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National Health Observances:

April

Alcohol Awareness
Child Abuse Prevention
Distracted Driving
Sexual Assault Awareness
World Immunization Week (4/24-30)
National Youth HIV & AIDS
Awareness Day (4/10)
Sports Eye Safety Awareness

May

Mental Health Awareness
National Stroke Awareness
World No Tobacco Day (5/31)
Teen Pregnancy Prevention
National Women's Health Week (5/8-14)
National Physical Fitness & Sports
Healthy Vision



**SNHS will be closed
as follows:**

**Friday, May 13
Onondowa'ga'
(STATE INDIAN) DAY**

**Monday, May 30
MEMORIAL DAY**



Issue
TWENTY

Spring
2016



A Quarterly Insight into the Seneca Nation Health System



healthbeat

“Spring into Wellness Day”

The Health System sponsored a “Spring into Wellness Day” for the annual Seneca Nation Community Fair on Tuesday, March 22nd.

The day started off with a mile-long walk which began at the CCC and ended at the CHWC. The “Walk a Mile in Her Shoes” event is an international men’s march to stop rape, sexual assault & gender violence. Speeches were given by Brian Mohr, Domestic Violence Liaison at Child & Family Services/Domestic Violence Coordinator at the Erie County Sheriff’s Office and Aaron Maracle, Assistant Violence Prevention Specialist, from the University at Buffalo. Aaron stated that the walk is an international event and the nearest ones in the area have been held in Toronto and Buffalo with usually 500 participants. We had about 20 men registered for the event along with other walkers from the community. The amount of \$265 was raised for Child and Family Services.

The HOPE Unit sponsored a lunch which was held at CHWC and fed 316 community members. Who can pass up Chiavetta’s chicken, right? For the remainder of the day various activities were held including: a petting zoo, healthy snack demonstration, planting/drawing activity, balloon animals, face painting, pinwheel activity, a BHU



Open House and Locked Into Wellness.

We also had a special video testimonial premiere. This was a video produced by the Seneca Media and Communications Center in collaboration with the HOPE Unit. It featured testimonials by 5 patients of the Seneca Nation Health System. Nya:weh to Carson Waterman, Marilyn George, Mary Jacobs, Ashley Kennedy and Tessie Lay for allowing us to share their stories with the community.

A dinner with food from Chef’s Restaurant was held in the evening and sponsored by the Behavioral Health Unit, which was also very well attended. Following dinner, a family trivia night took place.

A big thank you goes out to the staff of the Health System for making this such a successful event.

(continued on next page)



Why breastfeeding is important...

Every woman's journey to motherhood is different, but one of the first decisions a new mom makes is how to feed her child. When you choose to breastfeed, you make an investment in your baby's future. Breastfeeding allows you to make the food that is perfect for your baby. Your milk gives your baby the healthy start that will last a lifetime.

Breastfeeding also:

- Protects your baby
- Benefits your health
- May make your life easier
- Benefits society

What health benefits does breastfeeding give my baby?

The cells, hormones, and antibodies in breastmilk protect babies from illness. This protection is unique and changes to meet your baby's needs.

Research suggests that breastfed babies have lower risks of:

- Asthma
- Childhood leukemia
- Childhood obesity
- Ear infections
- Eczema (atopic dermatitis)
- Diarrhea and vomiting
- Lower respiratory infections
- Necrotizing (nek-roh-TEYE-zing) enterocolitis (en-TUR-oh-coh-lyt-iss), a disease that affects the gastrointestinal tract in pre-term infants
- Sudden infant death syndrome (SIDS)
- Type 2 diabetes

For more information, please contact Robin Crouse, CLC at LRJHC, 945-5894 x 3240 or Natasha Souter, CLC at CIRHC, 532-5582 x 5270.

* Source: <http://www.womenshealth.gov/breastfeeding/breastfeeding-benefits.html>



Upcoming programs and events...

