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Issue
TWENTY-ONE
Summer
2016



A Quarterly Insight into the Seneca Nation Health System



JUNE IS MEN'S HEALTH MONTH

National Health Observances:

June
Men's Health Month
Food Safety Month
National Safety Month
Sun Protection Month

July
National Cleft & Craniofacial Awareness & Prevention Month
World Hepatitis Day (7/28)

August
Children's Eye Health & Safety Month
National Breastfeeding Month
National Immunization Awareness Month



The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Take action to be healthy and safe and encourage men and boys in your life to make their health a priority. Learn about steps men can take each day to improve health. This year, National Men's Health Week is celebrated June 13-19, 2016.

Get Good Sleep

Adults need between 7-9 hours of sleep. Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, poor sleep is responsible for motor vehicle and machinery-related accidents.

Toss out the Tobacco

It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung

disease, and other smoking-related illnesses.

Also avoid secondhand smoke. Inhaling other people's smoke causes health problems similar to those that smokers have. Babies and kids are still growing, so the poisons in secondhand smoke hurt them more than adults.

Move More

Adults need at least 2½ hours of moderate-intensity aerobic activity every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller amounts of time during the day.

Eat Healthy

Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.

Tame Stress

Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel



**SNHS will be closed
as follows:**

**Wednesday, June 15
PRESIDENT'S DAY**

**Monday, July 4
INDEPENDENCE
DAY**

(continued on next page)

overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support. Connect socially. Stay active.

Stay on Top of Your Game

See your doctor or nurse for checkups. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem.

Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or symptoms of any kind, be sure to see your doctor or nurse. Don't wait!

Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have. If your numbers are high or low, your doctor or nurse can explain what they mean and suggest how you can get them to a healthier range. Be sure to ask him or her what tests you need and how often you need them.

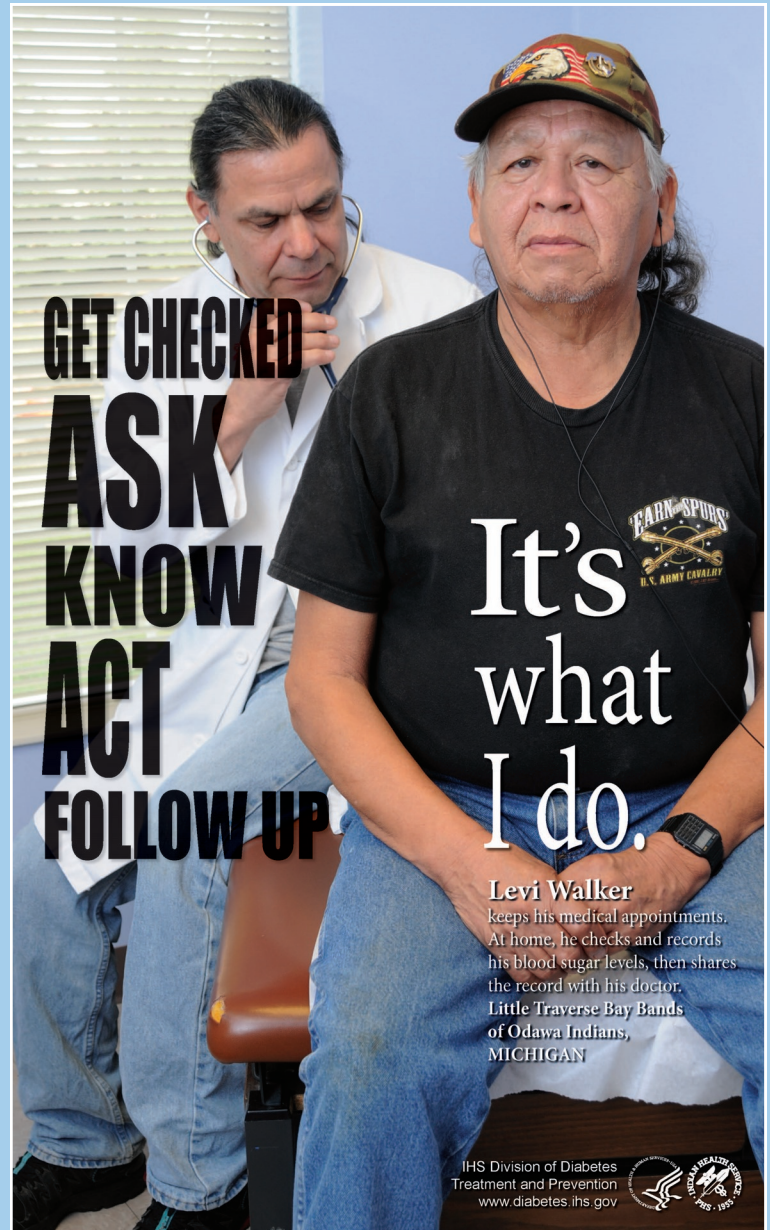
Get vaccinated. Everyone needs immunizations to stay healthy, no matter how old you are. Even if you had vaccines as a child, immunity can fade with time. Vaccine recommendations are based on a variety of factors, including age, overall health, and your medical history.

