

Tsitewatakarit:at Let's Get Healthy Program Diabetes Center for Excellence



Cholesterol Education Month

National Cholesterol Education Month seeks to inform the public about the dangers of high cholesterol and its connection with the leading cause of death around the globe – heart disease. High blood cholesterol is a major risk factor of heart disease. If you have diabetes, cholesterol is one of the three keys to better manage your diabetes and lower your risk of heart attack and stroke.



Healthy Aging Month



Healthy Aging Month focuses on promoting positive aging and encourages adults aged 45 and older to take charge of their health and well-being. The theme for 2025 is "Never Too Late to Reinvent Yourself", which aims to inspire individuals to improve their physical, mental, social and financial wellness. This month serves as a reminder for adults to engage in activities that enhance their quality of life and foster a sense of community.

We are closed Monday September 1st, in observance of Labor Day



Cholesterol

Cholesterol is a fat-like substance that comes from two sources: food and your body. It is only found in foods from animal sources. It travels in the body by lipoproteins (LDL and HDL).

High cholesterol can affect your heart and brain health. It can lead to heart disease and increase the risk of some types of dementia, like Alzheimer's disease.

- HDL = good: High-density lipoprotein is known as "good" cholesterol
- LDL = bad: Low-density lipoprotein is known as "bad" cholesterol

HDL helps keep LDL from sticking to artery walls. This reduces plaque buildup and lowers the risk of heart disease and stroke.

CHOLESTEROL AND TRIGLYCERIDE LEVELS <i>in adults</i>				
	TOTAL	HDL	LDL	TRIGLYCERIDES
HIGH	240 or higher	n/a	160 or higher	200 or higher
BORDERLINE	200-239	n/a	130-159	150-199
GOOD	less than 200	40 or higher	less than 100	less than 150
LOW	n/a	less than 40	n/a	n/a

Tips for Success

Eat Smart: Eat meals with lots of vegetables, fruits, whole grains, beans, nuts, and lean proteins like fish and seafood. Limit sugary foods and drinks, red meats, processed meats, salty snacks, and foods that are highly processed.

Move More: Exercise can help lower cholesterol numbers. It can also improve your mood and clear your mind.

Know Your Fats: The fats you eat can affect your cholesterol numbers. Replace saturated fats like butter and whole dairy products with healthy fats. Healthy fats include olive oil, fatty fish, nuts and eggs.

No Nicotine: Smoking lowers good HDL cholesterol. It also increases your risk of heart disease and affects your brain health.

Take Medication as Directed: Taking your medicine is important. Medicines like statins, or others, can help you control your cholesterol numbers.









Healthy Aging

Healthy living is healthy aging. Developing and maintaining healthy aging practices throughout the lifespan contributes to greater resilience and opportunities to thrive as we age – from infancy through older adulthood.

Staying active as we get older helps us stay connected to our community. And one of the best ways we can stay healthy and connected as we age is to prevent falls. You have the power to reduce your risk

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips:

 <p>1</p> <p>Find a good balance and exercise program</p> <p>Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p>2</p> <p>Talk to your health care provider</p> <p>Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p>3</p> <p>Regularly review your medications with your doctor or pharmacist</p> <p>Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p>4</p> <p>Get your vision and hearing checked annually and update your eyeglasses</p> <p>Your eyes and ears are key to keeping you on your feet.</p>
 <p>5</p> <p>Keep your home safe</p> <p>Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p>6</p> <p>Talk to your family members</p> <p>Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>



Nutrition Tips for Wound Healing

We've all had a wound: a cut, scratch or scrape that breaks the skin. Most wounds heal quickly when kept clean and free of infection, while other types of wounds are more serious and often require medical intervention.

People with diabetes have a higher risk of developing foot ulcers. Foot ulcers are characterized by open sores or wounds that typically form on the bottom of the feet and can take months to heal.

Elevated blood sugar stiffens the arteries and causes narrowing of the blood vessels. This narrowing blood vessel leads to decreased blood flow and oxygen to a wound. Elevated blood sugar levels also decrease the function of red blood cells that carry nutrients to the tissue. Without sufficient nutrients and oxygen, a wound heals slowly.

Fortunately, healthful food choices may help with recovery by providing the energy, vitamin, mineral and protein requirements necessary to promote healing.

Promote Wound Healing with Good Nutrition

1. Plan healthy, balanced meals and snacks that include the right amount of foods from all the food groups — lean protein, fruits, vegetables, low fat or fat free dairy and whole grains.

2. Choose vegetables and fruits rich in vitamin C, such as strawberries or spinach. For adequate zinc, choose whole grains and consume protein, such as eggs, lean meat, low fat or fat free dairy or heart healthy fish.

*Some wounds may require a higher intake of certain vitamins and minerals to support healing. Speak with your healthcare provider before starting any new supplements.

3. Include adequate protein throughout the day – at each meal or snack.

A sample menu may include boiled eggs for breakfast, black bean tacos for lunch, Greek yogurt for a snack and chicken breast at dinner.

