

# \* News \*

## Youth Fitness Classes

A great opportunity for youth to get active and learn how to live a healthy lifestyle!

Tuesday and Thursday Evenings  
Beginning September 13th  
8-12 year olds: 4:30-5:15pm  
13-17 year olds: 5:30-6:15pm

Registration Required!  
Registration will be Sept 6th and Sept 8th,  
4:00-6:30 pm or by appointment, at the  
Diabetes Center for Excellence  
For more information, please call Steevi:  
518-358-9667

## **Guided Relaxation**

**Fridays**

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

**Relaxation Lounge**

**No RSVP required**

Diaphragmatic Breathing  
Progressive Muscle Relaxation  
Visualization

## **COOKING DEMO!**

Fresh Tomato Salsa

September 8th

12-1pm

RSVP by Sept 6<sup>th</sup>  
(8 spots available)

518-358-9667

Learn how to make salsa using  
tomatoes and peppers from your garden!



## 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:

No registration required

### **Body Works**

Monday & Wednesday  
4:15-5:00pm

### **After Hours Fitness**

Monday & Wednesday  
5:15-6pm

### **Public Fitness**

Tuesday & Thursday  
12-1pm

### **Club Circuit**

Friday  
9:00-9:45am

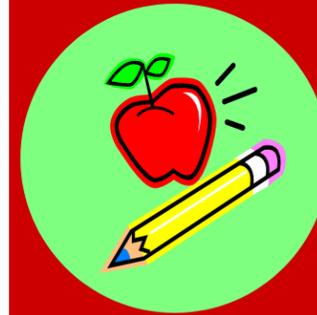
All exercises classes  
offered by the  
Let's Get Healthy Program  
are free to  
ages 18 year and older

Please wear comfortable clothes, bring  
clean/dry sneakers and a water bottle.

**Our office will be CLOSED on  
Monday, September 5th for  
Labor Day.**



Helping Build a Better  
Tomorrow



# Seskehkó:wa/September 2016

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

## August Pictures



The LGHP staff held an informational  
night at Generations Park on August 17th.  
Staff tested blood glucose levels and the  
RD held a taste testing for three different  
salsa recipes.



There are three raised bed gardens behind  
the Diabetes Center for Excellence. So far  
we have harvested peppers, tomatoes and  
green beans!



People in the U.S. are living  
longer than ever before. Many  
seniors live active and healthy  
lives. But there's no getting  
around one thing: as we age, our  
bodies and minds change.

There are things you can do to stay healthy and active as you age:

- Eat a balanced diet
- Keep your mind and body active
- Don't smoke
- Get regular checkups
- Practice safety habits to avoid accidents and prevent falls

NIH: National Institute on Aging

## **After School Youth Fitness Class**

Starts September 13th, 2016

Held every Tuesday & Thursday

8-12 year olds: 4:30-5:15pm

13-17 year olds: 5:30-6:15pm

Now taking new registrants!

Registration will be held September 6th & September 8th

At the Diabetes Center, 4-6:30pm

Registration can also be completed by appointment

To make an appointment or for more information,  
please call Steevi: (518) 358-9667

If you have diabetes and  
you have not been in to  
see us please make an  
appointment with a Nurse  
Case Manager  
We offer fitness services,  
nutrition services,  
diabetes education,  
testing supplies, foot care  
exams!

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# Nutrition Page



## Make the Switch to Whole Grain

- White Rice — Wild Rice
- Instant Oats — Steel Cut Oats
- White Pasta — Whole Grain Pasta
- White Bread — Whole Grain Bread
- Cold Cereal — High Fiber Cold Cereal
- Potato Chips — Popcorn
- All Purpose Flour — Whole Wheat Flour

## Try These Whole Grains

- Quinoa
- Pearled Barley
- Wheat/Rye/Spelt Berries
- Amaranth
- Millet
- Wild Rice/Red Rice/Brown Rice
- Farro
- Teff
- Sorghum

## COOKING DEMO!

September 8th, 2016  
12pm-1pm

**Fresh Tomato Salsa**  
*Using fresh tomatoes and peppers from the garden!*

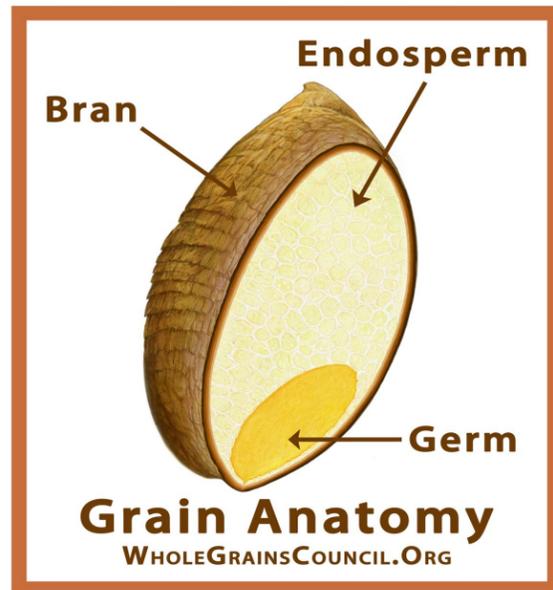
**Diabetes Center for Excellence  
Theatre Kitchen**

**RSVP required  
(8 spots available)  
Call to reserve your spot!  
518-358-9667**

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## What is a Whole Grain?

