

**Ohiarihkó:wa/July 2025**

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



**Akwesasne Wellness Month**

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



**UV Safety Month**



Ultraviolet (UV) Safety Month is an excellent opportunity to educate yourself and others about the dangers of UV radiation and the importance of sun protection. Most individuals don't realize that UV light is a form of radiation. The sun emits radiation in the form of UV light. Exposure to both UVA and UVB are associated with the development of skin cancer, so it's important to protect the skin during exposure to sunlight.

***We are closed Friday July 4th in observance of Independence Day  
& Friday July 18th for SRMT Employee Appreciation Day***



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

# RETHINK YOUR DRINK







Sugary drinks are the leading source of added sugars in the American diet. People who often drink sugary drinks are more likely to experience health problems. These problems include weight gain, obesity, type 2 diabetes, heart disease, cavities, and gout, a type of arthritis. The single most important thing you can do to be healthier is to avoid drinking your calories.

## The American Heart Association recommendations for added sugar per day:

- Men should consume no more than 9 teaspoons or 36 grams
- Women & children (ages 2 - 18) should consume no more than 6 teaspoons or 25 grams

## Tips to rethink your drink:

- Choose water instead of sugary drinks. This can be tap water or unsweetened, bottled, or sparkling water
- For flavor- Add berries or slices of lime, lemon, or cucumber to water
- If water just won't do, reach for drinks that contain important nutrients. Nutrient-dense drinks include low or fat-free milk, unsweetened, fortified milk alternatives and 100% juice
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink
- Need help breaking the habit? Don't stock up on sugary drinks. Instead, keep a jug or reusable bottles of cold water in the fridge
- At the coffee shop- Skip the flavored syrups and whipped cream. Ask for a drink with low or fat-free milk or unsweetened milk alternatives such as soy or almond. You can also get back to basics with black coffee
- Read the Nutrition Facts label to choose drinks that are low in calories, added sugars, and saturated fat
- On the go- Carry a reusable water bottle with you and refill it throughout the day

GRAMS OF SUGAR PER 12 OZ.	
 <b>36</b> ORANGE JUICE	 <b>39</b> SODA
 <b>36</b> BOTTLED SWEET TEA	 <b>44</b> CHOCOLATE MILK
 <b>40</b> LEMONADE	 <b>46</b> ENERGY DRINK

**STICK TO  
THESE  
BEVERAGES  
INSTEAD:**

**WATER**  
Unsweetened tea  
Black coffee  
Sparkling water  
Club soda

# UV Safety

## What is UV Radiation?

Ultraviolet (UV) radiation is a form of electromagnetic energy emitted by the sun. While it's invisible to the naked eye, it can have significant effects on our skin and eyes.

- UVA: Long-wave UV rays that can penetrate deep into the skin, causing premature aging and contributing to the development of skin cancer.
- UVB: Short-wave UV rays that are primarily responsible for sunburn and play a key role in the development of skin cancer.

**Prolonged exposure to UV radiation can lead to a range of health issues, including:**

- Skin Cancer: UV radiation is the primary cause of skin cancer, including melanoma, basal cell carcinoma, and squamous cell carcinoma.
- Premature Aging: UVA rays can break down collagen and elastin fibers in the skin, leading to wrinkles, sagging, and age spots.
- Eye Damage: UV rays can harm the eyes, causing cataracts, macular degeneration, and photokeratitis (sunburn of the eye).
- Immune System Suppression: Excessive UV exposure can weaken the immune system, making it harder for the body to fend off infections.

**Protecting yourself from UV radiation is essential for maintaining healthy skin and eyes. Here are some practical tips to help you stay safe in the sun:**

- Use Sunscreen: Apply a broad-spectrum sunscreen with an SPF of 30 or higher. Reapply every two hours, or more frequently if you're swimming or sweating. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures
- Wear Protective Clothing: Opt for long-sleeved shirts, pants, and wide-brimmed hats to shield your skin from the sun. Look for clothing with a high UPF (Ultraviolet Protection Factor) rating.
- Seek Shade: Avoid direct sun exposure between 10 a.m. and 4 p.m., when UV radiation is at its strongest. Seek shade under trees, umbrellas, or shelters.
- Wear Sunglasses: Protect your eyes with sunglasses that block 100% of UVA and UVB rays. Wrap-around styles offer the best protection.
- Avoid Tanning Beds: Tanning beds emit UV radiation that can be even more intense than natural sunlight. Choose safer alternatives like self-tanning lotions or sprays.
- Check the UV Index: Before heading outdoors, check the UV index in your area. The higher the number, the greater the risk of UV damage.

