

**Ohiari:ha/June 2025**

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



**Men's Health Month**

Men's Health Month aims to promote men's physical and mental well-being through education, awareness and prevention. National Men's Health month seeks to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. It's crucial that men get regular checkups and be aware of the risks for their age, ethnicity, and lifestyle.



**ALZHEIMER'S AND BRAIN  
AWARENESS MONTH**  
— JUNE —

**Alzheimer's & Brain Awareness Month**

Alzheimer's and Brain Awareness Month is dedicated to increasing public understanding of Alzheimer's disease and other dementias. It aims to educate individuals about the importance of brain health and encourage community support for those affected by these conditions. The month is marked by various activities, including wearing purple, which is the official color of the Alzheimer's movement, to show solidarity and raise awareness.



***We are closed Thursday June 19th, 2025 in observance of Juneteenth***

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

# MEN'S HEALTH

For too long, men's health has been a topic shrouded in silence. It's time to break down those barriers and talk openly about the things that matter most: Well-being. This isn't about conforming to some ideal of masculinity; it's about taking proactive steps to live longer, healthier, and more fulfilling lives. Here are some key areas of men's general health and how you can level up your life:

**Physical Health:** Eat a healthy balanced diet rich in fruits, vegetables, lean proteins, and whole grains. Limit processed foods, sugary drinks, and excessive saturated fats. Think of food as fuel for your body.

**Exercise** - Aim for 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity and at least two strength training sessions per week. Strength training builds muscle mass, boosts metabolism, and improves bone density. It may also maintain or improve your testosterone levels.

**Prioritize sleep** - Aim for 7-8 hours of quality sleep each night. Sleep deprivation can lead to a host of health problems, including increased stress, weakened immune system, and impaired cognitive function.

**Get regular screenings** - Don't wait until something feels wrong. Schedule regular checkups with your doctor for screenings and preventative care.

**Mental & Emotional Well-Being:** Acknowledge your feelings. Men may often be conditioned to suppress their emotions. It's crucial to acknowledge and process your feelings, whether they're positive or negative.

**Practice self-care** - Find activities that help you relax and de-stress.

**Build strong relationships** - Connect with friends, family, and loved ones. Strong social connections provide support and reduce feelings of isolation.

**Seek help when you need it** - Don't be afraid to reach out for professional help if you're struggling with your mental health. Therapy and counseling can provide valuable tools and support for managing stress, anxiety, depression, and other mental health challenges.

**Challenge societal expectations** - Break free from the pressure to be "tough" and "invincible." It's okay to be vulnerable and ask for help.

## Specific Men's Health Concerns:

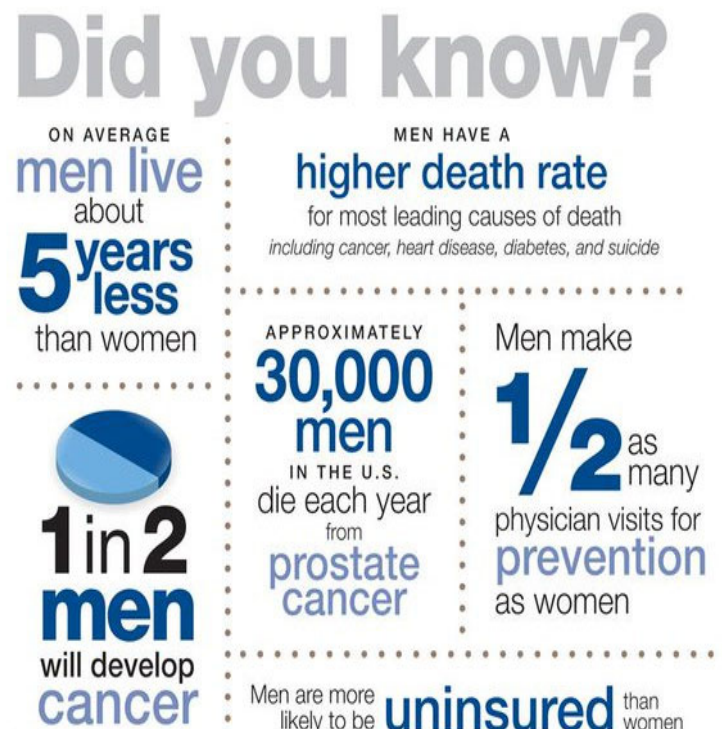
**Prostate health** - Talk to your doctor about prostate cancer screening guidelines and be aware of potential symptoms such as frequent urination, difficulty urinating, or blood in the urine.

