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Issue
NINETEEN
Winter
2016

A Quarterly Insight into the Seneca Nation Health System



Dental Internship Collaboration Wins Grant for 3rd Year!

The 'Enhanced Access Spring Dental Internship Collaboration' between Seneca Nation Health System (SNHS) and the University at Buffalo, School of Dental Medicine (UBSDM) has received one of 6 competitive National I.H.S. Oral Health Promotion and Disease Prevention grants out of a large field of applicants.

The \$20,000.00 grant will provide necessary funds to support mileage reimbursement, supplies and laboratory expenses. The 4th Year interns who rotate with SNHS have completed Part-II National Board Examinations and all clinical requirements for graduation. They will spend 4 months with SNHS Dental before beginning their residencies—often in other parts of the country or state.

Dr. Phong Chung (SNHS - UBSDM Interns 2014) states "It was a great opportunity to provide additional access to the patients of SNHS and an opportunity for me to work in the WNY community, especially the WNY Native American Community, before moving to the NYC Area for residency".

In 2014 and 2015 the program

added 7% additional appointments for patients wishing to complete treatment sooner than routine bookings and those needing same-day emergency and/or walk-in care.

The program is one-of-its kind in the Nashville Area I.H.S. and one of the only collaborations between a Tribal Health System and a Dental School. The program continues to build upon the 2013 Memorandum of Understanding (MOU) between UB and I.H.S. that pledged to collaborate resources and personnel of UB's 5 health professions to better serve the WNY Native American Community.

Said Dr. Joe Salamon, Dental Director, "the grant will allow us to expand the program, increasing from 2 months in year one and 2 to 4 months of enhanced access in year three, allowing interns more time with patients. The funding will also help to provide additional coverage at LRJHC Dental".

Look for additional announcements in future S.N.I. Newsletters for information on how to book an 'Enhanced Access' Dental appointment.

You Can Reach SNHS HERE:

CIRHC—532-5582
CHWC—532-8223
LRJHC—945-5894

National Health Observances:

January

Cervical Health Awareness
National Birth Defects Prevention
National Glaucoma Awareness
Thyroid Awareness
National Drug and Alcohol Facts Week (1/25-31)

February

American Heart
National Children's Dental Health
World Cancer Day (2/4)
National Wear Red Day (2/5)

March

National Kidney
National Nutrition
National Native American HIV/AIDS Awareness Day (3/20)
American Diabetes Alert Day (3/22)

NOTICE:

**SNHS will be closed
on Friday,
March 25th -
Unity Day**

Health System employees celebrate 10-Year Anniversary of the CHWC



This past November, employees of the Seneca Nation Health System gathered for a celebration of the CHWC's 10-year anniversary.

In November of 2005, the following units moved into the (CHWC) Community Health & Wellness Center: Behavioral Health, Child & Family Services, Diabetes, and H.O.P.E. The Environmental Health department moved in at a later date.

On February 2, 2006 the Grand Opening was held and included speeches from the S.N.I. President and Executives, the Health Administration and the Board of Commissioners. Staff members gave presentations and a healthy lunch was provided to visitors.

The Community Health and Wellness Center, or the CHWC, as it is commonly referred to, continues to provide many services to the Seneca community today.

A small celebration was held on November 17th, where a speech was given by the Health System's CEO, Timothy Waterman. Staff members were treated to light refreshments, beautiful cakes, and a souvenir wooden pin imprinted with the ginger plant logo, which was made by a local artisan.

A big "Nya:weh" goes out to Denise Mohawk, H.O.P.E. Coordinator for all of her hard work planning this event.



These SNHS employees were a part of the 2005 transition from the clinic into the new CHWC building. Pictured left to right: Barb Erick, Karla Button, Denise Mohawk, Tracy Pacini, Sunday John, J-Anne Martin.



Pictured left to right: Denise Mohawk, Tom Lay, Toonie Pierce, and Tim Waterman.



The cake on the left shows the Carson Waterman painting that is hung in the CHWC lobby. The cake on the right is the logo of the Seneca Nation Health System.



The beams for the new building, back in 2005.



January ~ Cervical Health Awareness >>>



January is Cervical Health Awareness Month, and the Seneca Nation Health System wants you to know that there's a lot you can do to prevent cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity. It's also a major cause of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

The HPV vaccine (shot) can prevent HPV.

Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

In honor of National Cervical Health Awareness Month, the Seneca Nation Health System encourages:

- Women to start getting regular Pap tests at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12
- Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more.

Taking small steps can help keep you safe and healthy.

For more information, call your local clinic: Lionel R. John Health Center, at 945-5894 or Cattaraugus Indian Reservation Health Center, at 532-5582.

**Source: The National Cervical Cancer Coalition*

Cervical Cancer Fact

When detected at its earliest stage, cervical cancer has a 5-year relative survival rate of approximately 91%.

Source: <https://qap.sdsu.edu/screening/cervicalcancer/facts.html>

MAGNOLIA
Women's Healthcare

In the U.S., African-American women have the highest rate of cervical cancer, followed by Hispanics, Caucasians, American Indian/Alaska Natives, and Asian American/Pacific Islanders. Mortality rates are highest for African American women.

**Source: www.cdc.gov*

Patient Benefits

Did you know?

Indian Health Services (IHS) requires all uninsured patients to apply for alternative resources such as Medicaid, Child Health Plus and Family Health Plus.

Even if your income may be too high to qualify for such programs, it is still a requirement of IHS, due to limited funding, that every uninsured patient submit an application.

We must bill insurance companies whenever possible in order to cover all services provided.

If you have questions, or need more information, contact the Patient Benefits staff:

ALLEGANY

Stacy Thompson
945-5894 x3249

Renee Jackson
945-5894 x3248

CATTARAUGUS

Leigh Snow
532-5582 x5461

Gail Kennedy
532-5582 x3248

Did you know???

68.1% OF HIGH SCHOOL SENIORS DO NOT VIEW REGULAR MARIJUANA SMOKING AS HARMFUL BUT 71% SAY THEY DISAPPROVE OF REGULAR MARIJUANA SMOKING.

MONITORING THE FUTURE 2015

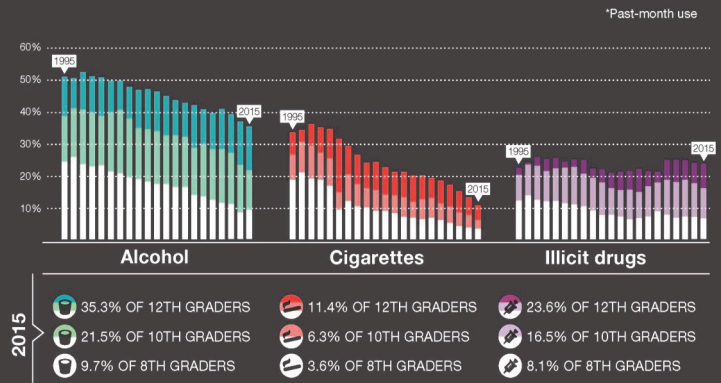
TEEN DRUG USE

COCAINE, BARBITURATES, OXYCONTIN, SEDATIVES, e-cigarettes, HEROIN, SALVIA, ADDERALL, methamphetamine, ECSTASY, MARIJUANA, COLD MEDICINES, PRESCRIPTIONS, VICODIN, CRACK (K2/SPICE), RITALIN Steroids, ALCOHOL, SYNTHETICS, INHALANTS, CIGARETTES, HOOKAHS, "BATH SALTS"

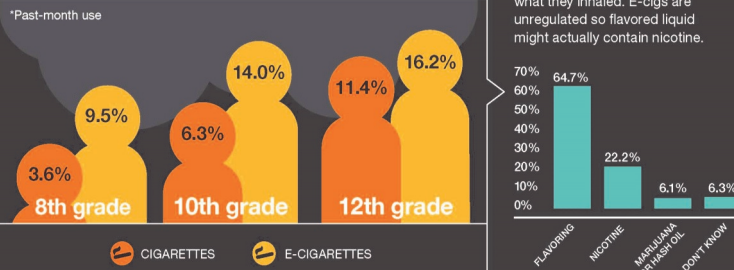
Monitoring the Future is an annual survey of 8th, 10th, and 12th graders conducted by researchers at the University of Michigan, Ann Arbor, under a grant from the National Institute on Drug Abuse, part of the National Institutes of Health. Since 1975, the survey has measured drug, alcohol, and cigarette use and related attitudes in 12th graders nationwide. Eighth and 10th graders were added to the survey in 1991.

