



# American Indian Community House

## Mission Statement

To provide an urban oasis for the Indigenous Peoples of the western hemisphere who are in the greater New York area, empowering them with skills and education in order to compete in 21st Century urban living. We strive to build bridges of cultural understanding and strengthen community ties.

**American Indian Community House Inc. was founded in 1969 to provide support services to Native Americans living in Metro New York area. AICH has grown from a volunteer effort to a multi-faceted social service agency and a cultural center with a staff and membership of more than 70 Native American nations.**

Phone: 212.598.0100

Fax: 212.598.0325

**WERE ON THE WEB!**  
**WWW.AICH.ORG**

We are located in lower Manhattan in beautiful Bowling Green at 11 Broadway on the 2nd Floor, conveniently located near the 1, 4, 5, N, and R trains. The M20 bus stops at Broadway and Battery Place which is just a block away.



AICH  
11 Broadway  
2nd Floor  
New York, NY 10004

The AICH Health Smarts for the Urban Native – New York City is provided to you by the Health Department at AICH. This Department is Funded by Indian Health Services (HIS) and OASAS.

Articles and information submitted by the Behavioral Health, Wellness, and Diabetes Programs at the American Indian Community House.

Information is obtained from the Centre for Disease Control, Health and Human Services Department, Indian Health Services and other Health publications and/or news sites accessible online and purchased by the American Indian Community House. If you would like more information please contact Irwin Wesley at [irwlesley@aich.org](mailto:irwlesley@aich.org).



# American Indian Community House

## HEALTH SMARTS FOR THE URBAN NATIVE—NYC

### Welcome Back Irwin Wesley



Wa-Je (Cree-Hello).

My name is Irwin Wesley and I have recently joined the Health Department as the Behavioral Health Case Manager. I worked at AICH as a Community Health Representative from 1996 to 2006 and have returned to the Health Department after being away for five years in Toronto, On-

tario, Canada. I recently completed an undergraduate degree in Social Work and am honored to be working again at the American Indian Community House.

#### DID YOU KNOW:

- ◆ New York City is home to one of the largest Native American urban populations in the United States.
- ◆ 14.8 % of AI/NA New Yorkers have diabetes (type one and two) which is higher compared to the AI/NA general population in the United States. Urban Indian Health Institute Regional Health Analysis 2010. AICH has a Diabetes Prevention program.

### Warning. Tainted Crack/Cocaine

Crack cocaine contaminated with a deworming agent used in livestock is causing a severe skin reaction in those who smoke or snort the drug, researchers are finding. There is no way from looking/tasting the crack/cocaine whether or not it contains levamisole.

test positive for levamisole." [SAMHSA 2009]



**LEVAMISOLE IS NOT NEW**  
Although levamisole has been a known adulterant in cocaine since at least 2002, [SAMHSA 2009] on September 21, 2009, the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) made the surprising announcement that levamisole had been found in "over 70 percent of the illicit cocaine analyzed [by the DEA] in July. In addition, a recent analysis in Seattle, Washington found that almost 80 percent of the individuals who test positive for cocaine also

**If you have any of the following symptoms go to the hospital immediately:**

**SKIN CONDITIONS:** Dark patches of skin on your body. It first looks like a bruise, then gets darker and forms scabs. The skin can die and start to come off.  
**INFECTIONS:** Rapid onset of fever, chills, sore throat, pneumonia. The infection is treatable. Tell hospital staff that you use crack/cocaine, and that you are worried that your symptoms may be from Levamisole.

**For more information:** New York State Department of Health. Health Advisory: Levamisole-Contaminated Cocaine.

[www.health.state.ny.us/diseases/aids/harm\\_reduction/opioidprevention/health\\_advisory\\_levamisolecontaminated\\_cocaine.htm](http://www.health.state.ny.us/diseases/aids/harm_reduction/opioidprevention/health_advisory_levamisolecontaminated_cocaine.htm)

SAMHSA. "Nationwide Public Health Alert Issued Concerning Life-Threatening Risk Posed by Cocaine Laced with Veterinary Anti-Parasite Drug". Press Release. Sep 21, 2009. <http://www.samhsa.gov/newsroom/adviso->

#### Inside this issue:

<b>Welcome Jing.</b>	
<b>Breast Cancer Month</b>	2
<b>Breast Cancer Detection</b>	3
<b>Eating and Type 2 Diabetes</b>	4
<b>Elders Luncheon</b>	5
<b>Healthy Weight for Life Initiative</b>	6
<b>Fall Kids</b>	7
<b>Women in Recovery</b>	8
<b>Reclaiming Our Two Spirit Identity</b>	9
<b>Department Groups and Events</b>	10
<b>Calendar</b>	11



**Welcome Jing Shan to the Health Department**



Hello! My name is Jing, the new Wellness Case Manager at the American Indian Community House. I am a firm believer in health promotion and disease prevention. I hope by utilizing my knowledge, passion,

and skills I am able to contribute to the wellness of the Urban Native Americans. Please take advantage of the great group activities we offer at the AICH. Together, let us create a better community. I look forward to meeting you at our next gathering.

