



## 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. People with diabetes are at an increased risk of foot conditions and complications. It is important to keep your blood sugar in target range for feet healthy.



## National Stress Awareness Month

Stress Awareness Month has been held annually since 1992, initiated to address the growing concern of stress in modern life. Founded by the Health Resource Network, the observance aims to inform the public about stress, its harmful effects, and effective coping strategies, while reducing stigma around mental health. This month also encourages open conversations about stress in workplaces, communities, and families.



**We are closed Friday April 3, for Kahwá:tsire Raonenhnísera (Family Day)**





# Keeping Your Feet Healthy



## 1. Check your feet every day:

- Look at your feet for cuts, sores, red or swollen areas, and blisters
- Check for infected or ingrown toenails
- If you need help checking your feet, use a mirror or ask a family member for help

## 2. Get help if you find a foot problem:

- If you find any problems during your daily foot checks, contact your health care team right away. Getting help early can keep small problems from becoming bigger problems

## 3. Quit using commercial tobacco or never start:

- Tobacco use reduces blood flow to your feet. Avoid being around others who are smoking, including in the car
- Ask your health care team about things you can do to quit using commercial tobacco. Call 1-800-QUIT-NOW (1-800-784-8669) for free help

## What are other ways you can keep your feet healthy?

**Wear shoes indoors and outdoors:** Do not go barefoot. Wear comfortable shoes that fit well and protect your feet. Shoes should have round toes and low heels. Avoid shoes that are open at either the toe or the heel. Before putting your shoes on, check inside each shoe to make sure there are no objects, such as a small rock. Wear socks to help prevent getting blisters and sores.

**Protect your feet from hot and cold:** Keep your feet away from heaters, open fires, and heating pads. You may burn your feet and not know it. Wear socks at night if your feet get cold.

**Wash your feet often:** Avoid using water that is too hot. Dry your feet well, including between your toes.

**Put lotion on your feet daily:** Apply lotion on the tops and bottoms of your feet, but not between your toes. Moisture between the toes can make the skin soften and break down, which can lead to infection.

**Trim your toenails or ask for help:** Trim your toenails straight across using toenail clippers. Do not use knives or sharp tools to cut the skin close to your toenails, or anywhere else on your feet. Ask for help trimming your toenails if you cannot see well, have poor feeling in your feet, cannot reach your feet or have thick toenails.

*Standards of Care for people with diabetes: At diagnosis, and annually, get a comprehensive foot exam to assess foot health and to prevent complications like ulcers and amputations. If you would like to have a comprehensive foot exam, please call our office for an appointment.*





## Stress Awareness Month

Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. We all experience stress – yet we may experience it in very different ways.

### Learn to Overcome Issues you Cannot Change

Sometimes the stress in our lives is not something we can change. Try to:

- Recognize when you don't have control, and let it go
- Avoid getting anxious about situations that you cannot change
- Take control of your reactions and focus your mind on something that makes you feel calm and in control
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.



### Fight Stress with Healthy Habits

**Slow down:** Plan ahead and allow enough time to get the most important things done without having to rush

**Sleep well:** Aim for 7 – 9 hours of sleep each night. Get regular exercise, go to bed and wake up at the same time each day, and wind down 30 mins before bed

**Let worry go:** The world won't end if a few things fall off your plate. Give yourself a break and just breathe

**Laugh it up:** Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone

**Get connected:** A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up

**Get organized:** Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

**Be active every day:** Exercise can relieve mental and physical tension. Find something you enjoy. Yoga and tai chi are excellent mind-body practices

**Give up bad habits:** Too much alcohol, tobacco or caffeine can increase blood pressure. These can create additional problems and increase the stress you are already feeling. Cut back or quit to decrease anxiety

