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Issue
EIGHTEEN
Fall
2015

A Quarterly Insight into the Seneca Nation Health System

healthbeat

What is a National Health Observance? A National Health Observance (NHO) is a specific day, week or month that is dedicated to the promotion of a particular health issue.

NHOs are sponsored by professional associations, federal government agencies, research centers and non-profit organizations.

NHOs provide opportunities for public health and medical professionals, consumer groups and others to educate the public about specific health concerns, such as cancer prevention or organ donation. Sponsoring organizations typically provide information and organize campaigns and events designed to raise awareness of a health issue.

National Health Observances:

October

Domestic Violence Awareness
National Breast Cancer Awareness
National Bullying Prevention
National Dental Hygiene Month
Mental Illness Awareness Week (4-10)
Red Ribbon Week (23-31)

November

American Diabetes
Lung Cancer Awareness
National Alzheimer's Disease Awareness
Great American Smokeout (20)

December

Safe Toys and Gifts Month
World AIDS Day (1)
National Influenza Vaccination Week (7-13)

Health System Newsletter Returns

After a brief hiatus, we have brought back the Health System newsletter. In an ongoing effort to bring information to you—the participants and visitors of our health centers, we announce the revival of the Healthbeat newsletter.

Our publication contains Health System information and allows us to expand the promotion and coverage of the events, activities, departments, programming and benefits available to all community members who are eligible for services through the Seneca Nation Health System.

Published in-house, the newsletter will be available on a quarterly basis, at this time. Target distribution dates are as follows:

- October 14, 2015 for Fall Edition
- January 13, 2016 for Winter Edition
- April 13, 2016 for Spring Edition
- July 13, 2016 for Summer Edition

Copies will be available at patient registration and waiting areas. You may also go to the government website to access at www.sni.org or the Seneca Nation Health System website at www.senecahealth.org.

Those of you who would like to receive the newsletter by mail (either email or United States Postal Service) can get on the mail-

ing list by sending your email or mailing address to:

Seneca Nation Health System
36 Thomas Indian School Dr.
Irving, NY 14081
Attn: Public Relations Office

or by calling 532-8223, ext. 5162, or emailing: karla.nephew@senecahealth.org

In addition to regular information from the departments and units which provide programs and services, our goal is to include columns from our dental and medical providers, and updates from our executives to keep you updated and informed.

You will also get to know the personnel who serve you and meet your friends and neighbors who are willing to share their success stories in our programs with you.

Although some of our announcements and event calendars will continue to be included in the SNI Newsletter, we see this newsletter as a way to target our community members and to keep you informed with important information. Nya:weh

October is Breast Cancer Awareness Month

by Robin Crouse, Health Educator, LRJHC



This October, Lionel R. John Health Center is proud to participate in National Breast Cancer Awareness Month.

Breast cancer is the second most common kind of cancer in women.

About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early.

If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.

If you are a woman age 50 to 74, be sure to get a mammogram every 2

years. You may also choose to get them more often.

For more information, please contact Robin Crouse, Health Educator-LRJHC – 945-5894, ext. 3240.

I will also be set up in the health center lobby on **October 6th, 13th, 20th, & 27th from 10:00 a.m.— 2:00 p.m.** with Breast Cancer information and promotional items. Stop by and say Nya:weh Sge:no'!!

Breastfeeding Cuts Breast Cancer Risk

Breastfeeding protects the mother??? While we generally focus on the positive benefits of breastfeeding for the babies, there are additional benefits for the mothers too.



Breastfeeding has been found to provide protection against uterine, cervical, ovarian and breast cancer, as well as lowering the risks for osteoporosis, high blood pressure, and heart disease.

Whether you breastfed or not, it's still

important to be aware of the risks of breast cancer as well as the importance of getting regular clinical breast exams.

October is Breast Cancer Awareness Month

The best way to find breast cancer early is to get screened. A mammogram is an x-ray of the breast that can find cancer in its earliest stages, even before a lump can be felt.

• All women age 40-49 should discuss when to start getting mammograms and how often to get them

with their doctor.

• Women age 50-69 should get a mammogram every 2 years.

• If you are younger than age 40 with a family history of breast cancer you should talk to your doctor about when to start getting screened.