To learn more, you can visit www.cdc.gov or www.menshealthmonth.org/.

Fast Facts:

It's not only important for men to pay attention to their health, but it's equally important for women. It's interesting to read about all of the different health issues that the Native American population faces today. The U.S. Department of Health and Human Services reports that American Indians/Alaska Natives frequently contend with issues that prevent them from receiving quality medical care. These issues include cultural barriers, geographic isolation, inadequate sewage disposal, and low income.

Some of the leading diseases and causes of death among AI/AN are heart disease, cancer, unintentional injuries (accidents), diabetes, and stroke. American Indians/Alaska Natives also have a high prevalence and risk factors for mental health and suicide, obesity, substance abuse, sudden infant death syndrome (SIDS), teenage pregnancy, liver disease, and hepatitis.



**GET CHECKED
ASK
KNOW
ACT
FOLLOW UP**

**It's
what
I do.**

Levi Walker
keeps his medical appointments. At home, he checks and records his blood sugar levels, then shares the record with his doctor. Little Traverse Bay Bands of Odawa Indians, MICHIGAN

IHS Division of Diabetes Treatment and Prevention
www.diabetes.ihs.gov

Other health concerns include:

-American Indians and Alaska Natives have an infant death rate 60 percent higher than the rate for Caucasians.

-AI/ANs are twice as likely to have diabetes as Caucasians. An example is the Pima of Arizona, who have one of the highest diabetes rates in the world.

-AI/ANs also have disproportionately high death rates from unintentional injuries and suicide.

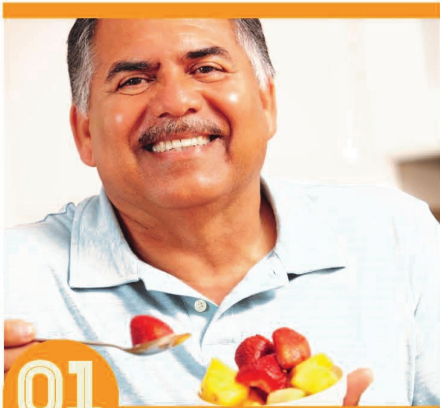
-In 2012, the tuberculosis rate for AI/NAs was 6.3, as compared to 0.8 for the White population.

The following pages include some good advice and a men's health checklist. Feel free to share this with your family members.



JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family



01

Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

100%
 Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

1 IN 2 1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

1994

On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."
 Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 - 74.

80

ONLINE RESOURCES

Men's Health Month
menshealthmonth.org

Men's Health Network
menshealthnetwork.org

Get It Checked
getitchecked.com

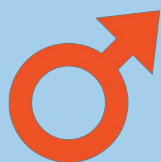
Talking About Men's Health Blog
talkingaboutmenshealth.com

Women Against Prostate Cancer
womenagainstoprostatecancer.org



- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- 1 in 2 men will develop cancer in their lifetime
- Men make ½ as many physician visits for prevention as women

**Want to see these stats change?
Schedule a check up today!**



MEN... GET IT CHECKED!

(Refer to the checklist on this side.)

Men's Health Network provides this maintenance schedule for men as a reminder of your need to take responsibility for your health. **Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability.** You should consult your healthcare provider to discuss if this screening schedule is appropriate for you. Also ask about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.

Regular checkups and age-appropriate screenings can improve your health and extend your life. Members of high risk groups, or those with a family history of a disease, should consult their healthcare provider about the need for earlier screening.

MHN Men's Health Network™
www.menshealthnetwork.org

Please note: Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your healthcare provider. Check with your healthcare provider about your need for specific health screenings.

