

MARCH 2025**NEWSLETTER**www.senecanativeconnections.org**February Recap!**

The Prevention Department started off an eventful month of February, beginning with their participating in ASIST (Applied Suicide Intervention Skills Training) alongside other agency departments. ASIST is a suicide first aid training course that helps participants develop skills in suicide prevention and intervention through simulated scenarios.

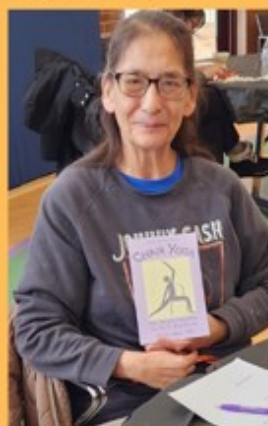
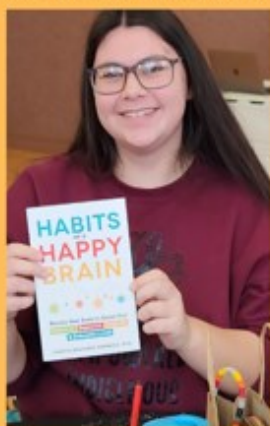
The Prevention Department also collaborated with Seneca Strong as they continue to receive community input from the Opioid Response Team. Moving forward, these meetings will be looking for more community input into programming ideas, methods and practices that are sought to be implemented as a comprehensive response to the opioid crisis that has been impacting the community for some time.

The Prevention Department also held a self-care event in the Grand Room on the 21st of February. Promoting self-care through alternative methods serves to diminish the harmful impact of stress and trauma. Self-care can promote healthy living and a sense of mental well-being. Travis Stafford opened the event by giving thanks. Hayden Haynes presented a tutorial on soap carving and mental practices for mental and spiritual well-being, while Kayli Abrams presented a tutorial on the benefits of aroma therapy. Finally, Raymond Woodin, the new Community Outreach Supervisor, instructed the audience in chair yoga. The Prevention Staff would like to give special gratitude to Cameron Tallchief of Cam's Coffees for their participation. The Prevention Staff hopes that everyone was able to take something from the presentation that they can use as part of their daily self-care routine and congratulates all the door-prize winners!

Members of the community (above) taking part in a soap carving demonstration led by Hayden Haynes (pictured top left) as part of the "Self-Care" day held on 2/21/25



Community Outreach Supervisor Raymond Woodin (above left) leads attendees in a session of "chair yoga," in an attempt to leave participants relaxed and less stressed



Attendees show off their door prizes (left) which included books on self-care topics and items promoting self care, while Cameron Tallchief from "Cam's Coffee" (above) serves participants their much needed morning coffee!

Gwa:dëh

"To Learn"

This Month's Topic: National Nutrition Month

Since 1973, the month of March has been designated "National Nutrition Month" by the Academy of Nutrition and Dietetics. The annual campaign raises awareness about the importance of nutrition and works to promote healthy eating habits.

The goals for this year's campaign are to educate the public about the benefits of a healthy and nutritious diet, to encourage individuals to make informed food choices, to promote physical activity and to spread information and education about the importance of good nutrition. By making healthy informed food choices, we can improve physical and mental health.

This year's theme is "Food Connects US". Food connects us by allowing us to learn more about others. It allows us to create a sense of togetherness. The smell or taste of food can remind us of memories with family or friends. Food strengthens bonds socially, culturally, and economically. A specific family dish, passed down from generation to generation can strengthen family bonds and provide comfort. Through the sharing of food, memories, stories, and laughter, we improve mental, physical, and overall well-being.

Here are some ways to celebrate how food connects us:

- Host a potluck dinner with family or friends.
- Volunteer to help with community dinners at local food banks or soup kitchens.
- Start a new food tradition with family or friends.
- Exchange recipes with family and friends.
- Connect with local food providers from grocery stores, community agencies, or farmers to get involved.
- Volunteer at a community garden to connect with others while learning about sustainable practices.
- Consider starting a garden and connecting with individuals and groups learning more about composting, growing plants, and other garden-related activities.
- When possible, choose in season fresh fruits and vegetables. Don't forget that frozen produce is a good option too.
- Eat mindfully by slowing down and savoring food. Eating mindfully allows us to fully explore flavors, textures, and aromas.
- Reduce distractions like phones and screens to focus more on the food you are consuming.
- Practice gratitude. Before eating, take a moment to acknowledge the effort that went into the food, whether its from nature or the hands that prepared it. Express gratitude for the nourishment food provides and the people involved in its journey to your plate.
- Add more plants to your diet. The production of fruits and vegetables tends to produce lower amounts of greenhouse gases when compared to animal products such as dairy, meat, and eggs.
- Reduce food waste. Some ideas to help reduce food waste include, eating leftovers, freezing food for later, planning your meals to minimize waste, and storing food properly so it lasts longer and does not spoil as quickly.
- Eat more meals together as a family.

March is NATIONAL NUTRITION MONTH



12 Healthy Eating Habits



Prioritize whole foods.



Learn to read food labels.



Eat balanced meals.



Cook your meals.



Enjoy a variety of foods.



Stay hydrated.



Eat slowly and chew.



Eat without digital devices.



Use the hunger-fullness scale.



Pay attention to portion sizes.



Aim for consistency.



Ask for help, as needed.

Culture IS Prevention

CULTURAL PRACTICES ARE PROTECTIVE FACTORS THAT REDUCE THE RISK OF YOUTH ENGAGING IN SUBSTANCE MISUSE. LEARNING, PRACTICING AND KNOWING OUR CULTURE HAS POSITIVE EFFECTS OF MENTAL HEALTH, SELF ESTEEM AND LOWERING THE RISK OF UTILIZING MIND CHANGERS AND OTHER HARMFUL SUBSTANCES