

* News *

Zombie Infested Obstacle Course
 Sponsored by :
The Akwesasne Coalition for Community Empowerment
October 9, 2015
 At
Tsiionkwanati:io (Helena Road)
For Grades 6+
Registration starts at 6pm
Start Time 7pm
Refreshments and drinks will be served
Rain or shine
NO DROP OFFS
For more information call (518)358-2967



Happy Hour Hatha Yoga With Mary Terrance
 will be held inside the Diabetes Center for Excellence Fitness Room on Friday evenings starting 10/2. Please use the side entrance located in the back parking lot.



Akwesasne Coalition Presents Trunk or Treat
When: October 30, 2015
At 5pm-7pm



Where: Former IGA parking lot

Kids come dressed in costume and Trick or Treat for healthy snacks at the elaborately decorated trunks of members of the Akwesasne Coalition for Community Empowerment
For more information please contact the A/CDP Prevention Program at 518.358.2967

Our office will be closed on October 12th Indigenous People's Day



Please pick up all your supplies ahead of time.

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: 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



Kentén:ha/October 2015

Tsitewatakari:tat/The Let's Get Healthy Program
66 Business Park Road
Akwesasne, NY 13655
518-358-9667

October is Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month and it's time to spread awareness to all women in and around Akwesasne. The best protection is early detection. Breast cancer is the most common cancer among women. About 1 in 8 women in the US will develop invasive cancer during their lifetime. The American Cancer Society estimates that more than 1 million women in the U.S. have breast cancer and don't know it.



7 Tips for Reducing Your Risk of Breast Cancer

Limit alcohol: The more alcohol you drink, the greater your risk of developing breast cancer.

Don't smoke: Accumulating evidence suggests a link between smoking and breast cancer risk.

Control your weight: Being overweight or obese increases the risk of breast cancer.

Be physically active: Physical activity can help you maintain a healthy weight, which, in turn, helps prevent breast cancer. For most healthy adults, the recommendation is at least 150 minutes a week of moderate aerobic activity.

Breast-feed: May play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect.

Limit dose and duration of hormone therapy: Combination hormone therapy for more than three to five years increases the risk of breast cancer. If you're taking hormone therapy for menopausal symptoms, ask your doctor about other options.

Avoid exposure to radiation and environmental pollution: Medical-imaging methods, such as computerized tomography, use high doses of radiation, which have been linked with breast cancer risk. Reduce your exposure by having such tests only when absolutely necessary.

October is National Depression and Mental Health Month

About Screening for Mental Health

For more than two decades, Screening for Mental Health, Inc. (SMH) has partnered with organizations to provide mental health education and screening programs, including *National Depression Screening Day*, *National Alcohol Screening Day*, and the *National Eating Disorders Screening Program*. These programs are designed to educate, reduce stigma and screen people for mood and anxiety disorders as well as alcohol problems.

Too much stress sometimes can lead to depression. You may be at risk for depression if you have any of the following symptoms for more than a week:

Symptoms of depression are:

- Feeling sad or irritable
- Having lost interest in activities you enjoy
- Feeling worthless
- Having a change in sleeping patterns
- Feeling fatigued or like you have lost energy



Doctors can help to treat depression. Call your doctor if any of the above is a problem for you.

For more information about SMH, visit www.MentalHealthScreening.org.

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Nutrition

How to Make Your Own Pumpkin Puree

It may seem easier to go to the store and pick up a can of pure pumpkin puree. You are right it would be, but in less than an hour you can make your pumpkin puree that is fresh, colorful and tastes better than the canned stuff, I promise.



1. Start by choosing small pumpkins, smaller than your typical Jack-O-Lantern.



2. Cut off the stem, cut the pumpkins into quarters and scoop out the



3. Preheat the oven to 350 degrees. Place the pumpkin pieces on a baking sheet and bake for 45 minutes, or until the pumpkin is tender when pierced with a fork.



4. Peel back the skin, using a sharp knife to help guide the skin.



5. Pulse in a food processor until smooth.



6. Add to freezer bags in 1 or 2 cup measurements. Press flat and freeze flat.

Frozen pumpkin can be kept in a deep freezer for up to one year. To use the pumpkin remove from the freezer and thaw. Use as you would canned pumpkin in any recipe that calls for pure pumpkin. Buy pumpkins now and save them for use later on.

