

# \* NEWS \*

Our office will be closed on September 3rd for Labor Day!



Please pick up all your supplies ahead of time.

## Cooking Demo- Cooking with apples

Thursday, September 21st  
11:30am-1:00pm  
LGHP Office  
(AHA Training Center)

Hands On Demo:  
Homemade applesauce  
Lower sugar apple crisp  
Harvest apple & chicken salad

**RSVP Required! Space is limited!**  
Call today 358-9667

**7 Miles for 7 Generations  
Walk/Run**  
A community event with pledges to support the Diabetes Center of Excellence Building Fund.

September 29th  
Tewathahita Walking Trail  
STARTS at 8am!

Come walk and help us in our fight against diabetes! All ages and fitness levels welcome.  
**Bike Giveaway!**  
Lunch will be served!

**Time to RELAX!**  
Join Heather for an information session on learning how to relax!

You will learn:  
What relaxation is.  
Why it is healthy.  
How to relax.  
When to relax.

Try a few different techniques to help you relax.  
**Guided Relaxation.**  
**Breathing Techniques.**

September 26  
7:00am - 8:00am

September 27  
4:30pm - 5:30pm

If the first class is a success and there is continued interest we will plan to do more relaxation classes in October!  
For More Info or to **RSVP please call 358-9667**



**RELAXATION RESPONSE**  
It is free, healthy, easy.  
20 minutes a day.  
Easy to learn.

**Exercise Classes**  
Rachael and Jamie are working hard to meet the needs of all our patients by providing community exercise classes.

**Move For Health**  
Nurse supervised exercise classes: Monday-Thursday  
Class times:  
8-9 9-10 10-11 11-12  
To join you must have approval from a LGHP Nurse or Dietitian and have completed a fitness assessment with Jamie or Rachael.

Community Classes:  
**Club Circuit**  
Tuesday and Friday  
1:30-2:15pm  
Circuit training for all fitness levels.  
**Zumba Craze**  
Tuesdays  
4:30-5:15pm  
Combines bodyworks and Zumba.

**Zumba**  
Wednesdays  
4:30-5:30pm  
Mohawk School

Play in the leaves  
Rake the leaves  
Go for a walk  
Go for a ride  
Take some pictures  
ENJOY FALL!!



Helping Build  
A Better  
Tomorrow



# Seskehko:wa/September 2012

**Tsitewatakari:tat/The Let's Get Healthy Program**  
Akwesasne Housing Authority, Training Center  
518-358-9667

## Pre-Diabetes or Diabetes: When Should We Get Tested?

Almost a half million people between the ages of 20 and 44 were diagnosed with diabetes in 2010!!!! More than 27 million Americans have diabetes, and out of those Americans approximately one-third are not aware that they have the disease.

Diabetes often exists untreated and undiagnosed for 5 to 10 years. Type 2 diabetes is the most common type of diabetes and is typically diagnosed in patients over 30 years who are overweight and obese, inactive, and/or have a positive family history. More recently, the diagnosis of type 2 diabetes in children has increased and those numbers continue to climb.

Early diagnosis can lead to improved efforts to control blood glucose levels and to reduce the risk of diabetes related complications. The blood glucose test for A1C levels can now be used to diagnose diabetes, along with fasting plasma glucose or oral glucose tolerance test. All three of these tests are available at Saint Regis Mohawk Health Services.

So, when should we get tested? Testing should be considered in all adults who are overweight and have additional risk factors. Risk factors include: physical inactivity, family history of diabetes, high-risk ethnicity (eg, African American, Latino, Native American, Asian American, and Pacific Islander). Women who have had gestational diabetes or have delivered a baby weighing more than nine pounds are considered at risk.

Anyone with hypertension, high cholesterol, high triglycerides, history of cardiovascular disease, and women with poly-cystic ovarian syndrome are at risk.

If none of these risk-factors are present, testing for diabetes should begin at 45 years of age.

If you have these risk-factors and are concerned about pre-diabetes or diabetes, call the Let's Get Healthy Program and set up an appointment to meet with one of our nurses, registered dietitian or health promotion specialist. –Cherie

## Twilight Fun Run/Walk Series

The summer fun run/walk events started on July 9th and continued for 8 weeks with only one night cancelled due to weather.

