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Let's Get Healthy Program
Diabetes Center for Excellence



Minority Mental Health Awareness Month

Established in July 2008, Minority Mental Health Month focuses on highlighting the distinct mental health challenges faced by Black, Indigenous, and people of color communities (BIPOC) including disparities in access to care, stigma, and systemic barriers. It also emphasizes the importance of community support, culturally informed interventions, and trauma-informed care.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, act, handle stress, relate to others, and make choices. Mental health is just as important as physical health. Nearly 1 in 4 US adults live with a mental illness, but these issues are treatable and often preventable.

Akwesasne Wellness Month

Wellness Month aims to encourage healthier lifestyles through education and activities. Wellness Month is proudly sponsored by SRMT Health Services, local small businesses and community partners to promote physical, mental, emotional, and spiritual well-being.

Join our program and many others at the

38th Annual Health Fair

Wednesday July 8th, 10:00 am – 3:00 pm

at the Travis Solomon Lacrosse Box, Generations Park

*For more Wellness Month information,
follow the SRMT Health Services Facebook page*

**We are closed Friday July 3rd in observance of Independence Day
& Friday July 31st for SRMT Employee Appreciation Day**





Diabetes & Mental Health

Mental health has an impact on so many parts of daily life. It affects how you think and feel, handle stress, relate to others, and make choices. Thoughts, feelings, beliefs, and attitudes can affect how healthy your body is. Untreated mental health issues can make diabetes worse. Likewise, problems with diabetes can make mental health issues worse. But fortunately if one gets better, the other tends to get better too.

Depression is a medical illness that causes feelings of sadness. It also can cause a loss of interest in activities you used to enjoy. It can get in the way of how well you function at work and home. That includes taking care of your diabetes. People with diabetes are 2 to 3 times more likely to have depression than people without diabetes. Only 25% to 50% of people with diabetes who have depression get diagnosed and treated. But treatment—therapy, medicine, or both—is usually very effective. And without treatment, depression often gets worse, not better.

Symptoms of depression can be mild to severe, and include:

- Feeling sad or empty, losing interest in favorite activities, overeating or not wanting to eat at all, not being able to sleep or sleeping too much, having trouble concentrating or making decisions, feeling tired, hopeless, irritable, anxious, or guilty, having aches or pains, headaches, cramps, or digestive problems, having thoughts of suicide or death.

Stress is part of life, from family demands to everyday diabetes care. You can feel stress as an emotion, such as fear or anger. It can also be a physical reaction like sweating or a racing heart. If you're stressed, you may not take care of yourself as well as usual. Your blood sugar levels can be affected too. Stress hormones make blood sugar rise or fall unpredictably. Stress from being sick or injured can make your blood sugar go up. Being stressed for a long time can lead to other health problems or make them worse.

Anxiety—feelings of worry, fear, or being on edge—is how your mind and body react to stress. Managing a long-term condition like diabetes can be a source of anxiety. Studies show that therapy for anxiety usually works better than medicine, but often both together works best. You can also help lower your stress and anxiety by:

Getting active— even a quick walk can be calming, and the effect can last for hours.

Relaxation exercises— like meditation or yoga.

Calling or texting a friend— someone you feel comfortable confiding in.

Grabbing some "you" time— Take a break from whatever you're doing. Go outside, read something fun, take a bath - whatever helps you recharge.

Taking care of yourself— Limit alcohol and caffeine, eat healthy food, and get enough sleep.

Anxiety can feel like low blood sugar and vice versa. It may be hard for you to recognize which it is and treat it effectively. If you're feeling anxious, try checking your blood sugar and treat it if it's low.

There will always be some stress in life. But if you feel overwhelmed, talking to a mental health counselor can help. If you think you might have depression, contact your doctor right away for help getting treatment.





Physical Activity and Weight Loss

"At one time, I weighed over 300 pounds...I didn't know it, but I was headed down a dark path. I began learning about the risks of being overweight and sedentary. I didn't want to get diabetes, so I stopped drinking sugary drinks and alcohol. I started eating more fruits and vegetables, walking, and doing strength training. It was tough at first. Eventually, I began to lose weight and look and feel better about myself. I finally lost 100 pounds. Now, I can walk 3 miles in an hour."