Gathering of Mothers

When: Thursday, May 12th, 2016 at 6:00 PM - 8:00 PM
 Where: Catt. Community Health & Wellness Center (Grand Room)
 36 Thomas Indian School Drive, Irving, NY 14081
 Who: Expectant Mothers & New Mothers
 Come to an Evening of Learning & Sharing

- 6:00PM: Welcoming Remarks
- 6:10PM: Prenatal Exercises/Stretches & Back Massage
- 6:20PM: "I Will Love You Forever" (In Seneca)
- 6:30PM: Healthy Refreshments
- 6:45PM: Guest Speaker (Topic: Birth Control Options)
- 7:30PM: Games (You Could Win a Prize For Your Baby)
- 7:50PM: Monthly Door Prize

Raffle Tickets Are Earned By Attending The Prenatal Education Sessions Held Every Wednesday From 8 AM – 4 PM in the CIRHC Conference Room
 Participants must be eligible for services at the Seneca Nation Health System

Additional Information Contact: Vivian Curry, Health Educator (716)532-8223, ext. 5268



Seneca Nation GATHERING OF NATIVE AMERICANS May 19-22, 2016

****Excused Absence from School****

HIGHBANKS CAMPGROUND

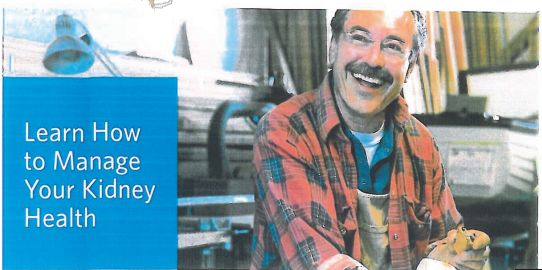
1370 W. Perimeter Rd, Steamburg, NY 14783



APPLICATION DEADLINE: MAY 6, 2016



For more information, contact
Patti.Brisley@snj.org or rebecca.cook@snj.org
 Call (716)257-0263 or (716)532-8456



Learn How to Manage Your Kidney Health

In a no-cost Kidney Smart® class, certified kidney care educators will help you learn:

- How to create an action plan to manage your health
- What causes kidney disease
- What diet resources can help you manage your diet
- Why continuing to work may keep you happier and healthier
- How insurance counselors can help you navigate coverage

Dinner will be served

Join us for an upcoming class:

Lionel R. John Health Clinic- Wellness Center
 987 R. C. Hoag Dr
 Salamanca, NY 14779

Tuesday, 5/3/2016 | 5:00 P.M.

Contact Kelli Vanini at ext. 3293

or

Jody LaMarca at ext. 3242 to sign up

Register for a 90-minute class at KidneySmart.org/Class or call 716-945-5894 ext 3293.



Balancing Life and Diabetes DIABETES EDUCATION CLASSES



WHEN? Tuesday, MAY 17, 2016
WHERE? CIRHC CONFERENCE ROOM
TIME? 10:00 am - 12:00 pm
Healthy Snacks Provided

Tell us if you're coming!

Call Lori or Barb @ 532-5582, ext. 5235 or 5293

- Learn more about diabetes
- Learn more about managing your blood sugar
- Make informed choices about treatment
- Learn what you can do to *stay healthy* and *prevent complications*



Family and support people are also welcome!
You Can Stomp Out Diabetes!



Every kid needs somebody.

Why not you?

Become a Foster Parent Today!

Contact Child & Family Services for more information:

Jo'Elle Cooper (716) 945-5894 x3522
joelle.cooper@senecahealth.org

Beverly Snyder (716) 532-4035 x8723
Beverly.snyder@senecahealth.org

Optical unit hires new optometrist

The Seneca Nation Health System (SNHS) is pleased to announce the appointment of Dr. Gregory Flaitz, CAPT United States Public Health Service, OD, FAAO, to the position of Optometrist. Greg was raised in Hornell, NY and comes to us with a wealth of experience.

Dr. Flaitz has over 17 years of experience working for Indian Health Services (IHS). Before coming to SNHS, he served as the Acting CEO, Acting Clinical Director for outpatient services, Director of the Dental Program, GPRA Coordinator, Chief Optometrist at the Kyle Health Center in Kyle, SD. The health center is located on the Pine Ridge (Oglala Sioux) Indian Reservation, serving a population of 38,000 primarily Oglala Lakota American Indians and some Alaska Native patients residing on the Pine Ridge Indian Reservation. Here he reorganized the eye clinic after they had an optometric vacancy of almost 1 year and worked with the Oglala Sioux Tribe on implementing a glasses program.

