



Sobering facts about heavy alcohol use (binge drinking)

Did you know?

A national survey conducted in 2007 by Monitoring the Future (a continuing study of American youth) indicates the following national percentages:

Heavy alcohol use (binge drinking) by grades*

8 th grade	10.3%
10 th grade	21.9%
12 th grade	25.9%

According to the local 2009 Prevention/Needs Assessment Survey, the percentages of heavy alcohol use (binge drinking) in the Salamanca Central School District is as follows:

8th grade approx.23.2%
10th grade approx.36.8%
12th grade approx. 42.3%

Heavy or binge drinking is considered 5 or more drinks in one sitting.

About 5,000 people who are under the age of 21 die as a result from underage drinking.

It breaks down like this:

1,900 – motor vehicle accidents
1,600 – homicides
300 – suicides

And hundreds more due to falls, burns and drowning.

Heavy drinking is associated with irresponsible sexual activity, offering opportunity for unplanned pregnancy and

the transmission of sexually-transmitted diseases. Underage drinking is also associated with lower academic performance and higher dropout rates.

About 53 percent of underage alcohol consumption occurred in someone else's home.

If you buy a keg for a minor and he is caught, the keg registration tag can be traced back to you.

If you purchase alcohol for a minor you may be sentenced to up to 1 year in jail and a \$1,000 fine.

You may also be held responsible for any damages caused by your actions.

*Source: www.monitoringthefuture.org

Are you sleeping?

Insufficient sleep is associated with a number of chronic diseases and conditions such as diabetes, cardiovascular disease, obesity, and depression.

Insufficient sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year. In short, *drowsy driving can be as dangerous as driving while intoxicated.*

Recent research suggests that optimizing sleep duration and quality may be important means of improving blood sugar control in persons with type 2 diabetes.

Persons with sleep apnea have been found to be at increased risk for a number of cardiovascular diseases. Notably, high blood pressure, stroke and heart disease.

Laboratory research has found that short sleep duration results in metabolic changes that may be linked to obesity in all age groups but particularly in children.

Common symptoms of sleep disorders include fatigue, daytime tiredness, yawning and napping.

The following tips can be used to improve sleep:

Adults

1. Go to bed at the same time each night and rise at the same time each morning.
2. Make sure your bedroom is quiet, dark and relaxing, not hot or too cold.
3. Have a comfortable bed and use it only for sleeping; not for reading, watching TV, or listening to music.
4. Avoid physical activity within a few hours of bedtime.
5. Avoid large meals before bedtime.

Adolescents/Young Adults

1. Avoid caffeinated drinks after lunch.
2. Avoid bright light in the evening.
3. Avoid arousing activities around bedtime (e.g., heavy study, text messaging, getting into lengthy conversations).
4. Expose yourself to bright light upon awakening in the morning.
5. While sleeping in on weekends is permissible, it should not be more than 2–3 hours past your usual wake time.
6. Avoid pulling an "all-nighter" to study.

If you or someone you know is exhibiting the symptoms associated with insufficient sleep and you have tried the sleep tips with no success, contact your provider at CIRHC, 716-532-5582 or LRJHC, 716-945-5894.

You can see by this chart, even a 240 lb. person would be considered legally intoxicated after only 5 drinks.

Source: <http://www.ohioduiattorney.com/drinks/html>

One Drink=	Drinks	100lb.	120lb.	140lb.	160lb.	180lb.	200lb.	220lb.	240lb.
1 oz. 100 Proof Liquor	1	.04	.03	.03	.02	.02	.02	.02	.02
4 oz. Table Wine	2	.08	.06	.05	.05	.04	.04	.03	.03
12 oz. Beer	3	.11	.09	.08	.07	.06	.06	.05	.05
	4	.15	.12	.11	.09	.08	.08	.07	.06
	5	.19	.16	.13	.12	.11	.09	.09	.08
	6	.23	.19	.16	.14	.13	.11	.10	.09
	7	.26	.22	.19	.16	.15	.13	.12	.11
	8	.30	.25	.21	.19	.17	.15	.14	.13
	9	.34	.28	.24	.21	.19	.17	.15	.14
	10	.36	.31	.27	.23	.21	.19	.17	.16
	11	.40	.34	.30	.26	.23	.20	.19	.17
	12	.45	.38	.32	.28	.25	.22	.20	.18



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 prohibited you from enrolling in the past or you have questions about this change, please contact our patient benefits specialist: Stacy Thompson at 532-5582 ext. 5275.

