Tsitewatakari:tat

Let's Get Healthy Program

Diabetes Center for Excellence



Breast Cancer Awareness Month

Breast Cancer Awareness Month is celebrated 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. 15th 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 12th in observance of Indigenous Peoples Day

66 Margaret Terrance Memorial Way Akwesasne, NY 13655 (518) 358-9667

SAINT REGIS MOHAWK TRIBE
Health Services Division

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
- Native women have a 7% higher cancer rate compared to non-Hispanics
- Native women have a 10% higher death rate compared to non-Hispanics



Screening Guidelines

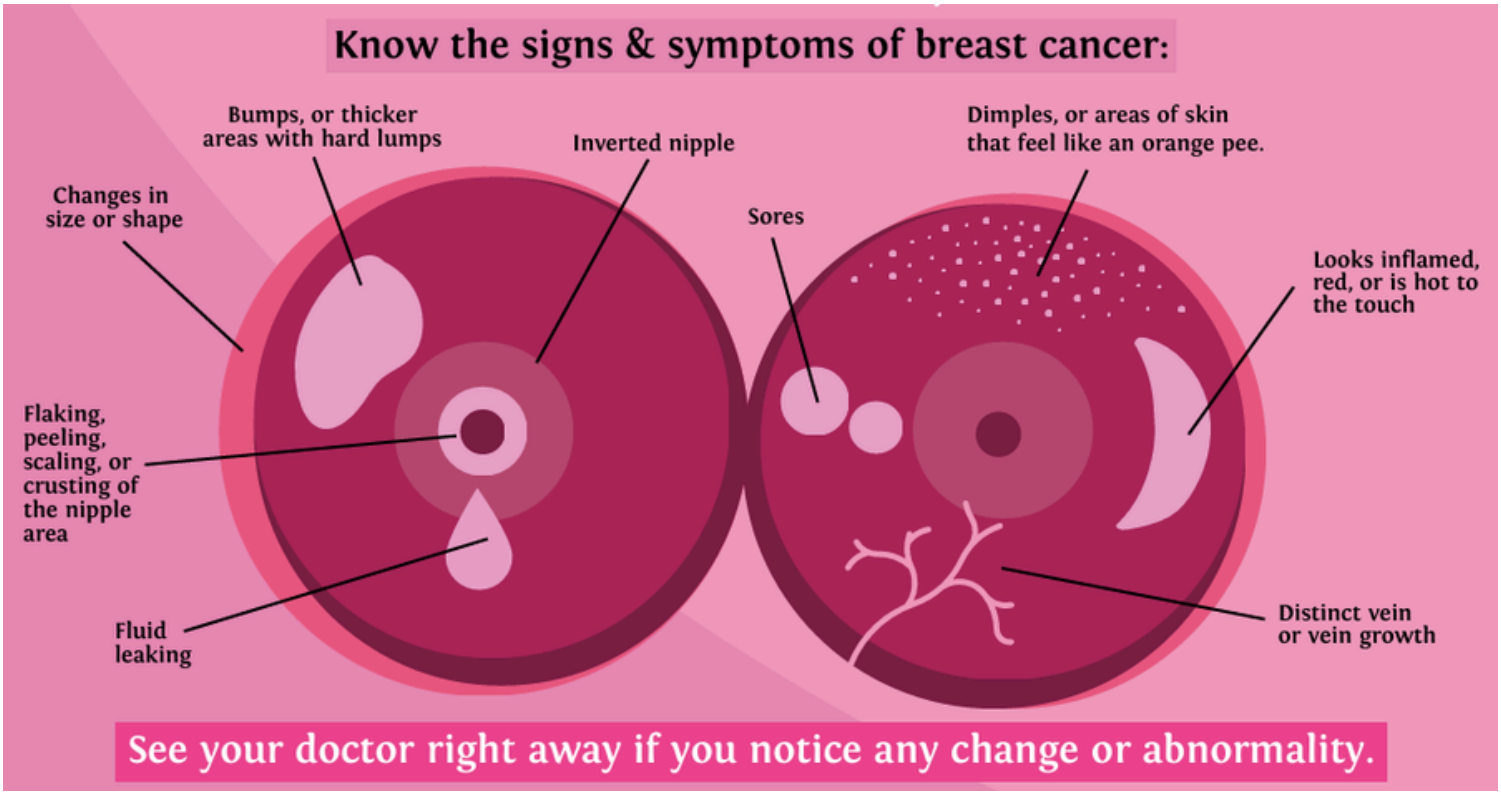
- Women ages 40 - 44 have the option to start annual breast cancer screenings
- Women ages 45 - 54 should have a mammogram once every year
- Women age 55 and older should switch to mammograms every two years or can continue with yearly screening

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

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 28th & Thursday October 29th
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 for an appointment

Encouraging Kids to Adopt an Active Lifestyle

Sometimes kids are stubborn about going outside; they may prefer to stay indoors on their phones, computers, or play their video games. But you can make physical activity more enjoyable by creating family fitness ideas based on their age, interests and skills. Here are some tips for parents to try with kids to get active:

- Make it a game. Create personalized games that turn physical activities into a friendly competition
- Set goals and create fun fitness challenges. Create both individual and family goals, such as increasing daily steps or time being spent being active
- Track progress. Tracking progress will help keep accountability. Using fun stickers, fitness trackers or any methods that will engage the child's interest
- Be a role model. Children look up to their parents for guidance, so if parents are active, their child will likely want to be more active as well
- Plan group activities. Being active together as a family is critical and will enable the parents to act as a role model for their children.
- Join our Family Fitness Classes!