When he was with the Alaska Native Medical Center in Anchorage, Alaska he held the title of Deputy Chief of Optometry where he managed the routine and emergency eye care serving a population of 45,000 Alaska Native patients in a large hospital setting of 1500 employees. Notable accomplishments include decreasing the waiting time for a full eye exam from 25 days out down to 3 days. He also helped improve access to eye care by travelling in small aircraft or by boat to remote Alaskan villages to provide eye care services to 10 remote communities each year.

He began his employment with the SNHS in February 2016 and he is based at the Lionel R. John Health Center in Salamanca. In this new role, he provides direct services to patients performing eye exams to evaluate, monitor, and treat multiple eye diseases. He performs various job duties, but of particular interest is that he is researching new equipment and continuing contact lens services for the clinic on a regular basis.

Dr. Flaitz earned his Doctor of Optometry from the Pennsylvania College of Optometry located in Philadelphia, PA and currently holds optometry licenses in South Dakota, Alaska and New York. He has also received many awards from the Public



Dr. Flaitz doing an eye exam on a patient.



Dr. Flaitz and Scott Thompson showing their new line of eyeglasses.



This is the Optical Unit's supply of contact lenses.



Health Service and is Board Certified in Medical Optometry. He is also a Fellow with the American Academy of Optometry.

While he will be primarily located at LRJHC, it's important to note that Dr. Schmitt will be covering the same job duties as Dr. Flaitz, but at the CIRHC optical unit.

He states that he is looking forward to working with the Seneca Nation Health System and would like to expand services. This includes providing more name brands of eyeglasses and becoming a full-service for contact lenses. Many patients are not aware that the clinic is able to offer cheaper prices than anyone else in the area.

Optician Scott Thompson has worked at SNHS for over 15 years and says that the optical department has advanced quite a bit over the years and he would like more patients to take advantage of the services that are offered at the clinics. They are able to utilize the OCT (Optical Coherence Tomography) machine which helps to diagnose many eye conditions, such as glaucoma.

We are glad to welcome Dr. Flaitz to the team!



Eye exam machine at LRJHC Optical Unit.



Dr. Flaitz is using the optical OCT machine which is able to show a digital scan of the eye.

Community Health Representative retires

A small celebration was held on February 26th for a long-time employee of the Seneca Nation Health System.

Margaret Repicci has officially begun her retirement. She worked for the Health System for over 20 years as the Community Health Representative. In this position, she would provide community outreach medical services for the elderly, handicapped and other patients requiring services.

Fellow staff members gave Margaret a beautiful pot, cards and flowers as a gift. Dr. Vona also played a nice song for her, which included some humorous lyrics that made everyone laugh.

What are her plans? She is looking forward to traveling and spending time with her family. Margaret wishes everyone well and says that we are sure to see her around at the clinic when she comes to visit or has an appointment.

Congratulations to Margaret on her retirement and best wishes on her future plans. And we thank her for her many years of service! Nya:weh!



Healthy Recipe from Sugar Beaters >>>

If you have any questions about nutrition or healthy meal planning, you may contact our Registered Dietitians:

Jody LaMarca, RD, CDN, CDE @ LRJHC x3242

Barb Nephew, MS, RD, CDE @ CIRHC x5293

Lori Crassi, RD, CDN, CDE @ CIRHC x5235

Sugar Beaters



SNHS Diabetes Program Mission:
"To improve the quality of life for the native peoples on the Seneca Territories through the prevention and control of diabetes"

Sugar Beaters is a support group that provides a healthy snack, various educational topics and an opportunity for people to share their experiences and ask questions. Everyone is welcome to join us for great information, tasty healthy food, and encouragement!

When: Wednesday, April 27, 2016
5:00 - 6:30 p.m.

Where: Cattaraugus Community Health and Wellness Center, Room 126

Topic: Kidney Smart Program

- ▶ Learn what causes kidney disease
- ▶ Plan to keep your kidneys healthy!

