



Pictured: (Top left) Eli Jimerson shares the story of his success in managing diabetes. (Top right,) Diabetes Unit Supervisor Luane Spruce, right, introduces diabetes staff from left, Claudine Ford, Jennifer Klock, Kelli Truman, Patti Kenjockety, Jeanette Valone, Sharon Mohawk, Tim Miller, Tracy White and Lori Crassi. (Bottom left) Guest-speaker Flip White is introduced by event co-coordinator Lori Crassi. (Bottom right) A good time was had by all as attendees shared healthy food, motivational stories and advice about living with diabetes.

### Evening With the Stars provides motivation and education about living with diabetes

Although bad weather and power outages forced the postponement of the first "Evening with the Stars" event, 51 die-hard community members didn't let the weather deter them from attending the rescheduled presentation on December 15.

Seneca Nation community members Flip White and Eli Jimerson took center stage to share information about how they have successfully managed their diabetes.

Their accounts of the shock at being diagnosed with diabetes, their initial reaction of denial and the steps each has taken to manage and live with diabetes were the motivation that several in attendance needed.

Persistence, changing diet, starting an exercise program and keeping a diary were some pieces of advice given by the men in revealing the secrets of their success.

**Diabetes Units**  
LRJHC 716-945-5894 ext. 3247  
CHWC 716-532-8223 ext. 5208

### Timely tips to get healthier in the New Year

Eating healthier, getting more activity and making good lifestyle choices help improve and protect your health.

Feeling better, stronger and healthier is within YOU.

Lowering your risk of disease such as diabetes, heart disease and stroke could be your goal.

#### Basic guidelines for a healthy you

- Eat more vegetables and fruit.
- Choose whole grain foods over processed grains; use brown rice instead of white; substitute whole wheat and grain bread instead of white.
- Try and eat fish 2-3 times a week — broil, bake or grill instead of a fish fry.
- Pick lean cuts of meat especially those that end in "loin".

- Remove skin from chicken or turkey and trim fat from meats.
- Eat non-fat dairy; choose fat free varieties.
- Drink water, drink water, drink water.
- Use oils that are liquid at room temperature; not solid fats.
- Cut back on high calorie foods like chips, cakes, ice cream and the like.
- Watch "portion sizes". The amount you have is important even when eating healthy.
- Bake, broil, or grill instead of frying.

More information about getting healthy is available from the American Diabetes Association, the American Heart Association or health care providers at LRJHC and CIRHC.



## New Diabetes Prevention Program (DPP) classes starting soon

Ever been told you have “a touch of sugar” or “you are a borderline diabetic”? This condition is now called **prediabetes**. Although this condition is nothing new, understanding this condition has come a long way.

We now know that before a person becomes diabetic they can have – prediabetes – for up to ten years.

These people will have higher levels of sugar or above-normal glucose levels in their blood.

Although the level of sugar is higher than normal, it is not quite high enough to be given the diagnosis of diabetes but it can start doing damage to their bodies.

### Why is it important to know if you have prediabetes?

Simple. We now know once someone is diagnosed with prediabetes, there are things that can be done to prevent or delay the onset of diabetes. **Studies have shown up to 58% of cases of diabetes can be prevented or delayed by**

### lifestyle change alone!

#### What is the Diabetes Prevention Program ?

The Diabetes Prevention Program (DPP) is designed to teach healthy “lifestyle changes”. That means we will work with you, both in a classroom setting and on a one-to-one basis to teach you what you need to know to reduce your risk for diabetes.

#### Who can join?

If you are American Indian or Alaska Native, are over 18 years of age, are **prediabetic** or have a condition called “**metabolic syndrome**” (but not yet a diagnosed with type 2 diabetes), and willing to make healthy changes in your life, you are invited to participate in this program, free of charge.

#### What is Metabolic Syndrome?

For diagnosis of Metabolic Syndrome, three or more criteria must

be met:

- **Triglyceride level greater or equal to 150 mg/dl**
- **Low HDL (Good cholesterol level)- less than 40 mg/dl (men) - less than 50 mg/dl (women)**
- **High Normal or Stage 1 High Blood Pressure (greater  $\geq 130 / \geq 85$ )**
- **Waist Circumference - greater than 35” (women) - greater than 40” (men)**
- **Impaired fasting glucose ( $\geq 100$  mg/dl and  $\leq 125$  mg/dl)**

#### What will I be asked to do?

The process will begin with some simple fasting lab work to determine your current blood sugar status. If your blood sugar is elevated (100-125), you are prediabetic.

If this is the case, you will be invited to participate in an intensive, but very simple and informative “Lifestyle Balance Program”. The basic idea is to learn weight control concepts and blood sugar control through physical activity

and reducing fat in our diet. In addition to free education, there will be many give-aways.

#### How may I benefit?

The idea that **You Have the Power** to prevent diabetes is profound! Besides learning ways to reduce your risk, you can take this knowledge home and help your entire family – including your children – reduce their risk of developing diabetes!