For more information, please contact Robin Crouse, LRJHC Health Educator at 945-5894, ext. 3240.

**Source: Susan G. Komen Website



HALLOWEEN IS SCARY
 but,
BREAST CANCER IS DEADLY
 SPREAD THE WORD
 HELP SAVE A LIFE



October is Breast Cancer Awareness Month

Attention all SNI employees:
 Wear pink October 16th and come visit the H.O.P.E. unit at the Career Fest 2015 at the CCC to receive a gift for your support of Breast Cancer Awareness!!

For More information please contact: Robin Crouse, Health Educator at 716-945-5894 ext.3240

Did you know?

- Every 2 minutes, there is a new Breast Cancer diagnosis.
- Every 14 minutes, a life is lost to the disease.
- Over 40,000 people will die this year; about 400 of them will be men.
- 85% of all diagnoses have no family history.
- 1 in 8 women will be diagnosed with Breast Cancer.
- Breast Cancer is the leading cause of death in women between the ages of 40 and 55.

Source: Susan G. Komen Foundation

October Breast Cancer Awareness Events 2015

- Oct. 16— Wear Pink in Support of Breast Cancer Awareness at Seneca Nation of Indians—Come to the Employment & Training job fair, CCC, 10am-2pm.*
- Oct. 17—Making Strides of Buffalo walk, Canalside, 10am.*
- Oct. 19—Making Strides Against Breast Cancer walk, 65 Niagara Square, 10am .*
- Oct. 22—Breast Cancer Awareness Day, Buffalo NY—wear pink.*
- Oct. 22—Pink Party to support Breast Cancer , Helium Comedy Club, ft. Tim Rosenthal, 6:30pm.*
- Oct. 31—Halloween*



Seneca Nation
 Health System



SNHS will be closed as follows:

***Tuesday, Nov. 3rd
 ELECTION DAY***

***Wednesday, Nov. 11th
 VETERAN'S DAY***

***Thursday & Friday,
 Nov. 26 & 27
 THANKSGIVING
 HOLIDAY***

Reach SNHS HERE:

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

**VISIT OUR WEBSITE:
www.senecahealth.org**

**Underage Drinking Tip Line
 1-800-851-1932**

**Child Abuse and Maltreatment
 Reporting Hotline
 1-800-342-3720**

Reminder



Don't forget to pick up your copy of the new Patient Services Handbook. This provides information to help you access the variety of services available to you as a Seneca Nation Health System patient.

Available at any of our three locations: LRJHC, CIRHC, CHWC.



Seneca Nation Dentists Receive Top Regional National Honors

Joseph Salamon, D.D.S., was recently named Dentist of the Year by the United States Dept. of Health and Human Services Indian Health Service (IHS). And Dr. Alex Campagna received the 2015 Clinical Excellence Award for General Dentistry Junior Category, chosen by the Field Advisory Committee of the National Oral Health Council.

As one of the 2015 Nashville Area Dental Award recipients, this particular award is based upon program reviews, chart reviews, other reviews of quality of care, community-based services, and other factors. Dr. Salamon "led the most dramatic turnaround in a program over the past 3-4 years, led the clinic to outstanding achievement in program reviews, quality improvement, and oral health promotion/disease prevention," said Dr. Timothy L. Ricks, DMD, MPH, Nashville Area Dental Officer.

Salamon and Campagna accepted the awards during the annual Nashville Area Dental Meeting in June held in Nashville, Tennessee.

The Nashville Area serves the United South and Eastern Tribes (USET) member region from Maine to Florida and the Carolinas to Texas.

The National Oral Health Council is made up of the entire IHS dental staff of commissioned corps, tribal and urban programs, and is represented by an executive committee. NOHC's guiding principle and goal is the improved oral health of the Native American/Alaskan Native populations.

"While this is an individual award," said Salamon, "it reflects the collective work of the doctors and professional staff to enhance the delivery of quality dental care to the patients of the Seneca Nation Health System. It truly is a team effort."

An SNHS staff dentist since November 2009, Salamon currently serves as the Dental Services Director based at the Cattaraugus Indian Reservation Health Center.

He earned his bachelor's degree from the University of Scranton and his doctorate in dental surgery from the SUNY Buffalo School of Dental Medicine.