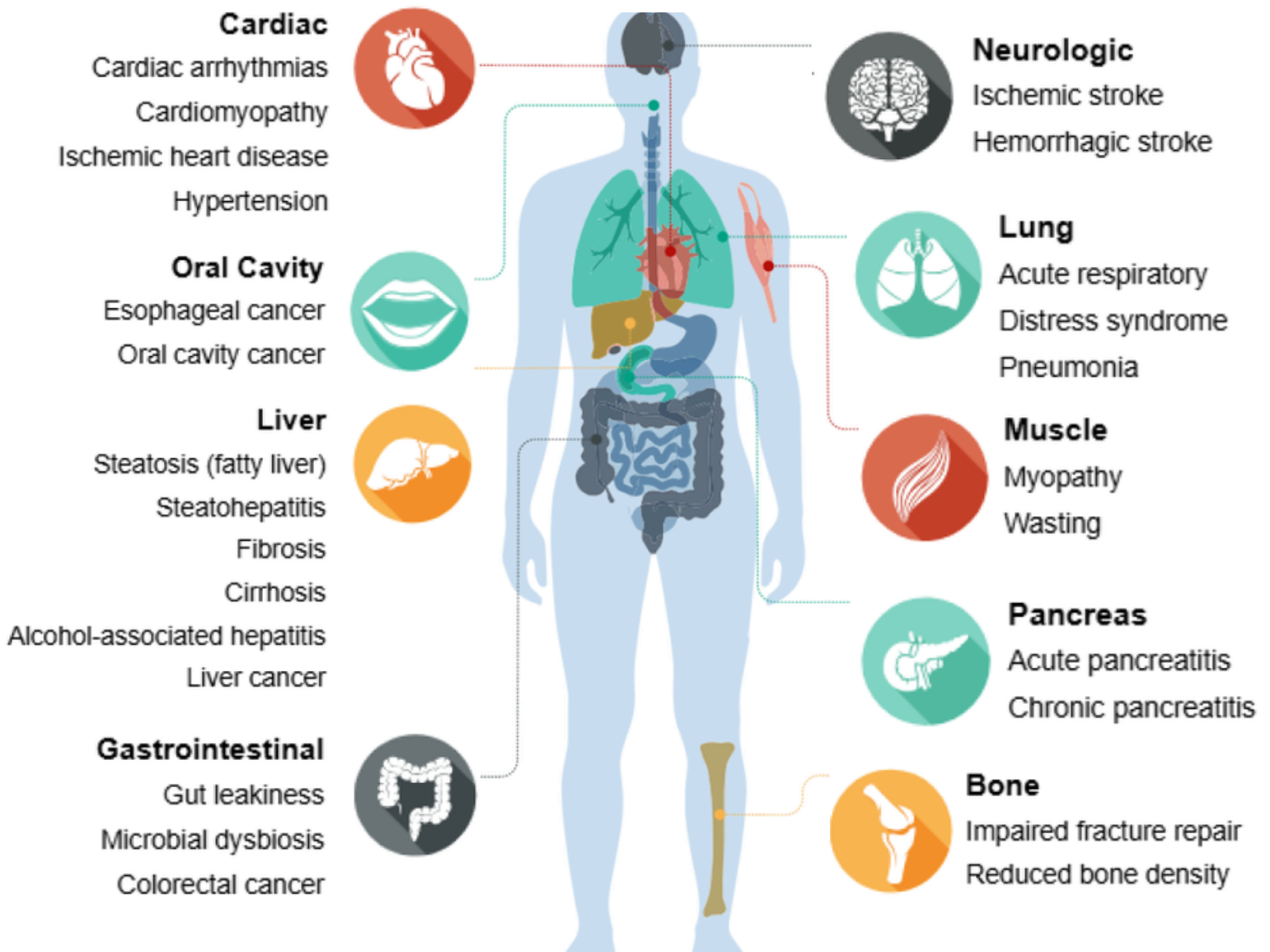
**Recognize when you need more help:** Know when to talk to a psychologist, social worker or counselor



# Alcohol Awareness Month

Drinking too much, on a single occasion or over time, can take a serious toll on your health. The whole body is affected by alcohol use—not just the liver, but also the brain, gut, pancreas, lungs, cardiovascular system, immune system, and more. Current research points to health risks even at small amounts of alcohol consumption, regardless of beverage type.

In patients with diabetes, any alcohol intake may reduce the ability to control blood glucose levels and contribute to diabetes complications. Heavy drinking may increase the risk for developing type 2 diabetes due to increased body weight, blood triglyceride levels, or blood pressure, and decreased insulin sensitivity. The graph below shows possible alcohol-associated organ damage.





