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Let's Get Healthy Program
Diabetes Center for Excellence



The Let's Get Healthy Program provides care for eligible community members through the Saint Regis Mohawk Tribe Health Services. Our services encompass diabetes treatment, diabetes prevention and education. You do not have to be diagnosed with diabetes to utilize our prevention services.

If you have diabetes, you know how challenging it can be to manage. Healthy eating, physical activity, monitoring your condition, taking medication and reducing your risk for complications are probably part of your daily routine. At times, all of this might seem overwhelming. As a member of your healthcare team, our staff will work with you to develop a plan to stay healthy, and give you the tools and ongoing support to make that plan a regular part of your life.

Diabetes education is an important part of your diabetes care. Diabetes may not have a cure, but you can control it and live well. Your diabetes educator will spend time with you developing a plan that helps you overcome the barriers you face in managing your diabetes, develop problem-solving and coping skills and adopt healthy behaviors. Some examples of the activities you may work on together are:

- Helping you understand exactly what diabetes is and how it affects your body
- Explaining how diabetes medications work
- Figuring out what types of food are best for you and how to plan meals that fit your life and budget
- Offering tips to help you cope with stress and solve problems as they arise

Meeting with a diabetes educator is a great first step. Effective diabetes education is a process and takes time. For more information or to schedule an appointment with a Nurse Case Manager, please call (518) 358-9667 and start your health journey.



We are closed Thursday January 1st and Monday January 19th



Working With the Diabetes Health Care Team



Medical Care

Getting regular medical care is important to living well with diabetes. Below is a list and schedule of routine medical care recommended for managing diabetes.

Each Diabetes Medical Visit

- Blood Pressure
- Foot Check

Every 3 to 6 Months

- A1C Test

Usually Once a Year

- Exams
 - Eye
 - Dental
 - Foot
- Lab Tests
 - Kidney (urine and blood)
 - Cholesterol
- Flu Shot

If your provider recommends home blood sugar testing, take your meter or readings with you to each diabetes visit.

Diabetes Education and Support

Learning about diabetes is an ongoing process. People with diabetes can work closely with a diabetes educator to help them learn about living well with diabetes. Diabetes educators may be nurses, dietitians, pharmacists, or others.

Topics to learn about:

- Healthy eating
- Managing blood sugar and blood pressure
- Taking care of feet, eyes, kidneys, and heart
- Becoming or staying active
- Taking medicine
- Feelings and emotions
- Coping with stress
- Tobacco use





New Year Resolutions

Choose an obtainable goal:

Avoid choosing a resolution that you've been unsuccessful at achieving year after year. This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try choosing to eat healthier and increase your weekly exercise.

Create a game plan:

At the beginning of January, write a comprehensive personal plan and you'll be more likely to succeed.

Break it down to make it less intimidating:

Rather than one BIG end goal, dissect it into smaller items. Set several smaller goals to achieve throughout the year that will help you to reach the ultimate goal. Even if you aren't able to reach your final goal, you will have many smaller, but still significant, achievements along the way. If your goal is to complete a 5K walk, your smaller goals could be 30 minutes of walking 5 days per week and strength training 3 days per week to increase your muscular endurance.

Don't do it alone:

Ask friends and family members to help you so you have someone to be accountable to. They might even join in.

Reward yourself with each milestone:

If you've stuck with your resolution for 2 months, treat yourself to something special. Be careful of your reward type. If you've lost 5 pounds, don't give yourself a piece of cake as a reward. Instead, treat yourself to a something non-food related, like a professional massage.

Get professional assistance, if needed:

Everyone needs help and sometimes a friend just isn't enough. Sometimes you need the help of a trained professional. Don't feel that seeking help is a way of copping out. Especially when it comes to fitness, research studies have shown that assistance from a fitness professional greatly improves success rates.

Limit your number of promises:

You'll spread yourself too thin trying to make multiple changes in your life. This will just lead to failure of all of the resolutions.