Did You Know?

Helping others and being involved in your community can be relaxing and help lower blood glucose levels.

Aging adults who are relaxed and have strong community support live longer, healthier lives.

Teach your kids or grandkids the importance of community: engage them in community events like Bookworms reading program Tuesdays at the Akwesasne Library 10:00am it is a free program for all with storytime and a craft.

Healthier Halloween Treats



Spooky Fruit

Green pudding or yogurt with crushed Oreos



Draw faces on fruit cups or tangerine with marker



Layer yellow and orange pudding top with cool whip



Enjoy the fall harvest. Apples, pumpkins, pears and squash are full of antioxidants, fiber and vitamins and minerals. Check out local farm stands for the best prices!

CELEBRATE RED RIBBON WEEK

26-30, 2015

October 26– Wear RED Day

“Red-y to Live Drug Free and Make a Difference”

Everyone is encouraged to wear red or ribbon shirts and dresses
Red Ribbon Awareness Walk @ The Walking Trail 5:00pm

October 27– Super Hero Day

“Be a Hero....Have the Power to Say No.”

Wear your favorite superhero Clothing

October 28– Jersey Day

“Stay in the Game, Play Drug Free”

Wear your favorite jersey or sports shirt.

Minute to Win It! Family Game Night @ The Mohawk School 6:00pm

October 29– Rock Star Day

“We Rock Drug Free!”

Dress like a Rock Star.

October 30– Costume Day

“Say BOO to Drugs.”

Wear your costume.

Trunk or Treat at the former IGA parking lot 5:00pm



NOT JUST FOR A WEEK, BUT FOR A LIFE!

Sponsored by the A/CDP Prevention Program

518-358-2967

Nursing Notes

What is stress?

Stress is your body's way of responding to any kind of demand or threat. Under stress your body releases chemicals that give you the added strength and energy you need to protect yourself, but it can also shut down your ability to think, feel and act and your body's ability to repair itself. When you feel threatened for any reason – realistic or not—your body's defenses kick into high gear in a rapid, automatic process known as the "fight or flight" response (in rarer, traumatic instances the body may even "freeze").

Everyone experiences stress differently and it can affect your mental and physical health in many different ways. But there are healthy ways to find relief.

Stress that you can tolerate helps you to stay focused, energetic, and alert. But when stress becomes overwhelming, it can damage your health, your mood, your productivity, your relationships, and your quality of life.

You can protect yourself by learning how to recognize the signs and symptoms of stress overload and taking steps to reduce its harmful effects.

When stress becomes a serious problem

Since your autonomic nervous system doesn't distinguish between daily stressors and life-threatening events, if you're stressed over an argument with a friend, a traffic jam, or a mountain of bills, your body can still react as if you're facing a life-or-death situation. When you repeatedly experience the fight or flight stress response in your daily life, it can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, speed up the aging process and leave you vulnerable to a host of mental and emotional problems.

Dealing with stress and its symptoms

While unchecked stress is undeniably damaging, you have more control than you might think. Unfortunately, many people cope with stress in ways that only compound the problem. They drink too much to unwind at the end of a stressful day, fill up on comfort food, zone out in front of the TV or computer for hours, use pills to relax, or lash out at other people. There are many healthier ways to cope with stressors.

Learn how to manage stress

Stress management involves changing the stressful situation when you can, changing your reaction when you can't, taking care of yourself, and making time for rest and relaxation.

Get moving: Physical activity plays a key role in managing stress. Activities that require moving both your arms and your legs are particularly effective. Walking, running, swimming, dancing, and aerobic classes are good choices, especially if you exercise mindfully (focusing your attention on the physical sensations you experience as you move). Focused movement helps to get your nervous system back into balance.

Engage socially in face to face talk: The simple act of looking at a friendly face and opening up can release hormones that reduce stress even if you're still unable to alter the stressful situation. Opening up is not a sign of weakness and it won't make you a burden to others. In fact, most friends will be flattered that you trust them enough to confide in them, and it will only strengthen your bond.

