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Let's Get Healthy Program

Diabetes Center for Excellence



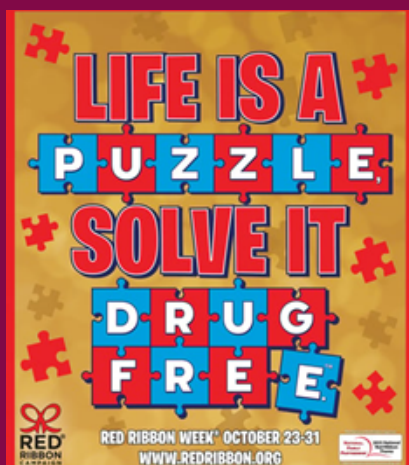
Breast Cancer Awareness Month

Breast Cancer Awareness Month is celebrated globally to raise awareness, and improve support and screening. Breast cancer is the most common cancer among Native women, and is the second leading cause of cancer death.

Indigenous Pink Day, celebrated on Oct. 16th is a national breast cancer awareness campaign for Native people. The campaign aims to educate Native communities about the importance of early detection and remind women, men, non-binary, and genderfluid relatives to talk to their doctors about breast cancer screening.



Red Ribbon Week



Red Ribbon Week is an annual campaign that emphasizes the importance of living a drug-free life. It is an opportunity for parents, educators, and communities to reinforce drug-free messages to youth. The campaign aims to educate individuals, especially youth, about the dangers associated with drug use and encourages a spirit of unity against drug misuse. It is recognized as the nation's oldest and largest drug prevention awareness campaign, with nearly 80 million participants each year.

We are closed Monday October 13th, in observance of Indigenous Peoples Day



Breast Cancer

Breast cancer is the second leading cause of cancer death for Native women. Keeping up with regular mammograms improves early detection and may help save your life.

Breast Cancer Facts

- Breast cancer is the most common cancer found in women
- Approximately 1 in 8 women will get breast cancer in her lifetime
- Native women have a 7% higher cancer rate compared to non-Hispanics
- Native women have a 10% higher death rate compared to non-Hispanics

What can I do?



BREASTFEED

Breastfeeding reduces estrogen exposure that helps prevent breast cancer



WEIGHT CONTROL

Overweight or obese women are at a higher risk



REGULAR MAMMOGRAMS

Women 40+ should have the option to have a mammogram once a year



EXERCISE

Exercising 3 days/week may lower your risk



LIMIT ALCOHOL USE

Alcohol can increase estrogen which can increase risk



REGULAR BREAST EXAMS

Speak to your health care provider for options

Screening Guidelines

Women ages 40 - 44 have the option to start annual breast cancer screenings

Women ages 45 - 54 should have a mammogram once every year

Women age 55 and older should switch to mammograms every two years or can continue with yearly screening

Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.

Native women should always talk to a doctor or nurse right away if they notice any changes in their breasts



American Indian
Cancer Foundation.