An SNHS Dentist since July of 2011, Campagna serves as a staff dentist at the Cattaraugus Indian Reservation Health Center. He earned his bachelor's degree from the State University

of New York at Buffalo and doctorate of dental surgery from SUNY Buffalo School of Dental Medicine.

Both dentists maintain professional memberships in the American Dental Association, New York Dental Association, Eighth District Dental Society and the National Health Services Corps.

"The role of good dental hygiene and preventative dental care is too often overlooked in its direct, positive impact on the quality of life for our patients. Consequently, we are truly delighted with what our dental team has accomplished," said SNHS Chief Executive Officer Timothy Waterman. "Through their leadership, our dental program has undergone visible change and improvement, with a focus on providing value to our patients that aspires to the highest levels of dental care in the industry. Their professionalism, experience, energy and commitment are reflected in the attitudes and work ethic of the dental team, and we join the Indian Health Service in congratulating Drs. Salamon and Campagna on this accomplishment."



CONGRATULATIONS!

Pictured are members of the CIRHC Dental Unit Staff (left to right): Dr. Erica Scott, Clyde Seneca, Christine Ortiz, Dr. Joseph Salamon, Dr. Alex Campagna, Shari Henhawk, and Nicole Abrams.



Domestic Violence History

By Micki Layfield-Ellis, Victim Service Specialist, Cattaraugus Community Action, Inc.

In observance of October's designation as Domestic Violence Awareness Month, it is important to know domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused, or denied. This is especially true when the abuse is psychological, rather than physical. Emotional abuse is often minimized, yet it can leave deep and lasting scars.

Domestic violence affects every community, weakens the foundation of our Nation, and hurts those we love most. Since 1989, National Domestic Violence Awareness Month has allowed communities to acknowledge the progress made in eliminating these appalling crimes and recognize that more work remains until every individual is able to live free from abuse.

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a pattern of power and control perpetrated by one person against another. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other.

Domestic violence is an epidemic affecting individuals in every community, regardless of age, economic status, sexual orientation, gender, race, religion, or nationality. Domestic violence can result in physical injury, psychological trauma, and in severe cases, even death. The devastating consequences of domestic violence can cross generations and last a lifetime.

On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men. 72% of all murder-suicides involve an intimate partner. In addition to the immense personal trauma experienced by survivors, victims of intimate partner violence lose a total of 8.0 million days of paid work each year. Between 21-60% of victims of intimate partner violence lose their jobs due to reasons stemming from the abuse.

It is not easy to determine in the early stages of a relationship if one person will become abusive. Domestic violence intensifies over time. Abusers may often seem wonderful and perfect initially, but gradually become more aggressive and controlling as the relationship continues. Abuse may begin with behaviors that may easily be dismissed or downplayed such as name-calling, threats, possessiveness, or distrust. Abusers may apologize profusely for their actions. However, violence and control always intensifies over time with an abuser, despite the apologies. What may start out as something that was first believed to be harmless escalates into extreme control and abuse.

The Victim Service Division has provided free and confidential services to victims of domestic violence and other crimes for over 30 years. Victim Ser-

vices has created many wonderful partnerships within the Cattaraugus Community, including an ever expanding partnership with the Seneca Nation. This partnership has dramatically increased our efforts to increase Domestic Violence Awareness and access to resources for victims.

Have you or someone you know been a victim of domestic violence, sexual assault or any other form of crime? If so, we may be able to provide criminal justice advocacy, educational/personal counseling, therapy, financial compensation or emergency shelter. Please contact our 24 hour hotline number at 1-800-945-3970 and a victim specialist will be available to speak with you.

Help when you need it

If you would like to speak to someone about domestic violence, child abuse/neglect, or you or someone you know could benefit from our services, please contact:

Behavioral Health Units:

ALLEGANY
716-945-9001

CATTARAUGUS
716-532-5583



Child & Family Svcs. Units

ALLEGANY
716-945-5894

CATTARAUGUS
716-532-4035

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

Make Walking Your First Step to Preventing or Managing Diabetes

Being physically active will help you prevent or manage diabetes. You can start by walking. It's easy to start walking. All you need is 10 minutes and a good pair of walking shoes.

How much walking should I do?

