

* News *

Our office will be closed on



November 11th
November 26th
November 27th

**No exercise classes!!!
Please pick up your supplies
ahead of time.**

CHANGE YOUR CLOCKS!

**November 1st
Remember to change the
time on your glucometers.**



Happy Hour Hatha Yoga With

Mary Terrance
will be held inside
the
Diabetes Center
for
Excellence
Fitness Room
on

Friday evenings

Please use the side entrance
located in the back parking lot.



Diabetes Extravaganza

Tuesday November 24th
2pm-6pm

At the
Diabetes Center for Excellence

Informational Booths
Screenings
Guest Speakers
Fitness Demonstrations
Taste Testing
Prizes
Food
And MORE!!!!

CIZE Class Cancellations are as follows:

**Monday
November 9th**

**Wednesday
November 11th**

**Wednesday
November 18**

**If you haven't had an
appointment with your Nurse
Case Manager in a while, now
would be a great time to
schedule an appointment.**

**Get back on track with your
health in time for the holidays.**

Give us a call! 358-9667

Exercise Classes: Move For Health

Nurse supervised exercise classes
Must be enrolled in LGHP.
Monday-Thursday
8-9 9-10 10-11 11-12

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Monday-Thursday
8-9am 9-10am 10-11am
11-12pm

Community Classes: CIZE

Monday and Wednesday
12:15pm-12:45pm

Club Circuit

Friday 9:00-9:45am

After Hours Fitness

Monday & Wednesday
5:15-6pm

Body Works

Monday and Wednesday
4:30-5:15pm

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 sneakers and a water
bottle



Helping Build A Better Tomorrow



Kentenhkó:wa/November 2015

Tsitewatakari:tat/The Let's Get Healthy Program
66 Busines Park Road
Akwasasne NY
518-358-9667

Diabetes Extravaganza

Did You Know?

- Nearly 30 million children and adults in the United States have diabetes
- Another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes

The Let's Get Healthy Program is celebrating November's American Diabetes Month
Please join us for Diabetes Extravaganza Tuesday November 24, from 2 pm-6 pm at the
Diabetes Center for Excellence to learn about diabetes treatment and prevention.

We will have Blood Pressure and Blood Sugar screenings, fitness demonstrations, various
speakers and presentations, prizes, food and more!

Akwasasne Coalition for Community Empowerment 'Trunk or Treat'



Members of the Akwesasne Coalition for Community Empowerment sponsored this year's "Trunk or Treat" at the former IGA building parking lot. According to Melerena Back, Director of the A/CDP department, there were an estimated 1500 participants from Akwesasne and surrounding communities. The Let's Get Healthy Program, dressed as the cast of "Finding Nemo", provided some healthy alternative treats, such as Minion bananas, jack 'o' lantern fruit cups, ghostly cheese sticks, tangerines, and coloring books.



Niá:wen to all who
attended and made
this event a huge
success!

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Nursing Notes

What Should My Blood Sugar BE?

You and your doctor will decide what your target blood sugar levels should be.

Keeping your blood sugar controlled most of the time is an important part of managing your type 2 diabetes.

The self-monitoring of blood sugar levels should be tested with a blood glucose meter.

Blood sugar levels may rise and fall all day long, every day, for everyone. Your checks give you a snapshot of your blood sugar at that moment.

- Ask your health care team how often to check your blood sugar at home.
- Ask your health care team about your individual blood sugar goals.

Why should I check my blood sugar?

Monitoring your own blood sugar levels with a meter is a good thing to do. It helps you see how food, physical activity, and medicine affect your blood sugar levels at a given point in time. **The readings can help you control your blood sugar day by day or even hour by hour.** Keep a record of your test results and review them with your doctor at every visit.

How do I test my own blood sugar?

Use a blood glucose meter. Be sure you know how to test your blood sugar levels the correct way.

How often should I check my blood sugar levels?

Ask your doctor when and how often you need to check your blood sugar.

If I test my own blood sugar levels, do I still need the A1C test?

Yes. The results of both the blood sugar tests that you do yourself and A1C tests help you and your health care team get a complete picture of how well you are controlling your blood sugar levels.

Know Your A1C

The A1C Test and Your A1C Goal

A1C should be tested 2 to 4 times a year.

A1C is the blood sugar check with a memory. It tells you your average blood sugar for the past 2 to 3 months and how well your blood sugar is being controlled over time.

Know Your A1C Goal

For many adults with diabetes, the American Diabetes Association recommends an A1C goal of less than 7%.

Your health care team may suggest a different A1C goal.

Some people might need a higher or lower A1C goal.

Get your A1C tested as often as recommended by your health care team. Also, make sure you check your blood sugar levels with your glucose meter as recommended by your health care team.

American Diabetes Association

Your Healthcare Team

1. You: You are the most important member of your health care team.

After all, you are the one who is affected by diabetes and cares for it every day. Only you know how you feel and what you're willing and able to do.

You do the exercise.

You make and eat the foods on your meal plan.

You take the medicine or inject the insulin

You check your blood sugar (glucose) levels and keep track of the results.

And of course, you are the first to notice any problems.

