sup> place, out of 12 teams total. I competed in the bike portion, finishing 10 miles in 20 minutes!



I strongly believe in “preach what you teach”, I live a healthy lifestyle in and out of my work place. I maintain a healthy and clean diet, and work out 5-6 days a week. Over the years I have learned that you need variety in your workouts and a positive state of mind to keep you on track. Changing your workouts not only keeps things interesting but also keeps the muscles guessing. Taking your workout outdoors is a great change of scenery, and taking advantage of community classes or classes at your local gym helps keep your fitness fun and challenging!

Training is 90% mental and 10% physical so remember to stay positive and surround yourself with people who keep you motivated! Workout with a friend who shares the same believe and lifestyle you wish to achieve, and help push each other.



Team Breezy Steevi's

## Yoga is Back!

Mary Terrance is back from her amazing journey in Charleston, VA, attending the “Intermediate Hatha (Level II) Integral Yoga Teacher Training”. Lunch Time Yoga and Chair yoga will be back in full swing.

Please join Mary on her new days for



### Lunch Time Yoga

on  
Tuesdays and Thursdays  
12:05pm-12:50pm

at the  
Diabetes Center for Excellence

and

### Chair Yoga

on  
Tuesdays  
10:00am-11:00am

at the  
Akwesasne Office for the Aging.

\*For more information please contact  
Let's Get Healthy Program 358.9667



## Participant Testimonial/Evaluation feed back from twilight fun run??

“If I wasn't walking, I would be sitting”

“This is a great opportunity for me and my family to exercise together

“Very nice to have many people to walk with”



# Apple Recipes

## Quick Three Ingredient Applesauce

Makes: 4 servings

### Ingredients:

- 4 fresh apples, peeled, cored and chopped
- 2 teaspoons brown sugar
- 1/4 teaspoon ground cinnamon

### Directions:

Add apples to a microwave safe bowl. Cover and microwave until soft, about four minutes. Once apples are soft, add all ingredients to a food processor and chop until desired consistency is reached. Serve warm or cover and refrigerate for up to five days.

### TRY THIS!

- For higher fiber leave the skin on the apples and cook for an extra minute.
- For less sugar, use less brown sugar or substitute with your favorite lower calorie sweetener.
- If you like more texture, mash the apples using a potato masher instead of the food processor.

## Harvest Apple Salad with Cranberry Dressing

### Ingredients:Salad

- 1/4 cup walnuts or pecans, toasted
- 8 cups mixed greens
- 2 cups fresh apples, cored and sliced
- 1/2 cup shredded cabbage
- 1/2 cup shredded carrots
- 2 oz. reduced fat cheddar cheese

### Ingredients:Dressing

- 1/4 cup fresh cranberries
- 1/4 cup balsamic vinegar
- 1/4 cup red onion, chopped
- 1 TBSP sugar or Splenda
- 1 TBSP Dijon mustard
- 1 cup olive oil
- Ground black pepper, to taste

### Directions:

Toast walnuts or pecans in a skillet over medium heat until fragrant. Remove from heat and set aside. In a food processor, combine the cranberries, vinegar, onion, sugar, and mustard. Puree until smooth; gradually add oil, and season with ground black pepper. In a salad bowl, toss together the mixed greens, apples, carrots, cabbage and enough of the cranberry dressing to coat. Sprinkle with walnuts and cheddar cheese. Serve. For a complete meal add grilled chicken.

## Apple Pie Party Dip

### Ingredients:

- 2 cups peeled, cored and diced apples
- 1 tsp fresh lemon juice
- 2 tsp brown sugar
- 1 TBSP apricot preserves or apple jelly
- 1/4 tsp ground cinnamon or apple pie spice



### Directions:

In a large bowl combine all ingredients, cover and refrigerate until serving. Serve with cinnamon pita chips or graham crackers.

### TRY THIS!

- You can substitute sugar free jelly and Splenda Brown Sugar or a lower calorie sweetener.
- A variety of apples for different texture and flavor.
- Also try apple pie spice in place of cinnamon.

Easy enough for  
kids to make!