For more information, you may contact our Diabetes Educators:

Lori Crassi, RD, CDN, CDE
at 532-5582 x5235

Barb Nephew, MS, RD, CDE
at 532-5582 x5293

Lana Kota, RN, DE
at 532-5582 x5207



2015

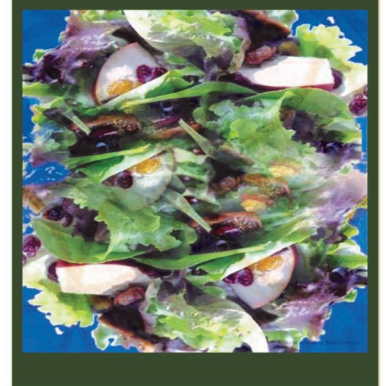
"Must-Have-Recipe" Salad

Ingredients

- 2 5-oz. bags Romaine lettuce
- 1 cup shredded Swiss Cheese
- 1 cup cashews
- 1 apple, coarsely chopped
- 1 pear, coarsely chopped
- ¼ c. dried cranberries

Salad dressing

- ½ cup Splenda
- 1/3 cup lemon juice
- 2 teaspoon red onion, finely chopped
- ½ teaspoon salt
- 2/3 cup oil
- 1 Tablespoon poppy seeds



Serving Size: serves 6-8

275 calories; 25 gm Carbohydrate; 7 gm Protein; 16 gm fat

Directions:

1. **Salad Dressing:** Combine sugar/sugar substitute, lemon juice, onion and salt in blender. Blend well. While blender is running, add oil in a slow, steady stream; blend until thick and smooth; Add poppy seeds and blend 10 seconds to mix.
2. **Salad:** Combine the salad ingredients in a large serving bowl; toss to mix.
3. Pour salad dressing over salad and toss.

April ~ Child Abuse Prevention Month >>>



Do you suspect child abuse or maltreatment? Report it Now!

1-800-342-3720

If you believe that a child is in immediate danger, call 911 or your local police department.

Help when you need it:

Brian Mohr, Erie County Sheriff's Office
Domestic Violence Unit
716-858-7063 or 716-532-8223 ext. 3145
In an emergency:
Child Abuse Hotline 1-800-422-4453



April is National Child Abuse Prevention Month. This is a time to recognize that we can all play a part in promoting the social and emotional well-being of children and families in our community.

When children are nurtured, they can grow up to be happy and healthy adults. But when they lack an attachment to a caring adult, receive inconsistent nurturing or experience harsh discipline, the consequences can affect their lifelong health, well-being and relationships with others.

What is child abuse and neglect?

Child abuse or neglect often takes place in the home at the hands of a person the child knows well—a parent, relative, babysitter, or friend of the family. There are four major types of child maltreatment. Although any of the forms may be found separately, they often occur together.

- **Neglect:** Is failure to provide for a child's basic needs.
- **Physical Abuse:** Is physical injury as a result of hitting, kicking, shaking, burning, or otherwise harming a child.
- **Sexual abuse:** Is any situation where a child is used for sexual gratification. This may include indecent exposure, fondling, rape, or commercial exploitation through prostitution or the production of pornographic materials.
- **Emotional Abuse:** Is any pattern of behavior that impairs a child's emotional development or sense of self-worth, including constant criticism, threats, and rejection.

Why does child abuse occur?

Child abuse and neglect affect children of every age, race and family income level. However, research has identified many factors relating to the child, family, community and society that are associated with an increased risk of child abuse and neglect. Studies also have shown that when multiple risk factors are present, the risk is greater.

At greater risk are:

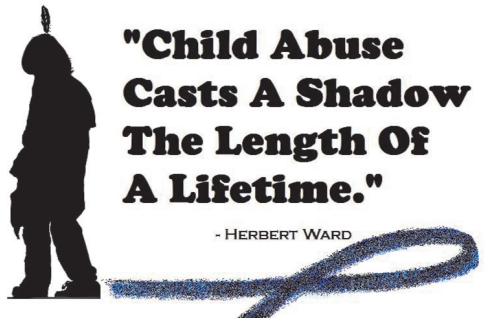
- Young mothers and fathers unprepared for the responsibilities of raising a child
- Overwhelmed single parents with little support
- Families placed under stress by poverty, divorce, or a child's disability.

Some families are stressed by worries about foreclosure, employment, health, substance abuse, mental health, domestic violence or other problems. Some are simply unaware of how to care for their children's basic needs.

These circumstances, combined with the challenges of raising children, can result in otherwise well intentioned parents causing their children harm or neglecting their needs.

Anyone can and should report suspected child abuse or neglect. If you think a child is being mistreated, take immediate action. You can call the Childhelp® National Child Abuse Hotline at 1.800.4.A.CHILD (1.800.422.4453)

*Source: www.childwelfare.gov/pubPDFs/guide.pdf



**"Child Abuse
Casts A Shadow
The Length Of
A Lifetime."**

- HERBERT WARD

Join us at the LRJHC Grand Room
for an open house, luncheon and an
awareness walk!

