

Onerahtókha/April 2025

Tsitewatakari:tat
Let's Get Healthy Program
Diabetes Center for Excellence



Foot Health
Awareness Month

Foot Health Awareness Month promotes foot health, educates the public about the importance of healthy feet and highlights the critical role your health care team plays in keeping everyone strong and active

Alcohol
Awareness Month

Alcohol Awareness Month is a time to raise awareness and understanding of alcohol use and misuse. It offers communities a chance to gain more understanding of the effects of alcohol and offers resources and support to those in need



We are closed Friday Onerahtókha/April 18th
for Kahwá:tsire Raonenhnisera (Family Day)



66 Margaret Terrance Memorial Way Akwesasne, NY 13655 (518) 358-9667

DIABETES RELATED FOOT CONDITIONS

People with diabetes are at an increased risk of foot conditions and complications if they have diabetes-related neuropathy and/or poor circulation (peripheral artery disease). Diabetes-related neuropathy happens when you experience nerve damage due to persistently high blood sugar.

Symptoms of diabetes-related foot conditions

See a healthcare provider if you have the following symptoms affecting your feet:



Loss of feeling.



Thick, yellow toenails.



Ingrown toenail.



Tingling, burning or pain.



A sore that won't heal.



Dry, cracked skin.



The American Diabetes Association states “You can lower your chances of complications by managing your blood glucose levels and taking care of your feet.”

Why do complications happen?

- ➡ A sore or blister goes unnoticed
- ➡ A wound gets infected
- ➡ An infection may not heal well
- ➡ Slow healing can lead to complications

See your Healthcare Provider if you have any of these symptoms:

- ➡ Changes to your skin or toenails
- ➡ Frequent bleeding
- ➡ Discharge of fluid or pus
- ➡ Foul smell
- ➡ Pain
- ➡ Skin discoloration
- ➡ Swelling

DIABETES & FOOT CARE

TIPS FOR HAPPY FEET

◆ TAKE CARE OF YOUR DIABETES

Make healthy lifestyle choices to keep your blood glucose, blood pressure and cholesterol in a normal range. By doing so you can prevent or delay diabetes-related foot problems.

◆ WASH FEET DAILY

Wash feet in warm water then dry well, making sure to dry in between your toes.

◆ KEEP SKIN SOFT AND SMOOTH

Rub a thin coat of skin lotions specifically made for people with Diabetes such as Gold Bond or CeraVe on the tops and bottoms of your feet. Do NOT moisturize between your toes because they can trap moisture and lead to skin problems.

◆ WEAR THE RIGHT FOOTWEAR

Proper footwear is important for preventing serious foot problems. Wear socks or stockings to help avoid blisters and sores. If you are not wearing diabetic shoes, comfortable athletic or walking shoes are good for support and allow your feet to breathe.

◆ TRIM TOENAILS

If you have neuropathy, vision impairment, or if your toenails are thickened or yellowed, have a medical professional trim them for you. If you are able to trim your own toenails, wash and dry your feet before using toenail clippers. Be sure to trim nails straight across.

◆ KEEP BLOOD FLOWING TO YOUR FEET

Take a few minutes throughout the day to do foot stretches and exercises. Flex your ankles, wiggle your toes and stretch your calves to improve blood flow. Put your feet up when you are sitting.

◆ CHECK FEET EVERYDAY

Check your feet everyday for cuts, sores, swelling and infected toenails. Call your doctor right away if healing doesn't begin after one day.



CHECK OUT OUR BEAUTIFUL FITNESS ROOM



DID YOU KNOW?

Free to community members and Tribal employees

Staff are available for assistance with equipment

Free fitness classes

All fitness levels are welcome

"I have been attending the lunch crunch class for 4 months. When I started I couldn't hold a 30-second wall sit. I am proud that now I can hold a 1- minute wall sit"
-Anonymous Participant

April Fitness Challenge

Join us for our "**Easter Egg Hunt**" Fitness Challenge. Find an Easter egg located in the fitness room and open it to reveal the exercise. Once completed, participants will write their name on a paper Easter egg and add it to our basket. All Easter eggs will be entered into our monthly prize drawing.