## Spiced Apple Cider

Makes: 4 servings

### Ingredients:

- 4 cups apple cider
- 1/2 teaspoon whole cloves
- 1/4 teaspoon ground nutmeg
- 2 cinnamon sticks



### Directions:

In a medium size saucepan heat the ingredients over medium high heat until boiling. Once boiling reduce heat and simmer uncovered for 10 minutes. Before serving, strain the spices through a sieve or a cheesecloth. Serve warm on a chilly day.

8 ounces of apple cider is two carbohydrate servings. If you count carbs for diabetes control include this beverage in your meal or snack.

For a lower carb cider that is just as tasty and only has one carbohydrate serving (15 grams) Switch portion size from 8 ounces to 4 ounces or use 4 ounces of apple cider and 4 ounces of water.

*Pregnant women, children and adults with chronic conditions should use pasteurized apple cider to prevent illness.*

# Garden Fresh Recipes

## Grilled Chicken with Summer Squash and Tomatoes in Foil Packets

### Ingredients:

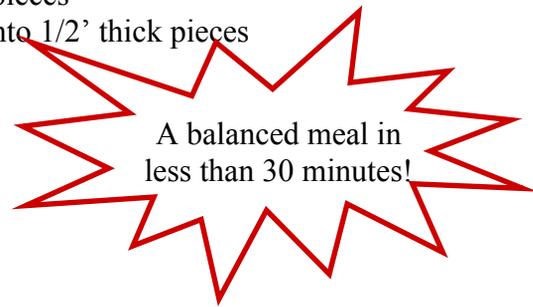
- 1 small zucchini, cut in half lengthwise and then sliced into 1/2" thick pieces
- 1 small yellow summer squash, cut in half lengthwise and then sliced into 1/2" thick pieces
- 1 can (14 oz) No salt added diced tomatoes, drained of the liquid
- 1 can (8oz) No salt added tomato sauce
- 1/2 teaspoon dried Italian herbs
- 1/3 cup fresh shredded parmesan cheese
- 4 boneless/skinless chicken breast
- 1/4 teaspoon ground black pepper
- 1/2 cup part skim mozzarella cheese, shredded

### Directions:

- Pre heat the gas grill to medium high. In a medium size bowl combine the zucchini, squash, tomatoes, tomato sauce, Italian herbs and parmesan cheese in a bowl. Mix well.
- Place four 18x12 inch pieces of heavy duty non stick aluminum foil on a counter. Place one chicken breast in the center of each piece of foil, sprinkle with ground black pepper. Spoon 1/4 of the mixture over each chicken breast.
- Double fold the top and ends of each piece of foil, leaving some space for steam to gather.
- Place each packet on the pre heated grill. Cover and grill for 15 minutes or until chicken is no longer pink and internal temperature of the chicken is 165 degrees.
- Carefully open the packets, sprinkle each cooked chicken breast with mozzarella cheese.

***Serve warm with brown rice or cooked quinoa to celebrate Whole Grains Month !***

Recipe from [www.hunts.com](http://www.hunts.com) and adapted by LGHP Registered Dietitian for a lower sodium option.



## Fresh Tomato Basil Salad Dressing

### Ingredients:

- 2 tomatoes, cut in half and seeds removed
- 1/8 teaspoon garlic powder
- 1 Tablespoon red wine vinegar
- 1 Tablespoon olive oil
- 1 Tablespoon fresh basil, finely chopped
- ground black pepper to taste

### Directions:

- Using the coarse side of a box grater, grate the flesh of half a tomato into a small bowl. Discard the skin. Repeat until all are gone. Vigorously mix the vinegar into the grated tomato. Add the garlic powder and slowly drizzle the olive oil into the mixture while continuing to mix well. Add the basil and the ground black pepper.

- Serve with your favorite salad. Serve at room temperature or chilled. Will last 1-2 days in an airtight container in the fridge.

### TRY THIS!

Use balsamic or white balsamic in place of red wine vinegar.

## Simple Carrot Soup

### Ingredients:

- 4 cups fresh carrots, clean and chopped
- 3 cups no salt added chicken broth or veggie broth
- 1/2 yellow onion, chopped
- 2 cloves garlic, pressed
- 1 teaspoon dried thyme
- 1/2 teaspoon dried tarragon
- enough water to cover



### Directions:

- Combine carrots, chicken/veggie broth, and onion in a large pot. Pour enough water into the pot to so the ingredients are covered; add garlic, thyme, and tarragon.