Set aside relaxation time: Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response, a state of restfulness that is the opposite of the stress response.

Eat a healthy diet: Well-nourished bodies are better prepared to cope with stress. Start your day with a healthy breakfast, reduce your caffeine and sugar intake, and cut back on alcohol and nicotine.

Get plenty of sleep: Feeling tired can increase stress by causing you to think irrationally. Keep your cool by getting a good night's sleep.

The Truth About Halloween Candy

This is always a good time of the year to remind our patients that sugar free is not carb free, fat free is not sugar free and the only healthy candies are high quality dark chocolate pieces.

Chocolate should be at least 70% cocoa to have the most heart health benefits.

A fun size package of skittles has 14 grams of carbohydrates and 3 teaspoons of sugar!

Buy Halloween treats that are sugar free : stickers, tattoos, pencils, puzzles or mini games!

Fitness

October is National Depression and Mental Health Month

Exercise and Depression: When you exercise your body releases hormones called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain. Endorphins also trigger a positive feeling in the body. After exercise, that feeling can be accompanied by a positive and energizing outlook on life.

Regular exercise has proven to:

- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improve sleep

Because strong social support is important for individuals with depression, joining a group exercise class may be beneficial. Or you can exercise with a close friend or your partner. In doing so, you will benefit from the physical activity and emotional comfort.

Any form of exercise can help with depression, such as:

- Walking, Biking, Jogging
- Dancing, Low-Impact Aerobics
- Gardening, Yardwork, Housework
- Sporting events

How often should you exercise to ease depression? Try to exercise at least 20 to 30 minutes, three times a week. Studies indicate that exercising four or five times a week is even better. Take it easy if you are just beginning. Start exercising for 20 minutes. Then you can build up to 30 minutes.

Tips to help get you started:

- Choose an activity you enjoy; exercising should be fun.
- Implement your exercise routine into your schedule.
- Variety is important; vary your exercises to keep from getting bored.
- Stick with it; if you exercise regularly, it will soon become part of your lifestyle and help reduce depression.

OCTOBER IS HALLOWEEN SAFETY MONTH!

Halloween is an exciting time for kids—and parents too! But none of us want to see our children injured or in unsafe conditions.

Check and Double Check:

- An adult or responsible youth is supervising children under age of 12.
- A route and return time to follow.
- Any treats given to youngsters.

Costume Design:

- Make sure if masks are worn they do not obstruct vision or breathing.
- Length of the costume should not be a tripping hazard.
- Materials for costumes should be fire-retardant.

Accessories:

- Do not allow children to carry sharp objects.
- Bags or sacks should be light-colored.
- Flashlights to help children see more clearly.

At Home:

- Remove anything a child could trip over such as garden hoses, toys, bikes, and lawn decorations.
- Restrain pets so they do not jump or bite Trick-Or-Treaters.
- Replace any burned out light bulbs on your porch or lawn.





Harvest Cooking



Pumpkin Seed Coated Chicken

Ingredients:

- 1 cup Hulled Pumpkin Seeds (Pepitas)
- 3 TBS Freshly Grated Parmesan
- 2 tsps. Fresh Oregano, chopped
- 1/4 tsp. paprika
- 1/4 cup Flour
- 2 Large Eggs
- 4 Thin Sliced Chicken Breasts
- 1 TBS Olive Oil



Directions:

- Coarsely process or chop pumpkin seeds, parmesan, oregano and paprika. Transfer to a plate
- Spread flour onto a plate. Break eggs into a shallow bowl and beat with a fork
- Coat chicken lightly with flour then dip into eggs, allowing excess to drop off. Then coat chicken in the pumpkin seed mixture, pressing to adhere. Place the crusted chicken on a plate. Repeat for all chicken breasts.
- Heat 1 TBS of olive oil in a wide skillet over medium heat. Add chicken, doing batches if too crowded. Cooking 5 minutes each side or until fully cooked.