© Men's Health Network

MHN Men's Health Network™
BUILDING HEALTHY FAMILIES ONE MAN AT A TIME™
P.O. Box 75972, Washington, DC 20013 • 202-543-MHN-1
info@menshealthnetwork.org • www.menshealthnetwork.org



MEN'S HEALTH CHECKLIST

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
PHYSICAL EXAM: Review overall health status, perform a thorough physical exam and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
BLOOD PRESSURE: High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB SKIN TEST: Should be done on occasion of exposure or suggestive symptoms at direction of healthcare provider. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
BLOOD TESTS & URINALYSIS: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
EKG: Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	✓	✓
TETANUS BOOSTER: Prevents lockjaw.	Every 10 years	✓	✓	✓
RECTAL EXAM: Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year	✓	✓	✓
PSA BLOOD TEST: Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your healthcare provider.	Every year		*	✓

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
HEMOCCULT: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		✓	✓
COLORECTAL HEALTH: A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years			✓
CHEST X-RAY: Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
SELF-EXAMS: Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
BONE HEALTH: Bone mineral density test. Testing is best done under the supervision of your healthcare provider	Discuss with a physician		Age 60	
TESTOSTERONE SCREENING: Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
SEXUALLY TRANSMITTED DISEASES (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, gonorrhea, herpes and other STDs.	Under physician supervision	✓	Discuss	

*African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

Fresh Fruit Salad with Honey Vanilla Yogurt

A healthy way to include fruit into your daily meal planning.

Ingredients

- 2 cups plain yogurt
- 2 tbsp. good honey
- ½ tsp. pure vanilla extract
- Seeds scraped from 1/2 vanilla bean, optional
- ½ orange, juiced
- 1 banana, sliced
- ½ pint fresh blueberries
- ½ pint fresh raspberries
- 1 pint fresh strawberries, hulled and cut in half
- 1 bunch seedless green grapes, halved



Preparation

1. Combine the yogurt, honey, vanilla extract, and vanilla bean seeds in a bowl and set aside.
2. Combine the orange juice and banana slices in a separate bowl.
3. Add the berries and grapes and gently mix the fruit mixture together.
4. Spoon the fruit into serving bowls and top with the yogurt.

Makes 4 to 6 servings

Nutritional Information: Calories: 193 Carbohydrates: 46 g.
Sugar: 32 g. Fiber: 5 g. Cholesterol: 3 mg. Sodium: 70 mg.
Protein: 7 g. Total Fat: .5 g.

*Source: <http://www.foodnetwork.com>

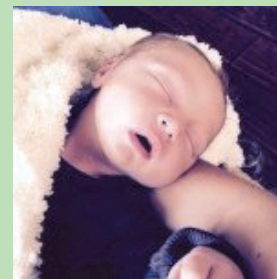


Breastfeeding Bulletin

6 Ways to tell if your breastfeeding baby is full!

New babies are notoriously confusing. They fall asleep after 5 minutes, and then wake up 2 minutes later starving. It's hard for a new mother to figure out what the baby wants let alone whether they did a good job filling them up! To that end here is a short list to review!

- 1.) Your baby was really hungry, and had tightly balled fists. As you nurse for a while the little hands open like flowers and become relaxed. Might be full.
- 2.) Look for Zombie Arm. This is what I call the super floppy arm that happens when a baby is totally milk wasted. You should be able to lift the arm and it drops like a log. Might be full.
- 3.) Always double check the upper lip. You say you have the Flower Hand, and the Zombie Arm? Check the upper lip by tickling. If you baby hunts for the air nipple, probably not full.
- 4.) Your baby might look like this:



- 5.) Look at your baby as a whole being. Do they seem relaxed? Are their hands relaxed and open? No tension in the arms or back? Is your baby resting in your hands as you look them over? Is their mouth relaxed and not pursed? Might be full.
- 6.) If you cannot wake your baby up, and you have tried the following things: A warm washcloth bath, tickled ribs and shoulders, massaged the palms of the hands, and you've even tried the dreaded "fake out the baby by pulling the velcro tab on the diaper" trick? Might be full.

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: nativemothering.com; posted on 2/14/16
by Serena Meyer





Eye health and safety for children

It's almost back-to-school time and you're prepared with your child's enrollment forms, orientation schedules, and immunizations--but what about his or her eyes? August is Children's Eye Health and Safety Month—a great signal for you to get your child's eyes checked before school starts. Join us as we observe Children's Eye Health and Safety Month in partnership with Prevent Blindness America and the American Academy of Ophthalmologists.