APRIL 27th, 2016

9:00-1:00pm– Open house with various community agencies providing service information and awareness

9:00-1:00pm– Bake sale to benefit C.A.F.E.

9:00-11:00am– Presentations in regards to child abuse

10:30am– Begin signing up for our Awareness Walk
(Receive a gift for signing in)

11:00am-12:00pm– **AWARENESS WALK!** (approx. 1.5 miles)

12:00-12:45pm– Luncheon provided by "Seneca Strong"

12:45-1:00pm– Closing comments & planting our child abuse pinwheel garden

FREE & OPEN TO EVERYONE!

Our People, Our Health, Our Legacy Part 2, Priorities and Addressing Health Concerns

Submitted by Shaela Mohawk, Health Planner



The Seneca Nation began an initiative to complete a community health assessment in 2013. Within the past year, the Seneca Nation Health System was able to start a health assessment of the Seneca community after receiving a grant award from USET through the Good Health and Wellness in Indian Country grant.

An update from our last newsletter posting: The community survey was administered from October thru December, 2015. Secondary data was also collected to examine identified health indicators

related to topics within the health assessment survey. We have received 716 surveys which met the criteria for analysis. The report is being finalized and we will be planning community meetings to share the findings of the survey this summer.

We encourage your participation in the planning process and would like your feedback during the community meetings to address the health concerns identified by the survey results. Please watch for the community meeting notices in the newsletter and feel free to contact me at the Lionel R. John Health Center for more information or with any questions or concerns at 716-945-5894 ext. 3254 or by email at Shaela.Mohawk@SenecaHealth.org.

April ~ Alcohol Awareness Month >>>



Alcohol use during pregnancy can lead to lifelong effects.

Up to **1 in 20** US school children may have FASDs.



People with FASDs can experience a mix of the following problems:

Physical issues

- low birth weight and growth
- problems with heart, kidneys, and other organs
- damage to parts of the brain



Which leads to...

Behavioral and intellectual disabilities

- learning disabilities and low IQ
- hyperactivity
- difficulty with attention
- poor ability to communicate in social situations
- poor reasoning and judgment skills



These can lead to...

Lifelong issues with

- school and social skills
- living independently
- mental health
- substance use
- keeping a job
- trouble with the law



Drinking while pregnant costs the US **\$5.5 billion** (2010).



SOURCES: CDC Vital Signs, February 2016. American Journal of Preventive Medicine, November 2015.



Drinking and your pregnancy

When You Are Pregnant...

Drinking Can Hurt Your Baby

When you are pregnant, your baby grows inside you. Everything you eat and drink while you are pregnant affects your baby. If you drink *alcohol*, it can hurt your baby's growth. Your baby may have physical and behavioral problems that can last for the rest of his or her life. Children born with the most serious problems caused by alcohol have *fetal alcohol syndrome*.

Children with fetal alcohol syndrome may:

- Be born small.
- Have problems eating and sleeping.
- Have problems seeing and hearing.
- Have trouble following directions and learning how to do simple things.
- Have trouble paying attention and learning in school.
- Need special teachers and schools.
- Have trouble getting along with others and controlling their behavior.
- Need medical care all their lives.



Here are some questions you may have about alcohol and drinking while you are pregnant.

1. Can I drink alcohol if I am pregnant?

No. Do not drink alcohol when you are pregnant. Why? Because when you drink alcohol, so does your baby. Think about it. Everything you drink, your baby also drinks.

2. Is any kind of alcohol safe to drink during pregnancy?

No. Drinking any kind of alcohol when you are pregnant can hurt your baby. Alcoholic drinks are beer, wine, wine coolers, liquor, or mixed drinks. A glass of wine, a can of beer, and a mixed drink all have about the same amount of alcohol.

3. What if I drank during my last pregnancy and my baby was fine?

Every pregnancy is different. Drinking alcohol may hurt one baby more than another. You could have one child that is born healthy, and another child that is born with problems.

4. Will these problems go away?

No. These problems will last for a child's whole life. People with severe problems may not be able to take care of themselves as adults. They may never be able to work.

5. What if I am pregnant and have been drinking?

If you drank alcohol before you knew you were pregnant, stop drinking now. You will feel better and your baby will have a good chance to be born healthy. If you want to get pregnant, do not drink alcohol. You may not know you are pregnant right away. Alcohol can hurt a baby even when you are only 1 or 2 months pregnant.