- Bring the liquid to a boil, reduce heat to medium-low, place a cover on the pot, and simmer the mixture until the carrots are very tender, 40 to 50 minutes.

- Remove pot from heat and cool soup for 10 minutes. Puree soup with an immersion blender or mash vegetables with a potato masher and whisk the soup until smooth.

- Return pot to medium heat and cook until reheated, about 5 minutes.

# Nutrition Page

## September is Whole Grains Month

The theme for this year's celebration is "Make the Switch." Making the switch from refined grains to whole grains can have a positive impact on your health.

**Whole grains reduce the risk of many chronic diseases and conditions such as:**

- Stroke
- Type 2 Diabetes
- Heart Disease
- Obesity

### **What make a grain a "whole" grain or a "refined" grain?**

A whole grain is a grain kernel that has all three edible parts of the grain intact, bran, endosperm and germ. A refined grain is a grain that has had the bran layer removed, reducing the amount of fiber, antioxidants and B Vitamins found in the grain.

### **Here are a few examples of whole grains and refined grains:**

Whole Grain = Wild Rice  
Refined Grain = White rice

Whole Grain = 100% whole grain bread  
Refined Grain = Multigrain bread

Whole Grain = Whole White Wheat flour  
Refined Grain = All Purpose flour

Whole Grain = 100% Whole Wheat tortilla  
Refined Grain = Flour tortilla

### **Challenge yourself to "Make the Switch"**

Throughout the month of September slowly start switching your refined grains for their whole grain version.

- Try Steel-cut oatmeal for breakfast.
- Serve wild rice in place of white rice.
- Try a quinoa recipe with a friend.

**MAKE**   
**THE SWITCH**  
**to whole grain**

[www.WholeGrainsCouncil.org](http://www.WholeGrainsCouncil.org)

## Mini Relaxation

Do you feel stressed? Do you feel like your to do list is never ending. Take a Mini Break.

**Find a quiet place.**

**Take a deep breath.**

In through your nose, feeling your stomach fill with air, hold it for a moment and slowly exhale through your mouth.

**Begin your Mini Break.**

With your eyes open or closed count very slowly to yourself from 10 down to 0, one number on each out breath. Breathe in, and on your outbreath, say "10" to yourself. With the next outbreath, say "9", working your way down to "0". When you get to "0", notice how you feel.

Mini relaxations are focused breathing exercises that help reduce anxiety and tension immediately. Your breath is with you at every moment in time. No special equipment, no scheduled appointments or working your schedule around a class time, a mini break is quick and effective anywhere, anytime you need it.

**To learn more relaxation techniques and breathing exercises check out our classes!**

**Group classes on Fridays at 9:50am or by individual appointment.**



# Nursing Notes

## Children and Obesity



Children growing up in today's society are struggling with obesity. Obesity affects 17% of all children and adolescents in the United States. That is triple the rate from just one generation ago. It is our responsibility as adults to help our children with their struggle.

Proper nutrition promotes the optimal growth and development of children. Healthy eating along with physical activity has many benefits. Eating healthy and regular daily physical activity can reduce their risk of developing debilitating diseases if started young in children. Healthy eating helps reduce the risks of obesity, osteoporosis, iron deficiency and dental caries. It also prevents high cholesterol and high blood pressure and helps reduce the risk of developing chronic diseases such as cardiovascular disease, cancer and diabetes. A poor diet can increase the risk for lung, esophageal, stomach, colorectal, and prostate cancers. Children who eat fast food one or more times per week are at increased risk for weight gain, overweight and obesity.

So you are probably saying to yourself, "I know this". How can we help our children change their eating habits to healthier ones and get them to want to be physically active? Think of how difficult it is to get adults to change poor eating patterns and a sedentary lifestyle. We can begin by making changes together as a family starting with small changes. Nationwide our schools have already been implementing healthy eating and incorporate physical activity during their day. Since a majority of our children's day is spent in school this may be the only healthy eating and physical activity some children have access to. Schools are in a unique position to promote healthy eating and ensure appropriate food and appropriate intake among students.

We are making progress but there needs to be consistency at home as well. Young people's behaviors are influenced at the individual, peer, family, school, community, and societal levels. Because many sectors of society contribute to adolescent health, safety and well-being, a collaborative effort that engages multiple partners is necessary.

