

* News *

Our office will be closed on



November 11th
November 24th
November 25th

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

CHANGE YOUR CLOCKS!

November 6th
Remember to change the time on your glucometers.



Guided Relaxation
Fridays
9:50-10:15am
Relaxation Lounge
No RSVP required



Diaphragmatic Breathing
Progressive Muscle Relaxation
Visualization

No Guided Relaxation:
November 11
November 25

Guided Relaxation Sessions are available by scheduling individual appointments

Monday November 14th is World Diabetes Day!

Wear **BLUE** for diabetes awareness. Email your picture or a picture of your office staff to heather.pontius@srmt-nsn.gov for a chance to win a grocery bag full of healthy food and snacks!



Blood Pressure and Blood Sugar Screenings at the Saint Regis Mohawk Tribe Community Building from 1-3pm. Show off your BLUE and take the diabetes risk test for a chance to win PRIZES!

Due to lack of participation, we will not be scheduling Cooking Demonstrations in November and December



We will have various taste tests and recipes available at The Diabetes Center for Excellence

Exercise Classes:

Move For Health
Nurse supervised
Must be enrolled in LGHP.
Monday-Thursday
8-9am 9-10am 10-11am
11-12pm

Community Classes:

No registration required
Body Works
Monday & Wednesday
4:30-5:15pm
NEW TIME

After Hours Fitness
Monday & Wednesday
5:30-6:15pm
NEW TIME

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 and older

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



Helping Build A Better Tomorrow



Kentenhko:wa/November

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

2016

Zombie Run!

The 2016 Akwesasne Zombie Run was held October 7th @ Tsiionkwanati:io. With the help of various programs of the Akwesasne Coalition for Community Empowerment and 48 volunteers, we scared a total of 168 participants. A huge thank you to the Seven Dancers Coalition who we teamed up with to achieve our "creepy junkyard".



Akwesasne Coalition for Community Empowerment 'Trunk or Treat'



Members of the Akwesasne Coalition for Community Empowerment sponsored this year's "Trunk or Treat" at the Mohawk International Raceway, with an estimated 1500 participants from Akwesasne and surrounding communities. The Let's Get Healthy Program, created a Lego Land and handed out healthier alternatives to candy such as , glow in the dark bracelets, vampire fangs, tattoos, whistles, bubbles and more!.

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

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November is American Diabetes Month

Insulin Resistance

Insulin resistance is a condition that raises your risk for type 2 diabetes and heart disease. When you have insulin resistance, your body has problems using insulin. Over time, this makes your blood glucose (sugar) levels go up. The good news is that cutting calories, being active, and losing weight can reverse insulin resistance and lower your risk for type 2 diabetes and heart disease.

What does insulin do?

Insulin helps your body use glucose for energy. When you eat, your body breaks food down into glucose and sends it into the blood. Then, insulin helps move the glucose from the blood into your cells. When you have insulin resistance, your body can't use insulin properly. At first, your pancreas makes extra insulin to make up for it. But, over time your body isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels. If your blood glucose gets too high, you may have either prediabetes or diabetes.

What raises your risk for insulin resistance?

You are at risk if you

- are overweight
- are physically inactive
- have a parent, brother, or sister with type 2 diabetes
- are Native American
- have polycystic ovary syndrome, also called PCOS
- have had gestational diabetes, which is diabetes that develops during pregnancy

- have given birth to a baby weighing more than 9 pounds
- are age 45 or older
- have had above-normal blood glucose levels
- have high blood pressure
- have low HDL (good) cholesterol
- have high levels of blood fats called triglycerides
- have had heart disease, a stroke, or disease of the blood vessels in your neck or legs.

How is insulin resistance diagnosed?

People with insulin resistance usually have no symptoms. Your health care provider can review your risk factors, then consider whether you're likely to have diabetes. If you're at risk, your health care provider should check your blood glucose levels to determine whether you might have prediabetes or diabetes.

How can you prevent or reverse insulin resistance?

You can eat less calories and be physically active. If you do, it's more likely you'll lose weight. Studies have shown that losing even 7% of your weight, may help. For example, if you're 200 pounds that means losing 14 pounds.

Eat less

Place a check mark next to the steps you'd like to try to eat fewer calories. A dietitian can help you find other ways to eat less and plan healthy meals.