Your health care team depends on you to talk to them honestly and to tell them how you feel.

2. Your Primary Care Provider

3. Nurse Educator

4. Registered Dietitian

5. Exercise Physiologist

6. Endocrinologist

7. Ophthalmologist or an Optometrist

8. Psychologist/Therapist

9. Pharmacist

10. Podiatrist

11. Dentist

Great American Smokeout

The Great American Smokeout takes place on **November 19, 2015**. The Great American Smokeout is an annual social engineering event on the third Thursday of November by the American Cancer Society. The event encourages Americans to stop tobacco smoking. The event challenges people to stop smoking cigarettes for 24 hours, hoping their decision not to smoke will last forever.

For help to quit smoking, make an appointment with Rachel Jacobs at Outreach

Benefits of Quitting:

20 minutes after quitting, blood pressure and heart rate drop.

12 hours after quitting, the carbon monoxide level in your blood returns to normal.

2 weeks to 3 months after quitting, circulation improves and lung function increases.

1 to 9 months after quitting, coughing and shortness of breath decrease.

1 year after quitting, the risk of coronary disease is half that of a continuing smoker's.

Diabetes and Exercise

Exercise, or physical activity, includes anything that gets you moving, such as walking, dancing, or working in the yard. Regular physical activity is important for everyone, but it is especially important for people with diabetes and those at risk for diabetes.

The goal is to get active and stay active by doing things you enjoy, from gardening to playing tennis to walking with friends. Wondering how much activity you should be doing and what your options are?

Here are some ideas to help you get moving and start. Aerobic exercise, strength training, flexibility exercises/stretching, balance exercises, and activity throughout the day are the types of activities we recommend for people with diabetes. If you have never been active or have not been active for a while, it is important to start slowly with permission from your doctor.

Diabetes and Blood Glucose

Regular activity is a key part of managing diabetes. It can help lower blood glucose in addition to many other benefits.

Regular physical activity benefits:

- * lowers blood pressure and cholesterol
- * lowers your risk for heart disease and stroke
- * burns calories to help you lose or maintain weight
- * increases your energy for daily activities
- * helps you sleep better
- * relieves stress
- * strengthens your heart and improves your blood circulation
- * strengthens your muscles and bones
- * keeps your joints flexible
- * improves your balance to prevent falls
- * reduces symptoms of depression and improves quality of life



You'll see these benefits even if you haven't been very active before

**You should become familiar with how your blood glucose responds to exercise. Checking your blood glucose level frequently before and after exercise can help you see the benefits of activity. You also can use the results of your blood glucose checks to see how your body reacts to different activities. Understanding these patterns can help you prevent your blood glucose from going too high or too low.

Type 2 Diabetes Risk Factors



- Age 45 or older
- Family history of type 2 diabetes
- Member of ethnic group with an increased risk: Native American, Alaska Native, African- American, Hispanic/Latino, Asian American, Pacific Islander
- Diagnosed with gestational diabetes or given birth to a baby weighing more than 9 pounds
- Diagnosed with high blood pressure
- Sedentary lifestyle
- Overweight or obese
- Smokes cigarettes
- Sleep apnea
- Acanthosis Nigricans-appearance of dirty skin around the neck



Thanksgiving Feast



Roast Turkey with Herb Stuffing

Ingredients:

- 4 cups cubed fresh herb or garlic bread sticks
- 1 turkey (8-10lbs)
- 1 Tbsp. of margarine
- 1 1/2 cups sliced mushrooms
- 1 cup chopped onion
- 2/3 cup chopped celery
- 1/4 cup chopped parsley
- 1-2 Tbsp. chopped fresh tarragon
- 1 Tbsp. chopped fresh thyme
- 1/4 tsp black pepper
- 1/4 cup reduced sodium chicken broth

Directions:

1. Preheat oven to 350F. Place breadstick cubes on nonstick baking sheet. Bake 20 minutes to dry
2. Remove giblets from turkey. Melt margarine in a large nonstick skillet. Add mushrooms, onion and celery. Cook and stir 5 minutes or until onion is soft and golden; remove from heat. Add parsley, tarragon, thyme, pepper and bread cubes; stir until blended. Gently mix chicken broth into bread cube mixture. Fill turkey cavities with stuffing
3. Spray roasting pan with nonstick cooking spray. Place turkey breast side up, in roasting pan. Bake 3 hours or until meat thermometer into thigh registers 165F and juices run clear
4. Transfer turkey to serving platter. Cover loosely with foil; let stand 20 minutes. Remove and discard skin, if desired. Slice turkey and serve with herb stuffing.



What to do with all those turkey leftovers?

Switch it:

Add chopped cooked turkey to salads in place of chicken, make a homemade Cobb or Caesar salad.

Freeze it:

Freeze turkey in small containers, pull out when making a soup.

Wrap It:

Make turkey salad lettuce wraps: Chopped turkey, dried cranberries, plain yogurt, sunflower seeds, chopped red onion and celery. Add turkey salad to lettuce leaf and wrap up.