Walking for at least 150 minutes a week is best. Start out walking 3 or more times a week. Work up to 30 minutes of walking at least 5 days a week. You can break the 30 minutes into three 10-minute sessions spread throughout the day.

What kind of shoes should I wear?

Make sure that your shoes fit well. They should cushion and support your feet. Wear a clean pair of socks to protect your feet. If you have any foot problems or need help getting the right shoes, see your health care provider.

How fast should I walk?

Start slowly and go faster as you become more fit. If you cannot talk while you walk, you are walking too quickly. If you can sing while you walk, you are walking too slowly!

How can I make walking a habit?

With a little time, walking can become a habit. Try to develop a habit of walking for at least 30 minutes every day:

- Have fun! Walk with family or friends. Enjoy talking.
- Take scenic routes.
- Park a little farther from the store or your work place.
- Walk on your lunch hour or break.
- Use the stairs.
- Walk at the same time each day.
- Have a weekly schedule. Walk on most days of the week.

How can I become more fit?

First check with your health care provider to find out what activities are best for you. Try bike riding, hiking, dancing, or working out at a gym. Find out what kinds of fitness activities you can join at your tribal health center. Ask a friend, your children, grandchildren, or other family members to join you. You will be a healthy role model to your loved ones.



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

American Diabetes Association

75th ANNIVERSARY
ESTABLISHED 1940

AMERICAN DIABETES MONTH® 2015

Eat Well, AmericaSM and Stop Diabetes![!]

This November during American Diabetes Month®, we'll help you see how easy it can be to put good food and good health on the table.

Visit us online at diabetesforecast.org/adm or call 1-800-DIABETES to start eating well today.



**Be
smoke
free.**
For yourself.
For your family.



Not smoking will help you live a longer, healthier life.

Having a home without tobacco smoke is best for your family.



Produced by the IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

THINKING ABOUT QUITTING OR WANT TO HELP SOMEONE QUIT??

JOIN US FOR A QUIT COLD TURKEY LUNCH!!
NOVEMBER 19th
12:00 – 1:00

LRJHC MULTI-PURPOSE ROOM
Speaker: Tony Rovito, LRJHC Behavioral Health Unit



LEARN HOW TO KICK THE HABIT!

- You can quit! Half of all smokers in the U.S. already have.
- Identify your personal reasons for quitting.
- Set a quit date. Usually within 10 days.
- Identify your barriers to quitting (other smokers, relapsed before due to depression or weight gain)
- Make specific plans ahead of time for dealing with temptations. Identify 2-3 coping strategies that work for you.
- Don't be afraid to ask for help!!
- Get cooperation from family and friends. They can help by not smoking around you.

For More Information Contact Robin Crouse, Health Educator @ LRJHC
945-5894, ext. 3240

Visit the Seneca Nation website for details on upcoming Health events and programs!
www.sni.org



BULLYING is associated with approximately 10% OF SUICIDE COMPLETIONS IN THE U.S.

In the U.S., GIRLS ARE MORE LIKELY TO have experienced cyberbullying than boys (26% vs. 16%).

PROTECTIVE FACTORS

Such as CONNECTION TO CULTURE AND SPIRITUALITY are wonderful ways to increase protection against suicidal ideation. BULLYING IS NOT NATIVE. IT DOES NOT HONOR TRADITION OR CULTURE.

Learning skills to STAND UP TO BULLIES and telling trusted adults about any bullying that is going on can help protect against continued bullying.

TOGETHER
STAND
UP
STAND
STRONG
WE
PREVENT

PREVENT BULLYING & CYBERBULLYING

KNOW THE SIGNS. ASK ABOUT BULLYING IF THE TEEN(S):

- Regularly comes home with bruises & scrapes
- Is often upset after school, extracurricular activities, or being on the internet/receiving texts
- Randomly stops using the computer or a cell phone
- Seems depressed, sad, and/or frustrated
- Has suicidal thoughts and/or attempts
- Withdraws from friends/family

SET CONSEQUENCES

- Let the teen know that bullying and cyberbullying behaviors are not acceptable online, over the phone (texting too), or in person.
- Provide consequences immediately if bullying or cyberbullying behaviors are shown.