- Eat smaller serving sizes.
- Order the smallest serving size when eating out or share your main dish. You also can divide your meal, place it in a "doggy bag" and save it for the next day. Try calorie-free drinks or water instead of regular soft drinks and juice.
- Choose baked, grilled, and steamed foods instead of fried. Use a smaller plate 8" or 9" instead of 10" or 12". Fill half your plate with greens and veggies. Fill ¼ with meat or other protein, and ¼ with carbs, such as brown rice or whole grain pasta. Eat more vegetables, whole grains, and fruit.
- Ask for salad dressings and sauces "on the side" and then use as little as possible.
- Use nonstick pans or cooking sprays.
- Cut back on high-fat toppings, such as butter, margarine, sour cream, regular salad dressing, mayonnaise, and gravy. Instead, season foods with barbecue sauce, salsa, lemon juice, or other low-fat options. Eat small servings of low-calorie, low-fat snacks.

Be physically active

Place a check mark next to the ways you'll try to add physical activity to your routine. Get up and move every 90 minutes if you sit for long periods of time. Take the stairs instead of the elevator. Walk around while you talk on the phone or during TV commercials. Find an activity you enjoy, such as dancing, gardening, or playing with the kids. Move more around the house. For example, clean the house, work in the garden, or wash the car. Take the dog for a walk. Park at the far end of the parking lot and walk to the store. Walk every day, working up to 30 minutes of brisk walking, 5 days a week or split the 30 minutes into two- 15 or three- 10 minute walks. Try strength training by lifting light weights 2 to 3 times a week.

Does insulin resistance affect people who already have type 2 diabetes?

Yes, insulin resistance is why insulin isn't being used properly in people with type 2 diabetes. Diabetes is a progressive disease even if you don't need to treat your diabetes with medications at first, you may need to over time. If you have type 2 diabetes, control your blood glucose by eating less calories, being more active, and losing weight if you need to. Talk with your health care team about ways to achieve your goals using meal planning, physical activity, and taking medicine.

American Diabetes Association 1-800-DIABETES (342-2383) www.diabetes.org by the American Diabetes Association, Inc.

November is American Diabetes Month

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Blood Pressure and Blood Sugar Screenings at the Saint Regis Mohawk Tribe Community Building from 1-3pm. Show off your **BLUE** and take the diabetes risk test for a chance to win **PRIZES!**

The focus for this year's World Diabetes Day is "Eyes on Diabetes." Diabetes can lead to eye disease which can cause blindness if not caught early. Screening for diabetes complications is important to ensure optimal health. People with diabetes should have an annual eye exam. Early detection and treatment of diabetic retinopathy can prevent vision loss and reduce complications associated with diabetes.



Your Diabetes 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. **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 Case Manager

4. Registered Dietitian

5. Health Promotion Staff

6. Endocrinologist

7. Ophthalmologist or Optometrist

8. Psychologist/Counselor

9. Pharmacist

10. Podiatrist/Foot Care Nurse

11. Dentist/Dental Hygienist

Ability O & P—Orthotics and Prosthetics

In recognition of American Diabetes Month, Ability Orthotics and Prosthetics will be doing a diabetic shoe and insole give away at The Let's Get Healthy Program (Diabetes Center for Excellence) at the end of November.

Three individuals will receive free diabetic footwear for their participation in The Let's Get Healthy Program during the month of November!
-Active Move For Health participants will receive a chance to win for each fitness session they attend.

-Patients who attend their scheduled appointments with the Nurse Case Manager or the Registered Dietitian will receive a chance to win.
-Patients who attend their routine foot care or annual diabetic foot exams will receive a chance to win.

Winners of the shoe give away will be contacted after the drawing to schedule a fitting at the Diabetes Center for Excellence.

Ability O&P understands the importance of exercise, nutrition, education and preventive care for those with diabetes. We specialize in diabetic footwear, orthopedic braces and prosthetics which are commonly prescribed for diabetics.

Special footwear is very important in the prevention of foot complications as people with diabetes often experience neuropathy (lack of sensation) in the feet. When sensation is compromised, it is often difficult to tell if shoes fit properly. This can lead to calluses, blisters and sores which can develop into more serious problems if not attended to. So remember to check your feet daily!

If you have concerns about your foot health, speak with your health care provider to get a referral to the foot clinic. The team will evaluate your feet and come up with an individualized plan for you.