**Testicular health** - Perform regular self-exams to check for any lumps or abnormalities. Testicular cancer is highly treatable when detected early.

**Erectile dysfunction**— This is a common condition that can be caused by a variety of factors, including stress, anxiety, and underlying health conditions. Talk to your doctor about testing or treatment options.

## Lifestyle Choices that Make a Difference:

Quit smoking, limit alcohol consumption, manage stress, and stay hydrated.



## MEN'S HEALTH

### Eat Healthy

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Try to make half your plate non-starchy vegetables and add one fruit to every meal.



### Get Moving

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Join the LGHP's Elder Fitness Class. Most importantly, choose activities that you enjoy to stay motivated.



### Make Prevention a Priority

Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

# SIGNS AND SYMPTOMS OF ALZHEIMER'S AND DEMENTIA

## 1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

### What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

## 2. Challenges in planning or solving problems

Some people living with changes in their memory due to Alzheimer's or other dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

### What's a typical age-related change?

Making occasional errors when managing finances or household bills.

## 3. Difficulty completing familiar tasks

People living with memory changes from Alzheimer's or other dementia often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

### What's a typical age-related change?

Occasionally needing help to use microwave settings or to record a TV show.

## 4. Confusion with time or place

People living with Alzheimer's or other dementia can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

### What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

## 5. Trouble understanding visual images and spatial relationships

Some people living with Alzheimer's or other dementia could experience vision changes. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

### What's a typical age-related change?

Vision changes related to cataracts.





# SIGNS AND SYMPTOMS OF ALZHEIMER'S AND DEMENTIA

## 6. New problems with words in speaking or writing

People living with Alzheimer's or other dementia may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").

**What's a typical age-related change?**

Sometimes having trouble finding the right word.

## 7. Misplacing things and losing the ability to retrace steps

A person living with Alzheimer's or other dementia may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

**What's a typical age-related change?**

Misplacing things from time to time and retracing steps to find them.

## 8. Decreased or poor judgment

Individuals living with Alzheimer's or other dementia may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

**What's a typical age-related change?**

Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

## 9. Withdrawal from work or social activities

A person living with Alzheimer's or other dementia may experience changes in the ability to hold or follow a conversation. As a result, they may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.

**What's a typical age-related change?**

Sometimes feeling uninterested in family or social obligations.

## 10. Changes in mood and personality

Individuals living with Alzheimer's or other dementia may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

**What's a typical age-related change?**

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

***If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.***

***With early detection, you can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer.***

# PRACTICE SELF-CARE

Practicing self-care is essential for maintaining overall well-being, as it promotes physical, mental, and emotional health, helping to prevent burnout and enhance life satisfaction.

## Benefits of Self-Care

**Improved Physical Health:** Engaging in self-care activities such as regular exercise, healthy eating, and adequate sleep can enhance physical health, boost energy levels, and strengthen the immune system.

**Enhanced Mental and Emotional Well-Being:** Self-care practices can significantly reduce stress, anxiety, and symptoms of depression. They provide opportunities to relax, recharge, and engage in activities that bring joy and fulfillment.

**Increased Productivity and Focus:** Taking time for self-care allows individuals to rejuvenate, leading to improved concentration and better problem-solving abilities. This can enhance productivity in both personal and professional settings.

**Better Relationships:** Prioritizing self-care helps individuals maintain emotional resources, enabling them to invest more in their relationships. This can prevent burnout and improve interactions with others.

**Prevention of Burnout:** Regular self-care can help prevent physical, mental, and emotional exhaustion caused by prolonged stress. By proactively caring for oneself, individuals can replenish their energy and avoid the negative consequences of burnout.