## Take care in the sun



# DIABETES & SUMMER SAFETY

We often look forward to a change of seasons and warmer temperatures. But if you have diabetes, you may be especially sensitive to the hot weather of summer.

Extreme heat can affect your blood sugar control. If you use insulin or your blood sugars aren't effectively controlled, you could be at higher risk during the summer months. Worsening blood sugar control is often the main concern, and depending on your level of activity, developing low blood sugars may also be a concern.

If you've had complications from diabetes that have damaged the nerves to sweat glands, you may be unable to sweat properly. This can become serious as outdoor temperatures rise, leading to heat exhaustion and heat stroke.

For those living with diabetes, special precautions should be taken when dealing with the heat:

**Stay Hydrated:** Dehydration can happen to anyone on hot days. It is important to stay hydrated by drinking caffeine-free beverages throughout the day. The best choice is WATER! The average adult should be drinking half of their body weight (lbs.) in water (oz.) per day. For example, if you weigh 200 lbs., you should be drinking 100 oz. of water each day.

**Watch for Signs of Heat Exhaustion:** People with chronic conditions like diabetes or heart disease are more prone to heat exhaustion by overheating. Take extra precaution when exercising or working outdoors on hot days. Symptoms to be on the lookout for include dizziness, fainting, excessive sweating, skin that is cool or clammy, muscle cramps, headaches, or nausea. If you experience these symptoms move to a cooler place and drink plenty of fluids, water is best, but you may also want to try a sports drink.

**Exercise:** Exercise is important for everyone with diabetes, choose to exercise early in the morning or late in the evening when the sun is not so hot. You may also choose to exercise in an air conditioned facility such as The Diabetes Center for Excellence or go for a walk indoors. While in the heat or exercising, it is recommended to drink 1 cup of water (8 oz.) every 15-20 minutes to avoid dehydration.

**Check Glucose More Often:** The heat and warm weather can cause fluctuations in glucose levels. Check your glucose levels more often in hotter weather. Being hydrated helps manage and lower blood sugar levels. Always carry extra fluids and healthy snacks with you.

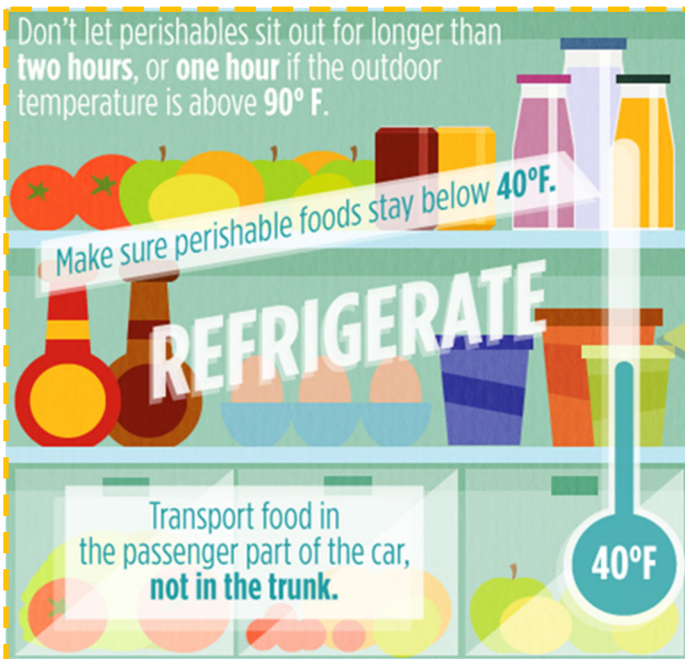
**Keep Items to Treat Low Blood Sugar with You.** This includes glucose tabs or glucose gel. If you're at high risk for very low blood sugar (if you have frequent low blood sugar or had very low blood sugar previously), you should also have a glucagon kit available

**Safe Storage of Supplies:** Store your glucometer, insulin and test strips in a cool dry place. Do not leave your supplies in a car or near the window. Never store insulin in a freezer or in a car glove compartment as the temperatures are too extreme, carry your insulin on you if you have to.

**Special Precautions for Pump Users:** For those using insulin pumps, excessive perspiration can cause the adhesive on the infusion site to be ineffective. When you are sweating or working out check to make sure your infusion site is secure. If you are experiencing changes in your infusion site due to the heat or sweating, contact your pump trainer and they can recommend other adhesives for you to use.



