

* NEWS *

Our office will be closed on



November 11th
November 27th
November 28th

Please pick up your supplies ahead of time.

CHANGE YOUR CLOCKS!

November 2nd.

Remember to change the time on your glucometers.



Chair Yoga at Office for the Aging (Senior Center) Tuesday's 10:00am-11:00am



LGHP Health Promotion Specialist -Mary Terrance

Group Guided Relaxations

Friday's 9:50-10:15am Diabetes Center for Excellence



Deep Breathing Progressive muscle relaxation Visualization

Cooking Demo

November 14th

11:30-1:00

Theatre Kitchen at Diabetes Center for Excellence Time Saving Slow Cooker Meals Featuring Crockpot Chicken Fajitas

Participants will try the recipe and prepare the recipe to bring home.

Space is limited to 8. Please RSVP by Nov 12th to reserve your spot. 518-358-9667



Exercise Classes:

Move For Health

Nurse supervised exercise classes

Must be enrolled in LGHP.

Monday-Thursday

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

Community Classes:

Club Circuit

Wednesday 12:05-12:50pm

Friday 9:00-9:45am

Steevi King

Lunchtime Yoga

Tuesday and Thursday

12:05-12:50pm

Mary Terrance

Body Works

Monday and Wednesday

4:30-5:15pm

Mary Terrance

Chair Yoga

SRMT Office for the Aging

Tuesday

10:00am-11:00am

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.



Helping Build A Better Tomorrow

Kentenhkó:wa/November 2014

Tsitewatakari:tat/The Let's Get Healthy Program

66 Busines Park Road

Akwesasne 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 Thursday November 20th, from 12 pm-8 pm at the Diabetes Center for Excellence to learn about diabetes treatment and prevention.

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

Visit our office for a full schedule.

Akwesasne Coalition for Community Empowerment "Trunk or Treat"



The ACCE's "Trunk or Treat" was a huge success. The Let's Get Healthy Program hosted a Creepy Kitchen with some healthy alternative Halloween Treats such as Tangerine Jack O Lanterns, Ghostly Cheese Sticks, LED Lighted walking bracelets, and Coloring books!

Thanksgiving

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Diaphragmatic Breathing Technique

1. Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.



2. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.



3. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.



When you first learn the diaphragmatic breathing technique, it may be easier for you to follow the instructions lying down, as shown above. As you gain more practice, you can try the diaphragmatic breathing technique while sitting in a chair, as shown below.

To perform this exercise while sitting in a chair:



1. Sit comfortably, with your knees bent and your shoulders, head and neck relaxed but aligned.
2. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.
3. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.
4. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.

Note: You may notice an increased effort will be needed to use the diaphragm correctly. At first, you'll probably get tired while doing this exercise. But keep at it, because with continued practice, diaphragmatic breathing will become easy and automatic.

How often should I practice this exercise?

At first, practice this exercise 5-10 minutes about 2-3 times per day. Gradually increase the amount of time you spend doing this exercise, and perhaps even increase the effort of the exercise by placing a book on your abdomen.

Great American Smokeout on November 20

Great American Smokeout takes place on **November 20, 2014**. 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.

November is American Diabetes Month



You can prevent or delay type 2 diabetes. Stay at a healthy weight, eat well and be active. With these steps, you can stay healthier longer and lower your risk of developing diabetes.

Lower your risk

Being overweight raises your risk for type 2 diabetes, heart disease and stroke. It can cause other problems, too, like high blood pressure, unhealthy cholesterol levels and high blood sugar. Losing weight can help you prevent and manage these problems. And you don't have to lose a lot of weight. Even losing 10-15 pounds can make a big difference.

Getting Started

Weight loss can be hard because it means making changes in the way you eat and in your physical activity. Losing weight also takes time — and that can be frustrating. The good news is that you can lose weight and keep it off, even if you've never done it before.

Here's what works for people who have lost weight and kept it off:

- Cut back on calories and fat.
- Being physically active most days of the week.
- Eat breakfast every day.
- Keep a record of weight, what you eat and drink, and what you do for physical activity.
- It's much easier to lose weight when you change the way you eat and also increase your activity.

Learn more about changing habits, making healthier food choices, and getting started with physical activity



Small Steps

Most people find it's easier to tackle changes in a few small steps instead of all at once. Set realistic goals within a timeframe that works for you. Learn more about making realistic, achievable goals.

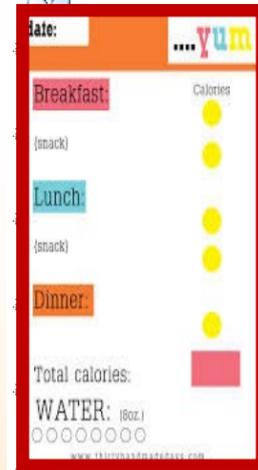
Keep a Record

Many people find that writing everything down helps keep them on target. Try it even just for a week or two, to get an idea of where you stand.