A whole grain is the entire seed of the plant. This includes three parts the bran, germ and endosperm.



## What is the difference between whole grain and whole wheat?

Let's look at it this way...

What is the difference between a carrot and a vegetable?  
All carrots are vegetables but not all vegetables are carrots.  
So, whole wheat is one kind of whole grain but there are many more whole grains out there too.

## Reading a Food Label

Always look at the ingredient list to be sure that the grains are "whole."

Don't be tricked by words like:  
enriched wheat  
wheat flour

## Health Benefits of Whole Grains

- Good source of fiber
- Iron
- B vitamins
- Vitamin E
- Magnesium
- Contain disease fighting phytochemicals

# Nursing Notes

## The Let's Get Healthy Program at Disabilities Awareness Day

On August 19, 2016, the Let's Get Healthy Staff participated in the Annual Disabilities Awareness Day at Generations Park. Two fitness staff demonstrated a variety of exercise activities and promoted the fitness services of the Let's Get Healthy Program. Janine Rourke, Diabetes Nurse Case Manager, welcomed participants with the opportunity to increase their sensitivity for persons with diabetes. The hands-on display showed participants what it's like to see or experience complications of diabetes such as: retinopathy, neuropathy, nephropathy and/or heart disease.

- This booth offered the following hands-on visuals for participants to try:
- What it feels like to have macular edema.
  - What happens to the blood vessels when high blood sugars stay uncontrolled?
  - How does kidney failure occur?
  - What does it feel like when nerves are damaged?



## Bladder Health

People rarely talk about bladder health, but everyone is affected by it. The bladder is a hollow organ, much like a balloon, that stores urine. The bladder is located in the lower abdomen. Each day, adults pass about a quart and a half of urine through the bladder and out of the body. This would fill four 12 ounce cans of soda. But the exact amount of urine made each day is different for every person. The amount of urine you make changes based on the following factors:

- How much fluid you take in. This includes fluids from foods as well as drinks.
- How much fluid you lose by sweating. You may sweat more when the weather is warmer.
- How much fluid you lose by breathing. You may lose more water when you breathe heavily -such as during physical activity.
- The medicines you take. Some medicines can change the amount of urine you make. Ask your health care professional if your medicines can affect the amount of urine you make.

As you get older, the bladder changes. The elastic bladder tissue may toughen and become less stretchy. A less stretchy bladder cannot hold as much urine as before and might make you go to the bathroom more often. The bladder wall and pelvic floor muscles may weaken and make it hard to empty the bladder fully. Weak pelvic floor muscles may make it hard to hold urine in the bladder, which may cause urine to leak.

Bladder problems are very common, and they can really lower a person's quality of life. When people have bladder problems, they may avoid social settings, such as community gatherings and family gatherings. Common bladder problems include:

- Lower urinary tract symptoms (LUTS) -- a group of symptoms such as trouble urinating, loss of bladder control, leaking of urine, and frequent need to urinate. LUTS are caused by problems with the bladder, urethra, or pelvic floor muscles.
- Bladder infection (cystitis) -- the most common type of urinary tract infection (UTI). A bladder infection means that bacteria (or germs) have entered the bladder and are causing symptoms, such as having strong and sudden urges to urinate or having to urinate frequently.

## Bladder Problems and the Prostate in Men

Bladder problems occur more often in women, but they are also quite common in men. The reasons for the problems can be different in men and women. Men have a prostate gland that surrounds the opening of the bladder. While most tissues get smaller with aging, the prostate gets bigger. When it gets too big, it can restrict the flow of urine through the urethra. This can make it hard to start urinating, cause the urine stream to be slow, and prevent men from completely emptying the bladder.

<http://nihseniorhealth.gov/bladderhealth/aboutbladderhealth/01.html>

# September is Childhood Obesity Awareness Month

Childhood obesity is a major public health issue. About 1 of every 5 (17%) children in the United States has obesity and certain groups of children are more affected than others. While there is no single or simple solution, National Childhood Obesity Awareness Month provides an opportunity for learning ways to prevent and address this serious health concern.