#### NEW CLASSES ARE STARTING SOON!

For more information on knowing your risk for prediabetes, contact the Seneca Nation Health Department’s **Diabetes Prevention Program**:

LRJHC 945-5894 ext 3293  
Kelli Truman, CDE, RN

CIRHC 532-5582 ext 5514  
Jeanette Valone, RN

## IMPORTANT STEPS TO PREVENTING CARBON MONOXIDE (CO) POISONING\*

Carbon monoxide (CO) poisonings usually occur in winter months when people use heating sources that may produce hazardous CO levels.

You can prevent CO poisoning by preparing your home heating sources for winter, acting wisely in case of a power outage, and learning the symptoms of CO poisoning.

CO is a colorless, odorless gas produced by burning any fuel.

About 20,000 Americans are treated in emergency rooms each year because of CO exposure; exposure to high levels of CO can cause death.

Many people who have CO poisoning don’t know it because its symptoms are familiar complaints.

Common symptoms of CO poisoning include:

- headache • dizziness
- chest pain • nausea/vomiting

**In severe cases of CO poisoning**, people may be agitated and confused or tired, or may lapse into unconsciousness.

You can protect yourself and your family from the dangers of CO poisoning by observing the following safety precautions:

- DO install battery-operated CO detectors in your home, especially near heating sources. Change the batteries in the detector when you change your clocks from daylight saving time to standard time.
- DO have a qualified technician check your heating systems, water heaters, and other gas-, oil- or coal-burning appliances every year.
- DO have your chimney and flue inspected and cleaned yearly.
- DO make sure that your chimney is not blocked with snow before you use your fireplace.
- DO move to a fresh-air location and call 911 immediately if you experience the symptoms of CO poisoning.
- DO check frequently on children and the

elderly.

- DO NOT use gas-powered appliances such as ranges, ovens, or clothes dryers to heat your home.
- DO NOT use camp stoves, charcoal grills, or hibachis inside your home, in the basement, or in the garage.
- DO NOT operate a generator inside your home or garage. Only operate a generator outdoors and away from doors, windows, and vents that could allow CO to seep indoors.
- DO NOT run a vehicle inside your garage, even if the garage door is open.

#### CO poisoning is entirely preventable.

To learn more about the prevention of carbon monoxide poisoning, visit the Centers For Disease Control website: [www.cdc.gov](http://www.cdc.gov)

\*Source Centers for Disease Control



Happy New Year to everyone!

Our goal at the Seneca Nation Health Department is to keep all of you healthy during this coming year. This is the perfect time to develop your health goals for 2010. The staff of the Seneca Nation Health Department is more than willing to assist you with developing a health plan for the upcoming year.

We are entering the middle of cold and flu season. H1N1 vaccine is still available and the Center for Disease Control recommends that all people receive the vaccine. We will most likely begin to see cases of the regular seasonal flu soon. It is not too late to receive the seasonal flu vaccine. Additionally, we have been encouraging patients to receive the pneumonia vaccine as this can prevent a common complication of the flu.

If you have any questions about influenza or the vaccines that can keep you safe, please call the health centers **(CIRHC 716-532-5582; LRJHC 716-945-5894)**.

We also want to take this opportunity to remind patients that providers are available for consultation after regular office hours and on weekends. You can reach the on-call provider by calling the main number for each of the health centers. Your call will be automatically forwarded to an on-call service.



**Cattaraugus Territory**

**Monday, January 18**  
**1 p.m. to 5 p.m.**

**Friday, January 22**  
**9 a.m. to 1 p.m.**

Rm. 155 CHWC  
(Community Health & Wellness Center)

- Must be eligible for services at Seneca Nation Health Centers to receive vaccine
- Proof of child's 1st vaccine must be presented before receiving 2nd vaccine

(For more information, call 716-532-5582)

**DID YOU KNOW?**

Our health centers are open M-F from 7:30 a.m. to 6 p.m. • Our providers are on call 24 hours daily • If using the ER, failure to call the health centers *before* going to the ER may result in your being responsible for payment • For after-hours assistance: LRJHC 716-945-5894/CIRHC 716-532-5582 • For life-threatening emergencies: CALL 911, *IMMEDIATELY*.

**FLU VACCINE INFORMATION:**

If you have questions about whether or not you should get a flu vaccine or you would like to schedule an appointment for the vaccine call:

LRJHC at 945-5894 ext. 3282  
CIRHC at 532-5582 ext. 0168

**Important Information for our Contract Health eligible patients**

**ATTENTION:** Any patient who may have delinquent Contract Health Services accounts with outside providers or facilities:

Claims, letters and collection notices must be submitted to the Health Controller.

They can be mailed to the health center:

LRJHC  
PO Box 500  
Salamanca, NY 14779  
Attn: Health Controller

They may also be dropped off at the LRJHC or CIRHC. Please be sure the bills you are submitting are for services for which you received a referral from one of our clinical providers.

Please note on the bill if the patient has other means of financial resources or insurance coverage such as BlueCross/BlueShield, Independent Health or Medicaid.