Keep a small notebook with you all day. Write down everything you eat and drink, including the serving size. Some people set target levels for calories or grams of fat and keep track of their daily totals.

Make a note of what kind of physical activity you do and for how long. It may also help to write down other information, like when or where you exercised, who you exercised with, or how you felt before, during or after exercise.

Check your weight no more than once a week and write it down, or better yet, use your clothes as a measure of weight loss.



Your Support System

Many people find it helpful to meet, online or in person, with people who are also trying to lose weight. Think about joining a group for weight loss, exercise or general support. Or create your own support system by talking with friends and family about your successes and your struggles. You may be surprised at how supportive they will be.



If you are experiencing coughing, achiness, sneezing, or fever, contact your Primary Provider immediately. As always, if you are experiencing any cold or flu-like symptoms, please cancel your appointments or discontinue fitness routines at the Let's Get Healthy Program. Get some rest, keep yourself hydrated, take medications as usual and reschedule or return to your routine when your symptoms have ceased.



Nursing Notes

When to Change Injection/Infusion Sites

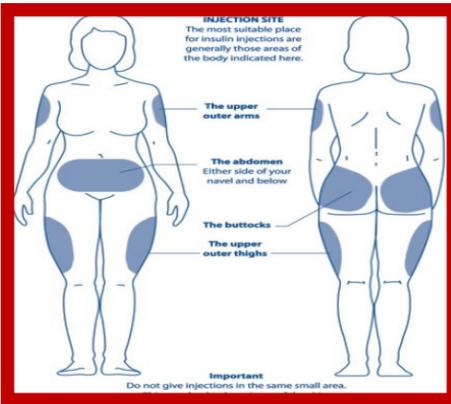
Inserting infusion sets or giving yourself insulin injections in the same spot over many years can lead to scarring and/or overgrowth of fatty tissue (known as lipohypertrophy), which can cause poor absorption of insulin. Poor absorption may delay the effect of the insulin or require you to use more. If you can feel or suspect damaged tissue under your skin, avoid using the area; it can take several months for tissue to heal. Make a plan to regularly use different sites to maintain good skin integrity. Site rotation is a systemic method of selecting various sites so that each one has a chance to fully heal before it is used again. There are several methods for site rotation, choose the method that works best for you.

Long term insulin dependent diabetics often have trouble finding a good infusion site. Primarily, most patients stick to their stomach which is easy to reach and offer the quickest absorption. Alternate sites tend to absorb insulin more slowly than the abdomen. New sites should be at least two inches away from a previous site (as well as two inches away from the belly button). Change your site every two to three days.

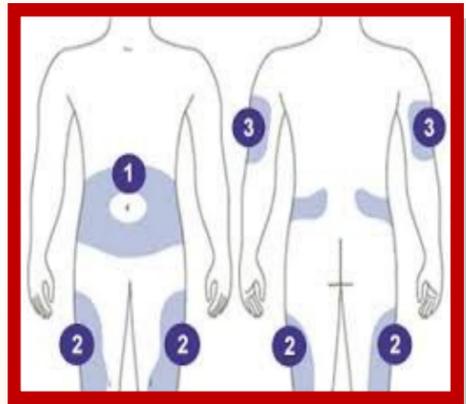
Hips and upper buttocks. Even lean people tend to have some extra padding in these spots. Although the absorption rate is slower, these areas are good sites for people with low body fat.

Outer thighs. Absorption may be increased with activity, such as walking or running. The inner thighs are not recommended because when the thighs rub against each other, the site can become irritated and at risk for infection.

Back of the arms. You may have some extra tissue under the skin here, but the area is hard to reach, especially if two hands are required for insertion/injection. Physical activity can increase the absorption from this location.



Experiment with some alternate locations to open up your options and keep your sites healthy. If you are using an insulin pump or injecting insulin, change the infusion/injection site at the first sign of pain, swelling, or redness to avoid tissue damage.



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

Fitness

Dhanurāsana

Yoga Pose of the Month

Bow Pose

HOLD: 15-30 seconds

Dhanura – Bow

Asana – Pose



Benefits:

- Develops strength and flexibility of entire spine.
- Weight on abdomen stimulates circulation to abdominal organs.
- Stretches chest muscles.
- Removes stiffness in shoulder joints.
- Greatly stretches hip flexors and abdomen.
- Helps regulate the pancreas and is recommended for people with Diabetes.

How To:

- Lie on the belly and bring the forehead to the floor.
- Bend the knees and bring the heels toward the buttocks.
- Reach back and take hold of the ankles or feet.
- Try to keep the knees and feet apart and parallel.

If you're comfortable here:

- Keep the arms straight and on the next inhalation, press the legs into the hands, lifting the lower half of the body.
- Slowly extend the chin and raise the head, neck and chest, balancing on the abdomen.