Most children have healthy eyes. But there are conditions that can threaten good vision.

Because you can't always "look" into your child's eyes to tell if they have eye health problems, set up some time today for an eye exam:

- Your child's eyes should be examined during regular pediatric appointments and vision testing should be conducted around age three.
- Parents should be aware of signs that may indicate their child has vision problems, including:
 - ▲ Wandering or crossed eyes
 - ▲ A family history of childhood vision problems
 - ▲ Disinterest in reading or viewing distant objects
 - ▲ Squinting or turning the head in an unusual manner while watching television

Talk to your child's pediatrician if you suspect your child has any of the eye diseases below:

- Amblyopia (lazy eye)
- Strabismus (crossed eyes)
- Ptosis (drooping of the eyelid)
- Color deficiency (color blindness)
- Refractive errors (nearsightedness, farsightedness and astigmatism)

Let's Talk Eye Safety:

Use this month to discuss the importance of eye safety with your children.

There are an estimated 42,000 sports-related eye injuries each year and the majority of them happen to children.

Children should:

- Wear protective eyewear while participating in sports or recreational activities
- Play with age-appropriate toys. Avoid toys with sharp or protruding parts

One of the best ways to make sure your child keeps his/her good vision throughout life is to set a good health example.

To find more information about Children's Eye Health and Safety contact the SNHS optical department :

Cattaraugus (CIRHC)
532-5582 ext. 5280

Allegany (LRJHC)
945-5894 ext. 3272

OR visit these websites:


www.preventblindness.org
www.aaopt.org

Fast Fact:

Nearly 25 percent of school-aged children have vision problems. Of children ages 3 to 5, close to one in 20 has a problem that could result in permanent vision loss if left untreated. The American Academy of Ophthalmology estimates that 80 percent of preschoolers do not receive vision screenings.

The American Optometric Association recommends that children should get their eyes examined annually. Make sure to schedule your child's next appointment with the Health System. As you may already know, we now have a full-time eye doctor on staff.

**Source: www.hap.org/health/topic/eyemonth.php*



Optical Department

HOURS

8:00 a.m. - 5:30 p.m.
Monday, Wednesday, Thursday

8:00 a.m. - 4:30 p.m.
Tuesday, Friday

E	1
F P	2
T O Z	3
L P E D	4
P E C F D	5
E D F C Z P	6
P E L D F D	7
.....	8
.....	9
.....	10
.....	11

LRJHC 945-5894 x3272 CIRHC 532-5582 x5280



There's more to lose than the game.
Use protective eyewear.

Help kids gear up for the game

Eye injuries are the leading cause of blindness in children in the United States, and many of these injuries are sports-related. Ninety percent of sports-related eye injuries in children can be prevented with the use of protective eyewear. Making sure your young athlete gears up with the right protective eyewear may save your child's sight.

Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do sporting goods stores. Safety goggles that can be worn over prescription glasses may be purchased for less than \$10.

Talk to your eye care provider about protective eyewear for your child. Your eye care provider can provide protective eyewear that fits your child's prescription. He or she can help you select a correct fit and style for any sport.

"Children should use protective eyewear during sporting activities to avoid unnecessary eye injuries that can possibly result in permanent vision loss," said Paul A. Sieving, M.D., Ph.D., Director of the National Eye Institute, one of the National Institutes of Health.

At first, your child may resist wearing protective eyewear, saying that it isn't cool. But this doesn't have to be the case—protective eyewear now comes in a variety of styles and colors that can even match team uniforms. Don't let your child step onto the

field or court unless he or she is wearing the proper safety gear from head to toe, including protective eyewear.

Game Time

While the use of protective eyewear is important for all activities, some sports carry a greater risk than others. For example, baseball is the leading cause of sports-related eye injury in children 14 and under and is considered a high-risk sport. Football carries a moderate risk. Check the table below for the risk categories of eye injury for various sports.

High Risk	Moderate Risk	Low Risk
• Baseball	• Football	• Bicycling
• Basketball	• Golf	• Diving
• Boxing	• Badminton	• Skiing
• Hockey	• Soccer	• Swimming
• Paintball	• Tennis	• Wrestling
• Racquetball	• Fishing	
• Softball		
• Squash		

Pediatrics Vol. 113 (3), Pages 619-622, Copyright 2004 by the American Academy of Pediatrics

For more information about protective eyewear for specific sports, visit the National Eye Institute Website at <http://isee.nei.nih.gov/sports>. Protect your child's eyes. Help them gear up for the game with protective eyewear.