## 15 WAYS *to* PRACTICE SELF-CARE



EAT A HEALTHY  
SNACK TO  
NOURISH YOUR  
BRAIN & BODY



ENJOY A  
CUP OF  
HOT TEA



MAKE A LIST OF  
SOME PEOPLE &  
THINGS YOU ARE  
GRATEFUL FOR



READ A BOOK  
FOR 10 TO 15  
MINUTES



TAKE A STRETCH  
BREAK IN THE  
MIDDLE OF  
EMAILS



TAKE A WALK  
OUTSIDE AND PAY  
ATTENTION TO  
WHAT YOU SEE



CALL A  
FRIEND TO  
CHAT



LIGHT AN  
AROMATHERAPY  
CANDLE



TURN YOUR  
PHONE OFF FOR  
30 MINUTES



LISTEN TO A  
MEDITATION  
OR WATCH A  
YOGA VIDEO



TAKE FIVE  
MINUTES TO SIT  
DOWN & TAKE A  
DEEP BREATH



GET INTO BED  
15 MINUTES  
EARLY



NOTICE THE WAY  
THE WATER FEELS  
WHEN TAKING  
A SHOWER



JOURNAL  
YOUR  
THOUGHTS



SMILE, AND  
REMEMBER TO  
ENJOY WHAT  
YOU ARE DOING

# Fitness Room Classes

All fitness levels welcome



## 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

## BODY BLAST:

**Monday & Wednesday**

**4:15 - 5:00 pm**

Improve your overall muscle strength, muscle tone, heart health, cardiovascular endurance and core strength

## FAMILY CIRCUIT: **NEW**

**Tuesday & Thursday**

**4:15 - 5:00 pm**

Rotate through a circuit of up to 10 fun family-friendly stations that target different muscle groups by incorporating strength, balance, agility and cardiovascular exercises

***Adults must participate with children***

***No drop offs***

***Children must be at least 8 years to participate***

## Fitness Room Hours:

Monday -Thursday

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

Friday

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



## June Fitness Challenge

Join us for our **“Slammin’ into Summer”**

Fitness Challenge. Each day will be a different exercise. Spin the wheel to reveal the number of reps. Once completed, participants will write their name on a paper sun and add it to our “fun in the sun” board. All names will be entered into our monthly prize drawing.

We had 160 petals added to our flowers for the **Muscles in May Fitness Challenge!**

## Healthier Summer Broccoli Salad

### Ingredients:

- 5-6 C fresh broccoli florets, finely chopped
- 1 1/4 C fresh blueberries
- 1 C shredded or matchstick cut carrots
- 1/2 C dried cranberries or apricots
- 1/3 C red onion, finely diced
- 1/2 C fresh cilantro, finely chopped
- 1/4 C flat leaf parsley, finely chopped
- 1/2 C toasted sliced almonds
- 1/4 C roasted sunflower seeds

### For the dressing:

- 3 TBSP tahini
- 1/2 lemon, juiced (about 2 TBSP fresh lemon juice)
- 2-3 TBSP warm water, to thin dressing
- 1/2 TBSP pure maple syrup
- 1 garlic clove, minced
- 1/4 tsp salt
- Freshly ground black pepper



### Directions:

In a large bowl, add finely chopped broccoli, blueberries, carrots, diced apricots, red onion, cilantro, parsley, toasted almonds and sunflower seeds. Set aside.

Make the dressing by whisking together the following ingredients in a small bowl: tahini, lemon juice, water, maple syrup, garlic and salt and pepper. Immediately drizzle over salad and toss to combine. Garnish with extra toasted almonds and cilantro. Serve immediately or place in the fridge for later.

Salad will keep well up to 5 days and is great when made ahead of time.

## Grilled Balsamic Chicken Kabobs

### Ingredients:

- 2.5 lbs. boneless skinless chicken breasts, cut into 1" cubes
- 2 red pepper, cut into cubes
- 1 yellow pepper, cut into cubes
- 1 red onion, cut into cubes
- 1 pint cherry tomatoes
- 1 squash, 1/2" slices
- 2 zucchini, 1/2" slices

### Balsamic Marinade:

- 1/4 C balsamic vinegar
- 1/4 C olive oil
- 1 TBSP Dijon mustard
- 1 TBSP honey
- 1 tsp dry basil
- salt & pepper



### Directions:

To a small bowl add balsamic vinegar, dijon mustard, honey, dry basil, salt, and pepper. Whisk together and slowly add in the olive oil whisking the entire time. To a large bowl, add chicken cubes and half the balsamic mixture, reserve the rest. Stir to make sure all the chicken is coated. Cover with plastic wrap and place in the refrigerator for 30 minutes to marinate.

Preheat grill to medium high heat (375-400° F). Remove the chicken from the refrigerator and start to assemble the kabobs. Alternate veggies with chicken on a skewer until everything is used up.

Place kabobs on the grill and grill each side for 3-4 minutes, until charred. Brush the remaining marinade on the kabobs for one last flavor burst. Grill for 2 more minutes. Remove from grill and serve!