Overall, 44,892 students from 382 public and private schools participated in the 2015 survey.

LAST TWO DECADES OF ALCOHOL, CIGARETTE, AND ILLICIT DRUG USE*



TEENS ARE MORE LIKELY TO USE E-CIGARETTES THAN CIGARETTES



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

Reach Us At

Allegany (LRJHC)
716-945-9001

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

Cattaraugus (CHWC)
716-532-5583

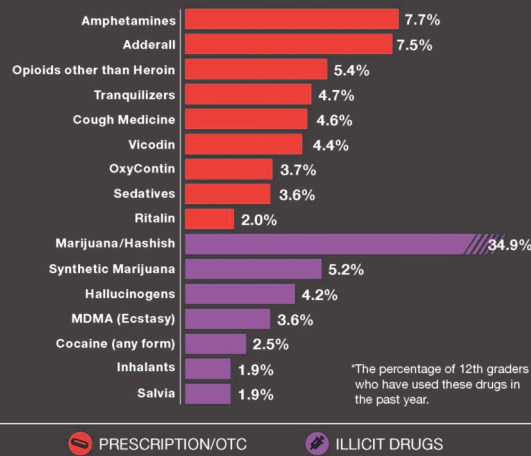
After hours (Ask for BHU)
716-532-8223

National Crisis Hotline
1-800-339-5209

For Emergencies: nearest hospital

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

PRESCRIPTION/OVER-THE-COUNTER VS. ILLICIT DRUGS*



Despite the ongoing opioid overdose epidemic, past-year use of opioids other than heroin has decreased significantly each year over the past 5 years among the nation's teens.

Heroin use has also decreased over the past 5 years and is at the lowest rate since the MTF survey began.

STUDENTS REPORT LOWEST RATES SINCE START OF THE SURVEY

Across all grades, past-year use of inhalants, heroin, methamphetamine, alcohol, cigarettes, and synthetic cannabinoids are at their lowest by many measures.

Opiates: Pills and Heroin

by Anthony Rovito Jr, CASAC-G: Prevention Specialist



The prescription drugs we're hearing about on Territory are powerful painkillers.

These drugs, when used more than prescribed, or used by someone illegally can be dangerous or deadly.

The problem comes from the kind of drug they are. These pills all belong to the **opiate** class of drugs. This means they are cousins to the drug morphine, a drug used for severe pain relief, and abused by addicts for almost 200 years. For years, the pills were obtained from doctors with great ease. A home medicine cabinet was a ready source for the pills.

Opioid drugs come from opium, extracted from the white liquid of the poppy plant. They include opium, heroin, morphine, hydrocodone, codeine, and oxycodone. Opioids provide a quick, intense feeling of pleasure, followed by a sense of calm, well-being and relaxation. All are addictive, cause withdrawal when the user tries to quit, and all can be quite deadly.

NYS prescription drug law I-STOP, passed in 2012, is meant to make prescription drugs heavily regulated and controlled; this reduced the number of pills available to the public and to abusers. Due to this lack of pills, drug users are now using a drug closely related to prescription drugs – they are using **heroin**.

Heroin is a cheaper, more easily found alternate to prescription drugs. It is an illegal, highly addictive opiate; it is, in fact, the most addictive illegal drug known. Heroin use started and continues because rigid controls on pills make pills difficult to find, and very expensive to buy. A single pill costs a user up to \$100. The average cost of a single

dose (0.1 g) of heroin purchased on the street has been reported as approximately \$15-20 in the U.S. state of Ohio. Over 80% first-time heroin users previously used prescription pills like Oxycodone or Vicoden.

Sold as a whitish or brownish powder, heroin is sometimes cut with cornstarch or powdered milk, to allow the dealers to stretch the product and make more money. Even more dangerous is heroin containing the powerful painkiller Fentanyl to “boost” the high produced by heroin. Using Fentanyl increases the chance of overdosing, an occurrence happening frequently here on the territory.