Mini Pumpkin Pies

Ingredients:

- 3Tbs Wheat Germ
- 2 TBS Ground Flaxseed
- 1 Whole Graham Cracker, crushed
- 2 Large Eggs
- 1 can (15oz) Pumpkin Puree
- 1 can (12 oz) Fat-Free Evaporated Milk
- 2/3 cup Brown Sugar
- 1/2 tsp Pumpkin Pie Spice
- 1 tsp Pure Vanilla Extract
- 1/4 cup Pure Maple Syrup
- 3/4 cup Plain Greek Style Yogurt



Directions:

- Heat oven to 375F, coat 12-cup muffin pan with non-stick cooking spray.
- Combine wheat germ, flaxseed and crushed graham cracker in a small bowl. Divide evenly among muffin cups
- Whisk eggs in a large bowl. Stir in pumpkin, evaporated milk, sugar, pumpkin pie spice and vanilla extract. Pour evenly into cups. Bake until sides are set and the center jiggles slightly. 30-35min
- In a small bowl, stir maple syrup into the Greek yogurt. Chill until ready to use
- Let pies stand 10-15 minutes before removing from pan. Top with a dollop of yogurt mixture.

Forget about it Applesauce

Makes: 8 servings (1/2 cup)

Ingredients:

- 3 pounds apples (Macintosh and Cortland)
- 2 tsp lemon juice
- 1/4 cup water
- Ground cinnamon, as desired
- Ground nutmeg, as desired
- Honey or Agave nectar, as desired

Directions:

Wash, peel and core apples. Slice into uniform size pieces. Line a slow cooker with a liner. Add all ingredients to the slow cooker. Cook on high for 3 hours. After 3 hours mash with a potato masher or wire whisk.

Helpful Hints:

- * For the best tasting apple sauce use different varieties of apples. Sweet apples make a sweet applesauce, tart apples will make a tart applesauce.
- *Cooked applesauce will last up to one week in the refrigerator or six months in the freezer.

*3 pounds of apples will make about 4 cups of applesauce.



The soluble fiber found in apples is great for lowering cholesterol.

There is truth to an apple a day keeps the doctor away!



Harvest Cooking



Roasted Pumpkin Seeds



Ingredients:

- 2 cups whole, raw pumpkin seeds
- 1 tablespoon canola oil
- Salt free spices as desired

Directions

Scrape seeds from the inside of a pumpkin. Rinse the pumpkin pulp off as well as you can and pat dry.

Preheat oven to 150 degrees F. Roasting on this lower heat helps to maintain more of the healthy essential fatty acids.

Combine all ingredients in bowl; stir to coat all the seeds. Add spices and stir again.

Spread the seeds in a single layer on a baking sheet. Bake until seeds are golden brown (about 20 minutes), stirring occasionally.

TRY THIS!

- Spicy: sprinkle with chili powder.
- Garlicky: garlic powder and Italian herbs
- Try some of the salt free Mrs Dash seasonings.
- Autumn Spice: Brown sugar and pumpkin pie spice
- Makes: 4 (1/4 cup) servings



Pasta with Pumpkin and Parmesan

Ingredients:

- 1 Package of Mushroom Ravioli
- 1 TBS Butter
- 1 TBS Olive Oil
- 1 Shallot, Chopped
- 1 TBS Fresh Rosemary, Chopped
- 1 tsp Garlic, Minced
- 1 cup Pumpkin Puree
- 1 cup hot water
- Parmesan shaving for garnish



Directions:

- Cook pasta per package directions
- Heat butter and oil in a skillet over medium heat, while pasta cooks. Add shallots, rosemary and garlic, stirring until softened. 2minutes
- Stir in pumpkin and water, adding more if necessary to reach desire consistency. Simmer until just thickened.
- Serve over pasta, top with parmesan shavings.



Health Benefits of Pumpkin

Pumpkin seeds often called pepitas are a good source of heart healthy fats.

Great source of fiber keeping you full longer. High in beta carotene, an antioxidant that helps prevent cancer.

More potassium than a banana.

Uses for 100% Pure Pumpkin Puree

- Add a scoop to Greek vanilla yogurt with a dash of cinnamon.

-Add a few tablespoons to oatmeal with chopped pecans and a drizzle of honey.

-Add to a smoothie recipe.

-Baby food.

-Mix it in with chili.

-Add a scoop to your apples when making apple crisp.

-Mix a scoop with original store bought hummus or when making your own hummus recipe, serve with cinnamon pita chips.