Nia:wen to the participants of our **March Madness Fitness Challenge!**
The winning exercise was **sumo squats!**



NEW HOURS FOR FITNESS ROOM

MONDAY - THURSDAY: 7:00 a.m. - 5:00 p.m.

FRIDAY: 7:00 a.m. - 2:00 p.m.

JOIN US FOR A FITNESS CLASS!

ELDER FITNESS:

Monday, Wednesday and Friday

9:00 - 9:30 am

A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living

LUNCH CRUNCH:

Monday - Thursday

12:15 - 12:45 pm

A 30 minute session to burn fat and increase strength. Each class will vary and will leave you feeling energized and refreshed

TONE & SCULPT:

Monday

4:15 - 5:00 pm

This class will focus on building core strength, toning muscles, and burning fat through resistance training and cardio

BOOT CAMP:

Wednesday

4:15 - 5:00 pm

This class strings together circuits of intense exercises for about 30 to 60 seconds each, pausing for only a few seconds between exercises. The idea is to burn fat, strengthen muscles and build endurance

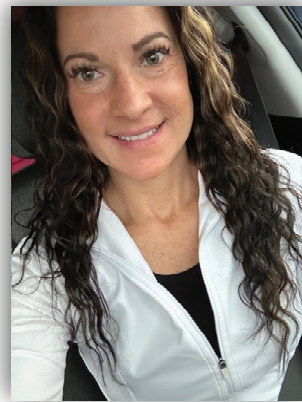
YOUTH FITNESS:

Tuesday & Thursday

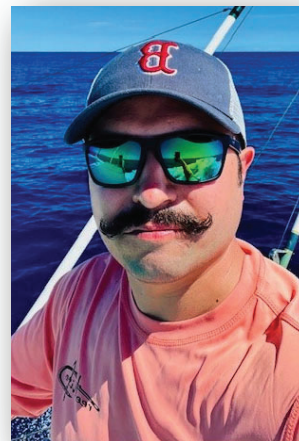
4:15 - 5:00 pm

Instructor led sports and fitness activities designed to teach proper form, use of gym equipment and fun games. ****Ages 8-11. Please call to register your child****

MEET OUR HEALTH PROMOTION SPECIALISTS



**MEGAN BUSHEY
CERTIFIED PERSONAL
TRAINER**



**AARON JOCK
CERTIFIED PERSONAL
TRAINER**

IS IT SAFE TO DRINK ALCOHOL IF YOU HAVE DIABETES?

The biggest concern is hypoglycemia (low blood glucose). When drinking alcohol is combined with the medications most often used to treat diabetes - particularly insulin and sulfonylureas, low blood glucose can result.

WHY?

Blame it on your liver. This organ stabilizes glucose levels by storing carbohydrates and releasing them into the bloodstream between meals and overnight. It's also the body's detoxification center, breaking down toxins like alcohol so the kidneys can easily flush them away.

Trouble is, it's not great at multitasking. Your liver will choose to metabolize the alcohol over maintaining your blood glucose, which can lead to hypoglycemia.

**ALCOHOL
AWARENESS
MONTH**

DID YOU KNOW?

Many of the symptoms of hypoglycemia - such as slurred speech, drowsiness, confusion, or difficulty walking - are also symptoms of being drunk. This can make it difficult to tell the two apart. If you often have hypoglycemia unawareness, a condition in which you don't recognize you're going low, drinking becomes especially tricky. Timing may also be an issue, as hypoglycemia can strike hours after your last drink, especially if you've been exercising.

If you choose to drink alcohol, drink in moderation. Limit your intake of alcohol to no more than 1 serving per day for women, and no more than 2 servings per day for men.

What is a Standard Drink?

- 12 ounces of beer (5% alcohol content).
- 8 ounces of malt liquor (7% alcohol content).
- 5 ounces of wine (12% alcohol content).
- 1.5 ounces or a "shot" of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, vodka, rum, tequila, whiskey, brandy).

samhsa.gov/find-help/atod/alcohol

**HELP IS
AVAILABLE**

APRIL

**ALCOHOL
AWARENESS
MONTH**

Recipes

GREEN BELL PEPPER ENCHILADAS

Ingredients:

- 1 green pepper (diced)
- 1 jalapeno pepper (minced)
- 1 green onion (sliced)
- 3 cloves garlic (minced)
- 2 C cooked chicken (shredded)
- 3 TBSP olive oil
- 3 TBSP flour
- 2 C low sodium chicken broth
- 1/4 tsp salt
- 1/2 tsp ground coriander
- 1/2 C plain nonfat Greek yogurt
- 1/4 C shredded Mexican cheese blend (reduced fat)
- 8 small corn tortillas



Nutrition Facts

Calories: 210
Total Fat: 9g
Carbohydrates: 16g
Total Sugars: 2g
Protein: 17g
Sodium: 190 mg

Instructions:

1. Preheat oven to 350 degrees F.
2. Spray a large skillet with cooking spray and heat over medium heat. Add green peppers, jalapeño, green onion, and garlic. Cook over medium heat for 4–5 minutes, until the peppers start to soften.
3. Remove from heat and place in a bowl with the shredded chicken and mix. Set aside.
4. Return skillet to the heat and add the olive oil. Whisk in the flour for about 1 minute until smooth.
5. Slowly pour the chicken broth in, whisking until the sauce is thickened and smooth, about 3–4 minutes. Add the salt, coriander, and yogurt and whisk until smooth. Remove from heat.
6. Pour a small amount of sauce in a 10 x 8 (or medium size) baking dish. Spread to coat the bottom of the pan.
7. Place tortillas on a flat surface and divide the chicken and pepper mix between them, placing the mix in the center of each. Roll tightly and place seam side down in the baking dish. Pour remaining sauce over the stuffed tortillas and sprinkle with the shredded cheese.
8. Bake for 15–20 minutes, until the sauce is bubbling and the cheese has melted.

BROCCOLI AND MANDARIN ORANGE SALAD

Ingredients:

- 1/2 med grapefruit (juiced)
- 1 small shallot (diced)
- 1/4 C olive oil
- 1 TBSP champagne vinegar
- 2 tsp honey
- 1/4 tsp salt
- 1/8 tsp pepper
- 4 C broccoli (small florets)
- 15 oz canned, no sugar added mandarin oranges (drained)



Nutrition Facts

Calories: 160
Total Fat: 13g
Carbohydrates: 11g
Total Sugars: 8g
Protein: 2g
Sodium: 110mg

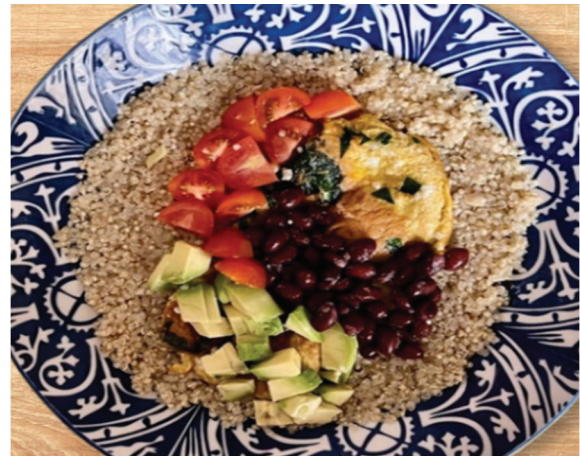
Instructions:

1. In a large bowl, whisk together the grapefruit juice, shallot, olive oil, vinegar, honey, salt, and pepper.
2. Add broccoli and mandarin oranges, stir gently so as to not break up the oranges. Sprinkle with pecans.

BREAKFAST BURRITO BOWL

Ingredients:

- 1 C quinoa (cooked)
- 1 C eggs or egg substitute
- 1 C black beans (rinsed and drained)
- 1 C cherry tomatoes (halved)
- 1 med avocado (diced)
- 1 C baby spinach
- 1 tsp olive oil
- 1/2 tsp ground cumin



Instructions:

1. Heat olive oil in a non-stick skillet over medium heat. Add spinach and sauté until wilted (about 2 minutes).
2. Whisk eggs with cumin and paprika, then pour into the skillet with spinach. Scramble until cooked through.
3. Assemble the bowl. Divide cooked quinoa, black beans, tomatoes, avocado, and scrambled eggs among 4 bowls.
4. Drizzle with lime juice.

Nutrition Facts

Calories: 220
Total Fat: 8g
Carbohydrates: 26g
Total Sugars: 3g
Protein: 13g
Sodium: 140mg