Ability O&P; helping to enhance ability with orthotics and restore ability with prosthetics.

Please feel free to contact us if you have any questions at 518-319-4199 or toll free at 844-249-7615. We look forward to seeing you! Kyle Mulvana

Nutrition Information

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

How many carbohydrates will be 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

With the appetizers, rich side dishes and sweet desserts, calories as well as carbohydrates can add up quickly during a Thanksgiving meal. If you are counting carbohydrates or trying to watch what you eat this year, don't let food stress you out. With some planning and self control you can make healthy choices when you sit down to eat. Remember the portion plate, turkey breast with skin removed, a serving of mashed potatoes or stuffing and half your plate filled with vegetables and fruit will help you feel satisfied without overdoing it on the carbs or calories. If you are worried that there will not be healthy options for the meal offer to bring a side dish of sautéed green beans, a vegetable tray for an appetizer or a fruit platter for dessert.



Colorful, nutritious and healthy ideas for making your Thanksgiving meal unforgettable!

World Diabetes Day

November 14th
TASTE TESTING
Held during MFH
Featured recipes:
Quinoa Stuffing

Spinach & Apple Salad with Cranberry Vinaigrette
All active participants in the Move for Health Program:

Come to exercise and stay to talk with your diabetes care team at the Diabetes Center for Excellence

Great American Smokeout

The Great American Smokeout takes place on November 17, 2016. 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 Cigarette Smoking:**
- 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.
- For More Info Contact: Rachel Jacobs
Smoking Cessation-Outreach Dept. 358-3141

Type 2 Diabetes Risk Factors

- Age 45 or older
- Family history of type 2 diabetes
- Member of an ethnic group with an increased risk:
 - Native American, Alaska Native, African American, Hispanic/Latino, Asian America, 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
- Smoke Cigarettes
- Sleep apnea
- Acanthosis Nigricans-appearance of dirty skin around the neck



ARE YOU AT RISK FOR TYPE 2 DIABETES?



Diabetes Risk Test

- 1 How old are you?
Less than 40 years (0 points)
40-49 years (1 point)
50-59 years (2 points)
60 years or older (3 points)
- 2 Are you a man or a woman?
Man (1 point) Woman (0 points)
- 3 If you are a woman, have you ever been diagnosed with gestational diabetes?
Yes (1 point) No (0 points)
- 4 Do you have a mother, father, sister, or brother with diabetes?
Yes (1 point) No (0 points)
- 5 Have you ever been diagnosed with high blood pressure?
Yes (1 point) No (0 points)
- 6 Are you physically active?
Yes (0 points) No (1 point)
- 7 What is your weight status? (see chart at right)

Write your score in the box.

Score boxes for questions 1-7.

Add up your score.

Final score box.

| Height | Weight (lbs.) | | |
|--------|---------------|---------|------|
| 4' 10" | 119-142 | 143-190 | 191+ |
| 4' 11" | 124-147 | 148-197 | 198+ |
| 5' 0" | 128-152 | 153-203 | 204+ |
| 5' 1" | 132-157 | 158-210 | 211+ |
| 5' 2" | 136-163 | 164-217 | 218+ |
| 5' 3" | 141-168 | 169-224 | 225+ |
| 5' 4" | 145-173 | 174-231 | 232+ |
| 5' 5" | 150-179 | 180-239 | 240+ |
| 5' 6" | 155-185 | 186-246 | 247+ |
| 5' 7" | 159-190 | 191-254 | 255+ |
| 5' 8" | 164-196 | 197-261 | 262+ |
| 5' 9" | 169-202 | 203-269 | 270+ |
| 5' 10" | 174-208 | 209-277 | 278+ |
| 5' 11" | 179-214 | 215-285 | 286+ |
| 6' 0" | 184-220 | 221-293 | 294+ |
| 6' 1" | 189-226 | 227-301 | 302+ |
| 6' 2" | 194-232 | 233-310 | 311+ |
| 6' 3" | 200-239 | 240-318 | 319+ |
| 6' 4" | 205-245 | 246-327 | 328+ |

You weigh less than the amount in the left column (0 points)

If you scored 5 or higher:
You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders. Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at diabetes.org/alert or call 1-800-DIABETES (1-800-342-2383)



Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

Lower Your Risk
The go-to place for type 2 diabetes and can...
YOUR risk level...