Heroin users, as well as prescription drug users, have a high risk of

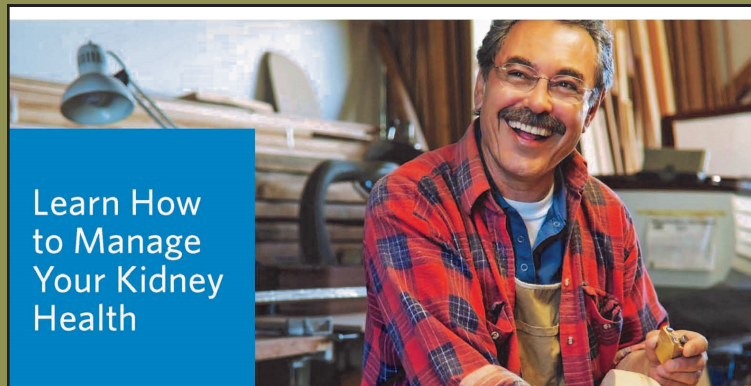
overdose death. Addicts may take a larger dose, or unknowingly buy heroin stronger than usual. Too much of the drug and the body's breathing will slowly shut down.

Preventing prescription pill abuse, and subsequent heroin use, is not difficult.

- Locking up drugs, much like locking up firearms, denies access for those who want to abuse.
- Returning unused pills on local designated return days disposes of unused pills.

Taking these few simple steps gives our Nation progress towards addiction-free lives.

*Source: National Institutes of Health, <http://www.drugabuse.gov>, heroin.net



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 an upcoming class in:

Cattaraugus Indian Reservation Health Center
36 Thomas Indian School Dr.
Irving, NY 14081
Thursday, 2/25/2016 | 10:00 A.M.

Cattaraugus Indian Reservation Health Center
36 Thomas Indian School Dr.
Irving, NY 14081
Tuesday, 3/1/2016 | 1:00 P.M.

Community Health and Wellness Center
36 Thomas Indian School Dr.
Irving, NY 14081
Wednesday, 4/27/2016 | 5:00 P.M.

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



© 2015 DayVita HealthCare Partners Inc. 9099 KidneySmart. Class times are subject to change without notice.

February is National Children's Dental Health Month

In recognition of National Children's Dental Health month, the Seneca Nation Health System would like to provide you with the following information. Feel free to share with friends or ask your dental care provider any questions.

Healthy Teeth for Healthy Families

Dental Care Timeline:

Cavities are the most common chronic disease in children. Untreated cavities can cause pain and difficulty eating and talking. Here are some things you can do to prevent cavities in your child.

0-12 Months: Wipe your baby's gums clean after feeding and before bed.

5-6 Months: Your baby's first tooth will start to come in. When you see your baby's first tooth, you should start brushing it with a soft toothbrush.

12 Months: Take your child to see the dentist around his or her first birthday and every six months afterwards. Start flossing your child's teeth to keep the gums healthy.

2 Years: Fluoride is a mineral that strengthens teeth and prevents decay. Allow your child to get fluoride varnish treatments (a type of fluoride that is painted on the teeth) at each dental visit. You can begin brushing your child's teeth with a pea sized amount of fluoride toothpaste.

Five Years: Sealants (a thin plastic coating that protects the chewing surface of back teeth) help protect your child's teeth from germs that cause cavities. Ask your dentist about having sealants placed.

Tips for Preventing Cavities:

Never send your child to bed with anything to drink but water. Even formula and milk contain sugars that can cause decay. Do not share toothbrushes. The germs that cause cavities are contagious. Wash pacifiers with soap and water, not in your mouth.

Oral Health During Pregnancy: What to expect when expecting...

Your Gums:

Changes in your hormones can make your gums sore and sometimes bleed. Gentle brushing twice a day for two minutes and daily flossing will keep your gums healthy and reduce risk of infection. Gum disease increases risk of premature birth. Get a dental check-up during pregnancy to treat and prevent gum infections.

Your Teeth:

Having babies does not increase your risk of cavities, but morning sickness and infrequent brushing does. If you feel too sick to brush, try an alcohol-free mouth rinse. Cavities are contagious. Do not share toothbrushes or put your baby's pacifier in your mouth. Get a dental check-up during pregnancy to treat and prevent cavities.

*Source: United South and Eastern Tribes, Inc., "Healthy Teeth for Healthy Families"



Sipping, Snacking and Tooth Decay

Many parents across the country will issue a common refrain at dinnertime tonight: “You’d better eat that--it’s good for you!” There’s another old favorite in the parental arsenal of dietary admonitions: “Don’t eat that—it’ll rot your teeth!” Now more than ever, kids are faced with a bewildering array of food choices, from fresh produce to sugar-laden processed convenience meals and snack foods. What children eat and when they eat it may affect not only their general health but also their oral health.

Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before. It’s clear that junk foods and drinks gradually have replaced nutritious beverages and foods for many people. For example, the average teenage boy in the U.S. consumes **81 gallons** of soft drinks each year! Alarmingly, a steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day.

Common activities may contribute to the tendency toward tooth decay. These include grazing habitually on foods with minimal nutritional value, and frequently sipping on sugary drinks.

When sugar is consumed over and over again in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet for you and your kids.

Reduce your children’s risk of tooth decay:

- **Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.**
- **Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.**
- **If your kids chew gum, make it sugarless – Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.**



- **Monitor beverage consumption – Instead of soft drinks all day, children should also choose water and low-fat milk.**
- **Help your children develop good brushing and flossing habits.**
- **Schedule regular dental visits.**

Talk to your dentist for more information. If your child has not had a dental examination, schedule a well-baby checkup for his or her teeth. The American Dental Association says that it is beneficial for the first dental visit to occur within six months of the appearance of the first tooth, and no later than the child’s first birthday.

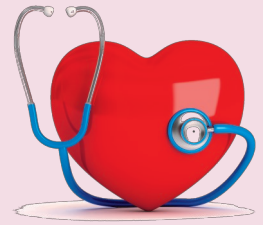
*Source: http://www.ada.org/~media/ADA_Foundation/GKAS/Files/sample_articles.ashx



IMMEDIATE ATTENTION NEEDED!

HELP WANTED: SNI Child & Family Services is seeking Native foster families for sibling groups, with the potential for adoption.

Interested persons should contact Beverly Snyder, 716-532-4035, ext. 8723 or Jo'Elle Cooper, 716-945-5894, ext. 3522.



10 Myths About Heart Disease

1. It's a disease of the elderly. FALSE

Though the risks increase with age, the roots of heart disease may be planted as early as childhood. Young adults who grew up on fast food and TV are at greater risk of this disease that was once primarily seen in older adults.

2. It doesn't affect children. FALSE

Heart disease affects people at any age. Congenital heart diseases, infections that damage the heart and the same problems of overeating and under-exercising that affect adults can also strain the hearts of kids.

3. I'd feel sick if I had high cholesterol or high blood pressure. FALSE

Neither condition produces warning signs, and both can lead to heart attack or stroke. High cholesterol can clog arteries and block blood flow to the heart or brain. Blood pressure is a measurement of the force of blood hitting the walls of the arteries as blood circulates. The level of cholesterol in blood should be 200 or less and a normal blood pressure is 120/80.

4. It doesn't affect those who are fit and strong. FALSE

Staying fit and active improves heart health but in many cases is not enough. You still need to have your cholesterol checked and do not smoke.

5. Heart attack symptoms are the same in men and women. FALSE

Men and women alike can experience the classic style heart attack – severe chest pain, cold sweat. But women, more often than men, may have less recognizable symptoms, such as abdominal pain, achiness in the jaw or back, nausea and shortness of breath. Half of women have no chest pain at all.

6. Heart disease is genetic. If your parents didn't have it, neither will you. FALSE

There are risk factors you can control, such as diet, smoking, and exercise but there are some you can't, including your age and family history. If your father had a stroke or heart attack before age 55 or your mother had one before age 65, you're at higher risk. We can't change our genes so we better control what we can!!

7. Extra weight is just more to love. FALSE

Obesity can lead to high blood pressure and diabetes. Losing weight can bring your blood pressure down, therefore lowering your risk for heart disease and stroke.

8. Women are more likely to die of breast cancer than heart disease. FALSE

The leading cause of death in women is heart disease. For younger women the combination of birth control pills and smoking boosts heart attack risks by 20%.

9. Diabetes is not a heart threat, as long as my blood sugar level is under control. FALSE

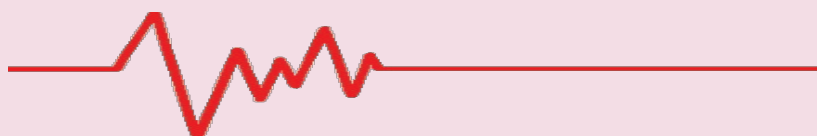
People with diabetes are healthiest when their blood sugar levels are within a normal range but diabetes can cause inflammation that can damage blood vessels, raising the risk of heart disease and other health problems.