Focus on setting a SMART goal this year for success in maintaining your New Year's Resolution through the whole year:

S-Specific: What do you want to achieve?

M-Measurable: Can your progress be measured in some way?

A-Action oriented: What steps will you take to reach this goal?

R-Realistic: Is it realistic?

T-Time frame: What is the time frame that you have set for achieving this goal?





BE PREPARED *for Sick Days*

**Stay on a straight path.
Be in a good way.**

People with diabetes can get sick even when doing their best to maintain balance. On sick days, managing blood sugar can be difficult. Work with your health care team to make a plan to be prepared when sick.

Prepare Before Getting Sick

+ PROTECT YOURSELF

Vaccines help protect against many preventable illnesses such as the flu, pneumonia, respiratory syncytial virus (RSV), and coronavirus. Be sure to get your annual vaccinations to help prevent getting sick or shorten its duration.

+ HAVE ON HAND

Medicines and Supplies:

- Diabetes medication(s)
- Glucose testing supplies
- Thermometer
- Glucose tablets or gels
- Fever/Pain relievers
- Medicine to control diarrhea
- Antacid

Food and Fluids:

Easy to prepare and contains carbohydrate:

- Sports drinks or juice
- Gelatin or applesauce
- Cereal or crackers
- Chicken soup
- Popsicles



Practice preventive measures daily, such as avoiding people who are sick, covering your mouth when you cough, wearing a mask, and washing your hands often.



On Days You Are Sick

+ TAKE YOUR MEDICINE

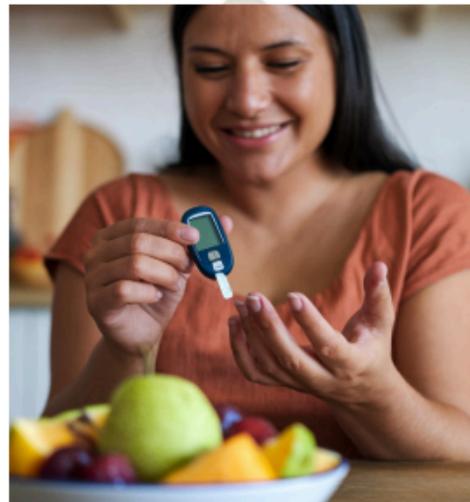
- Continue taking your diabetes medications as usual, or adjust according to your sick day plan.

+ MONITOR

- Test your blood sugar regularly and manage highs and lows as illness can cause fluctuations.
- Check your temperature every morning and evening. Call your provider if your temperature is 101°F or more for 24 hours.

+ STAY HYDRATED

- Drink clear liquids like water, tea, broth, and calorie-free fluids to prevent dehydration.
- Try to drink 4 to 6 ounces every half-hour.



Seek Medical Care

+ CONTACT YOUR PROVIDER IF YOU ARE:

- Unable to keep fluids down for more than 4 hours.
- Unable to eat or keep foods down for 24 hours.
- Unable to keep down medications.
- Vomiting or have diarrhea for more than 6 hours.
- Feeling unusually sleepy or can't think clearly.

+ CALL 911 OR GO TO THE EMERGENCY ROOM IF YOU HAVE:

- Difficulty breathing
- Chest discomfort
- Abdominal pain
- High fever over 101° F for 24 hours
- Blood sugars consistently LESS than 60 mg/dL or MORE than 240 mg/dL, and are unable to correct them



It can be hard to eat when sick. Try to eat or drink 50 grams of carbohydrates every 4-5 hours:

- ½ cup of applesauce or 4 ounces of fruit juice with 12 soda crackers

Talk with your health care team about making a sick day plan. Write down your plan, including your provider's name and phone number, and share your plan with a family member or a caregiver.
Provider's Name: _____ Contact Number: _____



Fats and Heart Health

Diabetes Information for You and Your Family



Fat provides energy for the body. Native people hunted and harvested food like buffalo, seal, fish, nuts, and seeds that provided “good” fats. As food choices changed over the years, so have the kinds of fats we eat. Today, our food includes more of the fats that may cause heart disease. Heart disease is more common among people with diabetes.