COMMUNICATE

- **DISCUSS** bullying with teens and be sure they know it is a serious problem.
- If the teen is being bullied, let them know it is not their fault. Decide as a team how the teen and you would like to try and improve the situation. This may include contacting the school, parents of the bully, and possibly even law enforcement.
- **TEACH** your teen the skills and language to use against a bully if they or a friend is being bullied or cyberbullied.
- Teach your teen about safe and responsible internet use.
- **COMMUNICATE** to your teen through positive role-modeling. Not engaging in aggressive or bullying/cyberbullying behaviors yourself sends a message to your teen that it is unacceptable even for adults.

RESOURCES

Stop Bullying – www.stopbullying.gov

National Suicide Prevention Lifeline, 24 hours/day – 1-800-273-8255 or www.suicidepreventionlifeline.org

FOR MORE INFORMATION

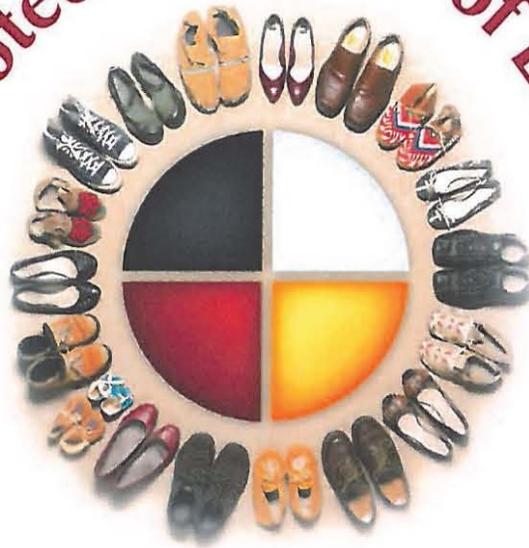
THRIVE Staff - Northwest Portland Area Indian Health Board

Phone: 503.228.4185 • Email: npaihb@npaihb.org

Indian Health Service - Division of Behavioral Health
Phone: 301.443.2038



Protect the Circle of Life



THE FLU & YOU

What is influenza (the flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness. At times, it can lead to death.

Who should get a flu vaccine?

Everyone 6 months and older should get a flu vaccine, especially if you are at high risk for complications, or if you live with or care for someone who is high risk for complications.

Your family may be especially vulnerable to the flu.

Influenza poses a greater risk to certain people, including pregnant women, children, and elders, who are all at high risk for flu-related complications. In fact, pneumonia and flu are a leading cause of death among Native elders. The flu also can cause certain health conditions, including diabetes, asthma, and heart and lung disease, to become worse. Pneumonia and bronchitis are examples of serious flu-related complications, which can result in hospitalization and sometimes even death.

SIGNS AND SYMPTOMS OF THE FLU

People sick with influenza feel some or all of these symptoms:

- Fever* or feeling feverish/ chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**Not everyone with the flu will have a fever. You can be sick and contagious without running a temperature.*

HELP PREVENT THE SPREAD OF THE FLU

- Get a flu vaccine each year.
- Stop the spread of germs, including influenza viruses:
 - ♦ Cover your coughs and sneezes
 - ♦ Wash your hands often
 - ♦ If you're sick, stay home
- Take antiviral drugs if they are prescribed for you.

PROTECT YOURSELF.
PROTECT YOUR PEOPLE.



The influenza vaccine is safe. You can't get the flu from the flu vaccine.

People have been receiving flu vaccines for more than 50 years. Vaccine safety is closely monitored annually by the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA). Hundreds of millions of flu vaccines have been given safely to people across the country for decades.

The viruses in the flu shot are killed and the viruses in the nasal spray vaccine are weakened, so neither vaccine can cause the flu. A flu shot can have mild side effects, such as soreness or swelling where the vaccine was received, a mild fever, or aches. Mild side effects of the nasal spray can include runny nose, headache, sore throat, and cough. Any side effects you experience are not contagious to others and should disappear within 2 days.

When should I get a flu vaccine?

It's difficult to know when flu activity will peak. So vaccination before December is best to ensure protection. However, even getting vaccinated in December or later can be protective because influenza disease can last as late as May. It takes 2 weeks after getting the vaccine for your body to develop an immune response against influenza.

Why do I need to get a flu vaccine each year?