# FOOD SAFETY AT THE GRILL



## Use separate coolers for different food items:

- Ice
- Beverages
- Raw meats, poultry & seafood
- Cooked food and raw produce



## Other safety tips:

- Discard marinades and sauces that have come in contact with raw meat
  - Place cooked meat on a clean plate
- Place remaining food in freezer or fridge within 2 hours of cooking (1 hour if temp is above 90 degrees F outside)

## WELLNESS MONTH

We're celebrating 37 years of promoting community health and wellness! What began as a simple health fair has grown into a full month of engaging events, fun activities, and opportunities to focus on your well-being. Wellness Month is all about encouraging physical, mental, emotional, and spiritual wellness – and YOU are invited to be part of it! Join us at the following events:

**July 2nd:** Community Walk (see below)

**July 9th:** Health Fair @ Generation's Park, 10:00 am - 2:00 pm

**July 11th:** Color-Bubble Run @ Generation's Park, 6:00 - 8:00 pm

**July 16th:** Teddy Bear Picnic @ Akwesasne Zero 2 Six, 11:00 am - 12:30 pm

Summer Safety Event & Family Camping Challenge @ Generation's Park, 4:00 - 6:00 pm

**July 23rd:** American Red Cross Blood Drive @ Community Services Building, 10:00 am - 2:00 pm

Tails Fur Trails @ Tewathahita - Walking Trail

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



## AKWESASNE WELLNESS MONTH 2025 COMMUNITY WALK

Hosted by the Let's Get Healthy Program



**Tewathahita-Walking Trail**

**July 2<sup>nd</sup>, 2025**

**11:00a.m.- 1:30p.m.**

| Light lunch will be provided | Be entered to win a prize |  
Earn tickets toward Wellness Month Grand Prizes



## 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

### PICKLEBALL:

Tuesday & Thursday

8:45 - 9:45 am

Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. It can be played as singles or doubles, where players use a smooth paddle to hit a plastic ball over a net that is 34 inches high. The game is played on a court similar in size to badminton.

*Learn to play (age 55+)*

*Weather-permitting*

*Starts July 8th*



### 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

Join us for our **"Stars & Stripes"** Fitness Challenge. Roll the dice to reveal the exercise and complete 13 reps. Participants will write their name on a star and add it to our board. All names will be entered into our monthly prize drawing.

We had 140 entries for the June **"Slammin' into Summer"** Challenge

## Hawaiian Chicken Kabobs

### Ingredients:

- 1 1/2 lbs. boneless skinless chicken breasts
- 1 red bell pepper, diced into bite-sized pieces
- 1 orange bell pepper, diced into bite-sized pieces
- 1 C pineapple chunks
- 1 green bell pepper, diced into bite-sized pieces
- 1 red onion, diced into bite-sized pieces



### Marinade:

- 1/3 C ketchup
- 1/3 C low-sodium soy sauce
- 1/3 C brown sugar
- 1/4 C pineapple juice
- 2 tsp sesame oil
- 1 tsp minced fresh ginger
- 3 cloves garlic minced
- 1 tsp sriracha

### Directions:

Combine all marinade ingredients in a small bowl or freezer bag. Set aside ½ cup of the mixture for the vegetables. Add the chicken to the remaining marinade, ensuring it is well-coated and allow it to marinate for at least 30 minutes or for up to 4 hours. Preheat the grill to medium-high (400°F).

In a large bowl, combine the diced bell peppers, pineapple, and onions and toss with 3 tablespoons of the reserved marinade. Thread the chicken and vegetables onto skewers. Grill for 12 to 16 minutes or until cooked through, turning the skewers frequently. Brush the skewers with the remaining marinade while cooking.

**Notes:** Soak wooden skewers in water during preparation to keep them from burning or charring on the grill.

Cut meat and vegetables into uniform sizes for even cooking. Leave a small amount of space between each piece on the skewer. This allows heat to circulate evenly and helps everything cook at the same rate.

A meat thermometer should read 165°F when chicken is done. Remove from grill promptly.

**Nutrition Facts:**      Calories: 188      Total Fat: 3g      Carbohydrates: 14g

## Cilantro Lime Brown Rice

### Ingredients:

- 2 C uncooked long grain brown rice
- 4 C water or low sodium chicken broth
- 1 lime, zested and juiced
- 1/2 C cilantro, chopped
- 2 tsp garlic powder or 1 tsp of fresh garlic, minced
- Salt and pepper to taste

### Nutrition Facts

Calories: 353  
Total Fat: 4g  
Carbohydrates: 74g  
Protein: 8g  
Potassium: 252mg



### Directions:

Add rice, water or chicken broth and lime zest to a medium saucepan and bring to a boil. Reduce heat to low and cook for 30 - 35 minutes or until the water is fully absorbed and the rice is tender. Take saucepan off the heat and stir in the lime juice, cilantro and garlic powder. Season with salt and pepper to taste and serve immediately.

**Notes:** Prep just takes 5 minutes. You can also substitute jasmine, instant or any other rice you prefer. This isn't your average rice side dish – it's loaded with flavor.