There were 125 people that walked or ran the 0.6 mile trail. 43 participants came to three or more nights and received T-shirts. Our walkers ranged from ages 12 weeks to 81 years. 659 miles were walked in total.

It was great to see so many people come out to use the new community walking trail and support our fight against diabetes in Akwesasne.  
**THANK YOU!**  
See you all next year.



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# Nutrition

# Garden Center 2012

## BACK TO SCHOOL

**Brown bag lunches are not just for kids. Parents and grandparents can enjoy homemade lunches that are low in calories, low in fat, high in fiber and good sources of protein.**

Greek pita sandwich— chopped romaine lettuce, diced tomatoes, chopped cucumbers, crumbled low fat feta cheese, a handful of chickpeas topped with a drizzle of Greek salad dressing.

Make ahead soup— make a large pot of vegetable and bean soup, freeze in individual containers and pull out a bowl to bring to work for lunch. Add leftover whole grains (brown rice, wheat berries, quinoa, whole grain pasta) serve with a few slices of reduced fat sharp cheese.

Make a parfait-Greek yogurt, frozen berries, almond slivers and top with wheat chex.

Cook once eat twice— hard boil a few eggs and save for lunches. Boiled egg on a salad with whole grain crackers and a piece of fruit. Use boiled eggs to make egg salad sandwich on whole wheat with raw veggies and applesauce.

No Cook- raw vegetables dipped in hummus and served with triscuit thin crackers and a piece of fruit.

Classic— peanut butter and jelly on whole wheat bread with banana and baby carrots.

Leftovers— Make a pot of chili and freeze in individual containers. Bring to work and have with a side salad. For more ideas make an appointment to see our Registered Dietitian Heather Pontius.

## It's not too late...

**Take some time to check out your local farmer's market and farm stands.**

### Farmer's Markets:

#### Massena

Thursday 10-4 Triple A Lumber parking lot  
Sunday 8-3 Town Hall, Main St.

#### Malone

Wednesday 12:00-4:30 Airport Pavilion

### Farm Stands:

**Whites Farm Stand:** Main St. Massena

**Val's Country Creations:** Bombay Helena Rd

**Norwood Organics:** Twinleaf parking lot

**Countyline Greenhouse:** roadside stand  
Corner of Route 37 and 37C



## Healthier Zucchini Bread

No, zucchini bread isn't a vegetable, but we can make it a bit healthier by changing ingredients. Instead of all purpose flour choose a whole white wheat flour like King Arthur.

Use canola oil in place of vegetable oil.

Use unsweetened applesauce in place of oil. If the recipe calls for 1 cup of oil use 1 cup of applesauce. If you don't want to make a big switch use 1/2 oil and 1/2 applesauce.

Cut back on the sugar, you can cut back by half and not notice a change in flavor or texture.

Switch white sugar with a sugar substitute baking blend, like Splenda for baking or Truvia baking blend.

## Harvesting Your Garden

It is important to harvest vegetables at the right time of the growing season to prevent them from becoming fibrous and tough, some vegetables need to mature after the first frost for the best taste and texture.

Brussel sprouts— taste best when harvested after the first frost but before a severe freeze.

Cabbage should be harvested when the head is solid, but before it begins to split. To delay harvest pull gently upward until the upper roots snap.

Root vegetables can be left to winter in the ground as long as they are covered with a thick layer of straw or mulch.

Tomatoes, beans, cucumbers and zucchini should be harvested before the first frost and as soon as the vegetables are ripe. The longer they grow on the vine the tougher they become.

## Winterize Your Garden

Pull all weeds and vegetable plants that will not come back next year. Dispose of plants in a compost pile, do not throw plants with blight into compost.

Cut back all herbs that will come back next year, and those that won't transplant to window pots and bring them inside. Cilantro, dill, oregano and thyme will all come back. Basil, rosemary and parsley will not.

Remove all stakes, poles, strings and trellis structures from the garden and store inside.

For raised beds, fix any loose, broken or damaged boards.

Once all plants have been removed and herbs have been cut back, cover gardens with a layer of compost and then mulch, chopped leaves or pine needles.