You need a flu vaccine each year because influenza viruses are always changing and immunity wanes over time. Each year, experts identify the influenza viruses that are the most likely to cause illness during the upcoming flu season. Your flu vaccine protects against those viruses. It does not protect against other viruses (such as colds or stomach viruses) or against very different influenza viruses not in the vaccine.



WHERE DO I GET A FLU VACCINE

- Your local healthcare facility (even if you don't have a regular doctor or nurse)
- Mobile and community-based immunization clinics that visit many locations
- Pharmacies and grocery stores where available

Ask your Community Health Representative (CHR) or Community Health Aide (CHA) for more information.

Local Information

PLEASE CALL TO SCHEDULE
AN APPOINTMENT TO GET
YOUR FLU VACCINE

CIRHC 532-5582
or
LRJHC 945-5894

**THANK YOU FOR KEEPING
INDIAN COUNTRY HEALTHY**

Learn more at www.cdc.gov/flu
or call 1-800-CDC-INFO



Our People, Our Health, Our Legacy: Part 1, a Community Health Assessment (CHA)

by Shaela Mohawk, Health Planner, LRJHC



The Seneca Nation Health System has been serving our community since 1976. From the beginning, services have been based on the needs of the people. We have continued to grow and expand available services to serve the changing needs of our communities and culture. The Seneca Nation Health System (SNHS) was awarded a grant from United South & Eastern Tribes (USET) through the Center for Disease Control (CDC), Good Health and Wellness in Indian Country.

The grant program offers a more coordinated and holistic approach to chronic disease prevention and health promotion. The program addresses the unique needs of Indian Country and seeks to reestablish a culture of health by building communities and environments that empower people to take charge of their health.

The first step for the SNHS in this 5-year project is known as a Community Health Assessment (CHA). This is a process that the Seneca Nation began in 2013 and 2014 when Dr. Tassy Par-

ker, her team at the Institute for Indigenous Knowledge & Development, Seneca Nation Planning, the Seneca Nation Health System, the University at Buffalo, and D'Youville College presented Community Health Assessment Workshops (CHAW's). These workshops introduced the process of looking at the overall health of our community and coming up with a vision for a healthier community. This is the first time there has been funding designated for tribes to conduct our own health assessment and develop our own improvement plan for our community. This creates an excellent opportunity to strengthen our sovereignty and self-determination.

In June, the Seneca Nation Health System began the health assessment of the community. The assessment involves three steps, with the first being individual interviews (completed in July and August), then focus groups (completed in September), and finally a community survey (expected to be released mid-October). The process is under the guidance of a Steering Committee within the Seneca Nation Health System, and a team from United South & Eastern Tribes (USET).

Following the completion of the assessment the most important health concerns will be identified and the Health System will work with the community to develop a community health improvement plan. Your involvement will ensure self-determination in the creation and protection of a positive health environment. We need your assistance completing the survey and strategizing to make this a success.

Feel free to contact the Health Planning Department within the Seneca Nation Health System at the Lionel R. John Health Center with any questions or concerns at 716-945-5894 ext. 3254.

THE STAGGERING COST OF DIABETES

Today, **4,660** AMERICANS WILL BE DIAGNOSED WITH **DIABETES**

NEARLY **30** MILLION AMERICANS HAVE DIABETES



86 million Americans have prediabetes

More than the population of the east coast from Connecticut to Georgia



DIABETES AND PREDIABETES COST AMERICA **\$322 BILLION** PER YEAR

\$ 1 in 5 health care dollars is spent caring for people with diabetes

\$ 1 in 3 Medicare dollars is spent caring for people with diabetes

People with diagnosed diabetes have health care costs **2.3 times higher** than if they didn't have the disease



SENECA NATION HEALTH SYSTEM

FREE RABIES VACCINATION FOR YOUR BELOVED PET!