Turkey Stir Fry:

Stir fry your favorite vegetables in a sauce made from sesame oil, orange juice, a drizzle of honey and a splash of low sodium soy sauce. Add cooked turkey, top with sesame seeds and serve over wild rice, quinoa or bulgur wheat.

For High Protein Breakfast:

Scramble egg whites with chopped turkey, fresh mushrooms and baby spinach. Top with a sprinkle of mozzarella cheese and serve with a whole grain toast.

Make it a Quesadilla:

Sprinkle cumin over shredded turkey. Place in a whole wheat tortilla, sprinkle with low fat shredded cheese, fold tortilla in half and cook in a non stick skillet

Instead of cheese and pepperoni:

Make mini pizzas on whole wheat pita breads using BBQ sauce in place of tomato sauce, chopped turkey, red onion, pineapple and top with part skim mozzarella cheese.

Green Bean Casserole

Ingredients:

- Ranch style white sauce (see recipe below)
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 1/2 cups sliced mushrooms
- 1 1/4 pounds fresh green beans, cooked until crisp-tender
- 1 cup fresh bread crumbs
- 2 Tbsp. minced fresh parsley

*Ranch style white sauce:

- 1 1/2 Tbsp. butter
- 1 1/2 cups skim milk
- 3 Tbsp. all purpose flour
- 3-4 tsp dry ranch style dressing mix
- 1/4-1/2 tsp white pepper

*Melt butter in a small saucepan over low heat. Stir in flour; cook 1 to 2 minutes, stirring constantly. Using a whisk, stir in milk; bring to a boil. Cook, whisking constantly, 1 to 2 minutes or until thickened. Stir in dressing and pepper.

Directions:

1. Preheat oven to 350F. Prepare Ranch Style white sauce; set aside. Spray medium skillet with nonstick cooking spray; heat over medium heat. Add onion and garlic; cook 2 to 3 minutes or until tender. Remove half of the onion mixture and set aside.
2. Add mushrooms to skillet and cook about 5 minutes until tender. Combine mushroom mixture, beans and sauce in 1 1/2 quart casserole dish.
3. Spray medium skillet with nonstick cooking spray; heat over medium heat. Add bread crumbs to skillet; spray top of crumbs lightly with nonstick cooking spray. Cook 3-4 minutes or until crumbs are golden. Stir in reserve onion mixture and parsley. Sprinkle bread crumb mixture over top of casserole. Bake uncovered, 20-30 minutes or until heated through.



Ingredients:

- 2 large sweet potatoes (about 1 1/4 lbs.) peeled and cut into 1 inch pieces
- 2 medium parsnips (about 1/2 lbs. peeled and cut into 1 inch pieces)
- 1/4 cup evaporated milk
- 1 1/2 Tbsp. of margarine
- 1/8 tsp. nutmeg
- 1/4 chopped fresh chives of green onion



Mashed Sweet Potatoes & Parsnips

Directions:

1. Combine sweet potatoes and parsnips in a large saucepan. Cover with cold water; bring to a boil over high heat. Reduce heat; simmer, uncovered, 15 minutes or until vegetables are tender
2. Drain vegetables; return to pan. Add milk, butter and nutmeg. Mash with potato masher over low heat until desired consistency is reached. Stir in chives/green onions.

The average American eats 4,500 calories on Thanksgiving Day.



How many carbs on your plate this year?

1/2 cup mashed potatoes = 15 grams

1 cup winter squash = 15 grams

1/3 cup wild rice = 15 grams

1 small dinner roll = 15 grams

1/2 cup yellow corn = 15 grams

1/6 slice of apple pie = 45 grams

1/4 cup cranberry sauce = 25 grams

YIKES!!



Pull-Apart Rye Rolls

Ingredients:

- 3/4 cup water
- 2 Tbsp. margarine, softened
- 2 Tbsp. molasses
- 2 1/4 cups all-purpose flour, divided
- 1/2 cup rye flour
- 1/3 cup nonfat dry milk powder
- 1 package (1/4ounce) active dry yeast
- 1 1/2 tsp caraway seeds

Directions:

1. Heat water, 2 Tbsp. margarine and molasses in a small saucepan over low heat until temperature reaches 120F. Combine 1 1/4 cup all-purpose flour, rye flour, milk powder, yeast and caraway seeds in a large bowl. Stir heated mixture into flour mixture with wooden spoon to form soft, sticky dough. Gradually add more all-purpose flour until rough dough forms.
2. Turn dough onto lightly floured surface. Knead 5 to 8 minutes or until smooth and elastic, gradually adding remaining flour to prevent sticking, if necessary. Cover with inverted bowl. Let rise 35 to 40 minutes or until dough has increased in bulk by one third.
3. Punch down dough; divide in half. Roll each half into 12-inch log. Using sharp knife, cut each log evenly into 12 pieces; shape into tight balls. Arrange in greased 8 or 9 inch round baking pan. Brush tops with melted margarine. Loosely cover with lightly greased sheet of plastic wrap. Let rise in warm place 45 minutes or until doubled in bulk.
4. Preheat oven to 375F. Uncover rolls; bake 15 to 20 minutes or until golden brown. Cool in pan on wire rack for 5 minutes. Remove to wire rack and cool completely.