



February is American Heart Month



American Indians/Alaska Natives, on average, are more likely to be diagnosed with heart disease than their white counterparts.

In addition, American Indians/Alaska Native adults are more likely to be obese than white adults, more likely to have high blood pressure, and they are more likely to be current cigarette smokers than white adults - all risk factors for heart disease.

- American Indian/Alaska Native adults are 1.4 times as likely as White adults to be current cigarette smokers.

- American Indian/Alaska Native adults are 1.4 times as likely as White adults to be diagnosed with heart disease.

- American Indian/Alaska Native adults are 1.3 times as likely as White adults to have high blood pressure.

In observance of American Heart Month, it is important to know the signs of a heart attack, stroke and cardiac arrest.

Immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you.

As with men, women's most common heart attack symptom is chest pain or discomfort. *But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.*

*Sources: americanheart.org & hhs.gov

WARNING SIGNS OF HEART ATTACK, STROKE & CARDIAC ARREST

HEART ATTACK WARNING SIGNS

Chest Discomfort

- discomfort in the center of the chest that lasts more than a few minutes
- discomfort that goes away and comes back
- uncomfortable pressure, squeezing, fullness or pain

Discomfort in other areas of the body

- pain or discomfort in one or both arms, the back, neck, jaw or stomach

Shortness of breath

- with or without chest discomfort

Other signs

- breaking out in a cold sweat
- nausea or
- lightheadedness

CARDIAC ARREST WARNING SIGNS

Sudden loss of responsiveness

- no response to tapping on shoulders
- no normal breathing

STROKE WARNING SIGNS

Sudden

- numbness or weakness of the face, arm or leg — especially on one side of the body
- confusion, trouble speaking or understanding
- trouble seeing in one or both eyes
- trouble walking, dizziness, loss of balance or coordination
- severe headache with no known cause

If these signs are present CALL 9-1-1

DSME Classes forming now!

Diabetes Self-management Education can help

According to the American Diabetes Association, Type 2 diabetes accounts for 90-95% of all diagnosed cases of diabetes. The Centers for Disease Control estimates nearly 8% (24 million people) of the U.S. population has diabetes. The Indian Health Service states that 16.3% of the American Indian/Alaska Native population is diagnosed with Type 2 diabetes, compared with 8.7% of non-native people.

If you have diabetes (Type 1 or Type 2), contact our DSME professionals to see how DSME can help you manage your diabetes.

Allegany: Shannon Hoag at 945-5894 ext. 3265
Cattaraugus: Lori Crass at 532-8223 ext. 5235

Allegany DSME Class Schedule 2011 LRJHC Wellness Center

Stomping Out Diabetes @ Oh!yo'

Wednesday: February 2, 9 & 16: 11-2 pm.
Thursday: May 12, 19 & 26: 1-4 pm
Wednesday: August 3, 10, 17 & 24: 4-6 pm

Cattaraugus DSME Class Schedule 2011

Balancing Your Life and Diabetes

Tuesday: February 1, 8 & 15: 4-7pm
Saturday: April 9: 8:30-4pm
Friday: May 6, 13 & 20: 11:30-2:30 pm
Tuesday: July 5, 12 & 19: 4-7pm
Friday: August 5, 12 & 19: 11:30-2:30pm
Tuesday: October 4, 11 & 18: 4-7pm
Friday: November 2, 9 & 16: 10-1pm.

March, June, September and December will be used for follow up programs

FLU VACCINE INFORMATION: If you have questions the flu vaccine or you would like to schedule an appointment for the vaccine, call:

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



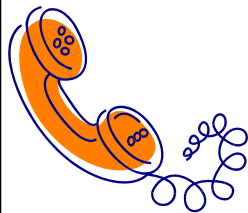
Community members whose American Indian or Alaskan Native children are enrolled or eligible for enrollment in Child Health Plus at the \$20, \$30 or \$40 monthly premium will no longer be responsible for the premium payment.

Those who were screened at the full-premium amount are still responsible for the monthly premium payment, if electing to enroll

or remain enrolled in the plan.

If the monthly premium costs stopped you from enrolling in the past or you have questions about this change, please contact our patient benefits specialists:

(Alleg.) Stacy Thompson at 945-5894 ext. 3249 and Melanie Hill at 532-5582 ext. 5201 or Leigh Snow, 716-532-5582 ext. 5461 (Catt.).



Just a Reminder ...

Our health centers are open M-F from 7:30 a.m. to 6 p.m.

Our providers are on call 24 hours daily.

And, you can reach us when we are closed!

