**August 2022** 

Vol. 4 Issue. 8







What's BUZZZZIN' Over At T.E.R.C?

**Cattaraugus Office:** 

23 Thomas Indian School Drive Irving, NY 14081 (716) 532-1033 Allegany Office: 3674 Administration Drive Salamanca NY 14779 (716) 945-8120



Interested in some training or employment? We have many options! Stop in to one of our offices! Or call and make an appointment to fill out an application. There is always someone available to help with any questions.

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### **There is many classes starting in September!**

- Heavy Equipment
- Welding
- CDL B
- Dental Assisting

- Medical Insurance and Billing
- Medical Office Assisting
- . Nurse Aide
- . Phlebotomy

## SUMMER IS HERE AND OUR SUMMER Y.E.S PROGRAM HAS STARTED! THEY'VE BEEN BUSY!





On Friday July 8th our Summer Y.E.S participants held a car wash, chicken dinner sale and raffles at the Seneca Nation Firehall to raise money for a field trip.



Good Job Y.E.S Youth And Thank You To Everyone Who Stopped In!



# **COOKING WITH**

On July 20th Andrea Spako came and held a cooking class with our Y.E.S participants. They made Three Sisters Vegetable Soup and a Raspberry Corn Cake. It was very delicious!

### **Three Sisters Soup with Fresh Green Beans**

### By Wegmans Chef Bob Yacavonis

Ahead: Soak 1 cup Iroquois Hulled White Corn in water overnight. Drain and rinse. Place corn in a 4 gt. pot, add about 3 ½ gts. water, bring to a boil, reduce heat to medium and cook for 2-2 ½ hours until tender. (When cooked, 1 cup of dried corn will double in size making about 2 cups of cooked corn). Ingredients: 1 cup yellow onion, 1/4 inch dice 1 cup yellow squash, ½ inch dice 1 cup green squash (zucchini), ½ inch dice 1 cup fresh or frozen corn kernels ½ lb fresh green beans, trimmed and cut into ½ inch lengths and blanched in boiling salted water until tender ½ cup russet potatoes, peeled & ½ inch dice 2 cups cooked Hulled White Corn 2 tsp fresh thyme, minced 3 gts chicken or vegetable broth 3 TBLS olive oil Kosher Salt & Black Pepper to taste Directions: In a heavy bottomed 8 gt stock pot on medium heat add the olive oil. When oil is hot add the onions. Cook while stirring until onions are translucent. Add both the yellow & green squash. Cook while stirring for 5 minutes, add fresh thyme. Add chicken broth and bring liquid to a boil. Reduce to a simmer and add the potatoes. Simmer until potatoes are tender (about 10 minutes). Add green beans, hominy and corn. Adjust salt & pepper to taste. Simmer for 3 minutes. Serve

# **Raspberry Corn Cake**

A recipe by Leslie McEachern of Angelica Kitchen 1 3/4 cups Unbleached white flour 1/2 cup Whole wheat flour 1/2 cup Iroquois white corn flour 1 tbsp. Baking powder 3/4 tsp. Salt 1 tbsp. Vanilla 1 1/4 cup Maple syrup 1 cup Water 1/2 cup Canola oil 2 cups Frozen raspberries 2 tbsp. Maple sugar

In one bowl, whisk together dry ingredients. In a second bowl, which together the wet ingredients. In a third bowl, combine the raspberries and maple sugar. Using a rubber spatula gently fold in the wet mixture into the dry ingredients. Do not over mix. Oil and flour an 8" springform pan. Spoon half of the batter into the pan, top with berries and the spoon in the remaining of the batter over the raspberries. Bake on the middle rack at 350\* for an hour until it is cooked through.

**Serves 14-16** 

# Serc a La Carte

On July 21st our Y.E.S youth learned the restaurant business. A mock restaurant, *TERC A La Carte*, was set up for them to learn the many things in the restaurant business. Customer service, food prep, cooking, and math are some things they learned. It was a lot of fun seeing them adapt to the positions.



ticket and make an arrest!