Start their day off with a healthy breakfast. Breakfast gives children energy to begin the day and is also associated with improved cognitive function, reduces absenteeism and improves their mood. Get to know what your child's school is serving for breakfast and lunch. Begin by preparing their lunch for them and if you are on the go after school like most parents today with sports and many after school activities try and prepare your meals ahead so fast food restaurants are not the convenient choice. Go for walks after dinner or a bike ride, not only will it help ourselves and our children but also give us some quality time with them.

Article written by Cherie Bisnett, RN

## **Cholesterol and Heart Disease**

**Cholesterol** is a soft, fat-like substance found in the bloodstream and in all your body's cells. Your body makes all the cholesterol it needs. Low-density lipoprotein (LDL or 'bad') cholesterol can join with fats and other substances to build up in the inner walls of your arteries. The arteries can become clogged and narrow, and blood flow is reduced. High-density lipoprotein (HDL or 'good') carries harmful cholesterol away from the arteries and helps protect you from heart attack and stroke.

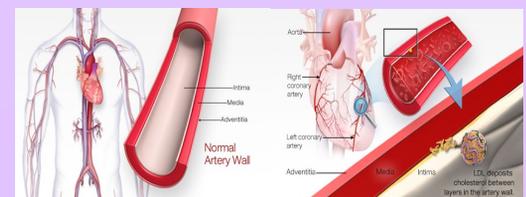
The disease process begins when LDL ("bad" cholesterol) deposits cholesterol in the artery wall. The body has an immune response to protect itself and sends white blood cells called macrophages to engulf the invading cholesterol in the artery wall. When the macrophages are full of cholesterol, they are called foam cells because of their appearance. As more foam cells collect in the artery wall, a fatty streak develops between the intima and the media. If the process is not stopped, the fatty streak becomes a plaque, which pushes the intima into the lumen, narrowing the blood flow.

The plaque develops a fibrous coating on its outer edges. But if cholesterol continues to collect in foam cells inside the plaque, the fibrous outer coating can weaken and eventually rupture. Smaller arteries downstream from the rupture can quickly become blocked. Over time, a clot may develop at the rupture site and completely block the artery.

Atherosclerosis is the process that causes the artery wall to get thick and stiff. It can lead to complete blockage of the artery, which can cause a heart attack.

Coronary artery disease (CAD) occurs when the inside (the lumen) of one or more coronary arteries narrows, limiting the flow of oxygen-rich blood to surrounding heart muscle tissue. This is when a myocardial infarction happens also known as a heart attack.

Submitted by Susan Gale, RN article and information from: American Heart Association



# Upcoming Events

## Chair Yoga

**Tuesdays 10:00-11:00am**

### Office for the Aging (senior center)

The focus of the yoga session is on joint relief, breathing and relaxation. During these sessions, we will systematically go through and stretch the most commonly used joints in order to relieve tension, loosen and increase range of motion. Each class ends with a breathing practice geared towards relaxation and clearing the mind. Participants are invited to attend weekly or drop in and take these practices home with them.

Classes are offered by Mary Terrance, Health Promotion Specialist at Lets Get Healthy Program

## A Hands On Experience

### Cooking With Apples

*Fall inspired apple recipes*



**September 10, 2014**

**2:00-3:30pm**

**The Diabetes Center for Excellence**

**Theatre Kitchen**

**Space is limited to 8 participants**

**RSVP by September 8th.**

**358-9667**

*Cooking Demonstrations are a hands on learning experience. Please be prepared to help with the recipes. If you are not feeling well or can not make it to the class, **please** call to cancel as we always have a waiting list.*

*We love to have new participants, if you haven't been to a cooking demo, give it a try!*

*Niawen*

## 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

Tuesday 1:30-2:15pm

Friday 9:00-9:45am

Steevi King

## Lunchtime Yoga

Tuesdays and Thursdays *\*NEW DAYS\**

12:05-12:50pm

Mary Terrance

## Body Works

Mondays and Wednesdays

4:30-5:15pm

Mary Terrance

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 footwear.

For more information 358-9667

**Our office will be CLOSED on**

**September 1st  
for Labor Day.**



## Group Guided Relaxations

**Fridays**

**9:50-10:15am**

**Diabetes Center for Excellence**

**Deep Breathing**

**Progressive muscle relaxation**

**Visualization**



**Helping Build a Better  
Tomorrow**