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LET'S GET HEALTHY PROGRAM

DIABETES CENTER FOR EXCELLENCE



National Diabetes Month

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. It serves as a platform to educate the public about diabetes and the importance of early detection and management. This year's theme is "Early Action on Diabetes".

American Indians and Alaska Natives have the highest diabetes prevalence rates of all racial and ethnic groups in the United States.



World Diabetes Day

world diabetes day
14 November

World Diabetes Day was created in 1991 by the International Diabetes Foundation and the World Health Organization in response the escalating health threat posed by diabetes. The campaign is represented by a blue circle logo that was adopted in 2007 after the passage of the UN Resolution on diabetes. The blue circle is the global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic.

We are closed Wednesday Nov. 11th, Thursday Nov. 26th & Friday Nov. 27th

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

SAINT REGIS MOHAWK TRIBE
Health Services Division

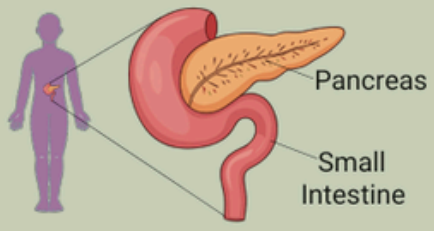
Diabetes

Type 2 Diabetes Basics

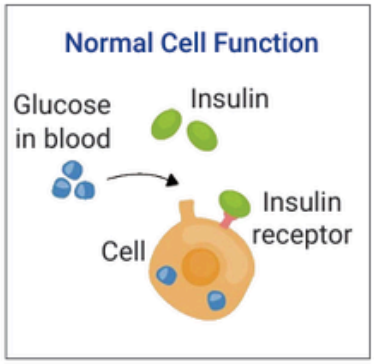
Type 2 diabetes is a long-term condition that can happen at any age. Diabetes affects how your body uses food for energy. Eating nutritious foods, being physically active, and having a healthy weight can help prevent or delay diabetes. These habits can also help control blood sugar (blood glucose) and manage diabetes over time.

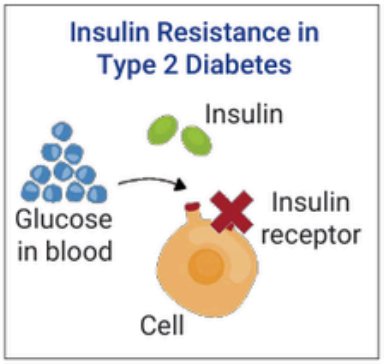
How does type 2 diabetes affect the body?

With type 2 diabetes the body experiences insulin resistance and cannot use insulin properly or does not make enough of it. Sugar (glucose) builds up in the blood instead of going into the cells for energy. This raises blood sugar levels.



- The pancreas makes insulin.
- Insulin opens a pathway for glucose to move into the body's cells to manage blood sugar.





Risk factors for type 2 diabetes

- Prediabetes
- Overweight or obesity
- Age 35 years or older
- Parent or sibling with type 2 diabetes
- Physically inactive
- Metabolic dysfunction-associated steatotic liver disease (MASLD). See MASLD: Should I be screened? for more information.
- Have had gestational diabetes or have given birth to a baby weighing over 9 lbs

Symptoms of type 2 diabetes


Increased thirst


Frequent urination


Tired most of the time



Blurry vision


Unexplained weight loss


Numbness or tingling in the hands or feet

Type 2 Diabetes Basics

Checking for type 2 diabetes

If you have risk factors or symptoms, your provider may suggest screening through a blood sample. They will also help you understand what the results mean.

Diagnosis	A1C	Fasting Glucose	2-hour Plasma Glucose *
Normal Glucose	below 5.7%	99 mg/dL or below	139 mg/dL or below
Pre-diabetes	5.7% to 6.4%	100 to 125 mg/dL	140 to 199 mg/dL
Diabetes **	6.5% or above	126 mg/dL or above	200 mg/dL or above

