

Upcoming Events

Happy Hour Hatha Yoga
 With Mary Terrance
 Fridays 6-7:15 pm
 Mixed Level: Basic to Intermediate practice including postures, breathing and deep relaxation
 Classes held at the Tewathahita Walking Trail
 *weather permitting
 **In case of inclement weather, classes will be held in the Diabetes Center for Excellence Fitness Room

Cooking Demonstration
 With Lauren Smith
 Registered Dietitian

Monday September 14th
 4:30pm
 At the Diabetes Center for Excellence

Whole Wheat Veggie Pizza
 And
 Strawberry Lemon "Cheesecake"
 Please call the Let's Get Healthy Program to reserve your spot today! 518.358.9667



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

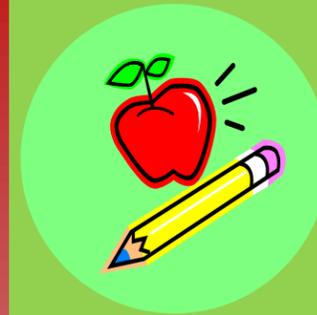
Please wear comfortable clothes and bring clean/dry sneakers and a water bottle



Helping Build a Better Tomorrow

Our office will be CLOSED on September 7th for Labor Day.

Please remember to pick up testing supplies ahead of time



Seskehko:wa/September 2015

Tsitewatakari:tat/The Let's Get Healthy Program
The Diabetes Center for Excellence
 66 Business Park Road
 518-358-9667



Growing Vegetables at the Let's Get Healthy Program

Even those of us born without a green thumb can make miracles happen. Now that the Let's Get Healthy Program has a new home, we decided to grow our own garden. With the help of the Akwesasne Cultural Restoration Program, we were able to provide raised bed gardens and vegetable packages to our "Move for Health" and "Youth Fitness" program participants. We delivered 25 new raised bed gardens and replenished 23 previously established gardens throughout the Akwesasne community. We also donated vegetable plants to the Akwesasne Office for the Aging.

With our program garden, we were able to trouble shoot issues our participants were experiencing with their personal gardens. We provided tips and advice to help their gardens grow. Seen above is our program garden that is beginning to flourish with little assistance. By simply watering and implementing plant food once a week, we have started to reap the rewards. Next year, through the partnership with the Akwesasne Restoration Program, we hope to implement and educate on the Three Sisters garden, which consists of corn, beans, and squash.

◆ Please view our recipe page for new and wonderful ideas for your garden veggies.



Cooking with Lauren, RD

Lauren Smith, Registered Dietitian at the Saint Regis Mohawk Health Services, provided participants and community members with a hands on cooking demonstration. Participants assisted in the preparation and creation of different recipes and were able to taste each recipe. Lauren provided nutrition education and an open question and answer forum. Recipes are available at the Let's Get Healthy Program Office: Mexican Quinoa Salad and Grilled Mango and Pineapple topped with Vanilla Greek Yogurt. Lauren will be providing another cooking demonstration on September 14th, see page 7 for more information.

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Nutrition Page

September is Whole Grains Month

Making the switch from refined grains to whole grains can have a positive impact on your health.

Whole grains reduce the risk of many chronic diseases and conditions such as:

- Stroke
- Type 2 Diabetes
- Heart Disease
- Obesity

What makes a grain a "whole" grain or a "refined" grain?

A whole grain is a grain kernel that has all three edible parts of the grain intact, bran, endosperm and germ. A refined grain is a grain that has had the bran layer removed, reducing the amount of fiber, antioxidants and B Vitamins found in the grain.

Here are a few examples of whole grains and refined grains:

Whole Grain = Wild Rice
Refined Grain = White rice

Whole Grain = 100% whole grain bread
Refined Grain = Multigrain bread

Whole Grain = Whole White Wheat flour
Refined Grain = All Purpose flour

Whole Grain = 100% Whole Wheat tortilla
Refined Grain = Flour tortilla

Challenge yourself to make the switch

Throughout the month of September slowly start switching your refined grains for their whole grain version.

- Try steel-cut oatmeal for breakfast.
- Serve wild rice in place of white rice.
- Try a quinoa recipe with a friend.

Mini Relaxation

Do you feel stressed? Do you feel like your to do list is never ending?
Take a Mini Break

Find a quiet place Take a deep breath:

In through your nose, feeling your stomach fill with air, hold it for a moment and slowly exhale through your mouth.