	NAME	PHONE
	REMINDER: For after-hours assistance:	
	NAME	PHONE
	Cattaraugus Indian Reservation Health Center 716-532-5582	
	NAME	PHONE
	Lionel R. John Health Center 716-945-5894	

Bullies don't take a summer vacation

Bullying is a problem that affects millions of students, and it has everyone worried, not just the kids on its receiving end.

Yet because parents, teachers, and other adults don't always see it, they may not understand how extreme bullying can get.

Bullying can also affect summer recreation programs because bullies do not take a vacation.

Did you know?

- The word "bully" used to mean the total opposite of what it means now.
- Hundreds of years ago it meant friend, family member or sweetheart.
- The word is a root forms the Dutch meaning lover or brother.

What is bullying?

- Physical or psychological intimidation that occurs repeatedly over time.
- Bullying can be overt (i.e., teasing, hitting, or stealing); boys are most often overt bullies.
- Bullying can covert (i.e.,

spreading rumors or exclusion); girls are most often covert bullies.

Children who bully typically demonstrate a strong sense of self-esteem.

They like to feel powerful and in control.

Who are the bullies?

- Bullies often come from homes that use physical punishment to discipline.
- Caregivers of bullies are typically uninvolved and lack warmth.
- Children who bully are often defiant toward authority figures and are apt to break rules.

Who are the victims of bullying?

- Children who are bullied are often insecure, socially isolated, anxious, and have

low self-esteem.

- They are unlikely to defend themselves or retaliate — They are the people who will not talk back.
- They tend to be weaker than their peers.

Three types of bullying

Physical

- Hitting kicking or even pushing someone.
- Stealing, hiding or ruining someone's things.
- Making someone do

something he doesn't want to do

Verbal

- Name-calling
- Teasing
- Insulting

Relationship Bullying

- Refusing to talk to someone.
- Spreading lies and rumors about someone or something.
- Making people feel left out

or a feeling of being rejected.

Ways to avoid future bullying

- Don't bring expensive things or money to school.
- Label your belongings with permanent marker in case it gets stolen.
- Avoid unsupervised areas.
- Sit near the bus driver or walk with a teacher to class.
- Act confident, hold your head up and stand up straight.
- Don't walk alone, travel with at least one or a few people.
- Avoid places where bullying happens.

Why stop bullying?

- Bullies are *five times as likely* to become adult criminals as non bullies.
- Preventing bullying lowers rates of vandalism, fighting, and theft.
- Preventing bullying improves school conditions and summer programs.

Behavioral Health: 532-5583 (CHWC); 945-9001 (LRJHC)





Veggie Buck\$ update



The LRJHC Diabetes Program will sponsor the Veggie Buck\$ program again this year but with a few changes.

Veggie Buck\$ should be available in June for distribution. Once again you can earn Veggie Buck\$ by participating in nutrition education programs, community events/activities, exercise programs sponsored by the Diabetes Unit; WIC, prenatal classes and at the veggie stand.

Hewitt's will be on site in Allegany near the Seneca Nation Library parking lot *only during strawberry season and will limit produce to strawberries*. You will, however, be able to redeem your Buck\$ at Hewitt's stand in Gowanda.

We have partnered with REAP, the Salamanca Farmers Market. REAP sets up in the Jefferson Street Park next to Rite Aid. REAP has agreed to take our Veggie Buck\$ and we are looking forward to working with them.

You can redeem your Buck\$ at any of the REAP vendors there. REAP is available beginning May 25 on Tuesdays from 10:00-4:30

Although REAP begins at the end of May, we will not officially be starting the Veggie Buck\$ program with it until June. Dates will be announced as soon as they become available.

September marks the end of the program;

make sure you use your Buck\$ or share them with your family and friends.

If you have questions about this program, please call Patti at 945-5894; ext: 3243.



Strive for 5

Eat a total of 5 fruits and vegetables a day.

Fresh fruit and veggies from local vendors taste good and are good for you!

REAP

Salamanca Farmer's Market

OPENS Tues. May 25

Locally-grown fruits and vegetables

ACCEPTING:

- FMNP Checks
- WIC, SENIOR WIC V & F
- EBT food benefits cards
- SNIHD Veggie Buck\$

Check out REAP at: www.reapfarmersmarket.com

Important information for our Contract Health eligible patients

EFFECTIVE IMMEDIATELY

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 the 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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Seneca Nation Employees Using Health Department Services

Your cooperation is needed to keep health insurance costs down and assist the Nation in maximizing income for Health Department programs and services.