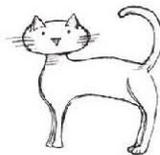


ENVIRONMENTAL HEALTH UNIT
Rabies Clinic

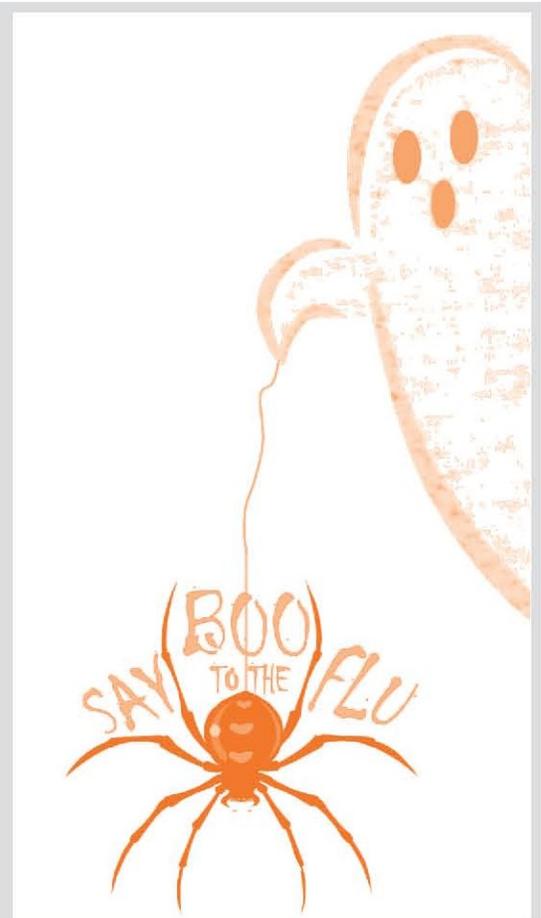
**Allegany Territory
AIRVFD
Thursday, October 15, 2015
5pm - 7pm
8184 E. Loop Rd. Salamanca, NY**



**Cattaraugus Territory
CIRVFD
Thursday, October 22, 2015
5pm - 7pm
12879 Rt. 438 Irving, NY**



Limited supplies available! First come, first serve!



Call for your flu shot appointment

CIRHC 532-5582

LRJHC 945-5894

Congratulations to SNHS employees celebrating anniversaries in September!

EMPLOYEE/TITLE	Years w/ SNI	EMPLOYEE/TITLE	Years w/ SNI
Michele Ardillo, Clinical Nurse LPN	1	Jennifer Neu, Case Manager	7
Krystle Bartlett, Dental Assistant	8	Steven Peterson, Controller	10
Joshua Becker, Accounting Specialist II	2	Barbara Ramsey, Pharmacy Technician	14
Stacy Bender-Thompson, Patient Benefits Coord.	15	Nakida Redeye, Patient Registration Rep.	1
Mary Buck, Medical Social Worker	9	David Salley, IT Software Database Report Writer	5
Alexander Campagna, Dentist	4	Kurt Schmitt, Optometrist	8
Scott Connor, Family Counselor I	1	Erin Schweikart, Family Counselor	2
Rose Covert, Secretary II	27	Beverly Snyder, Homefinder/Educator	4
Sinthea Decker, Accounting Specialist II	9	Kasey Steckman, Administrative Clerk	1
Kimberly Granata, Clinical Nurse - LPN	6	Ten-nia Thomas, Contract & Credentialing Coord.	4
Sunday John, Prevention/Aftercare Specialist	11	Lisa Thompson, Case Manager	9
Heidi Kazmark, Case Manager	9	Scott Thompson, Optician	17
Kimberly Kelly, Pharmacy Technician	5	Kelli Truman, Diabetes RN/CDE	17
Kerry Kennedy, Clinical Nurse Supervisor	11	Preston VanCuren, Director of Pharmacy Services	1
Bonnie Kettle, Contract Health Manager	22	Elona Wasik, Supervising Pharmacist	17
Eugene Leaskey, Environmental Services Attendant	5	Peter Wilson, Medical Assistant	3
Mona Logan, Environmental Services Attendant	12	William Wolfe, Dental Hygienist II	7
Laura Martin, Accounting Specialist II	4		

SUN. MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT.



October Health OBSERVANCES

- Domestic Violence Awareness Month
- National Breast Cancer Awareness Month
- National Bullying Prevention Month
- National Dental Hygiene Month
- Mental Illness Awareness Week 4-10
- Red Ribbon Week 23-31



***Allegany activities are in ORANGE**
***Cattaraugus activities are in DEEP RED**
Activities may be subject to change without prior notification.