6. How can I stop drinking?

There are many ways to help yourself stop drinking. You do not have to drink when other people drink. If someone gives you a drink, it is OK to say no. Stay away from people or places that make you drink. Do not keep alcohol at home.

If you cannot stop drinking, GET HELP. You may have a disease called *alcoholism*. There are programs that can help you stop drinking. They

are called *alcohol treatment programs*. Your doctor or nurse can find a program to help you. Even if you have been through a treatment program before, try it again. There are programs just for women.

For Help and Information

You can get help from a doctor, nurse, social worker, pastor, or clinics and programs near you.

For confidential information, you can contact:

Alcoholics Anonymous (AA) check your local phone book for listings in your area

Internet address: <http://www.aa.org>

National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

HOPE LINE: (800) NCA-CALL (24-hour Affiliate referral)

Email: national@ncadd.org

Internet address: <http://www.ncadd.org>

National Institute on Alcohol Abuse and Alcoholism

Internet address: <http://www.niaaa.nih.gov>

National Organization on Fetal Alcohol Syndrome

Internet address: <http://www.nofas.org>

Substance Abuse and Mental Health Services Administration (SAMHSA)

Treatment Facility Locator
(800) 662-HELP

Internet address: <http://www.findtreatment.samhsa.gov>

*Source: NIH Publication No. 05-5610
Revised 2009

Recognizing mental health problems in children

Children's mental health problems are real, common and treatable. Although one in five children has a diagnosable mental health problem, nearly two-thirds of them get little or no help. Untreated mental health problems can disrupt children's functioning at home, school and in the community. Without treatment, children with mental health issues are at increased risk of school failure, contact with the criminal justice system, dependence on social services, and even suicide.

Parents and family members are usually the first to notice if a child has problems with emotions or behavior. Your observations, along with those of teachers and other caregivers, can help determine whether you need to seek help for your child.

The following signs may indicate the need for professional help:

- ▶ Decline in school performance
- ▶ Poor grades despite strong efforts
- ▶ Constant worry or anxiety
- ▶ Repeated refusal to go to school or to take part in normal activities
- ▶ Hyperactivity or fidgeting
- ▶ Persistent nightmares
- ▶ Persistent disobedience or aggression
- ▶ Frequent temper tantrums
- ▶ Depression, sadness or irritability

Early identification, diagnosis and treatment can help children reach their full potential. If you suspect a problem or have questions, talk with your child's pediatrician or contact a mental health professional.

An evaluation may include consultation with a child psychiatrist, psychological testing and medical tests to rule out any physical condition that could be causing the symptoms. Children also must be carefully evaluated to distinguish possible mental health conditions from learning disabilities or developmental delays.

If your child is diagnosed with a mental health problem, a comprehensive treatment plan should include psychotherapy and, in some cases, may include medication. The plan should be developed with the family. Whenever possible, the child should be involved in treatment decisions.

If you have questions, don't hesitate to contact the Behavioral Health Unit at the Health System.

*Source: www.healthamerica.net



SENECA NATION HEALTH SYSTEM
Behavioral Health Department

OUR DOOR IS ALWAYS OPEN.

Offering a Complete Range of Addiction & Substance Abuse Treatment Services*

- Detox and In-patient Treatment Referral
- In-patient Treatment Referral (minors)
- Family Addiction Counseling
- Aftercare/Recovery/Relapse Prevention
- License Reinstatement Treatment (DUI, DWI)
- Legal Issues and Court-ordered Requirements

Prevention Program Services

- Activities, events and education
- Presentation modules (component school districts)
- Presentation modules (SNI staff)
- Drug and alcohol screenings
- Promotion of holistic health to youth, adolescents, adults and families

Mental Health Counseling

- Depression/Anxiety/Psychosis
- Treatment for Depression/Anxiety/Psychosis
 - Grief Counseling, Couples Counseling, Family Counseling
- Mental Health Evaluation
- Trauma Focused Cognitive Behavioral Therapy for Children Ages 5-17

Reach Us At

Allegany (LRJHC)
716-945-9001

After hours
(Ask for BHU)
716-945-5894

Cattaraugus (CHWC)
716-532-5583

After hours
(Ask for BHU)
716-532-8223

National Crisis Hotline
1-800-339-5209

For Emergencies:
nearest hospital or 911

*Must be eligible to receive services at SNI Health Centers.