As you know, Contract Health coverage by the Health Department is not an insurance and it is payor of last resort.

For more information, please contact Darlene Miller, Health Controller at 716-945-5894. Nya:wèh

**IF YOU NEED EMERGENCY SERVICES WHEN THE COMMUNITY HEALTH & WELLNESS CENTER IS CLOSED, PLEASE CALL:**

**CHILD AND FAMILY –** SNI Marshal's office: 532-4900

**HOPE –** Medical emergencies: Medical Unit answering service at 532-5582.

**HUMAN SERVICES**  
Mental Health Emergencies:

Erie County residents:  
Crisis Services, 1-800-724-0461 or 834-3131

Cattaraugus County residents: Crisis Services, 1-800-339-5209 or 945-3970. Or you may call Lake Shore Hospital at 951-7238.



~SNHD Healthy Happenings\*~

ALLEGANY Events Jan. 17 — Jan. 30

Monday 1/18 & 1/25

Walk and Roll 12:15 p.m. Grand Room LRJHC

Tuesday 1/19 & 1/26

No Activities/Events Scheduled

Wednesday 1/20 & 1/27

T'ai Chi 11 a.m. 44 Seneca St. Grand Room LRJHC  
Walk and Roll 12:15 p.m.

Thursday 1/21 & 1/28

1/21 SSI/SSD w/ David Donohue Appt. Needed 945-5894 LRJBH Unit  
1/21 LIFE Group 5 - 6 :30 p.m. LRJ Wellness Center  
Walk and Roll 12:15 p.m. Grand Room LRJHC

Friday 1/22 & 1/29

No Activities/Events Scheduled

CATTARAUGUS Events Jan. 17 — Jan. 30

Monday 1/18 & 1/25

Tobacco Cessation Group 4:30-5:30 p.m. CHWC Rm. 126

Tuesday 1/19 & 1/26

1/26 SSI/SSD with Anna Piersa 2 - 4p.m. CHWC Rm. 218  
Appt. necessary 716-532-8223 ext. 5152

Wednesday 1/20 & 1/27

Stretch and Strengthen 10-11 a.m. AOA  
Sugar Beaters 5 - 6:30 p.m. CHWC Rm. 126

Thursday 1/21 & 1/28

Living in Balance 10-12 noon CHWC Rm. 126

Friday 1/22 & 1/29

No Activities/Events Scheduled

\*Dates, times and locations may be subject to change.

For more information, please visit our website [www.senecahealth.org](http://www.senecahealth.org) or call your respective health center.

Oat Bran Muffins

Ingredients

2 1/4 cups oat bran  
1/4 cup firmly packed brown sugar  
1 tablespoon baking powder  
1 1/2 teaspoons ground cinnamon  
3/4 cup fat-free milk  
1/4 cup egg substitute (equal to 1 egg)  
2 tablespoons canola oil  
1 cup unsweetened applesauce  
1 medium banana, mashed  
2 tablespoons dried fruit such as raisins, dates, apricots (optional)

**Directions:** Preheat oven to 425 degrees. Mix the first four ingredients in a large bowl. Set aside. Combine milk, egg and oil. Mix applesauce with mashed banana and blend with liquid ingredients. Add to dry ingredients and mix until just moistened. Pour into muffin tins that have been sprayed with non-stick cooking spray. Do not use paper liners as muffins will stick to paper. Bake for 15-17 minutes.

Per Serving:

Calories 121, total fat 4g, saturated fat 0g, cholesterol 0mg, sodium 140 mg, total carbohydrate 20g, dietary fiber 3g, sugars 9g  
Exchanges: 1 starch 1 fat

Serves 12

Clarification

Due a technical issue, the Stomping Out Diabetes at Ohi:yo' class schedule published in the Dec. 25 Health Department News pages was incomplete. The classes continue for eight weeks and meet on Wednesdays from 5 to 6 p.m. as follows: Jan. 13, Jan. 20, Jan. 27, Feb. 3, Feb. 10, Feb. 17, Feb. 24 and March 3. To obtain more information or to register for the program, contact Shannon Hoag or Patti Kenjockey at 716-945-5894.

Patients scheduled for Health Department Transportation are reminded to keep driveways and walkways clear of snow and ice. Health Department drivers are not responsible for the removal of snow or ice from private property. Elders or disabled individuals can apply for snow removal assistance through the DPW. (Cattaraugus: 716-532-3220; Allegany: 716-945-1790 ext. 3150). It is the patients' responsibility to apply for this service.



This is the International Breastfeeding Symbol. Look for it in upcoming newsletters for helpful tips and facts regarding breastfeeding.

**TIP:** In order to build your milk supply you must nurse as much as possible! Your baby has to be latched on properly which will reduce discomfort and allow baby to drink all the milk. If you start to supplement, your milk supply will decrease. If you are considering using formula because you aren't sure you have enough milk, call us first!

Questions? Contact: Carla Barreno, CLC, or Bethany Snyder, Health Educator, at 532-5582 or Robin Crouse, CLC, at 945-5894