1 WTC Office closed
 Frames Display 1:30-3:00 p.m.
 LRJHC Optical Unit

2

3

4 **Candle Light Vigil**
 5-6 p.m. CHWC
Candle Light Vigil
 5-6 p.m. Indian Park
 or LRJHC Grand Room

5 **WTC Office** 8-4:30 CIRHC
Al-Anon First Things First 10:00-12 CHWC 126
Kidney Smart Class 3:00-5:00 p.m. CIRHC Conf Room

6 **WTC Office** 9-3:30 LRJHC
AA Literature Study Group 11-1:00 p.m. CHWC 126
Tabata Tuesday 12:30-12:50 p.m. CHWC
Breast Cancer Information Table 10-2 p.m. LRJHC Lobby

7 **WTC Office** 8-4:30 CIRHC
 LRJHC / CIRHC Pharmacies
 CLOSED 12:30-1 p.m. for Staff Meeting
GPSIU/MAPP Class 6-9 p.m. CHWC (9/30-12/2)

8 **WTC Office** 8-4:30 CIRHC
Kids Yoga Session 1 at 3:30 p.m., Session 2 at 4:00 p.m. ACC Red Room
Kidney Smart Class 5:00-7:00 p.m., LRJHC Grand Room

9

10

Mental Illness Awareness Week

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12 **WTC Office** 8-4:30 CIRHC
Al-Anon First Things First 10:00-12 CHWC 126

13 **WTC Office** 9-3:30 LRJHC
AA Literature Study Group 11-1:00 p.m. CHWC 126
Tabata Tuesday 12:30-12:50 p.m. CHWC
Breast Cancer Information Table 10-2 p.m. LRJHC Lobby

14 **WTC Office** 8-4:30 CIRHC
 LRJHC / CIRHC Pharmacies
 CLOSED 12:30-1 p.m. for Staff Meeting
GPSIU/MAPP Class 6-9 p.m. CHWC (9/30-12/2)

15 **WTC Office** 9-3:30 LRJHC
 SSI/SSD Assistance w/Steve Patrick at LRJHC, BHU, Appointment required
Kids Yoga Session 1 at 3:30 p.m., Session 2 at 4:00 p.m. ACC Red Room.
Rabies Vaccination Clinic 5-7 p.m. AIRVFD
LIFE Group 5-6:30 p.m. LRJHC Wellness

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19 **WTC Office** 8-4:30 CIRHC
Al-Anon First Things First 10:00-12 CHWC 126

20 **WTC Office** 9-3:30 LRJHC
AA Literature Study Group 11-1:00 p.m. CHWC 126
Tabata Tuesday 12:30-12:50 p.m. CHWC
Breast Cancer Information Table 10-2 p.m. LRJHC Lobby

21 **WTC Office** 8-4:30 CIRHC
 LRJHC / CIRHC Pharmacies
 CLOSED 12:30-1 p.m. for Staff Meeting
GPSIU/MAPP Class 6-9 p.m. CHWC (9/30-12/2)

22 **WTC Office** 8-4:30 CIRHC
Kids Yoga Session 1 at 3:30 p.m., Session 2 at 4:00 p.m. ACC Red Room
Rabies Vaccination Clinic 5-7 p.m. CIRVFD

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26 **WTC Office** 8-4:30 CIRHC
Al-Anon First Things First 10:00-12 CHWC 126
Frames Display 3-4:30 p.m. LRJHC Optical Unit

27 **WTC Office** 8-4:30 CIRHC
AA Literature Study Group 11-1:00 p.m. CHWC 126
Tabata Tuesday 12:30-12:50 p.m. CHWC
Breast Cancer Information Table 10-2 p.m. LRJHC Lobby

28 **Sugar Beaters** 5-6:30 p.m. CHWC Rm. 126
 LRJHC / CIRHC Pharmacies
 CLOSED 12:30-1 p.m. for Staff Meeting
GPSIU/MAPP Class 6-9 p.m. CHWC (9/30-12/2)
WTC Office 8-4:30 CIRHC

29 **WTC Office** 8-4:30 CIRHC
Kids Yoga Session 1 at 3:30 p.m., Session 2 at 4:00 p.m. ACC Red Room

 Red Ribbon Week

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October 2015