AFTER HOURS: For medical emergencies, call the numbers below and follow	
NAME	PHONE
Cattaraugus Indian Reservation Health Center 716-532-5582	
NAME	PHONE
Lionel R. John Health Center 716-945-5894	

- For life-threatening emergencies: CALL 911
- Failure to call the health centers before going to the ER may result in you being responsible for payment.



Patient Benefits Specialists

Allegany: Stacy Thompson, 716-945-5894 ext. 3249

Cattaraugus 716-532-5582—Melanie Hill, ext. 5201 or Leigh Snow, ext. 5461

Medicaid*/Child Health Plus/Family Health Plus items you need to bring when you are applying:

Proof of Identity (one of the following)

(photo ID required for all applicants age 16 and older)

- Tribal ID
- Driver's license
- School photo ID
- Social Security number

Date of Birth (DOB)/Citizenship

(one original from the following)

- Tribal certificate
- Birth certificate
- Passport

Residency (within 6 months — one of the following)

- Utility bill (gas, electric, phone)
- Lease or letter from landlord
- Postmarked envelope

Income/Wages (all that apply)

- Last 30 days of pay stubs (bi-weekly—2 stubs, weekly—4 stubs)
- Self-employed

(last year's full Income Tax Return Schedule C, 1040, all other forms)

- SSD/SSI/Survivor benefits award letters
- Unemployment/workers' comp
- Child Support

(court agreement, child support collection unit stubs/statement, letter from person providing support)

Unemployment

- If employed during last six months to one year, but currently unemployed, you must apply for unemployment (1-888-209-8124)
Web site: www.labor.state.ny.us
- NYS Unemployment

Other Documentation (all that apply)

- Proof of pregnancy
- Termination from previous insurance
- Child care cost statement or receipt
- Custody paper (if applicable)
- Copy of last three months' medical bills
- Copy of medical insurance cards

If you have further questions or concerns, please contact Patient Benefits at: CIRHC, 716-532-5582 ext. 5461 or ext. 5201 or LJRHC, 716-945-5894 ext. 3253.



Worst and best food picks for 2011

According to sparkpeople.com, the restaurant foods listed below — deemed the “10 Worst Foods for 2011” — contain more calories, fat, sugar and salt (sodium) than you need in **a day**.

And naturally, the extras (French fries, ice-cream, fried appetizers and beverages) add even more.

It's not too late to get a healthier start to the new year!

Worst Foods for 2011*

McDonalds McRib

- 500 calories
- 26g fat
- 10g saturated fat
- 980g sodium

KFC Double Down

- 540 calories
- 32g fat
- 10g saturated fat
- 1380mg sodium

Taco Bell XXL Chalupa

- 650 calories
- 39g fat
- 9g saturated fat
- 1300mg sodium

Cheesecake Factory Cheese Crunch Burger

- 1,000+ calories

IHOP Cinna-Stack Pancakes (4 cakes)

- 1,010 calories
- 51g fat
- 15g saturated fat
- 1920mg sodium
- 35g sugar

Olive Garden Lasagna Fritta

- 1,030 calories
- 63g fat
- 21g saturated fat
- 1590mg sodium

Denny's Fried Cheese Melt Sandwich

- 1,260 calories
- 63g fat
- 21g saturated fat
- 3010mg sodium

Burger King Ultimate Breakfast Platter

- 1310 calories
- 72g fat
- 26g saturated fat
- 2490mg sodium

Friendly's Grilled Cheese Burger Melt

- 1,500 calories
- 79g fat
- 38g saturated fat
- 2090mg sodium

Applebee's Provolone Stuffed Meatballs with Fettuccine

- 1,580 calories
- 98g fat
- 46g saturated fat
- 3940mg sodium

You can get a jump on a healthier you this year by eating fewer or eliminating them altogether!

The restaurant foods listed above are “off the dial” as far as calories, fat and salt (sodium).

The following list contains healthy foods you can add to your meal plan for a healthier new year!

Best Foods for 2011

- Fresh and ready to eat fruits and vegetables
- Yogurt
- Mixed Greens-spinach, romaine col-lard and kale
- Whole Grains-such whole grain breads, crackers, cereals, brown rice and whole-wheat pasta
- Healthier Restaurant Food-grilled/non-fried foods, no creamy sauces, chicken or fish, no mayo, salad dressings or added sauces
- Dairy products and beverages
- Omega-3 Fatty Acids-flaxseeds, salmon, enriched eggs, wal-nuts, pecans, butter-nuts, soybeans (cooked), tofu, sar-dines and canola oil
- Healthier Cereal-oatmeal, Kashi, shredded wheat, bran, look for the (cereals on the top selves of the grocery stores)
- Fiber-best to get from the foods you eat or you can take a sup-plement.
- Less Meat-opt for a vegetarian dishes at least once a week

* Source www.sparkpeople.com

For more nutrition information, please contact our registered dietitians: Jennifer Klock at LRJHC-ext.3242 or Barb Nephew at CIRHC-ext.5293.