Children who have obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems, including diabetes and increased risk of certain cancers.

Children who have obesity face more bullying and stigma. Childhood obesity is influenced by many factors. For some children and families, factors include too much time spent in sedentary activities such as television viewing; a lack of bedtime routine leading to too little sleep; a lack of community places to get adequate physical activity; easy access to inexpensive, high calorie snacks and beverages; and/or a lack of access to affordable, healthier foods.

## There are ways parents can help prevent obesity and support healthy growth in children.

To help ensure that children have a healthy weight, energy balance is important. To achieve this balance, parents can make sure children get adequate sleep, follow limitations for daily screen time, take part in regular physical activity, and eat the right amount of calories. Parents can substitute higher nutrient, lower calorie foods such as fruit and vegetables in place of foods with higher-calorie ingredients, such as added sugars and solid fats. Parents can serve children fruit and vegetables at meals and as snacks. Parents can ensure access to water as a no-calorie alternative to sugar-sweetened beverages. Parents can help children get the recommended amount of physical activity each day by encouraging them to participate in activities that are age-appropriate and enjoyable. There are a variety of age appropriate aerobic, muscle and bone-strengthening activities that kids can do.

Addressing obesity can start in the home, but also requires the support of communities.

We can all take part in the effort to encourage children to be physically active and eat a healthy diet.

State and local stakeholders including health departments, businesses, and community groups can help make it easier for families with children to find low-cost physical activity opportunities and buy healthy, affordable foods in their neighborhoods and community settings.

Schools can help students be healthy by putting into action policies and practices that support healthy eating, regular physical activity, and by providing opportunities for students to learn about and practice these behaviors.

With more than 60% of US children younger than age 6 participating in some form of child care on a weekly basis, parents can engage with child care providers to support healthy habits at home and in child care settings.

Working together, states, communities, schools, child care providers, and parents can help make healthier food, beverages, and physical activity the easy choice for children and adolescents to help prevent childhood obesity.

Information from: [www.cdc.gov](http://www.cdc.gov) Article Submitted By: Cherie Bisnett, RN Case Manager

## What are some local resources?

Generations Park and The Walking Trail are open dawn to dusk for families to enjoy outdoor activity.

The Let's Get Healthy Program has a \*FREE\* youth fitness program that begins in September for ages 8-17 years.

The Registered Dietitian at The Let's Get Healthy Program will work with families on lifestyle changes regarding meals, recipes, snacks and healthier shopping tips.

The WIC program at the Saint Regis Mohawk Health Services for families and children up to age 5.



# Fitness Page

## Twilight Fun Run/Walk Series

As of August 24th, 2016, we have a total of 67 active participants in this year's Annual Twilight Fun Run/Walk Series, held every Wednesday from 5:30pm-7pm at the Tewatahita Walking Trail

A grand total of 267 laps have been trekked so far!

There is one more night for those working to receive a t-shirt.

We hope to see you on Wednesday August 31st, for our final Twilight Fun Run/Walk of 2016!

## September is National Childhood Obesity Awareness Month Encourage Family Fitness & Healthy Habits

Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

We can all use this month to raise awareness about the obesity epidemic and teach people how they can take steps toward a solution. Now is the time to start setting basic foundations of living a healthy lifestyle to carry on throughout the year. Children naturally look to parents as their ultimate educators, mentors, heroes, supporters and role models in their lives. Children watch their parents' every move, mirroring every action, believing their parents actions are acceptable whether good or bad. If a parent lives a sedentary lifestyle, chances are their child will too. Daily exercise is essential for every child's growth and development. The benefits are endless, but studies have shown that children who exercise do better academically and learn how to reduce stress.

### Here are a few healthy tips and ideas:

**Allocate time for exercise every day:** Try our after school youth fitness class!

**Make changes as a family:** Encourage your family to make small changes, like keeping fresh fruit within reach or going on a family walk after dinner.

**Be a positive role model:** Ask doctors and nurses to be leaders in their communities by supporting programs to prevent childhood obesity. Support your child's sport, club or any activity that interests them.

**Get active outside:** Walk around the neighborhood, go on a hike, bike ride, or play basketball at the park.

**Limit screen time:** Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less per day.

**Make healthy meals:** Buy and serve more vegetables, fruits, and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight.



# Harvest Time Recipes

## Zucchini Burrito Boats

### Ingredients:

4 medium zucchini, cut in half lengthwise  
1-15 ounce can black beans, drained and rinsed  
1 cup cooked brown rice or quinoa  
1 cup low sodium salsa  
1 red bell pepper, seeds removed and diced  
1/2 cup red onion, diced  
1/2 cup organic frozen yellow corn, thawed  
1 jalapeno or poblano pepper, seeds removed and minced  
1 TBSP olive oil  
2 tsp cumin  
1 tsp chili powder  
1/2 cup fresh cilantro, washed, patted dry and minced  
1 cup reduced fat cheddar cheese, shredded



### Directions:

Using a metal teaspoon, hollow out the center of each zucchini. Lightly brush the tops with olive oil then place them skin side down in a 9x13 casserole dish.