**DID YOU KNOW:**

- ◆ October is Breast Cancer Awareness Month
- ◆ For men, the lifetime risk of getting breast cancer is about 1 in 1,000.
- ◆ men and women with the same stage of breast cancer have a fairly similar outlook for survival.

**Let us celebrate October – Breast Cancer Awareness Month!**

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. It is considered a heterogeneous disease—differing by individual, age group, and even the kinds of cells within the tumors themselves. Obviously no woman wants to receive this diagnosis, but hearing the words "breast cancer" doesn't always mean an end. It can be the beginning of learning how to fight, getting the facts and finding hope.

Photo Source: [sacramentoscoop.com/wp-content/uploads/2009/10/oct-breast-cancer-awareness-month1.jpg](http://sacramentoscoop.com/wp-content/uploads/2009/10/oct-breast-cancer-awareness-month1.jpg)



**September 2011**

Monday	Tuesday	Wednesday	Thursday	Friday
19 Healing Circle (7-8)	20	21 Matrix (10-11) Medical Aspects (2-3) Women in Recovery (3-4)	22 Stress Reduction (10-11)	23 Healing Circle (2-3)
26 Healing Circle (7-8)	27	28 Matrix (10-11) Medical Aspects (2-3)	29 Stress Reduction (10-11) Elders Luncheon (12-4)	30 Healing Circle (2-3) Kids Fun Fall Day (12-4)



**October 2011**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Healing Circle (7-8)	4	5 Matrix (10-11) Medical Aspects (2-3) Women in Recovery (3-4)	6 Stress Reduction (10-11)	7 Healing Circle (2-3)
10 Healing Circle (7-8)	11	12	13 Stress Reduction (10-11)	14 Healing Circle (2-3)
17 Healthy Weight for Life (6-8) Healing Circle (7-8)	18	19 Matrix (10-11) Medical Aspects (2-3) Women in Recovery (3-4)	20 Stress Reduction (10-11)	21 Healing Circle (2-3)
24 Healing Circle (7-8)	25	26	27 Stress Reduction (10-11)	28 Healing Circle (2-3)



# AICH Health Department Events / Meetings



## Behavioral Health

**Mondays** (Healing Circle, 7pm to 8pm); **Wednesdays** (Matrix, 10am to 11am, Women in Recovery – every other week from 2pm to 3 pm), **Thursdays** (Stress Reduction Group, 10am to 11am, Medical Aspects 2pm to 3pm), **Fridays** (Recovery & Wellness 2pm to 3pm).

## Diabetes

**Diabetes Education and Support Group** will meet from 6-8 on Thursday, September, 22, 2011. If you're interested in coming, please call Lin Campbell at (212) 598-0100, Ext. 213.

## Wellness

**Healthy Height for Life Initiative** (Monday, 10/17/2011 from 6-8 pm, Location: Common Area)  
**Shawl Circle** (Every Fridays from 6-8 pm, Location: Health Department)  
**Breast Cancer Awareness Month** (Display Board & Free Guide, During the entire month of October, Display Location: Common Area)

**IMPORTANT NOTE:**

If you are interested in attending any events/meetings contact a staff member twenty-four hours in advance to facilitate entry into the building premises.



# HEALTH SMARTS FOR THE URBAN NATIVE—NYC

## Updated Guidelines For Finding Breast Cancer in Women

**Mammogram:** Women age 40 and older should have a screening mammogram every year and should keep on doing so for as long as they are in good health. While mammograms can miss some cancers, they are still a very good way to find breast cancer.

**Clinical breast exam:** Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a regular exam by a health expert at least every 3 years. After age 40, women should have a breast exam by a health expert every year. It might be a good idea

to have the CBE shortly before the mammogram. You can use the exam to learn what your own breasts look and feel like.

**Breast self-exam (BSE):** BSE is an option for women starting in their 20s. Women should be told about the benefits and limitations of BSE. Women should report any changes in how their breasts look or feel to a health expert right away.

Research has shown that BSE plays a small role in finding breast cancer compared with finding a breast lump by chance or simply being aware of what is normal for each woman. If you decide to do BSE, you should have your doctor or nurse check your method to make sure you are doing it right. If

you do BSE on a regular basis, you get to know how your breasts normally look and feel. Then you can more easily notice changes. But it's OK not to do BSE or not to do it on a fixed schedule.

The goal, with or without BSE, is to see a doctor right away if you notice any of these changes: a lump or swelling, skin irritation or dimpling, nipple pain or the nipple turning inward, redness or scaliness of the nipple or breast skin, or a discharge other than breast milk. But remember that most of the time these breast changes are not cancer.

**Magnetic resonance imaging (MRI):** Women at high risk should get an MRI and a mammogram every year (women who are at high risk have at least a 25% lifetime risk of breast cancer).

Women at moderately increased risk should talk with their doctors about the benefits and limitations of adding MRI screening to their yearly mammogram. Yearly MRI screening is not recommended for women whose lifetime risk of breast cancer is less than 15%. To find out more about what makes someone high risk, as well as about the use of MRIs for breast cancer screening, please see our document, Breast Cancer.