~ Breathe Naturally~



My Fitness Plan

This month, make fitness and exercise a priority in your life! Whether you are just starting or haven't been active lately, squeeze in physical activity safely! Consult your health care provider before beginning any physical activity. Start your fitness journey gradually.

A complete exercise routine should include the following:

- An easy activity to warmup such as walking, stairs, marching in place
- Aerobic exercise, such as brisk walking, indoor spinning, jogging,
- Strength training such as lifting weights or using resistance bands
- Stretching, before and after your workout

To keep yourself on track write things out in a notebook, spreadsheet, or cell phone, whatever is convenient for you! Write down how long you exercised for, your distance, how many reps and sets you completed. Remember to start light and slow, and gradually build yourself up! Below is an example of a spread sheet you may choose to follow:

Strength Exercise	Sets	Reps	Weights



Cardio Exercise

Time	Distance





Try Something New



Veggie Turkey

Try this fun food idea for your Thanksgiving Meal! A healthy alternative to cheese, crackers and pepperoni platter!



SAVE CALORIES!

Instead of making high calorie side dishes this Thanksgiving, keep it simple and healthy.

TRY THESE:

Green bean casserole



Steamed green beans with almonds



Candied yams/sweet potatoes



Roasted sweet potatoes with olive oil and thyme



Mashed potatoes with butter



Mashed cauliflower



Canned cranberry sauce



Homemade lower sugar cranberries

A few small changes can add up to big savings on calories this year.

Slow Cooker Pumpkin Turkey Chili

Makes: 6 servings

Ingredients:

- 1 Tbsp olive oil
- 1 pound ground turkey breast
- 1 onion, chopped
- 1 (28 oz) can no salt added diced tomatoes
- 2 cups cubed fresh pumpkin
- 1 (15oz) can chili beans
- 1 (15oz) can black beans (drained and rinsed)
- 3 Tbsp brown sugar (or less to taste)
- 1 Tbsp pumpkin pie spice
- 2 Tbsp chili powder
- 1 Tbsp cumin powder



Directions:

Heat olive oil in a soup pot over medium heat, cook onion and ground turkey until cooked through. Transfer to a slow cooker and add all other ingredients. Set cooker to low heat, cook for 3 hours or until pumpkin is tender and starting to fall apart.

* Try This: sweet potato or winter squash in place of pumpkin*

Easy Roasted Brussels Sprouts

Makes: 6 servings

Ingredients:

- 1 1/2 pound fresh Brussels sprouts
- 3 TBSP olive oil
- Garlic powder to taste
- Ground black pepper to taste



Directions:

Preheat the oven to 400 degrees. Prepare the sprouts by removing the wilted leaves from the outside layer and trim the woody stock on the bottom. In a large bowl or a zip close bag mix the sprouts, oil and seasonings. Place the seasoned sprouts on a baking sheet and place in the oven. Roast for 30-45 minutes, shaking the pan or stirring the sprouts every 5-7 minutes to prevent burning. The sprouts are done when they are dark brown and tender. Serve immediately.

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!!

Roasted Cumin Carrots and Cilantro

Makes: 4 servings about 3/4 cup

Ingredients

- 2 tablespoons canola oil
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt (optional)
- 2 pounds carrots (10-12 medium), cut into 1/4-inch diagonal slices
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice



Directions:

Position rack in lower third of oven; preheat to 450°F. Combine oil, chili powder, cumin and salt in a medium bowl. Add carrots and toss well to coat. Spread out on a rimmed baking sheet. Roast the carrots, stirring once, until tender and golden, 20 to 25 minutes. Toss the carrots with cilantro and lime juice. Serve immediately.

Nutrition Facts:

Per serving: 161 calories; 8 g fat ; 0 mg cholesterol; 23 g carbohydrates; 0 g added sugars; 2 g protein; 7 g fiber; 235 mg sodium; 750 mg potassium.

Homemade Lower Carb Cranberry Sauce

Ingredients:

- 1 pound bag fresh cranberries
- 1 medium orange, peeled and cut into chunks
- 1/2 cup Splenda—sugar substitute of your choice



Directions:

In a blender or food processor, pulse cranberries and orange chunks until finely ground. Pour into a medium bowl stir in Splenda or sweetener of your choice until well mixed. Cover and refrigerate overnight.

Nutrition Info: 1/8 of a can

- Calories: 86
- Fat: 0.1 gram
- Protein: 0.1 grams
- Sodium: 17 mg
- Carbs: 21 grams
- Fiber: 0.6 grams

Nutrition Info: 1/8 of recipe

- Calories: 44
- Fat: 0 grams
- Protein: 0 grams
- Sodium: 1 mg
- Carbs: 11 grams
- Fiber: 3 grams

This recipe has half the calories, half the carbs and triple the fiber as compared to canned cranberries.

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

What to do with all those turkey leftovers?

Switch it:

Add chopped cooked turkey to salads in place of chicken, make a homemade cob 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.