Begin your Mini Break:

With your eyes open or closed count very slowly to yourself from 10 down to 0, one number on each out breath. Breathe in, and on your out breath, say "10" to yourself. With the next out breath, say "9", working your way down to "0". When you get to "0", notice how you feel.

Mini relaxations are focused breathing exercises that help reduce anxiety and tension immediately. Your breath is with you at every moment in time. No special equipment, no scheduled appointments or working your schedule around a class time, a mini break is quick and effective anywhere, anytime you need it.



"CIZE"

With Lauren Smith
Mondays & Wednesdays
starting Sept. 9th
12:15-12:45

At the Diabetes Center for Excellence Fitness Room

CIZE uses dance to create fun, calorie burning workouts. Class includes easy, step by step instruction, similar to hip-hop or street jazz style dancing



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Cooking Demonstration

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Monday September 14th
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At the Diabetes Center for Excellence Theatre Kitchen

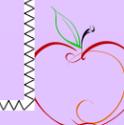
Serving up some Whole Wheat Veggie Pizza

And Strawberry Lemon "Cheesecake"

Please call the Let's Get Healthy Program to reserve your spot today!

518.358.9667

MAKE
THE SWITCH
to whole grain
www.WholeGrainsCouncil.org



Nursing Notes

ST. REGIS MOHAWK TRIBE INSULIN PUMP QUESTION & ANSWER SESSION

September 16, 2015

**Two Sessions:
9:00 am — Noon
1:00 — 5:00 PM**

**Diabetes Center For Excellence
Light Refreshments provided
Pump Demonstrations**

**This is a free event for insulin-dependent diabetics interested in learning how the latest technologies can help achieve better control without daily injections! Don't miss this opportunity to learn about the latest Advances in diabetes treatment.
Questions? Please Call Andy Mager
802-355-6177**



After Hours Fitness is now held TWICE per week!

Join AJ at the Diabetes Center for Excellence on
Mondays & Wednesdays
5:15pm-6:00pm

"After Hours" is an educational and instructional class for any individual who would like to learn proper use of equipment, ask fitness questions or simply work at their own pace.

*For more information call AJ at the Let's Get Healthy Program 518.358.9667

Fitness Page

Twilight Fun Run/Walk Series

The 8th Annual Twilight Fun Run/Walk Series was highly successful this year. As of August 20, 2015, we had an amazing turn out for a hot and sticky season. This year we had a total of 152 Registrants with 31 people walking 2 or more nights. We had a grand total of 651 laps walked/ran equaling 325 miles, that would be like walking from Akwesasne, NY to Portsworth, NH! Great job Akwesasne!

Injury Prevention

Injury prevention is possible if you are prepared for your activity, both physically and mentally. Be sure to balance training with rest to avoid overuse injuries.

- 1. Wear the right shoes-** Reduce the risk of falls or foot injuries.
- 2. Use the correct equipment-** Injuries can also be caused by incorrect form or technique. Consult your gym instructor, coach, sporting association, exercise physiologist or physiotherapist for instruction on how to improve your sporting technique.
- 3. Drink lots of water-** Avoid starting exercise dehydrated. Drink plenty of fluids for several hours prior to exercise. During exercise take advantage of all breaks to have a drink. After exercise, drink more to ensure you are fully rehydrated.
- 4. Warm up and stretch properly-** Your warm-up (five to ten minutes) should gradually warm your muscles and body temperature. The type of activity done in the warm-up should include the major muscle groups that will be used during exercise.
- 5. Perform cool-downs-** In the last five minutes of exercise, slow down gradually to a light jog or brisk walk, then finish off with five to 10 minutes of stretching (emphasize the major muscle groups you have used during your activity). This helps to reduce muscle soreness and stiffness.

For general exercise safety, complete a pre-exercise screening to identify if you are at risk of experiencing a health issue during physical activity (e.g., blood pressure or blood sugar screening)

Jessica Hopps
Health Promotion Specialist

Healthy Aging Fitness Tips

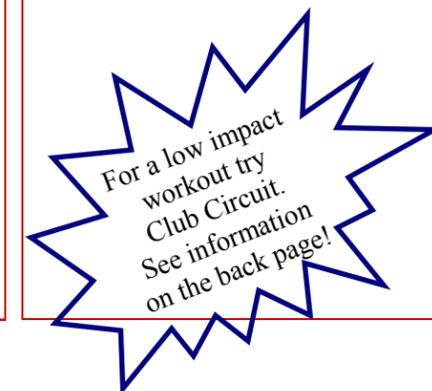
At a certain age a person begins to lose muscular strength, balance and flexibility. This does not mean you can't become healthier and feel younger with proper diet and exercise.