If you prefer, you may plant a cover crop to replenish nutrients that have been lost through the growing season, plant right after you are done harvesting and till into garden 3 to 6 weeks before planting in the spring.

## What to do with all these veggies?

**Don't let them go to waste!**

### Zucchini

Shred zucchini and freeze in amounts used in your favorite recipes. Most bread recipes call for 3 cups.

Make baked goods and freeze in small amounts. Take your favorite bread recipe and make muffins. They freeze well and are perfect portions.

### Tomatoes

Pick and store on newspaper stem side up in a cool, dry place for up to 2 weeks.

Always ripen tomatoes at room temperature out of the sunlight for the best flavor.

Freeze tomatoes by washing, boil in water for 1-2 minutes, cool in ice water, peel off skin, remove seeds and excess liquid and pack in freezer safe containers.

### Beans

Make dilly beans, the recipe is the same as a dill pickle recipe just use beans instead of cucumbers.

Freeze beans by washing, cutting off the ends, and add to boiling water for 3 minutes. Cool off in ice water, drain excess liquid and pack into freezer bags. Make sure all air is removed from the bag. They will last 8 to 10 months in the freezer.

Make baby food. Wash and cook beans. Drain and add to a food processor. Blend until smooth for a young baby and process until chunky for an older baby. Freeze beans in ice cube trays. Once frozen pop out of tray and package in snack bags and into gallon size Ziploc bags.

### Cucumbers

Enjoy with cottage cheese for a refreshing snack.

Cut into small pieces, add red wine vinegar, olive oil, garlic powder and black pepper. Shake well. Store in the fridge and add to salads for up to 1 week.

## Check This Out!

[www.gardenshare.org](http://www.gardenshare.org)

A local non profit organization with a focus on providing local, healthy food to the North Country. On the site you will find: local food guide and listing of local grown food producers.



## Having trouble remembering to take your medicine?

Put your medicine where you sit. If you work, bring it with you and put it on your desk, at home put it near your favorite chair. If you have a cell phone set a daily alarm to remind you to take your pills.

# Nursing

# Fitness

## Traveling and Diabetes

**For all our patients heading to Rome next month, have a safe and wonderful trip. Please keep these tips in mind when packing and traveling.**

Notify the Security Officer that you have diabetes and are carrying your supplies with you. The following diabetes-related supplies and equipment are allowed through the checkpoint once they have been screened:

- Insulin vials and insulin pens.
- Unlimited number of unused syringes when accompanied by insulin or other injectable medication.
- Lancets, glucometers, test strips and alcohol swabs.
- Used syringes when transported in Sharps disposal container (red containers).

## Helpful Tips

Medications in any form pills or injectables must be clearly identified and in their original containers. It may be helpful to keep your diabetes supplies and medications in a separate smaller bag like a cosmetic bag or a Ziploc bag, in case they need to be visually inspected.

Pack glucose tabs, jelly beans or hard candies in case you experience a low blood sugar.

Advise the Security Officer if you are experiencing low blood sugar and are in need of medical assistance.

Notify your travel group that you have diabetes and what to do in case of a low blood sugar.

## Sick Day Tips for Diabetics.

**With colder weather right around the corner now is a good time to refresh your memory on what to do when you are sick with a cold or the flu.**

Being sick may make you feel like not wanting to eat, especially if nausea and vomiting occurs.

Illness may cause blood sugars to be higher than usual even though you have not eaten or not eating much.

### To prevent complications here are some sick day management tips:

Always take your insulin or oral medications for Diabetes (even if you are not eating normally).

Increase your daily blood sugar testing to every 4 hours.

Call your provider if you are unsure what to do or if you are unable to keep fluids down.

### Sick Day Meal Plan:

Eat foods that are easy on your stomach. No need to be counting calories/carbs. Drink lots of liquids.

Breakfast	Lunch	Supper	Snacks
Toast with jam/jelly	soup & crackers	soup and toast	fruit, vegetables, crackers

### To prevent dehydration:

**When nausea, vomiting and /or diarrhea are present, it is important to replace lost fluids.**

You will need at least 4 ounces of water and 4 ounces of a non diet liquids every hour you are awake:

Sip on non diet liquid every 5- 10 minutes up to 4 ounces in one hour.