* Source: <https://nei.nih.gov/sites/default/files/health-pdfs/AdultsArticle.pdf>



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!

Topic: Learn How to Make Sugar Free Strawberry Jam

**When: Wednesday, June 29, 2016
 5:00 - 6:30 p.m.**

Where: Cattaraugus Community Health and Wellness Center, Room 126



Must RSVP by June 22nd in order to have jam to take home!



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

Gathering of Mothers is a program for expectant mothers and new mothers. Program includes: prenatal exercises/stretchers, guest speakers, games, and door prizes. Participants must be eligible for services at the Seneca Nation Health System. Healthy refreshments provided. Meetings are held the 2nd Thursday of each month at 6 - 8 p.m. in the CHWC Grand Room.

For more information, please contact: Mary Jacobs, at 532-5582.

Seneca Nation Health System

Learn How to Manage Your Kidney Health



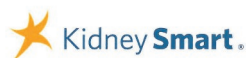
In a no-cost **Kidney Smart**® class, certified kidney care educators will help you learn:

- 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**

Join us for our next class:
**Tuesday, 06/14/2016
 1:00 p.m.**

Cattaraugus Indian Reservation Health Center
 35 Thomas Indian School Dr. (gps 1510 Route 438)
 Irving, NY 14081

Register for a 90-minute class at KidneySmart.org/Class or call **716-532-5582 ext.5235**.



© 2016 Davita HealthCare Partners Inc. 5009 KidneySmart. Class times are subject to change without notice.

Balancing Life and Diabetes DIABETES EDUCATION CLASSES



WHEN? Tuesdays ~ JUNE 14, 21, & 28
WHERE? CHWC, ROOM 126
TIME? 6:00pm - 8:00pm
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!



Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses

BZZZZ.



Aside from being itchy and annoying, the bite of an infected female mosquito (*Aedes aegypti* or *Aedes albopictus*) can spread dengue, chikungunya, or Zika viruses. People become infected with dengue, chikungunya, or Zika after being bitten by an infected mosquito.

- Female mosquitoes lay several hundred eggs on the walls of water-filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week.
- Adult mosquitoes live inside and outside.
- They prefer to bite during the day.
- A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

Protect Yourself, Your Family, and Community from Mosquitoes

1.

Eliminate standing water in and around your home:

- **Once a week**, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.

2.

If you have a septic tank, follow these steps:

- Repair cracks or gaps.
- Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.

3.

Keep mosquitoes out of your home:

- Use screens on windows and doors.
- Repair holes in screens.
- Use air conditioning when available.



Put plants in soil, not in water.



Drain water from pools when not in use.



Recycle used tires or keep them protected from rain.



Drain & dump any standing water.



Weekly, scrub vases & containers to remove mosquito eggs.

National Center for Emerging and Zoonotic Infectious Diseases
Division of Vector-Borne Diseases



4.

Prevent mosquito bites:

- Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. All EPA-registered insect repellents are evaluated to make sure they are safe and effective.

Active ingredient Higher percentages of active ingredient provide longer protection	Some brand name examples*
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin , also known as KBR 3023 , Bayrepel , and icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.	

- Always follow the product label instructions.
- Reapply insect repellent every few hours, depending on which product and strength you choose.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Treat clothing and gear (such as boots, pants, socks, and tents) with permethrin or purchase permethrin-treated clothing and gear.
 - Treated clothing remains protective after multiple washings. See product information to find out how long the protection will last.
 - If treating items yourself, follow the product instructions carefully.
 - Do **not** use permethrin products, intended to treat clothing, directly on skin.
- Wear long-sleeved shirts and long pants.



Keep rain barrels covered tightly.



Weekly, empty standing water from fountains and bird baths.



Keep septic tanks sealed.



Install or repair window & door screens.

For more information, visit:
www.cdc.gov/dengue, www.cdc.gov/chikungunya, www.cdc.gov/zika

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.
(Monday, Wednesday, Thursday)
8:00 a.m. - 4:30 p.m.
(Tuesday, Friday)

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.
(Monday, Wednesday, Thursday)
8:00 a.m. - 4:30 p.m.
(Tuesday, Friday)

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

Next Issue >>>>>>

Fall Edition, September 2016 > Upcoming Events >
Health Observances for September, October, November