10. If I were at risk for heart disease, my doctor would order tests. FALSE

Don't assume that will happen. You should ask your doctor and voice your concerns for early detection of plaque buildup so you can start treating it right away.

For more information about heart disease, please contact your Health Educator at either Seneca Nation Health System locations. LRJHC - Robin Crouse, 945-5894 ext. 3240 or CHWC - Vivian Curry, 532-8223 ext. 5268.

**Source: American Heart Association*



Heart Disease is the #1 killer of women. Know your risk factors on National Wear Red Day[®].

By Robin Crouse, Health Educator, LRJHC



Do you know *The Heart Truth*[®] about women and heart disease? More women die

of heart disease than any other disease—even breast cancer. And living with it can lead to disability and a decreased quality of life.

Join *The Heart Truth* campaign on Friday, February 5th—National Wear Red Day—to help spread the message that "Heart Disease Doesn't Care What You Wear, It's the #1 Killer of Women.[®]" Wear your favorite Red Dress, red shirt, or red tie to inspire women to take action to protect their hearts.

An astonishing 80 percent of women ages 40 to 60 have one or more risk factors for heart disease. Having one or more risk factors dramatically increases a woman's chance of developing heart disease because risk factors tend to worsen each other's effects. In fact, according to research compiled by the NHLBI, having just one risk factor doubles your chance of developing heart disease.

Know the risk factors for heart disease that you have control over:

- Smoking
- High blood pressure
- High cholesterol and high triglyceride levels
- Overweight/obesity
- Physical inactivity
- Diabetes and pre-diabetes

Talk to your doctor to find out if you are at risk and take action. By following a heart healthy eating plan, physical activity, maintaining a healthy weight, not smoking and taking pre-

scribed medication can help to control and reduce your risks.

To find out more about women and heart disease, visit *The Heart Truth* Web pages at www.hearttruth.gov or call the NHLBI Health Information Center at 301-592-8573.

*Source: www.hearttruth.gov; The Heart Truth[®] is a registered trademark of the U.S. Department of Health and Human Services.



SENENCA NATION HEALTH SYSTEM
presents...



Wear Red Day

When: Friday, February 5th, 2016
11:00am-1:00pm

Where: Cattaraugus Community Health And Wellness Center Rm. 155

-  11:00 am: Event Begins
-  11:00 am –12:45pm: Informational Booths
-  11:30 am: Women & Heart Disease Speaker; Kaleida Health Holistic Health Panel; Loretta Stevens, Thomas Lay, Karla Button, & Angela Henhawk
-  12:30 pm: Lunch
-  1:00 pm: Giveaway (Must Be Present to Win)

For additional information, please contact:
Vivian Curry, Health Educator, 532-8223, ext. 5268

* First 40 People Receive A Free Gift * Program Subject to Change

Delicious Family Dinners for Weeknights

Since March is National Nutrition Month, we thought it would be a good idea to include these articles. These helpful hints can really apply to any time of the year, as well as with planning your winter time meals.

Life can be tough on family dinnertime. In addition to work and school schedules, there are sports practices and games, lessons, homework and friends. With all the rushing around, it's easy to slip into the fast-food lane or microwave habit with everyone eating at different times and places.

Bringing balance back into busy evenings is well worth the effort. Your whole family will feel better when they are eating delicious, nutritious meals together. Fortunately, there are several very simple steps that can help families get a tasty dinner on the table easily and quickly. It all starts with a little planning and meal time organization. Then, get everyone involved in preparing and serving the meal. When everybody pitches in, no one feels overwhelmed.

Here are a few easy and effective approaches to the dinnertime dilemma.

Have a Week's Worth of Menus in Mind

Whether you write them down or keep them in your head, you need five to seven kid-tested, parent-approved main dishes. Pick options that are easy and popular with everyone. Once you have an entrée, such as tacos, spaghetti, oven-baked chicken or slow-cooker stew, all you have to add is a vegetable and/or



options into a wok or skillet for quick cooking on a busy night.

Get the Whole Family Involved from Start to Finish

The evening meal doesn't have to be one person's responsibility. Even very young children enjoy being involved in planning and preparing healthful meals. Assign age-appropriate jobs, such as choosing the fruit for dessert, mixing pre-cut vegetables into a salad, setting the table with unbreakable dishes or clearing the dishes afterwards.

fruit and perhaps a whole-grain roll to complete the meal.