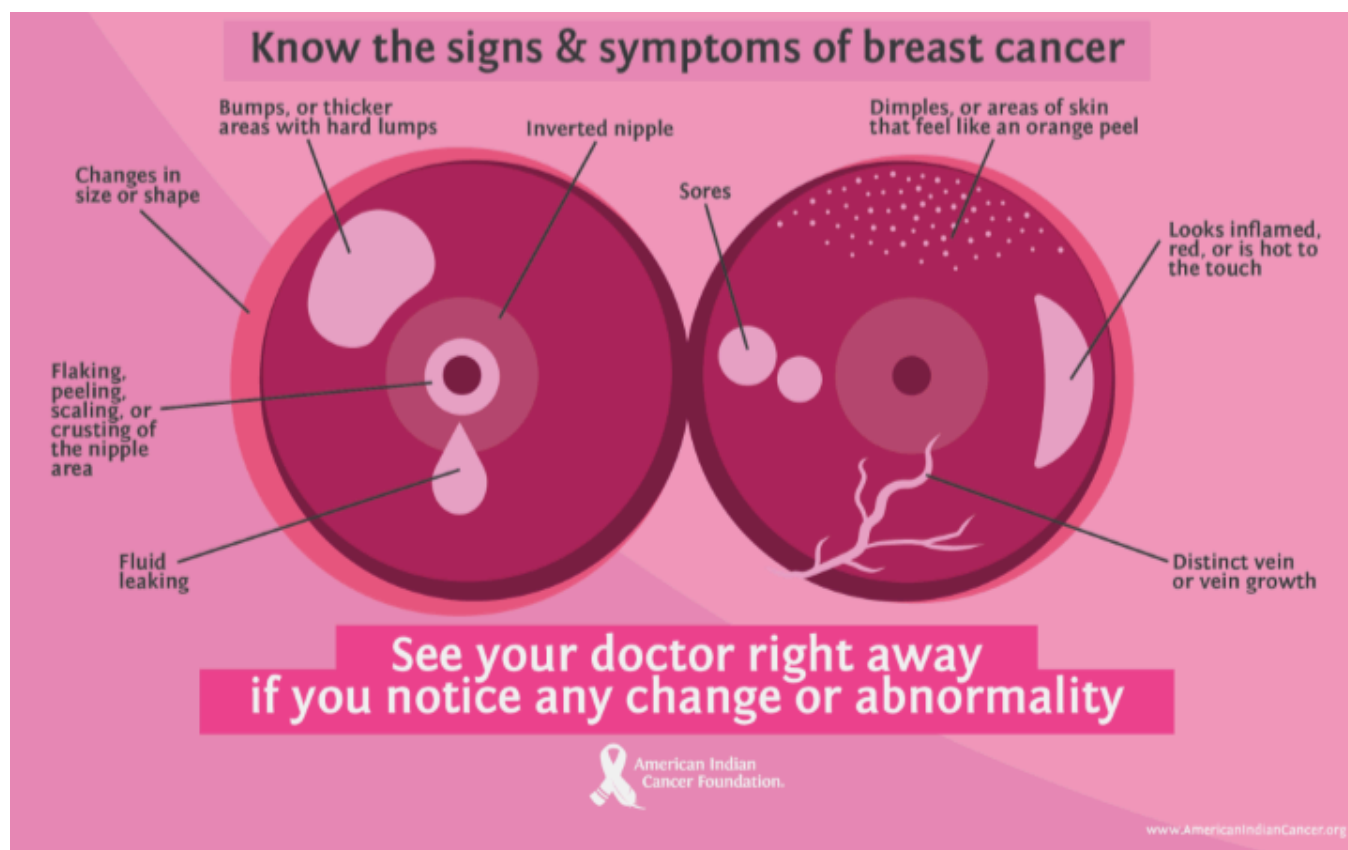




Breast Cancer

Check Your Breast!

Learn the signs and symptoms of breast cancer with the *Check Your Breast* resource. Understand what to look for when practicing your monthly self-examination, and be sure to see your doctor right away if you experience any of these changes or abnormalities in your breasts.



Breast Exam Clinic with Stephanie Leffler at the Diabetes Center

Wednesday October 22nd

8:30 am - 3:30 pm

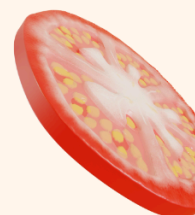
Please call (518) 358-9667 to make an appointment

Health Services Medical Providers are also holding breast exam clinics throughout the month of October

Call (518) 358-3141 to make an appointment



**JOIN LET'S GET HEALTHY FOR A
NUTRITION PROGRAM**



WHAT CAN I EAT?

A five-session nutrition education program designed for adults with Type 2 Diabetes. Learn how making healthy food choices and physical activity can benefit your health

**WEDNESDAYS
12:00 – 1:30 PM**

**CLASSES HELD ON:
OCT. 1, 8, 15, 22
& DEC. 17**

LUNCH WILL BE PROVIDED

LOCATED AT THE DIABETES CENTER FOR EXCELLENCE

FOR MORE INFORMATION OR TO REGISTER, PLEASE

CALL HEATHER GARROW AT (518) 358 – 9667



**SAINT REGIS MOHAWK TRIBE
Health Promotion
and Planning**





RED RIBBON WEEK 2025

CELEBRATE A DRUG-FREE LIFESTYLE!



MONDAY, OCTOBER 27: RED DAY

Wear red clothing or a red ribbon skirt/shirt to show that you are RED-y to live drug-free!



TUESDAY, OCTOBER 28: JERSEY DAY

Team up against drugs by wearing your favorite sport jersey!



WEDNESDAY, OCTOBER 29: TIE-DYE DAY

Don't get tied up with drugs! Wear your favorite tie-dye clothing.



THURSDAY, OCTOBER 30: SAFARI DAY

Drugs can't find me! Wear camouflage or animal print clothing.



FRIDAY, OCTOBER 31: COSTUME DAY

Wear your Halloween costume and say "BOO" to drugs!