The most important thing to remember when trying these family fitness ideas is to set your child up for success. Keep it positive and try new things. Children often need encouragement and support, especially when introducing new habits.



RED RIBBON WEEK

OCTOBER 26-30, 2026

MONDAY, OCTOBER 26
Red Day
Wear red to show that you are RED-y to live drug-free!

TUESDAY, OCTOBER 27
Superhero Day
You have the power to make healthy choices! Dress like a hero.

WEDNESDAY, OCTOBER 28
Jersey Day
Team up against drugs by wearing a jersey or team shirt.

THURSDAY, OCTOBER 29
Crazy Hair Day
Wear a fun hairstyle or wig to show your drug-free creativity!

FRIDAY, OCTOBER 30
Costume Day
Wear your Halloween costume and say "BOO" to drugs!

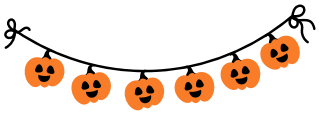
Make A Difference.
Be A Hero.
Stay Drug-Free!

Show your commitment to a drug-free lifestyle by participating in the daily themes throughout Red Ribbon Week!



SAINT REGIS MOHAWK HEALTH SERVICES
ALCOHOLISM/CHEMICAL DEPENDENCY PREVENTION PROGRAM





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



Fitness Room Classes

ELDER FITNESS
Monday, Wednesday & Friday
9:00 - 9:30 am

LUNCH CRUNCH
Monday - Thursday
12:15 - 12:45 pm

FAMILY FITNESS
Monday & Wednesday
4:15 - 5:00 pm

PICKLEBALL
Tuesday & Thursday
2:00 - 3:00 pm **NEW TIME*
Weather permitting

EVENING CRUNCH
Tuesday & Thursday
4:15 - 5:00 pm

BEGINNER MAT PILATES
Thursday
1:15 - 1:45 pm

All fitness levels welcome

Check the Health Services Facebook page for our monthly fitness calendar



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

"Combat Villains Challenge"

Choose a villain, flip it over to find your exercise, spin the wheel for the number of reps. Write your name on a bat and add it to Gotham City. Each name will be entered into the monthly prize drawing.

Special challenge for September & October lunch & evening crunch classes: For every 5 classes you attend, your name is entered for a grand prize!

Recipes

Pumpkin Chili



Directions:

Heat a skillet over medium heat. Brown ground turkey with onions and garlic, then combine all ingredients in a crockpot on low 6-7 hours. Make vegan by using vegetable broth and omitting ground turkey. Optional garnishes: low-fat cheddar cheese, plain greek yogurt or avocado.

Ingredients:

2 TBSP olive oil
1 lb lean ground turkey
1 onion, diced
6 cloves garlic, chopped
1 tsp sugar
1 TBSP chili powder & ground cumin
2 tsp oregano & ground coriander
3 TBSP tomato paste
2 green peppers, seeded & chopped
1 yellow bell pepper, seeded & chopped
29 oz fire roasted tomatoes, with juices
3 C chicken or turkey broth
28 oz black beans, rinsed and drained
1/2 C pure pumpkin puree
salt and black pepper, to taste

Apple Feta Salad

Dressing:

3 TBSP extra virgin olive oil
2 TBSP apple cider vinegar
1 TBSP honey
1/4 tsp salt
1/8 tsp black pepper



Ingredients:

2 medium apples, cored & thinly sliced
4 C baby spinach or mixed greens
3 oz feta cheese, crumbled
1/3 C dried cranberries
1/2 C pecans, roughly chopped
1/4 small red onion, thinly sliced
1 TBSP fresh lemon juice

Directions:

Rinse and dry the spinach or mixed greens thoroughly. Spread evenly in a large mixing bowl. Toss apple slices with fresh lemon juice to prevent browning. Heat a small skillet over medium-low. Toast chopped pecans for 2-3 minutes, stirring often, until fragrant and lightly browned. Remove from heat and let cool. In a small bowl or jar, whisk together dressing ingredients. Add salad ingredients to bowl. Drizzle half of the dressing over the salad. Gently mix. Add more dressing to taste. Serve immediately, or cover and refrigerate for up to 2 hours before serving.