Joseph Talley, Diné and Pueblo



Losing weight has many benefits for those who are overweight or affected by obesity. Losing a few pounds can help to:

- ✓ Improve blood sugar
- ✓ Lower blood pressure
- ✓ Manage sleep apnea
- ✓ Prevent diabetes
- ✓ Decrease heart disease risk
- ✓ Ease joint pain and slow joint damage

Increasing physical activity along with eating fewer calories is the most effective way to lose weight.



What Activities Can Help with Weight Loss?

Aerobic Exercise

- » Uses large muscle groups repeatedly for longer periods.
- » Burns the most calories when done at a moderate to vigorous level.



Start at a light or moderate level. Increase to more vigorous activities when cleared by your provider.



Resistance Exercise

- » Uses weights, exercise bands, or body weight to provide resistance.

Include resistance exercises at least 2 to 3 days a week. See [Increasing Muscle Strength](#) for information.



Casual Activity

- » Includes light intensity physical activities such as:

- Doing laundry
- Yard work
- Removing trash
- Taking the stairs
- Gardening
- Cleaning

Add more movement to your day to contribute to weight loss.





Physical Activity and Weight Loss



How Much Physical Activity is Needed to Lose Weight?



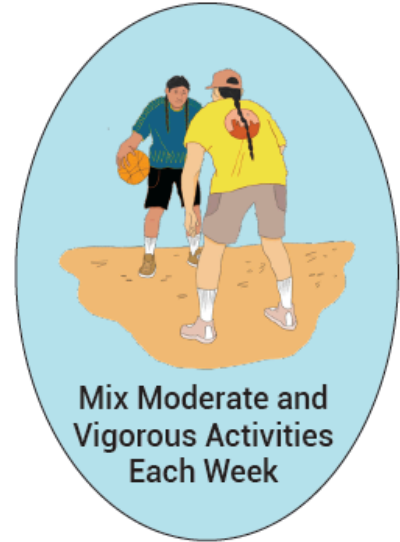
150 minutes
Moderate Activity
Each Week

OR



75 minutes
Vigorous Activity
Each Week

OR



Mix Moderate and
Vigorous Activities
Each Week

Get At Least



30
Minutes

a Day • 5 or More Days a Week

Tips to Add More Physical Activity to Your Day

- » Walk for 20 minutes before or after dinner.
- » Use a pedometer, smart watch, or smartphone to track your steps. See [Track Your Steps](#).
- » Break up sitting time by doing something active or walking for 3-5 minutes every hour.
- » Find exercise classes in your area.

Joe made a decision to start a health journey to get stronger and reduce his risk of diabetes by finding a path to weight loss. You, too, can start on a journey that can help you lose weight, get stronger, and engage in activities you enjoy, such as traditional events, ceremonies, and dances.



Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
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How a Diabetes Educator Can Help You

If you have diabetes, you know managing it can sometimes be difficult. Healthy eating, physical activity, monitoring your blood sugar, and taking medication are probably part of your daily routine. At times, all of this might seem overwhelming. As a member of your healthcare team, a diabetes educator 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 a recognized part of your diabetes care. Diabetes may not have a cure, but you can control it and live well. The Let's Get Healthy Program, located at the Diabetes Center for Excellence offers diabetes education.

What happens during diabetes education?

During initial visits, 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 many 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
- Teaching you how to use glucometers (for testing your blood sugar) and Continuous Glucose Monitors (CGMs) if ordered by a provider.
- Figuring out what types of food are best for you and how to plan meals that fit your life and budget
- Regularly reviewing yearly exams to prevent complications and keep you healthy. These include foot exams, retinal imaging and regular labs
- 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. Managing diabetes is a team effort and you are a central part of it!

The Let's Get Healthy Program provides care for eligible community members through the Saint Regis Mohawk Tribe Health Services.

Our services include diabetes treatment, prevention and education. You do not have to be diagnosed with diabetes to utilize our prevention services.