Keep Your Kitchen Stocked with Quick-to-Fix Foods

Whenever you shop, look for specials on staples (rice, pasta, beans, etc.) as well as frozen and canned fruits and vegetables with little or no added salt or sugars. With a wide variety of tasty choices on hand, you'll only have to worry about the main dish when it's time to make dinner. Add fresh produce items when in season.

Prepare Multiple Batches of Main Ingredients

If you're cooking ground beef, it's just as easy to cook a double or triple batch. Freeze extra servings to reheat for tacos or casseroles. Try slicing, marinating and freezing extra beef, pork, chicken or fish for stir-fry dishes. Drop any one of these protein

This article is reprinted from the Academy of Nutrition and Dietetics and was reviewed by Wendy Marcasan, RD, LDN.

**Source: www.eatright.org*

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



Eating Foods Away from Home - MyPlate 10 tips for Eating Out

Restaurants, convenience and grocery stores, or fast-food places offer a variety of options when eating out. But larger portions and too many extras can make it difficult to stay within your calorie needs. Think about ways to make healthier choices when eating food away from home.

1. Consider your drink Choose water, fat-free or low-fat milk, unsweetened tea, and other drinks without added sugars to complement your meal.

2. Savor a salad Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.

3. Share a main dish Divide a main entree between family and friends. Ask for small plates for everyone at the table.

4. Select from the sides Order a side

dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.

5. Pack your snack Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.

6. Fill your plate with vegetables and fruit Stir-fries, kabobs, or vegetarian options are usually filled with vegetables. Order options without creamy sauces or heavy gravies. Select fruits for dessert.

7. Compare the calories, fat, and sodium Many menus now include nutrition information. Look for items that are lower in calories, saturated fat, and sodium. Check with your server if you don't see them on the menu. For



more information, check the Food and Drug Administration's (FDA) website.

8. Pass on the buffet Have an item from the menu and avoid the "all-you-can-eat" buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.

9. Get your whole grains Request 100% whole-wheat breads, rolls, and pasta when choosing sandwiches, burgers, or main dishes.

10. Quit the "clean your plate" club When you've eaten enough food, leave the rest. Take leftovers home in a container and chill in the refrigerator right away.

*Source: <http://www.choosemyplate.gov>

Healthy Recipe for Winter Time >>>Three-Bean Soup

A healthy combination of beans, spinach, carrots and potatoes to warm up those cold winter nights.

Ingredients

- 1 medium onion, chopped
- 1 tbsp. vegetable oil
- 3 small potatoes, peeled and cubed
- 2 medium carrots, sliced
- 3 cans (14 1/2 oz. each) chicken broth
- 3 cups water
- 2 tbsp. parsley flakes
- 2 tsp. dried basil
- 1 tsp. dried oregano
- 1 garlic clove, minced
- 1/2 tsp. pepper
- 1 can (15 1/2 oz.) great northern beans, rinsed and drained
- 1 can (15 oz.) pinto beans, rinsed and drained
- 1 can (15 oz.) garbanzo beans, rinsed and drained
- 3 cups chopped fresh spinach



Preparation

1. Sauté onion and garlic in pot
2. Add the next 9 ingredients. Simmer, uncovered, until vegetables are tender
3. Add beans and spinach; heat through

Yields about 3 quarts (12 servings)

Nutritional Information (1 cup): Calories: 325
Carbohydrate: 30 gm. Protein: 9 gm. Fat: 3 gm.
Diabetic exchanges: 2 starch, 1 1/2 meat



***Allegany activities are in Blue**
***Cattaraugus activities are in Brown**
 Activities may be subject to change without prior notification.

January Health Observances

- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Glaucoma Awareness Month
- Thyroid Awareness Month
- National Drug Facts Week (1/26-2/1)

1
SNHS Closed
Happy New Year

2

SUN. MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT.

3
4 WTC Office 8-4:30 CIRHC
 Zumba 12:30-1 p.m.
 LRJHC Grand Room
Native Connections
Youth Group Meeting 5-6:30 p.m. CHWC 126

5 WTC Office 9 a.m.-3 p.m. LRJHC
AA Literature Study Group 11-1:00 p.m.
 CHWC 126
 Tabata 12:30-12:50 p.m. CHWC
Beginner Zumba 5:15-5:45 p.m. LRJHC Grand Rm.