May 31st is recognized as **World No Tobacco Day**. It is an annual awareness day sponsored by the World Health Organization (WHO)

since 1987 to highlight the health risks associated with tobacco use and encourage governments to adopt effective policies to reduce smoking and other tobacco use.

Did you know that when you smoke, it not only affects your health, but also those around you?

What is secondhand smoke?

Secondhand smoke (SHS) is also called *environmental tobacco smoke* (ETS). It's a mixture of 2 forms of smoke that come from burning tobacco:

- **Mainstream smoke:** The smoke exhaled by a smoker.
- **Sidestream smoke:** Smoke from the lighted end of a cigarette, pipe, or cigar, or tobacco burning in a hookah. This type of smoke has higher concentrations of cancer-causing agents (carcinogens) and is more toxic than mainstream smoke. It also has smaller particles than mainstream smoke. These smaller particles make their way into the lungs and the body's cells more easily.

When non-smokers are exposed to SHS it's called *involuntary smoking* or *passive smoking*. Non-smokers who breathe in SHS take in nicotine and toxic chemicals the same way smokers do. The more SHS you breathe, the higher the levels of these harmful chemicals in your body.

Secondhand smoke (SHS) has the same harmful chemicals that smokers inhale. There's no safe level of exposure for secondhand smoke (SHS). It is known to cause cancer. It has more than 7,000 chemicals, including at least 70 that can cause cancer.

What can be done about secondhand smoke?

Many US local and state governments, and even federal governments in some other countries, have decided that protecting the health of employees and others in public places is of the utmost importance. Many have passed clean indoor air laws. Although the laws vary from place to place, they are becoming more common. Detailed information on smoking restrictions in each state is available from the [American Lung Association](http://www.AmericanLungAssociation.org).

You don't have to wait for the government to act. Even if you smoke, you can decide to make your home and car smoke-free. This is the safest thing to do for your children, other family members, pets, and guests.

Contact your health care provider if you would like to learn more about how to kick the habit.

* Source: www.cancer.org



Our Home is Free of Tobacco Smoke!

Tobacco smoke free homes and communities protect our children. They are protected from the dangers of secondhand and thirdhand smoke.

- Secondhand smoke is smoke that comes off of a lit cigarette, and comes out of the smoker's mouth and nose.
- Thirdhand smoke is smoke that stays in clothes, hair, walls, and furniture, and the skin of the smoker. It stays there even after the cigarette is put out.



Seneca Nation Health System Hours

LRJHC

Medical: 7:30 a.m.—6:00 p.m.
Dental: 7:30 a.m.—6:00 p.m.
Pharmacy: 7:30 a.m. — 6:00 p.m.
Optical: 8:00 a.m.—5:30 p.m.
(Tuesday, Thursday, Friday)
8:00 a.m.—4:30 p.m.
(Monday, Wednesday)

CIRHC

Medical: 7:30 a.m.—6:00 p.m.
Dental: 7:30 a.m.—6:00 p.m.
Pharmacy: 7:30 a.m. — 6:00 p.m.
Optical: 8:00 a.m.—5:30 p.m.
(Mondays, Wednesdays, Thursdays)
8:00 a.m.—4:30 p.m.
(Tuesdays, Fridays)

After-Hours Care

The SNHS is closed on weekends and holidays. If you are in need of services after hours, you can reach our professional, on-call, messaging service by calling:

LRJHC: 716-945-5894 or CIRHC: 716-532-5582

If you have an emergency, please go to the nearest emergency room.



Would you like to have the Healthbeat Newsletter emailed to you? Do you have any comments or story ideas? Feel free to pass them along to Karla Nephew, Public Relations Specialist at:

karla.nephew@senecahealth.org

Visit us on the web:
www.senecahealth.org



SENECA NATION HEALTH SYSTEM

Caring for our culture and our community.

Lionel R. John Health Center
987 RC Hoag Dr.
Salamanca, NY 14779
716-945-5894

Cattaraugus Indian Reservation Health Center
1510 Route 438
Irving, NY 14081
716-532-5582

Community Health & Wellness Center
36 Thomas Indian School Dr.
Irving, NY 14081
716-532-8223

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Summer Edition, June 2016 > Upcoming Events > Health Observances for June, July and August