Important information for our Contract Health eligible patients

FOR CONTRACT HEALTH SERVICES QUESTIONS REGARDING MEDICAL BILLS CONTACT:

BONNIE KETTLE at 945-5894 ext. 5295

If you are a patient who may have delinquent Contract Health Services accounts with outside providers or facilities, claims, letters and collection notices must be submitted to Bonnie Kettle.

They can be mailed to the health center:

LRJHC
PO Box 500
Salamanca, NY 14779
Attn: Bonnie Kettle

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.

SENECA NATION HEALTH DEPARTMENT PATIENTS WHO HAVE HEALTH INSURANCE COVERAGE:

Please inform the off-site providers.

If you receive a bill in the mail it would be helpful to call the toll free number to make sure they billed your primary insurance first.

Your primary insurance must be billed before SNHD.

REMINDER the 72 hour EMERGENCY NOTIFICATION POLICY has to be followed before SNHD pays the bills.

For more information, please contact:
Bonnie Kettle at 716-945-5894 ext. 5295.
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SNHD Coming Events January 31 — February 11

*ALLEGANY Events**

Monday 1/31 & 2/7

- Walk and Roll 12:15 p.m. LRJHC Grand Room
- CATCH** Kids 4-5 p.m. Andrea John @ Recreation

Tuesday 2/1 & 2/8

- CATCH Kids 4-5 p.m. Andrea John @ Recreation

Wednesday 2/2 & 2/9

- Walk and Roll 12:15 p.m. LRJHC Grand Room
- CATCH Kids 4-5 p.m. Andrea John @ Recreation

Thursday 2/3 & 2/10

- Senior Stretch 11 a.m. 44 Seneca St.
- Walk and Roll 12:15 p.m. LRJHC Grand Room
- CATCH Kids 4-5 p.m. Andrea John @ Recreation

Friday 2/4 & 2/11

- National Wear Red Day (American Heart Month)
- CATCH Kids 4-5 p.m. Andrea John @ Recreation

*CATTARAUGUS Events**

Monday 1/31 & 2/7

- Zumba 5-6 p.m. CHWC Rm. 155

Tuesday 2/1 & 2/8

- No Events/Activities Scheduled

Wednesday 2/2 & 2/9

- No Events/Activities Scheduled

Thursday 2/3 & 2/10

- Living in Balance 10 a.m. -12 noon CHWC Rm. 126

Friday 2/4 & 2/11

- National Wear Red Day (American Heart Month)
- No Events/Activities Scheduled

**Dates, times and locations may be subject to change without notice.
For more information, please visit our Web site: www.senecahealth.org or call your
respective health center. (LRJHC 945-5894 • CIRHC 532-5582 • CHWC 532-8223)*

**Coordinated Approach to Child Health



Women, Infants and Children (WIC) services are available by appointment as follows:

- **Lionel R. John Health Center: 1st & 2nd Tuesday each month**
- **Irving Community Health and Wellness Center: Mon. and Wed.**

532-8223 ext. 5270

Visit our website: www.senecahealth.org

EMERGENCY SERVICES CONTACT INFORMATION

Child & Family

Cattaraugus Marshal's office: 532-3040 or 911
Allegany Marshal's Office: 945-2779 or 911

Medical Emergencies

CIRHC 532-5582
LRJHC 945-5894

BEHAVIORAL HEALTH (Mental Health Emergencies):

Erie County residents

Crisis Services 1-800-724-0461 or 834-3131

Cattaraugus County residents:

Crisis Services 1-888-945-3970 or 945-3970;
Lake Shore Hospital 951-7238
Catt. Co. Com. Action Hotline 1-888-945-3970

Chautauqua County residents

Domestic Violence/Rape Hotline 1-800-252-8748

Domestic Violence

Catt. Co. Com. Action Hotline 1-888-945-3970
Haven House 716-884-6000
Domestic Violence/Rape Hotline 1-800-252-8748



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

How Soon After Birth Should I Nurse My Baby?

The most ideal time to start nursing your baby is immediately after birth or within the first hour after the birth.

A baby is very alert for the first few hours and will usually latch on easily.

When you're pregnant, be sure to tell your doctor that you want to be skin to skin with your newborn right after birth.

Why?

Babies are warmer, calmer and hear their mother's heartbeat. But most importantly, it's the baby's natural instinct to "self attach" and this gets breastfeeding off to a great start!

If you have questions, or would like more information about breastfeeding, contact our Certified Lactation Consultant (CLC) :

Robin Crouse, CLC,
at 945-5894 (Allegany)