PLEASE NOTE THE FOLLOWING:

- **ALL EBS CARDS MUST BE ACTIVATED** (see back of card of activation instructions)
- **BOTH CARDS (Community Blue insurance AND EBS) MUST BE SHOWN WHEN OBTAINING SERVICES AT SNHD FACILITIES**
- **COMMUNITY BLUE BENEFITS DO NOT BEGIN UNTIL THE FULL AMOUNT OF YOUR EBS CARD IS USED UP**
- **FAILURE TO COMPLY MAY RESULT IN DELAYS IN SERVICES AND REFERRALS**
- **NO CONTRACT HEALTH PAYMENTS WILL BE MADE ON YOUR BEHALF IF YOUR EBS CARD HAS NOT BEEN USED UP**
- **THE FAILURE OF THIS HEALTH INSURANCE PLAN MAY RESULT IN LARGE INCREASES IN HEALTH CARE COSTS TO THE SENECA NATION WHICH COULD BE PASSED ON TO EMPLOYEES**

QUESTIONS SHOULD BE DIRECTED AS FOLLOWS:

HEALTH INSURANCE OR EBS CARDS to SNI Human Resources at 716-532-4900
CONTRACT HEALTH SERVICES to SNI Health Department at 716-945-5894

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~SNHD Healthy Happenings*~

ALLEGANY Events May 31 — June 11

Monday 5/31 & 6/7

- 5/31 Health Dept. CLOSED Memorial Day Holiday
- Walk and Roll 12:15 p.m. Grand Room LRJHC
- Stepping Stones Walking Program (through 7/25) TBD

Tuesday 6/1 & 6/8

- No Activities/Events Scheduled

Wednesday 6/2 & 6/9

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

Thursday 6/3 & 6/10

- Senior Stretch 11 a.m. 44 Seneca St.
- Walk and Roll 12:15 p.m. Grand Room LRJHC

Friday 6/4 & 6/11

No Activities/Events Scheduled

CATTARAUGUS Events May 31 — June 11

Monday 5/31 & 6/7

- 5/31 Health Dept. CLOSED Memorial Day holiday
- Fit for Life 4 p.m. CHWC
- Reach for the Stars 4-5 p.m. (ends June 7) CHWC
- Stepping Stones Walking Program (through 8/1) 5-6 p.m. CHWC

Tuesday 6/1 & 6/8

- Fit for Life 4 p.m. CHWC

Wednesday 6/2 & 6/9

- Stretch and Strengthen 10-11 a.m. AOA
- Fit for Life 4 p.m. CHWC
- Container Garden Class 5 p.m. CHWC Rm. 126

Thursday 6/3 & 6/10

- Living in Balance 10 a.m. -12 noon CHWC Rm. 126
- Fit for Life 4 p.m. Saylor Gym

Friday 6/4 & 6/11

No Activities or Events 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.



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

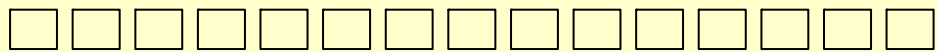
TIP: If your baby bites you while at the breast, he is not nursing! A baby will explore with his new teeth so it is normal for him to bite once or twice. If you firmly tell baby "no" and remove him from the breast, he will quickly learn that biting is not okay. Sometimes babies will bite when they are finished nursing but still at the breast. Watch for signs that he is done and remove from the breast to prevent biting.

Questions? Contact:

Carla Barreno, CLC, at 532-5582, Robin Crouse, CLC, at 945-5894 or Bethany Snyder, Health Educator, at 532-8223

Health Department Web site: www.senecahealth.org

We want your health care experience to be picture perfect!



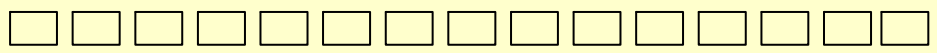
Our health centers are open M-F from 7:30 a.m. to 6 p.m.

- Our providers are on call 24 hours daily.
- For after-hours assistance: LRJHC 716-945-5894

CIRHC
716-532-5582

- If using the ER, failure to call the health centers *before* going to the ER may result in you being responsible for payment.

- For life-threatening emergencies: CALL 911, IMMEDIATELY.



FOR EMERGENCY SERVICES WHEN THE CATTARAUGUS TERRITORY CHWC IS CLOSED, PLEASE CALL:

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

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

BEHAVIORAL HEALTH Mental Health Emergencies:

Erie County residents:

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

Haven House 716-884-6000

Cattaraugus County residents:

Crisis Services 1-800-339-5209 or 945-3970; Lake Shore Hospital 951-7238

Catt. Co. Community Action Hotline 1-888-945-3970

Chautauqua County residents:

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