Heart-Healthy Fat Choices

Types of Fat

Saturated fats raise cholesterol levels, which is a risk for heart disease. Saturated fats are found in animal products and tropical oils. These fats are solid at room temperature.

Unsaturated fats can help lower LDL (bad) cholesterol and provide nutrition. They come from plant oils and fatty fish. Unsaturated fats are liquid at room temperature.

Good to know

- ❖ Fats have more calories than carbohydrates and protein. For example:
 - 1 gram of fat = 9 calories.
 - 1 gram of carbohydrate or protein = 4 calories.
- ❖ Eating large amounts of fat can lead to weight gain.

Eat less

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Saturated Fats

- Animal Fats**
 - Beef and pork
 - Bologna, sausage and bacon
- Dairy**
 - Whole milk and cheese
 - Butter
- Tropical Oils**
 - Coconut
 - Palm oil

Replace with

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Unsaturated Fats

- Fatty Fish**
 - Salmon
 - Sardines
- Other Foods**
 - Nuts and seeds
 - Avocados
 - Nut butters
- Liquid Oils**
 - Olive
 - Canola
 - Peanut
 - Safflower
 - Sunflower
 - Corn
 - Soybean

Limit foods high in saturated fat.

Use foods rich in unsaturated fat in place of foods high in saturated fat.





Fitness Room Classes

ELDER FITNESS

Monday, Wednesday & 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

CIRCUIT TRAINING

Tuesday & Thursday
4:15 - 5:00 pm

A full body workout class targeting multiple muscle groups to improve overall strength and endurance. This class is effective for promoting fat loss while also building lean muscle.

MOVE WITH MEGAN

Wednesday
5:15 - 6:00 pm

A fun, group fitness class to move your body and benefit health



All fitness levels welcome



Fitness Room Hours:

Monday - Thursday
7:00 a.m. - 5:00 p.m.

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

January Fitness Challenge

"Roll into the New Year"

Roll the dice to determine the exercise to complete. Each name will be entered into the monthly prize drawing.

We had over 250 entries for December's "12 Days of Grinch-mas" Challenge.

Great job!



Recipes

Crockpot Wild Rice Soup

Ingredients:

2 medium carrots, peeled and chopped
2 stalks celery, chopped
3/4 C uncooked wild rice, rinsed and drained
1 medium onion, chopped
1 small sprig fresh rosemary
2 bay leaves
1 tsp finely shredded lemon peel
1/4 tsp ground black pepper
3 chicken breast halves with bone
3- 14 oz. cans reduced-sodium chicken broth
1/2 C snipped fresh parsley
ground black pepper



Directions:

In a slow cooker, combine carrots, celery, wild rice, onion, rosemary, bay leaves, lemon peel, and the 1/4 teaspoon pepper. Top with chicken breast halves. Add chicken broth. Cover; cook on low heat setting for 6 to 6 1/2 hours or on high-heat setting for 3 hours. Remove chicken and cool slightly. Discard rosemary sprig and bay leaves. Remove chicken from bone; discard bones. Chop chicken and return to soup along with parsley. Season to taste with additional pepper.

Crockpot Stuffed Pepper Casserole

Ingredients:

2 lbs. ground turkey
1 TBSP olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
6 large bell peppers, seeded & coarsely chopped
1 C brown rice
2 C water
15 oz. can tomato sauce –no salt added
ground black pepper, to taste



Directions:

Preheat a large skillet on medium heat and add 1 TBSP of oil to coat. Add meat and cook for 10 minutes or until brown, breaking into small pieces with spatula. Transfer to crockpot. Add all remaining ingredients to the slow cooker. Stir, cover and cook on low for 8 hours or on High for 4 hours. Can be served topped with part skim mozzarella or plain Greek yogurt.
*Leftovers can be saved for 5 days in airtight container or frozen for up to 3 months.