The key to making a lifestyle change is making sustainable changes. Think of your long term goal and work towards it incrementally. Stay consistent and don't get caught up in small setbacks. Here are some additional tips to help you stay healthy and safe:

- 1. Start your exercise program slowly**
- 2. Develop an exercise routine that is sustainable and pick realistic goals.**
- 3. Try Tai Chi, which helps to dramatically improve your balance.**
- 4. Vary your exercises, it is easy to get stuck in the same routine, varying your exercises will help keep your interest and achieve physical improvements.**
- 5. Try taking daily walks, the cardio will help strengthen your heart and lungs.**
- 6. Yoga is a good exercise to help maintain your physical and emotional wellbeing.**
- 7. Sleep well, aim for 7-9 hours per night**

Make proper exercise and nutrition a priority. By doing so you're making a commitment and taking control of your own destiny by living a healthier and more vibrant life!

Steevi King
Health Promotion Specialist



Try Something New!

Heirloom Tomato Quinoa Salad

Ingredients:

- 1 cup uncooked quinoa
- 2 cups water
- 2 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 clove garlic, minced
- 2 cups assorted heirloom grape tomatoes (red and/or yellow)
- 1/4 cup crumbled fat-free feta cheese



Directions:

1. Place quinoa in a fine mesh strainer; rinse well under cold running water. Bring 2 cups of water to a boil in a small sauce pan; stir in quinoa. Reduce heat to low; cover and simmer 10-15 minutes or until quinoa is tender and water is absorbed.
2. Whisk oil, lemon juice, and garlic in a large bowl until blended. Gently stir in tomatoes and quinoa. Cover and refrigerate at least 30 minutes.
3. Stir in cheese just before serving. Top each serving with 1 Tbsp of basil.

Strawberry-Lemon "Cheesecake"

Ingredients

- 1 1/3 cups nonfat ricotta cheese
- 3/4 tsp. honey
- 1 tsp. ground cinnamon
- 2 cups sliced strawberries
- 1 graham cracker sheet, crumbled



Directions

1. In a small bowl, mix together the ricotta cheese, honey, lemon zest and cinnamon.
2. Divide the mixture among four individual dessert dishes. Top each dish with a portion of strawberries and sprinkle with some of the graham cracker crumbs. Garnish with any left over lemon zest.

No Bake Red, White, and Blue Cheesecake Cups

Ingredients:

- 3/4 cup graham cracker crumbs
- 1/3 cup plus 2 tablespoons sugar substitute
- 4 tbsp. reduced fat margarine, melted
- 8 ounces reduced-fat cream cheese
- 8 ounces fat free cream cheese, softened
- 1/2 cup reduced-fat sour cream
- 1 cup reduced fat whipped topping, divided
- 1/4 tsp almond extract
- 6 medium fresh strawberries
- 1 cup fresh blueberries



Directions:

1. Line 12 standard (2 1/2 inch) muffin cups with paper baking cups. Lightly spray cups with nonstick cooking spray
2. Combine graham cracker crumbs, 2 tablespoons sugar substitute, and margarine in a medium bowl; mix well. Press 1 rounded tablespoon crumb mixture into bottom of each prepared muffin cup. Refrigerate crusts while preparing filling.
3. Beat cream cheese, sour cream and remaining 1/3 cup sugar substitute in medium bowl with an electric mixer at low speed until smooth. Beat in 1/2 cup whipped topping and almond extract. Fold in remaining whipped topping.
4. Spoon cheesecake filling over crusts; smooth tops. Place strawberry half in center of each cheesecake cup; arrange blueberries around strawberry. Refrigerate at least 2 hours until set.

Homemade Applesauce

Ingredient:

- 4 mediums Apples; pared, cored, quartered
- 1/4 cup Water; to 1/2 cup
- 2 Sticks cinnamon
- 1/4 cup sugar substitute



Directions:

1. Combine apples, water and cinnamon. Cover and simmer until very tender, about 10 minutes. Remove cinnamon. Mash apples until smooth. Stir in sweetener

Try Something New!