Examples of non diet liquids to drink are:

100% fruit juice popsicles

100% Fruit juice

Regular Jell-O

Tea sweetened with honey

Sorbet, sherbet, or Italian ice

Progress to sick day meal as tolerated. An example is provided in this article.

## September is National Childhood Obesity Awareness Month

Childhood obesity is a serious medical condition that affects today's youth. Childhood obesity is particularly troubling because the extra pounds often start a child on the path to health problems that were once confined to adults, such as diabetes.

Not all children carrying extra pounds are overweight or obese. Children normally carry different amounts of body fat at the various stages of development. If you are concerned about your child speak to his or her health care provider.

Many factors – usually working in combination- increase your child's risk of becoming overweight. The main factors often are diet and lack of physical activity. Children today eat too much and exercise too little, putting them at greater risk for health complications such as diabetes, high blood pressure, and high cholesterol, among others.

One of the best strategies to reduce childhood obesity is to improve the diet and exercise habits of the *entire* family.

### To promote healthy eating:

Choose fruits and vegetables when grocery shopping

Limit sweetened beverages

Sit down together for healthy meals

Limit the number of times you eat out

Physical activity is crucial for maintaining a healthy bodyweight. It is recommended that children are active 60 minutes five days a week. Establishing good habits for exercise early can increase the likelihood that your child will continue to be active and be a fit adult.

### To increase your child's activity level:

Limit media time to no more than 2 hours per day (TV, video games, computer, phone, etc)

Emphasize activity; your child doesn't always need structured exercise

Find activities your child likes to do

If you want an active child, be active yourself

Vary the activities when you play

Article submitted by: Rachael Ward, Health Promotion Specialist

Information Source: [www.mayoclinic.org](http://www.mayoclinic.org)



## ZUMBA

Jamie will be doing ZUMBA at the Senior Center beginning Wednesdays in September.

Classes will start at 11:15am.

Lunch will be served at the Senior Center after ZUMBA class.

Wear comfortable clothes/sneakers and call ahead to seniors for your lunch reservation!  
358-2963

SEE YOU THERE!

6 week trial period.

If class is a success will continue.

## Clear your mind while you exercise.

Sometimes called moving meditation, focusing your thoughts while you exercise can provide you with physical and spiritual well being.

Relaxation is KEY in helping to control blood glucose levels as well as manage unwanted stress and negative thoughts and emotions. If you have found the time to exercise that is GREAT! You can make your workout even better by trying the following:

As you fall into your repetitive motion like walking, running or swimming *silently* repeat a single word over and over to yourself each time you exhale. If your mind wanders or thoughts come flooding back in, refocus on your word.

Words include: calm, peace, healthy, powerful, strong, happy etc...  
If you find yourself unable to clear your mind by repeating a word, try a phrase, poem or prayer, something that makes you think a little more.

A phrase I like to use is Sa-Ta-Na-Ma

which translates to: beginning, life, death and rebirth.

**For more info on meditations or relaxation check out our intro to relaxation being held this month, early morning and after work for all those working!!**



## REMINDER:

Insulin and testing supplies should be kept out of the sun, dry and away from heat sources.

**Do not keep supplies in your car, on a windowsill or on the stovetop.**

# An Apple A Day, Keeps the Doctor Away

## No Sugar Added Applesauce

### Ingredients:

Apples—a combination of different types is best  
Red Delicious, Gala, Fuji, Rome, Macintosh  
Cinnamon (as desired)  
Pumpkin Pie Spice (as desired)

### Directions:

Wash and peel the apples.  
Core and chop the apples—It is faster to use an apple corer.  
Make sure you remove any seeds, hard parts and any mushy or dark areas.  
Cook the Apples—put about 1 inch of water or apple juice on the bottom of a large, thick bottomed pot.  
Put the lid on and the heat on high. When it gets really boiling, turn it to medium high until the apples are soft and cooked through.  
Mash the apples with a potato masher, until desired consistency.  
Season with cinnamon or pumpkin pie spice to taste.  
You can freeze in freezer storage bags for up to 10 months.  
Store in the fridge for up to one week.