** During a 75 gm Oral Glucose Tolerance Test.*
*** Confirmed by two abnormal results.*

If you have type 2 diabetes

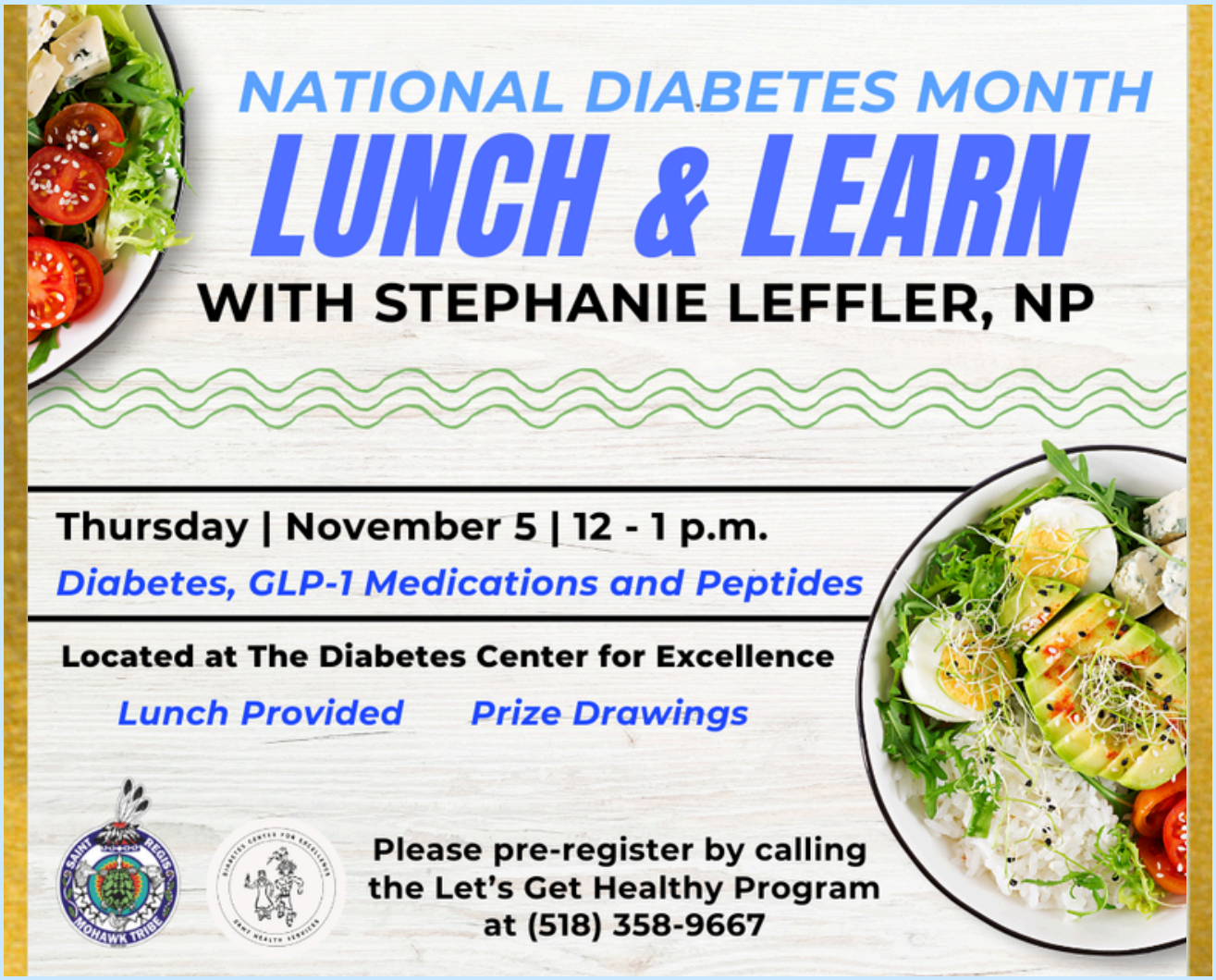
A healthy lifestyle can help you keep your blood sugar, blood pressure, and cholesterol levels in balance.



Partner with your health care team to put together a diabetes plan that is right for you.

Managing diabetes in a good way lowers your risk for serious problems with the eyes, heart, nerves, and kidneys.

Working with a diabetes educator can help you stay on track and feel confident managing your diabetes.



Healthy Food for Glucose Control

Incorporating fiber-rich, low-glycemic, and nutrient-dense foods like whole grains, non-starchy vegetables, legumes and beans, nuts and seeds, lean proteins, and low-fat or dairy alternatives, and certain fruits can help maintain stable blood sugar levels. Below are some additional tips:

- Focus on low-GI foods and pair carbohydrates with protein or healthy fats to reduce blood sugar spikes
- Eat regular, balanced meals to help your body use insulin effectively
- Limit added sugars and refined carbs, which can cause rapid glucose fluctuations

By consistently including healthy foods in your diet, you can support stable blood sugar levels, improve insulin sensitivity, and reduce the risk of diabetes-related complications. If you would like to learn more about how to eat healthy foods for diabetes control, register for our What Can I Eat? program!

NOVEMBER 13 WORLD DIABETES DAY

DIABETES CENTER FOR EXCELLENCE

9 A.M.	ELDER FITNESS CLASS **BREAKFAST FOR PARTICIPANTS**
12:15-12:45 P.M.	MOVE TO PREVENT DIABETES FITNESS CLASS **LUNCH FOR PARTICIPANTS**
7 A.M.-2 P.M.	BLOOD SUGAR & BLOOD PRESSURE CHECKS

SAINT REGIS MOHAWK HEALTH SERVICES

9-1 P.M.	INFORMATIONAL TABLE **BLOOD SUGAR CHECKS, DIABETES SCREENINGS**

PRIZE DRAWINGS! **WEAR BLUE DAY** GIVEAWAYS!