6 WTC Office 8-4:30 CIRHC
 LRJHC/CIRHC Pharmacies
 CLOSED 12:30-1 p.m. for Staff Meeting
 Zumba 12:30-1 p.m. LRJHC Grand Rm.

7 WTC Office 8-4:30 CIRHC
 Tabata 12:30-12:50 p.m. CHWC
Beginner Zumba 5:15-5:45 p.m.
 LRJHC Grand Rm.

8 WTC Office closed

9 Council at Allegany Territory, 9:30 a.m.

10
11 WTC Office 8-4:30 CIRHC
 Zumba 12:30-1 p.m.
 LRJHC Grand Room

12 WTC Office 9 a.m.-3 p.m. LRJHC
AA Literature Study Group 11-1:00 p.m.
 CHWC 126
 Tabata 12:30-12:50 p.m. CHWC
Lunchtime Circuit Training 12:30-1:00 p.m. LRJHC Grand Rm.
Diabetes Education Classes 1-4 p.m.
 LRJHC Wellness Room
Beginner Zumba 5:15-5:45 p.m. LRJHC Grand Rm.

13 WTC Office 8-3 CIRHC
 LRJHC/CIRHC Pharmacies
 CLOSED 12:30-1 p.m. for Staff Meeting
 Zumba 12:30-1 p.m. LRJHC Grand Rm.

14 WTC Office 8-4:30 CIRHC
 Tabata 12:30-12:50 p.m. CHWC
Lunchtime Circuit Training 12:30-1:00 p.m. LRJHC Grand Rm.
Beginner Zumba 5:15-5:45 p.m.
 LRJHC Grand Rm.

15 WTC Office closed

16

17
18 WTC Office 8-10:30 a.m. CIRHC
 Zumba 12:30-1 p.m.
 LRJHC Grand Room

19 WTC Office 9 a.m.-3 p.m. LRJHC
AA Literature Study Group 11-1:00 p.m.
 CHWC 126
 Tabata 12:30-12:50 p.m. CHWC
Lunchtime Circuit Training 12:30-1:00 p.m. LRJHC Grand Rm.
Diabetes Education Classes 1-4 p.m.
 LRJHC Wellness Room
Beginner Zumba 5:15-5:45 p.m. LRJHC Grand Rm.

20 WTC Office 8-4:30 CIRHC
 LRJHC/CIRHC Pharmacies
 CLOSED 12:30-1 p.m. for Staff Meeting
 Zumba 12:30-1 p.m. LRJHC Grand Rm.

21 WTC Office 8-4:30 CIRHC
 Tabata 12:30-12:50 p.m. CHWC
Lunchtime Circuit Training 12:30-1:00 p.m. LRJHC Grand Rm.
SSI/SSD Assistance w/Steve Patrick at LRJHC, BHU. Appt. required
LIFE Group 5-6:30 p.m. LRJHC Wellness
Beginner Zumba 5:15-5:45 p.m.
 LRJHC Grand Rm.

22 WTC Office closed

23

24/31
25 WTC Office 8-4:30 CIRHC
 Zumba 12:30-1 p.m.
 LRJHC Grand Room

26 WTC Office 8-4:30 CIRHC
AA Literature Study Group 11-1:00 p.m.
 CHWC 126
 Tabata 12:30-12:50 p.m. CHWC
Lunchtime Circuit Training 12:30-1:00 p.m. LRJHC Grand Rm.
Diabetes Education Classes 1-4 p.m.
 LRJHC Wellness Room
Beginner Zumba 5:15-5:45 p.m. LRJHC Grand Rm.

27 WTC Office 8-4:30 CIRHC
 LRJHC/CIRHC Pharmacies
 CLOSED 12:30-1 p.m. for Staff Meeting
 Sugarbeaters 5:00 p.m. CHWC Rm. 126
Family Trivia Night 5-7 p.m.
 CHWC
 Zumba 12:30-1 p.m. LRJHC Grand Rm.

28 WTC Office 8-4:30 CIRHC
 Tabata 12:30-12:50 p.m. CHWC
Lunchtime Circuit Training 12:30-1:00 p.m. LRJHC Grand Rm.
Beginner Zumba 5:15-5:45 p.m.
 LRJHC Grand Rm.

29 WTC Office closed

30

J A N U A R Y 2 0 1 6