Sources:  
<http://www.cancer.org/acs/groups/cid/documents/webcontent/003037-pdf.pdf>  
<http://www.nationalbreastcancer.org>

**If you would like to receive more information on Breast Cancer or to schedule a free mammogram contact Jing Shan at (212) 598-0100 ext. 246. We will also provide you with a free Breast Cancer Awareness guide.**



# Diabetes

**Eating Speed Seems to be Linked to Diabetes Type 2**  
Submitted by Lin Campbell

The results of a recent study published this summer showed that women who eat rapidly are more likely to develop type 2 diabetes than women who eat slowly.

This study, which was reported on “dLife”, a website about diabetes, demonstrated that those women who ate their meals at a faster rate than those who ate more slowly were more likely to develop the condition.

Women in our community may want to try to slow down their time spent eating a meal or a snack in order to improve their chances of not developing type 2 diabetes. Many of us who work or have busy schedules grab something to eat and down it on-the-run in order to save time. We often barely chew our food, because we’re in such a hurry to get to a train, meet a deadline at work, get to a meeting, or just because we’re watching TV and are influenced by the pace of a program to hurry up our eating speed.

This study only looked at the results among the women who participated. The same may be true of men, but we don’t know. Further, this is just one study and must be replicated. Even so, it may be an easy thing for most of us to try to do in order to help prevent type 2 diabetes. Try chewing a mouthful of food 30 times before you swallow it. See if you feel fuller when you finish eating than you normally feel. You may not always be able to slow down your eating speed, but you may not have to eat so fast all of the time, either.



# Reclaiming our Two Spirited Identity

## Wednesdays 5 pm to 6 pm

“We are part of a tradition. In many cultures before the arrival of the Europeans to North America “Two Spirited” referred to an ancient teaching. There were people who were gifted among all Beings because they carried two spirits: male and a female. These people were looked at as a third Gender and in most cultures they were honored and respected. Two spirited people were often the visionaries, healers and medicine people. They were respected as fundamental components in our cultures and ancient societies. Today two spirited people must walk carefully between two worlds (Native, Non-Native) and between the genders. Colonization, unfortunately, has resulted in a loss of consciousness of two-spirited people and homophobia; the coming of the 7th Generation Two Spirits are starting to learn their traditional roles.”

Co-Facilitated by: **Malachi Croy**



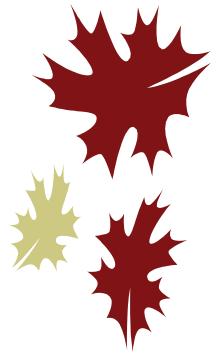
## For more information contact

**Irwin Wesley      (212) 598-0100 Ext 223**

**American Indian Community House**  
**11 Broadway, 2nd Floor, New York, NY**



## Women in Recovery Group



The “Women in Recovery” group meets twice a month (every other Wednesday 3 pm to 4 pm).

Topics explored include domestic violence, ACOA Issues, Fetal Alcohol Syndrome, Alcohol and Substance Abuse, Gambling, Understanding the self and Depression.



Contact Marietta Brodhurst, Behavioral Health Program Coordinator at (212) 598-0100 ext. 212 or at mbrodhurst@aich.org



## THE AMERICAN INDIAN COMMUNITY HOUSE HEALTH DEPARTMENT ELDERS' 49 LUNCHEON

DATE: Thursday September 29, 2011

Time: 12:00 P. M. - 3:00 P.M.

LOCATION: 11 Broadway, 2<sup>nd</sup> Floor  
New York, NY



**Come eat, come socialize!**  
**Come learn about important issues facing  
Native Elders today!**

Please note the clothing bank will be open during this event\*

For further information or to R.S.V.P.  
Please contact Patricia Tarrant  
(212) 598-0100 at ext. 222



The American Indian Community House  
Health Department  
Diabetes and Wellness Programs Present

# Healthy Weight for Life Initiative

(Session 3 of 6)

DATE: Monday, October 17, 2011

Time: 6:00 P.M. - 8:00 P.M.

LOCATION: 11 Broadway, 2<sup>nd</sup> Floor  
New York, NY

**Activities Include:**

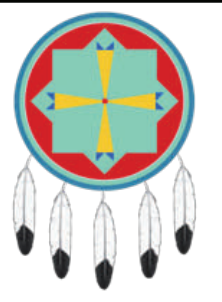
- Healthy Weight Management
- Food and Nutrition
- Health Smart Recipes
- Body Mass Index screening and assessment
- Wii exercise games



Please feel free to bring light refreshments.

For further information or to R.S.V.P.

Please contact Jing Shan, Wellness Case Manager  
(212) 598-0100 Ext. 246



# AICH FIRST KIDS' FALL FUN DAY



Friday September 30, 2011

For Kids 5-18

12:00 p.m. to 4:00 p.m.



Come Play Wii Games, including Zumba, Help us tell a story, Eat a good Lunch, Meet Friends, Have Fun!

Call Lin Campbell  
(212) 598-  
0100, Ext. 213

Irwin Wesley,  
(212) 598-  
0100, Ext. 223