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Let's Get Healthy Program
Diabetes Center for Excellence



Akwesasne Wellness Month



Our program joined 50 others to provide valuable resources, education, and services to our community during the 38th Annual Health Fair held at the Travis Solomon Lacrosse Box on July 8th. Close to 400 people attended this informative and interactive event meant to strengthen the health and wellbeing of our community.

**We are closed Monday August 4th in observance of
Kahwá:tsire Family Day &
Thursday August 6th for Health Services Staff Development Day**





Diabetes & Wellbeing

When we think about staying healthy, preventing type 2 diabetes, and diabetes complications, most of us think about eating well and being physically active. While these are essential, your overall wellbeing is much broader. Taking care of your mind and body in other ways such as managing stress, getting quality sleep, limiting alcohol, and avoiding smoking or vaping can make a big difference for your health.

Long-term stress and low mood can affect your sleep, motivation, energy levels, and increase your risk of developing type 2 diabetes or diabetes complications. Studies have shown a strong connection between people who have diabetes and depression. This may be because when you feel down or anxious it makes it harder to eat well and stay active, creating a cycle that worsens both your physical and emotional wellbeing.

Stress can trigger physical symptoms such as increased heart rate, sweating, fatigue, and stomach aches. When stress becomes chronic, it raises levels of hormones like adrenaline and cortisol, which may lead to insulin resistance and increase the risk of diabetes.

Healthy ways to manage stress:

- Stay active – Physical activity is one of the most powerful things you can do to stay healthy. It offers a wide range of benefits, including reducing the risk of chronic diseases, improving mood and sleep, and boosting energy levels
- Prioritize sleep – Sleep is vital for both mind and body. Adults need 7 to 9 hours of good-quality sleep each night. Sleep is when your body repairs itself, balances hormones, and resets energy for the day ahead
- Take breaks – Even short pauses for deep breathing and relaxation can reset your stress levels
- Seek support – Talking with a professional can help you manage ongoing stress

What you can do to look after your mental health:

- Stay socially connected by spending time with friends, family, or join a community group
- Practice relaxation or mindfulness. Deep breathing, yoga, and meditation can lower stress and improve mood
- Talk to someone – whether it's a trusted friend or a health professional, reaching out for support is an important step

"Talk to yourself like you would to someone you love."
-Brené Brown





Summer Sun Protection

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. UV rays are an invisible kind of radiation that comes from the sun and tanning beds.

It's important to protect your skin from the sun all year, not just during the summer. The sun emits radiation known as UVA and UVB rays. UVB rays have short wavelengths that reach the outer layer of your skin. UVA rays have longer wavelengths that can penetrate the middle layer of your skin. Both types can damage your eyes and skin. The sun's UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow.

Sunscreen Guidance:

Put on broad-spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 30 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options like protective clothing and hats.

Sunscreen is not recommended for babies who are 6 months old or younger. The U.S. Food and Drug Administration recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun.

SPF: Sunscreens are assigned a sun protection factor (SPF), which is a number that rates how well they filter out UV rays. A higher number indicates more protection. You should use a broad-spectrum sunscreen with SPF of 30 or higher.

Reapplication: Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

Expiration date: Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. It's shelf life is shorter if it has been exposed to high temperatures.





Preventing Skin Cancer

You can help protect yourself and your family from skin cancer – the most common type of cancer. Limit your exposure to harmful UV rays all year-round.



Stay out of direct sunlight.

Especially between 10 a.m. and 4 p.m.

Wear protective clothing.

- ✓ Long-sleeved shirts and pants
- ✓ Sunglasses that block UV rays
- ✓ Wide-brimmed hat



Cover up children, too.

They burn more easily. And babies younger than 6 months old should be kept out of direct sunlight.

✗ Avoid tanning beds or lamps.

These indoor tanning devices give off harmful UV rays.



Use sunscreen and lip balm with SPF.

What to look for:

- ✓ Broad spectrum
- ✓ SPF 30 or higher
- ✓ Not expired

How to apply sunscreen:



Use about 1 ounce
(a palmful) on exposed skin



Reapply every
2 hours



Reapply more often if
swimming or sweating



TRACK YOUR STEPS

Follow in the Footsteps of Your Ancestors



Our ancestors led active, healthy lifestyles. Tracking steps makes it easy to monitor activity and know if targets are reached. Getting the recommended steps per day can help reduce blood sugar, blood pressure, and body fat.



SET A DAILY STEP COUNT GOAL

Consider your age, health, and fitness level when setting a daily step goal. Consult your health care provider or fitness professional for guidance.

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USE A FITNESS TRACKER

- Use a smartphone, smartwatch, or pedometer to track your steps
- Use the same fitness tracker to monitor and compare your step count
- Fit smartphones firmly in your pocket for an accurate step count
- Fit pedometers to your waistband or belt over the mid-line of either leg

HOW TO SET A STEP GOAL

Track your daily step count for several days before starting your program.