**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.

**THURSDAYS  
12:00 – 1:30 PM**

**CLASSES HELD ON:  
APRIL 16, 23, 30  
MAY 7, JUNE 11**

**LUNCH WILL BE PROVIDED  
LOCATED AT THE DIABETES CENTER FOR EXCELLENCE  
FOR MORE INFORMATION OR TO REGISTER,  
PLEASE CALL HEATHER AT (518) 358-9667**

In March we held a Traditional Food Cooking Demonstration. Thank you to Emma and Mary of the SRMT Agriculture Program for the amazing experience! Check out the Crook Neck Soup and Corn Mush recipes in this newsletter, it was delicious!





## Easter Themed Fitness Classes



Monday April 6<sup>th</sup>: Elder Fitness Class & Lunch Crunch



Dress for the Easter theme (pastel colors, bunny ears, etc.)  
for a chance to win a prize!

**February** & **March** Themed Fitness Classes:  
Check out our awesome participants!



## Healthier options to fill Easter baskets!



- Crafts, books, stickers
- Outdoor play supplies: Kite, jump rope, sidewalk chalk
- Travel Board games/card games/activity packs
- Art basket: crayons, paper, markers, water colors, safety scissors, glue sticks
- Garden Starter kit: gardening tools, seed packets, watering can, flowerpots
- Small amounts of dark chocolate



# 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..

## April Fitness Challenge "Let's Hop into Spring"

Wear the designated easter color and earn one egg for participation. Earn additional entries by exercising in the fitness room and attending fitness classes.

MONDAY - **RED**  
TUESDAY - **ORANGE**  
WEDNESDAY - **PURPLE**  
THURSDAY - **GREEN**  
FRIDAY - **BLUE**

We had over 175 entries for our  
March Madness Challenge  
Great job participants!





## Recipes

### Teioteniará:kton Nikanon'onserò:ten Nikanontarò:ten

#### Crockpot Crook Neck Squash Soup



#### Ingredients:

- 1 TBSP olive oil
- 1 chopped onion
- 2 medium crook neck squash
- 2 medium apples cored & diced
- 2 C low-sodium organic veg. broth
- 1 to 1.5 C light coconut milk
- Curry powder or paste to taste
- Salt & pepper to taste

#### Directions:

1. Turn on a 4-quart or larger slow cooker to high. Coat bottom with olive oil.
2. Add chopped onion to the slow cooker.
3. Trim the top and bottom ends off of the squash. With a vegetable peeler, peel the squash. Cut it in half lengthwise and scoop out the center seeds. Save seeds to plant next year and put any peelings in the compost. Cut squash into 3/4-inch cubes.
4. Add squash cubes, apples, broth, curry powder, salt and pepper. Cover and cook on LOW for 6 to 8 hours or HIGH for 3 to 4 hours, until the squash is tender.
5. Add 3/4 cup coconut milk. Puree the soup with an immersion blender or carefully transfer it to a food processor or blender and puree. Return soup to slow cooker. Add coconut milk until soup reaches the desired consistency and add seasonings to taste.

### Kanen'on:ni

#### Cornmeal Mush



#### Ingredients:

- 1 C white corn meal (ground)
- 1 C cold water
- 2.5 C boiling water
- Optional: ½ teaspoon salt
- Maple Syrup (to taste)
- Berries or nuts (in season)

#### Directions:

1. In a saucepan, bring 2.5 cups of water to a boil.
2. In a mixing bowl, combine 1 cup cornmeal, 1 cup cold water, and ½ teaspoon salt. Slowly add this mixture to boiling water.
3. Stir until the mixture returns to a boil.
4. Reduce heat. Keep stirring – mush will stick to the bottom and burn if you stop stirring.
5. Cook for 15-20 minutes (if corn is finely ground, 10 minutes may be sufficient). Mush will appear shiny when fully cooked.
6. Add real maple syrup to taste.
7. Top with berries that are in season.

**Recipes shared by the  
SRMT Agriculture Program**