4. Stay well-hydrated with water or other unsweetened beverages, such as herbal teas or unsweetened ice tea.

5. For people with diabetes, controlling blood sugar levels help prevent wounds from developing and to support healing and recovery.





Building a Healthy Eating Routine

Good nutrition is key to staying healthy, active, and independent as you get older. It's never too late to make healthy changes.

Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



Whole fruits — like apples, berries, oranges, mangos, and bananas



Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama



Whole grains — like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta



Protein foods — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



Drink More Water

Staying hydrated is important for your health, but you may start to feel less thirsty as you age. Water helps you stay hydrated without adding calories, and many older adults don't drink enough. Make sure to have a glass of water with every meal!

Low-fat or fat-free milk, including lactose-free versions, and fortified soy beverages are also healthy drink choices. Skip drinks with added sugars, like sweet tea, lemonade, and soda. Sugary drinks make it hard to get all the nutrients you need without getting too many calories.



Building a Healthy Eating Routine

Get enough protein and vitamin B12

Protein can help prevent muscle loss as you age, and many older adults don't get enough. Lean meats, poultry, and eggs are good sources of protein – but most older adults already eat the recommended amount of these. Try these tips to include a variety of healthy protein choices in your eating routine:



Seafood — eat fish or shellfish instead of meat a couple times a week



Soy — drink unsweetened fortified soy beverages (soy milk) and add tofu to your stir-fry, soups, and stews



Dairy — drink low-fat (1%), fat-free (skim), or lactose-free milk with meals and add low-fat yogurt and cheeses to your eating routine



Beans, peas, and lentils — use black beans, red lentils, or chickpeas in place of meat in your favorite recipes

Cut down on added sugars, saturated fat, and sodium

Check the Nutrition Facts label to buy foods with less of these 3 things:

Added sugars are sweeteners with calories that food companies add to foods and drinks– or that you add at home. Choose water instead of sugary drinks and limit sweet treats like cake, cookies and candy.

Saturated fat is higher in animal foods like butter, cheese, whole milk, and fatty meats like ribs and sausage. It's also in some plant foods like coconut oil and palm oil. Choose foods with unsaturated fats instead—like seafood, avocados, nuts and seeds, and olive oil.

Sodium comes from salt– and most of the sodium we eat comes from packaged foods and restaurant meals. Try cooking more at home and flavoring foods with herbs and spices instead of salt.



Fitness Room Classes

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.

Weather-permitting



Fitness Room Hours:

Monday -Thursday
7:00 a.m. - 4:00 p.m.

Friday
7:00 a.m. - 1:00 p.m.

September Fitness Challenge

“Fall into Fitness”

Spin the wheel for the exercise to compete - strength, balance, or cardio. The date determines the number of reps. Participants will be entered for the monthly prize drawing.

We had 120 entries for *“Step into August”*



Recipes

Grilled Corn Salad

Ingredients:

6 ears freshly shucked corn
1 medium green bell pepper, diced
2 medium Roma tomatoes, diced
1/4 C red onion, diced
1/2 bunch fresh cilantro, chopped, or more to taste
2 tsp olive oil, or more to taste
1/2 fresh squeezed lime
Salt and ground black pepper to taste

Directions:

Preheat an outdoor grill to medium heat and lightly oil the grate. Roast corn on the preheated grill, turning occasionally, until tender and specks of black appear, about 10 minutes. Remove from the grill and let sit until just cool enough to handle, 5 to 10 minutes. Holding a corn cob over a large bowl, use a knife to carefully slice warm kernels directly into the bowl; discard cob. Repeat with remaining corn. Add bell pepper, tomatoes, onion, cilantro, lime, olive oil, salt, and pepper; toss until evenly mixed. Let sit until flavors have blended, at least 30 minutes.

Nutrition Facts:

Calories: 103	Total Fat: 3g
Carbohydrates: 20g	Protein: 3g
Sodium: 43mg	



Mediterranean Turkey Burger

Ingredients:

1/2 C plain Greek yogurt	1 1/4 lbs. lean ground turkey
1/3 C crumbled feta cheese	2 TBSP extra-virgin olive oil
1 English cucumber, grated	4 Whole grain hamburger roll
1/2 TBSP lemon juice	pepper, to taste
1/8 tsp dried dill	Toppings: lettuce, tomato, red onion
2 cloves garlic, minced	

Directions:

Combine the yogurt, feta, cucumber, dill, half of the garlic, 1 tablespoon water, and a few dashes of pepper in a small bowl. Refrigerate until ready to serve. Combine the turkey, the remaining garlic, and a few dashes of pepper in a medium bowl. Form into four 1/2-inch-thick patties. Heat a large nonstick skillet over medium-high heat. Add the olive oil, then add the patties and cook until browned and cooked through, 4 to 5 minutes per side, internal temp to 160 degrees. Transfer to a plate. Spread the yogurt sauce on the roll, add the burger, and your choice of toppings.