### Tips and Tricks:

3 pounds of apples will make 4 cups of applesauce.  
Applesauce is not sugar free, but you can control the amount of sugar in the applesauce by not adding extra during cooking.

## Oatmeal Apple Pear Crisp

### Ingredients:

#### Filling:

2 cups of apples, peeled and thinly sliced (about 2 large apples)  
2 cups of pears, peeled and thinly sliced (about 3 large pears)  
1 TBSP splenda brown sugar  
1 tsp ground cinnamon  
1 tsp ground nutmeg  
2 TBSP lemon juice  
1/2 cup water

#### Crisp:

1 cup old fashioned oats  
1/3 cup whole wheat flour  
1/4 cup splenda brown sugar  
1/2 cup melted butter

### Directions:

Preheat oven to 375  
Keep peeled apples and pears in lemon juice to prevent browning.  
Place fruit in a non stick, shallow 9 inch baking dish.  
Sprinkle with 2 TBSP brown sugar, cinnamon, nutmeg and water.  
In a separate bowl, combine oats, flour, brown sugar. Add melted butter and mix until crumbly.  
Sprinkle topping on apples and bake in oven for 30-40 minutes or until apples are tender. Serve warm! ENJOY!



## What to do with all these apples?

Make applesauce.

Grab one for a snack.

Cut into wedges and dip into light yogurt.

Chop and add to oatmeal.

Slice thin and add to salads.

Make apple crisp.

Cut into wedges and eat with almond butter or peanut butter.

Shred and add to coleslaw.

Chop and add to sweet potatoes.

Take out the core, stuff with walnuts, sprinkle with cinnamon, drizzle with honey and bake until soft and tender.

Grab one before a soccer game.

Apples and cheddar cheese go well together, eat plain for a snack or combine the two and make a tasty grilled cheese sandwich.

Butterfly cut a boneless pork loin, stuff with apples and raisins, tie up and bake until pork is well done.

Add apples on top of pancakes, waffles or French toast.

Grab one for dessert.

Send apple slices to school with your kids to snack on.

Eat an apple and a small handful of almonds before exercising.

## Butternut Squash and Apple Soup

### Ingredients:

2 TBSP olive oil  
1 onion, chopped  
2 garlic cloves, minced  
1/2 tsp ginger  
1/2 tsp turmeric  
1/4 tsp cinnamon  
1/8 tsp ground cloves  
1/2 tsp black pepper  
2 cups carrots, peeled and chopped  
1 apple, peeled, cored and chopped  
4 cups butternut squash, peeled and chopped  
3 cups low sodium chicken stock or vegetable stock

### Directions:

Heat olive oil in a medium saucepan over medium heat, add onion and garlic and cook until transparent and tender, about 6 minutes. Add spices and cook until fragrant about 1 minute. Add carrots, squash, apples and stock. Bring to a boil; cover and reduce to a simmer. Stir occasionally. Cook until vegetables are tender about 20 minutes. Let cool slightly. If desired puree soup in a food processor or blender. If you want a chunky soup do not blend.

### Try This:

Use a combination of squash and pumpkin.  
Use sweet potatoes in place of carrots.  
Top with pumpkin seeds or sunflower seeds.



## Tips for picking and storing apples this fall.

Apples ripen from the outside of the tree to the inside.

Gently pull and twist the apple from the branch, do not just pull it straight off the tree.

Leave the stems on the apples, they will last longer that way.

Don't wash all apples right away, only wash them as they are going to be used.

Keep them cool, but don't let them freeze. A cool basement is ideal but a vegetable drawer in a fridge will work.

Red delicious do not last long, but Rome apples keep much longer.

Wrap apples in newspaper and keep away from potatoes.

## Nutrition Facts:

Good source of soluble fiber which helps to lower cholesterol levels.

Apples are high in fiber.

No fat!

No cholesterol!

No sodium!

1 medium apple has about 80 calories.

1 medium apple is about 15 grams of carbs.

NO COOKING!

## Cooking Demo—

## Cooking with Apples

Thursday, September 21st

11:30am-1:00pm

LGHP Office (AHA Training Center)

Homemade applesauce

Lower sugar apple crisp

Harvest Mixed Greens Salad

**RSVP Required! Space is limited!**

**Call today 358-9667**