For more information or to schedule an appointment with a Nurse Case Manager, please call (518) 358-9667





New Fitness Classes in July

Run Club

Monday & Wednesday (July 6th - August 26th)
7:00 - 7:45 am at the Generations Park Amphitheater

Class is based on couch to 5k training guidelines.

All are welcome to park at the back entrance of the Diabetes Center and use the locker rooms & showers after class.

In case of inclement weather, we will utilize the Diabetes Center Fitness Room

Beginner Mat Pilates

Tuesday 7:10 - 7:40 am

Improve posture, build core strength, increase flexibility and improve balance

Move with Megan

Thursday 7:10 - 7:40 am

Move your body to benefit your health with a fun group fitness class



Please welcome our summer intern!

My name is Maddison Goolden and I am a Summer College Intern at the Diabetes Center for Excellence. My parents are Jami and Todd Goolden. I attend Syracuse University and will be a junior in the fall. I study Public Health with a concentration in Addiction Prevention. I enjoy hanging out with my friends, playing pickleball, and going to the gym.





Fitness Room Classes

RUN CLUB

Monday & Wednesday
7:00 - 7:45 am

ELDER FITNESS

Monday, Wednesday & Friday
9:00 - 9:30 am

LUNCH CRUNCH

Monday - Thursday
12:15 - 12:45 pm

BEGINNER MAT PILATES

Tuesday
7:10 - 7:40 am

PICKLEBALL

Tuesday & Thursday
8:45 - 9:45 am
*Weather permitting**

MOVE WITH MEGAN

Thursday
7:10 - 7:40 am



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..

July Fitness Challenge

"Farm Fresh"

Pick a fruit or vegetable from the farmer's stand. Flip it over and complete the gardening-themed exercise designed to stretch and strengthen the muscles you use while gardening. Then write your name on a paper fruit and add it to the farmer's stand!

We had over 300 entries,
completing 4,625 pushups for the
"Pushing into Summer" Challenge
Great job!



Recipes

Mexican Street Corn & Kale Salad

Cilantro Lime Dressing:

- 1/2 C plain Greek yogurt
- 1/4 C fresh lime juice
- 1/4 C cilantro, chopped
(leaves & stems are fine)
- 2 garlic cloves
- 1/4 tsp salt
- 1/4 tsp chipotle powder



Ingredients:

- 1 bunch green kale, leaves cut off the stem and chopped
- 2 ears of corn, shucked & silk removed
- 1/2 C cotija cheese, crumbled
- 1/4 C red onion, chopped
- 1-2 avocados, sliced or diced
- Crushed tortilla chips, for garnish
- 1/2 – 1 lime, juiced
- Olive oil

Directions:

Cook the corn. If grilling, preheat your grill to medium-high heat. Then place the corn cobs directly on the grill and cook for 10-12 minutes (or until grill marks form) turning occasionally. Transfer the corn to a tray to cool then cut off the kernels. Add the chopped kale to a large bowl and drizzle with oil and the juice from one lime. Rub the leaves together with your hands for at least 5 minutes or until the kale begins to soften and shrinks in size. Add your cooked corn kernels, cotija cheese, red onion and avocado to the kale bowl and toss with your desired amount of dressing. Sprinkle crushed tortilla chips over the top and serve immediately.

Turkey Burgers



Ingredients:

- 1 lb. lean ground turkey (75% or 80-85%)
- 1/4 C soy sauce or coconut aminos
- 1/2 tsp salt & pepper
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/4 tsp onion powder
- 1/4 C fresh chopped cilantro
- 2 tsp olive or avocado oil

Directions:

Add all ingredients to a large bowl. Use your hands to combine and form into four patties. Use a small spoon to create a small indent in the center of each patty. This will help prevent your burgers from puffing up too much as they cook. If you're not grilling immediately, place the patties on a plate and cover with plastic wrap in the refrigerator. Heat the grill to medium-high heat. Brush olive oil on both sides of each burger (or use an oil spray). Gently place each patty on the grill. Sear until brown, about 5 to 6 minutes. Don't press down as they cook or they'll release the juice. Do not flip your burger too early or it will fall apart. When it's sufficiently browned on one side, flip. Sear remaining side until browned and patty is cooked through, another 5 to 6 minutes. Remove from the grill and serve as you like!