Ingredients:

- 1 cup all-purpose flour, divided
- 1/2 cup whole wheat flour
- 1 tsp rapid-rise active rise yeast
- 1 1/2 tsp dried basil, divided
- 1 Tbsp. olive oil
- 1 clove garlic, minced
- 1/2 cup very warm water
- 1 tsp corn meal
- 1/2 cup no-salt added tomato sauce
- 1 cup thinly sliced mushrooms
- 1 large roasted red pepper, sliced into strips
- 1/2 cup thinly sliced zucchini
- 1/3 chopped green onions
- 1 cup shredded part-skim mozzarella cheese
- 1/4 tsp red pepper flakes



Take note! To roast the pepper, cut the pepper lengthwise into halves; remove the stem, membrane and seeds. Broil 3 inches from the heat, skin side up, until skin is blackened and blistered. Place the halves in small re-sealable storage bag and let sit for 15 minutes before.

Thin Crust Whole Wheat Veggie Pizza

1. Combine 1/2 cup all-purpose flour, whole wheat flour, yeast, and 1 tsp basil. Blend oil and garlic in small cup; stir into flour mixture with water. Stir in 1/4 cup all-purpose flour until soft, slightly sticky dough forms. Knead dough on lightly floured surface about 5 minutes, adding remaining 1/4 cup all-purpose flour as needed to make smooth and elastic dough. Shape dough into a ball. Cover; let rest 10 minutes.
2. Place oven rack in lowest position; preheat oven to 400F. Spray 12 inch pizza pan or baking sheet with nonstick cooking spray; sprinkle with cornmeal. Roll dough into large circle on lightly floured surface. Transfer to prepared pan, stretching dough to edge of pan.
3. Combine tomato sauce and remaining 1/2 teaspoon basil in a small bowl; spread evenly over crust. Top with mushrooms, zucchini, green onions, roasted pepper, and mozzarella; sprinkle with red pepper flakes. Bake 20 to 25 minutes or until crust is golden brown and cheese is melted.

Vegetable & Couscous Filled Tomatoes

Ingredients:

- 1/2 cup reduced sodium chicken broth
- 2 tsp olive oil
- 1/3 cup uncooked quick-cooking couscous
- 18 large plum tomatoes
- Nonstick cooking spray
- 1 cup diced zucchini
- 1/3 cup sliced green onions
- 2 cloves garlic, minced
- 2 Tbsp. finely chopped fresh Italian parsley
- 1 1/2 tsp Dijon mustard
- 1/2 tsp Italian seasoning



Directions:

1. Place chicken broth and oil in a small saucepan; bring to a boil over high heat. Stir in couscous; cover. Remove saucepan from heat; let stand 5 min.
2. Cut thin slice from top of each tomato. Remove pulp, leaving 1/8 inch thick shell; reserve pulp. Place tomatoes, cut sides down, on paper towels to drain. Drain excess liquid from reserved pulp. Chop pulp to measure 2/3 cup.
3. Spray large nonstick skillet with cooking spray; heat over medium heat. Add zucchini, onions and garlic. Cook and stir 5 minutes or until vegetables are tender.
4. Combine couscous, reserved tomato pulp, vegetables, parsley, mustard, and Italian seasoning in a large bowl. Fill tomato shells evenly with couscous mixture.

Zesty Vegetarian Chili

- 1 Tbsp. canola oil
- 1 large red bell pepper, coarsely chopped
- 2 medium zucchini or yellow squash, cut into 1/2 inch chunks
- 4 cloves garlic, minced
- 1 can (about 14 ounces) fire-roasted diced tomatoes
- 3/4 chunky salsa
- 2 tsp chili powder
- 1 tsp dried oregano
- 1 can (about 15 ounces) no-salt-added red kidney beans, rinsed and drained
- 10 ounces extra firm tofu, well drained and cut into 1/2 inch cubes



Directions

1. Heat oil in large saucepan over medium heat. Add bell pepper; cook and stir 4 minutes. Add zucchini and garlic; cook and stir 3 minutes
2. Stir in tomatoes, salsa, chili powder and oregano; bring to boil over high heat. Reduce heat to low; simmer 15 minutes or until vegetables are tender
3. Stir in beans; simmer 2 minutes or until heated through. Stir in tofu; remove from heat. Ladle into bowls and serve.