For More Information Call: (518)358-9667

NOVEMBER 1st - Daylight saving time ends. Remember to adjust the time on your glucometer. To change the time on a Contour glucometer:

1. Turn the meter on in Settings mode: Ensure the meter is OFF. Press and hold the M button for 3 seconds to enter Settings mode.
2. Set the Time: With the 12H flashing on the display, press ▲ or ▼ to select the 12H (with AM and PM) or 24H setting (military time). Press M to set.

JOIN LET'S GET HEALTHY FOR A NUTRITION PROGRAM

WHAT CAN I EAT?

A five-session nutrition education program designed for adults with Type 2 Diabetes. Learn how making healthy food choices and physical activity can benefit your health

TUESDAYS
12:00 - 1:30 PM

CLASSES HELD ON:
NOV 3, 10, 17, 24 & JAN 19

Lunch will be provided
Located at the Diabetes Center for Excellence
For more information or to register,
please call Heather (518)358-9667



Health Promotion and Planning

What Can I Eat? classes are consecutive

Each class builds on the previous one

Please register if you can attend all 5 classes

New Fitness Class: Zumba Gold

Have you ever heard the infectious rhythms of Zumba and thought "that looks fun, but maybe a little too intense?" Well, you're going to enjoy this! Zumba Gold is a fun fitness program designed for active older adults, beginners, and anyone looking for a lower-impact workout.

It's all about moving to the music, having fun and getting a workout in the process. Zumba Gold takes the energy and excitement of a regular Zumba class and makes them accessible and enjoyable for everyone!

Tuesdays 9:00 - 9:30 am
Beginning Nov. 10th

TRADITIONAL COOKING FOR DIABETES PREVENTION

Learn how traditional foods can support a healthy lifestyle while enjoying a hands-on cooking experience. This session will feature a delicious kale salad and stuffed long pies, giving you new ideas for nutritious, flavorful meals the whole family can enjoy. Come connect, cook, and learn how traditional foods can help support diabetes prevention.



DIABETES CENTER FOR EXCELLENCE TEACHING KITCHEN

SIGN UP NOW!

NOV 9
5-7PM

For More Information :
(518) 358-9667

Collaboration of SRMT Programs: Let's Get Healthy, Agriculture, and Health Promotion and Planning

Fitness Room Classes

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

LUNCH CRUNCH
Monday - Thursday
12:15 - 12:45 pm

ZUMBA
Tuesday
9:00 - 9:30 am
*beginning Nov. 10th

FAMILY FITNESS
Tuesday & Thursday
4:15 - 5:00 pm

BEGINNER MAT PILATES
Thursday
1:15 - 1:45 pm

All fitness levels welcome

Check the Health Services Facebook page for our monthly fitness calendar



Fitness Room Hours:

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

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

November Fitness Challenge

"Turkey Trot Challenge"

How far can Mr. Turkey run? Keep track of your mileage/steps each day, add your name to a turkey feather.
Each name will be entered into the monthly prize drawing.
We had over 200 entries for October's *"Combat Villains"* Challenge. Great job!

Recipes

Ase'shón:'a Nikanontarò:ten

Rainbow Vegetable Minestrone Soup

Kale is a nutrient-dense leafy green rich in vitamins K, A, C, minerals, fiber and antioxidants, making it one of the healthiest vegetables available

Ingredients:

½ lb. dehydrated white corn, soaked overnight
1 TBSP Olive oil
2 leeks, finely chopped
1 small onion, chopped
4 celery stalks, roughly chopped
2 garlic cloves, minced
1 medium zucchini, quartered
2 C white beans
2 cartons vegetable broth
1 C each: kale, spinach, Swiss chard leaves
2 TBSP Better than Bouillon vegetable base
Juice of 1 lemon



Directions:

In a medium saucepan, cook the soaked white corn for 1 hour or until al dente. In a large saucepan, heat olive oil over medium heat. Sauté the leeks, onion, and celery until they start to soften, about 4 mins. Add garlic, cooking until fragrant, about 1 min. Add the zucchini, white beans vegetable broth and base. Bring the soup to a boil. Reduce heat and simmer for 20 minutes until the soup thickens slightly. Stir in the white corn, kale, Swiss chard, spinach and lemon juice, giving the leaves a few minutes to soften.
Serve and enjoy!

Ase'shón:'a Tekanerahtaiehstánion

Curly Kale Salad



Ingredients:

Olive Oil
4 C Curly Kale
3 medium beets, washed and cubed
3 carrots, washed and cubed
2 oz. feta cheese
½ C dried cranberries
chopped walnuts, to taste
sliced honey crisp apples
Brianna's Poppy Seed salad dressing

Directions:

Wash and prep the kale by removing the leaves from the stems and roughly tearing leaves into bite-sized pieces. Place the kale leaves in a large bowl and add a drizzle of olive oil. Gently massage the kale with your hands for about 2 mins until the leaves are well coated with oil and start to wilt. Wash and cut the beets and carrots. Place them in a bowl and lightly toss with olive oil. Place on a cookie sheet and bake in the oven at 425F for 15 mins. Mix all ingredients together, add salad dressing, mix well and serve.