SAINT REGIS MOHAWK TRIBE
Alcoholism/Chemical
Dependency Prevention
Program

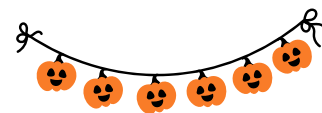


518-358-2967



@acdp_prevention





Halloween can be a great time to teach kids how to make smarter and healthier decisions. Teach balance and moderation for a healthier Halloween:

- Eat a full meal before trick or treating to help kids feel full and less likely to eat a lot of candy
- Purchase Halloween candy the day before to avoid temptation and over-indulging
- Parents can walk kids house to house rather than drive. Have the kids walk an extra lap around the block
- Keep enough candy to allow 1-3 pieces a day for one or two weeks, the rest can go in the freezer. Out of sight out of mind
- Choose healthier options to give out, such as clementines, snack size bags of pretzels, or 100% fruit juice boxes, instead of sugary candy



OCTOBER 24, 2025

**At the Mohawk International Raceway
5:30 to 7:00 P.M.**

There will be a designated time from **5:00 to 5:30 P.M.** for those with special needs/sensory issues

This is a family-friendly community event, we ask all attendees to respect that this is an alcohol, other substance, and vape free event

Children should be accompanied by an adult at all times, please no drop-offs



Akwesasne Coalition for Community Empowerment



(518) 358-2967



akwesasnecoalition@gmail.com



Like our FB event page





Fitness Room Classes

ELDER FITNESS

Monday, Wednesday & Friday

9:00 – 9:30 am

A low-impact class with a variety of exercises designed to increase muscular strength, range of movement, balance and activities for daily living

LUNCH CRUNCH

Monday – Thursday

12:15 – 12:45 pm

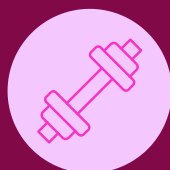
A 30 minute session to burn fat and increase strength. Each class will vary and will leave you feeling energized and refreshed

CIRCUIT TRAINING

Tuesday & Thursday

4:15 – 5:00 pm

A full body workout class targeting multiple muscle groups to improve overall strength and endurance. This class is effective for promoting fat loss while also building lean muscle.



All fitness levels welcome



Fitness Room Hours:

Monday -Thursday

7:00 a.m. – 5:00 p.m.

Friday

7:00 a.m. – 2:00 p.m.

October Fitness Challenge

“Trick or Treat Challenge”

Draw a card out of the pumpkin and perform the exercise. Put your name on a bat and add it to the haunted house. Each name will be entered into the monthly prize drawing.

We had 160 entries for *“Fall into Fitness”*



Recipes

Lentil & Vegetable Soup

Ingredients:

2 TBSP water
2 cloves garlic, minced
1/2 white onion, diced
4 large carrots (thinly sliced)
4 stalks celery (thinly sliced)
1/4 tsp sea salt & black pepper



3 C red baby potatoes, chopped
4 C vegetable broth
1/4 tsp dried rosemary or thyme
1 C uncooked green or brown lentils (thoroughly rinsed and drained)
2 C chopped kale

Directions:

Heat a large pot over medium heat. Add water, garlic, onion, carrots, and celery. Season with salt and pepper, stir. Sauté for 4-5 minutes or until slightly tender and golden brown. Add potatoes and season with a bit more salt and pepper. Stir and cook for 2 minutes more. Add vegetable broth and rosemary or thyme and increase heat to medium high. Bring to a rolling simmer. Add lentils and stir. Once simmering again, reduce heat to low and simmer uncovered for 15-20 minutes or until lentils and potatoes are tender. Add the kale, stir, and cover. Cook for 3-4 minutes more to wilt. Taste and adjust flavor as needed, adding more salt and pepper for overall flavor, or vegetable broth if too thick.

Beet & Watermelon Salad

Ingredients:

2 C red beets
1/2 large watermelon, diced
3 C spinach
1 small red onion, sliced
1 C basil leaves, thinly chopped
1/2 C fresh mint
1 package crumbled goat cheese
4 TBSP olive oil
1 orange



Directions:

Preheat oven to 400F. Wash beets, then slice off just a bit from the tops and bottoms. Wrap beets loosely in foil and roast on the middle rack of the oven for 30-45 minutes or until tender, then let cool. Once beets have cooled, remove skin and dice them to desired length. Combine watermelon and beets together in a large bowl. Combine watermelon, beets, onions and herbs together with spinach. Drizzle olive oil over the top of the mixture. Cut orange in half and add juice from 1/2 of the orange to the salad. Add 1 package of crumbled goat cheese. Toss, serve and enjoy! If mixture is too tart, add 1 teaspoon of maple syrup to sweeten.