Is your step count below 3,000 per day? If yes, increase to 5,000 steps steadily over 2-3 weeks.

Next, build your step count to at least 8,000 steps per day.

Increase your steps for more health benefits. Getting to 10,000 steps most days of the week is optimal.

A good walking pace is at least 100 steps per minute. One mile is about 2,000 steps.

For more information visit:
[Do You Need To Walk 10,000 Steps a Day?](#)



fitness in summer, stay hydrated
rethink your drink

Staying Hydrated & Diabetes

Dehydration can strike anyone when the sun is out and the temperature is high. But when you have diabetes, you're even more prone to dehydration. When there is extra sugar in your blood, your kidneys work overtime to filter and absorb the excess sugar. If your kidneys are overworked, your body expels the excess sugar in your urine, which in turn pulls fluids from your tissues. This makes you urinate more often, and that can leave you dehydrated. Drinking more fluids quenches your thirst, but it also makes you urinate more, which could leave you even more dehydrated.

A few simple strategies can ensure that you stay hydrated and make sure your fluids remain at a healthy level, even when the weather is warm:

Drink fluids: Stay hydrated by drinking plenty of water or caffeine-free beverages such as seltzer water or sugar-free lemonade. Always carry a water bottle with you. Keep your alcohol consumption at a minimum as alcohol can be dehydrating and contains carbohydrates.

Be mindful of heat exhaustion: If you have diabetes, you're at a higher risk of overheating and are extremely susceptible to many heat-related conditions. This can be compounded if you're working or exercising out in the heat, or if you're simply outside with friends or relaxing at the beach. Be alert to signs of heat exhaustion, such as dizziness, profuse sweating, muscle cramps, fainting spells, headaches, increased heartbeat and nausea. If you exhibit any of these signs, move to a cooler place, drink plenty of fluids and contact your health provider.

Keep cool while exercising: During your exercise routine, be mindful of where you're working out. Instead of going for a run in the heat, take a trot on a treadmill in an air-conditioned gym. Or exercise outside in the early morning, when temperatures are lower.

Monitor your blood glucose levels regularly: Be sure to check your glucose levels at least four times a day. If you're not feeling great, check them even more frequently. Heat can cause your blood glucose levels to fluctuate, so remember to monitor them more often if you're spending time in the sun. And don't forget to bring lots of water and snacks with you wherever you go.

Keep insulin cool: It may seem easiest to keep your glucose strips or meter and your insulin in a purse, backpack or glove compartment, but think twice about doing that during a hot day. Insulin should never be stored in extreme temperatures. Instead, store your tests and insulin in a cool, dry place.



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..

August Fitness Challenge

"Heat the Meter"

This month we are doing a partner challenge; Draw a card. Find the exercise and number of reps to complete on the chart. Grab a partner, complete the exercise, write your name on the partner card and place on our board.

We had over 300 entries for the
""Farm Fresh"" Challenge
Great job!



Recipes

Spaghetti Squash Stir Fry with Chicken

Ingredients:

1 medium spaghetti squash
1 lbs. boneless, skinless chicken breasts
2 tsp olive oil (divided)
2 C green cabbage, shredded
1 red bell pepper, sliced thin
1/2 C carrots, shredded
1/4 C green onions, sliced

2 cloves garlic, minced
1 TBSP rice vinegar
2 tsp toasted sesame oil
1 ½ TBSP low-sodium soy sauce
1/2 tsp black pepper (to taste)
1/4 C cilantro
1 lime, cut into wedges



Directions:

Preheat the oven to 400 degrees F. Cut the squash in half lengthwise and scoop out the seeds. Place cut-side down on a baking sheet and roast until tender, 30–40 min. Let it cool slightly, then shred into strands with a fork.

While the squash roasts, heat 1 tsp olive oil in a large skillet over medium-high heat. Add the chicken, season lightly with black pepper, and cook until golden and cooked through. Transfer to a plate. Add the remaining teaspoon of olive oil to the skillet. Stir in the garlic, cabbage, bell pepper, and carrots. Cook for 3–5 minutes, until just tender but still crisp. Return the chicken to the skillet along with the spaghetti squash strands and green onions. Drizzle in soy sauce, rice vinegar, and sesame oil. Toss to combine and heat through. Divide among bowls and garnish with chopped cilantro and a lime wedge.

Western Omelet in a mug

Ingredients:

Cooking spray
1/4 C plus 3 TBSP liquid egg whites, room temperature
1/2 C red bell peppers, chopped
1/2 C mushrooms, chopped
2 TBSP shredded low-fat cheese
2 TBSP fat-free milk
1 TBSP green onion, chopped



Directions:

Combine the ingredients in a microwave-safe mug lightly coated with cooking spray. Microwave on high for 1 minute. Stir the mixture. Microwave on high for 1 to 2 minutes, or until the eggs are cooked through.