World Diabetes Day
Blood glucose screenings
SRMT Community Building
November 14th
1-3pm

Wellness

It's That Time of the Year- Cold and Flu Season!
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, see your provider and reschedule your appointments or return to your fitness routine when your symptoms have gone away and you are feeling better.

Remember the best way to prevent illness is by proper hand washing.

Healthy Food Swaps

Spinach and Apple Salad with Homemade Cranberry Vinaigrette

Ingredients: Salad

1/2 cup walnuts, toasted
8 cups baby spinach, washed, dried and ready to eat
2 medium size fresh apples, washed, cored and thinly sliced
1/2 cup shredded cabbage
1/2 cup shredded carrots
1/2 cup reduced fat feta cheese, crumbled

Ingredients: Dressing

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

Directions:

Toast walnuts 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 spinach greens, apples, carrots, cabbage and enough of the cranberry dressing to coat. Top with toasted walnuts and feta cheese. Serve chilled.



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.

How much sugar?

Canned cranberries (1 slice, 1/2 inch thick) has 5 teaspoons of sugar.

1 piece of pumpkin pie (1/8 pie no whipped topping) has 6 teaspoons of sugar

1 piece of pecan pie (1 slice, 1/8 pie) has 8 teaspoons of sugar

Roasted Vegetables

Ingredients:

1 small butternut squash, peeled, seeds removed and cubed
2 red bell peppers, seeded and chopped
1 sweet potato, peeled and cubed
3 Yukon gold potatoes, washed and cubed
1 red onion, quartered
1 TBSP fresh thyme (1 teaspoon dried)
1 TBSP fresh rosemary (1 teaspoon dried)
1/4 cup olive oil
2 TBSP balsamic vinegar
Ground black pepper to taste

Directions:

Preheat oven to 475 degrees F. In a large bowl, combine the squash, red bell peppers, sweet potato and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture. In a small bowl, stir together thyme, rosemary, olive oil, vinegar and black pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Other Vegetables to try:

Carrots, parsnips, red potatoes, sweet onions, white button mushrooms, zucchini, summer squash, asparagus or Brussel sprouts.



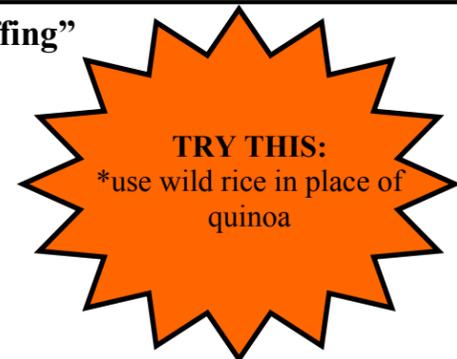
Quinoa or Wild Rice "Stuffing"

Ingredients:

2 cups uncooked quinoa
1 tablespoon olive oil
3/4 cup chopped onion
1 cup sliced mushrooms
1 cup chopped apple (including peel)
1/4 cup dried cranberries
2 cups diced celery
1/4 teaspoon black pepper
1 tablespoon poultry seasoning
1/2 cup reduced sodium chicken broth
1/4 cup slivered almonds, toasted

Directions:

Preheat the oven to 350 degrees F. Cook quinoa according to package directions (usually 1 part quinoa to 2 parts water for 15 minutes) Heat olive oil over medium heat in a skillet. Add onion, mushrooms, apple, cranberries and celery. Stir and heat through until tender. Add the pepper and poultry seasoning. Continue to stir and cook slowly until fragrant, about 10 minutes total. Combine the quinoa, the fruit/vegetable mixture and chicken broth in a large bowl. Bake in a dish coated with nonstick spray. Cover and keep warm in oven until serving. Garnish with a sprinkle of toasted almonds.



Pumpkin Pie Dip

Makes: 6- 1/2 cup servings

Ingredients:

2 cups Greek vanilla yogurt
1 teaspoon pumpkin pie spice
1 cup 100% pure pumpkin puree(canned)
1/4 cup light whipped topping
Sprinkle of cinnamon (for the top)

Directions:

Combine yogurt, pumpkin pie spice, pumpkin puree and whipped topping in a bowl. Mix well. Refrigerate 15 minutes or until ready to serve. Divide into 6 small cups, or serve in a hollowed out pumpkin. Sprinkle with cinnamon.