Warm a tablespoon of olive oil in a large skillet over medium heat. Add the onion and the peppers and cook for 2-3 minutes. Then add the rice/quinoa, corn, and beans along with the salsa, chili powder and cumin. Stir everything together and continue to cook for about 5 minutes then remove the skillet from the heat and set aside.

Preheat the oven to 400°F and then stir in 1/4 cup of the cilantro to the filling. Spoon the filling inside of each zucchini until they are all full. Sprinkle each one with cheese then arrange them in the dish and cover with foil. Bake in the oven for 25 minutes then remove the foil and set the oven to broil. Cook them for 5 more minutes, until the cheese is bubbly and golden brown. Allow them to cool for 5-10 minutes then top with fresh cilantro and serve. Store leftovers in an airtight container for up to 3 days.

## 5 Ingredient Zucchini Fritters

### Ingredients:

4 cups shredded zucchini, pressed dry  
2/3 cup whole white wheat flour  
2 large eggs, lightly beaten  
1/3 cup scallions, chopped  
2 TBSP canola oil  
ground black pepper to taste  
Plain Greek yogurt- for topping

### Directions:

Place the shredded zucchini in a colander set over a bowl and sprinkle the zucchini lightly with salt. Allow the zucchini to stand for 10 minutes. Using your hands, squeeze out as much liquid from the zucchini as possible. Transfer the zucchini to a large bowl. Add the flour, eggs, sliced scallions, and black pepper to the bowl, stirring until the mixture is combined. Line a plate with paper towels.

Coat the bottom of a large sauté pan with canola oil and place it over medium-high heat. Once the oil is hot, scoop 3-tablespoon mounds of the zucchini mixture into the pan, pressing them lightly into rounds and spacing them at least 2 inches apart. Cook the zucchini fritters for 2 to 3 minutes, then flip them once and cook an additional 2 minutes until golden brown and cooked throughout.

Transfer the zucchini fritters to the paper towel-lined plate. Repeat the scooping and cooking process with the remaining zucchini mixture.

Serve the zucchini fritters topped with Greek yogurt (optional)

## Garden Fresh Salsa

4 Tomatoes, washed, seeds removed and chopped  
1 Sweet bell pepper, seeds removed and chopped  
1 Jalapeño pepper, seeds removed and chopped  
1/4 cup red onion, chopped  
1 clove garlic, minced  
1 TBSP olive oil  
1 TBSP fresh parsley, minced  
2 TBSP fresh cilantro, minced  
2 TBSP lime juice  
Ground black pepper, as desired

### Directions:

Place peppers, jalapeños, onion and garlic in food processor and pulse/chop into small pieces, remove from processor and place in a mixing bowl. Add tomatoes and mix well. Add olive oil, parsley, cilantro, lime juice and black pepper.

Serve chilled with homemade chips or whole grain tortilla chips.

Serve as a side dish or make it a entrée by serving with grilled chicken.

Use as a topping for tacos. Add black beans for added protein.

## Cucumber Salsa

### Ingredients:

2 medium cucumbers, peeled, seeded and chopped  
2 medium tomatoes, seeded and chopped  
1/2 cup green bell pepper, seeded and chopped  
1 small yellow onion, chopped  
1 clove garlic, minced  
1 Jalapeno, seeded and minced-*use gloves when cutting jalapeno*  
2 TBSP lime juice  
2 TBSP fresh parsley, washed, patted dry and minced  
2 TBSP fresh cilantro, washed, patted dry and minced  
Ground black pepper, as desired

### Directions:

Mix all ingredients together and gently stir. Store in an airtight container in the refrigerator for up to 2 days.

Serve chilled with homemade chips or whole grain tortilla chips.

Serve as a side dish or make it a entrée by serving with cooked quinoa and grilled shrimp.

## Watermelon Salsa

### Ingredients:

3 cups seedless watermelon, diced  
1/4 cup red onion, diced  
2 colored bell peppers, seeded and diced  
1 Jalapeño, seeded and minced  
*-use gloves when cutting jalapeno*  
1/4 cup fresh cilantro, washed, patted dry and minced  
1 TBSP lime juice

### Directions:

Mix all ingredients together and gently stir. Store in an airtight container in the refrigerator for up to 2 days.

Serve chilled with homemade chips or whole grain tortilla chips.

Serve as a side dish or make it a entrée by serving it over spring mix with grilled chicken or grilled fish.