# **Forestville Sugarbus**



The supervisors at Ga:kwiyo:h took the Y.E.S youth on a field trip to Allen Gage's family farm, Forestville Sugarbush. They learned about the making of maple syrup, animals, and they also breed snakes there!



# All of the Y.E.S participants took a CPR course and are now all CPR course and are Certified!



They received First Aid/CPR training provided by CIRVFD and Young People and Workplace Safety training from CDC, Dept. of Labor, and OSHA.



# **T.E.R.C Around Town...** Keep your eyes open for us at local places and events!

#### T.E.R.C Presents ....



### City Time Chatter

The Vocational Rehabilitation Program and the SNI Buffalo Native Resource Center will be offering an informational session to our community members of Buffalo. We will be discussing our program, the process of applying, and the services we can provide to participants once approved. The VR program is dedicated to rehabilitating our nation members with documented disabilities and helping them get back to work. Come, stop in and see all the wonderful and endless possibilities TERC has to offer! DATE: 8/17/2022 TIME: 10:00am-12:00pm

DATE: 8/17/2022 TIME: 10:00am-12:00pn Location: 533 Amherst St. Buffalo NY



#### **T.E.R.C** presents... A Time for Transformation

The Vocational Rehabilitation Program will be offering informational sessions to our community members on the Allegany Territory. We will be discussing our program, the process of applying, and the services we can provide to

the participants once approved. The VR program is dedicated to rehabilitating our nation members with documented disabilities and helping them get back to work. TERC also offers a 477 program for Adults and Youth as well as help with GED assistance through our HSED program. Come, Stop in and see all the wonderful and endless possibilities TERC has to offer!

#### Date: 8/26/2022 Location: SAAB 90 Ohiyo Way Salamanca NY Time: 10:00am-12:00pm

Date: 8/29/2022 Time: 10:00am-12:00pm Location: LRJHC 987 R.C. Hoag Dr. Salamanca NY

#### Seneca Nation Training & Employment

**Resource Center** 

Don't be left out in the cold!

Informational table at the William Seneca Building On Friday, August 26, 2022 from 10 am until 12 pm Your path to self-sufficiency!



#### Seneca Nation Training & Employment Resource Center

We are looking for new participants for our exciting vocational training programs. We want to help you gain the skills you need to be successfully employed. Do you have a documented disability? Do you want to be employed?

Informational Outreach Table at the Cattaraugus Health Center

36 Thomas Indian School Drive, Irving, NY Tuesday, August 30, 2022 10 am until 12 noon



# **TERC Around Town...** You may have seen us at...

You may have spotted our Vocational Rehabilitation Program Team at the SNI Buffalo Native Resource Center on July 13 for *City Time Chatter.* They were at the Buffalo office to meet with people who were interested in programs and answer questions.

They will be back August 17th, 2022 from 10am-2pm.





Summer Summer Summer

Some of our Y.E.S youth from Allegany set up an outreach at the SAAB to sell raffle tickets to raise money for their end of the year field trip. They are raffling off a dog house and children's picnic table that our STC participants made during their construction course.

**BRAEDEN PIERCE-GUNTHER** On passing your exam and

- AND ON THE

receiving your H.S.E.D!

#### **STAFF IS ON THE MOVE WITH TRAININGS**

Two Vocational Rehabilitation Staff attended the 2022 Evidence for Success Disability Conference and the American Indian Vocational Rehabilitation Services Academy in Arizona this month. IHD evidence conference had 48 different break out training sessions over two days. Many service providers were present, displaying assistive technology, supporting disability rights and communication devices for those with disabilities. There were plenty of opportunities to network with others who support individuals with disabilities.

The second gathering was with the AIVRS Academy it was a two-day training, covering the VR process, how to prepare and implement employment services and knowledge on assessments for assistive technology. Conference participants actively engaged in group activities, as well as working on two case studies to determine eligibility and creating an individualized plan for employment. Final day of training was the completion of the employment process and a successful case closure.

An on-site AZTAP(Arizona technology access program) provided conference attendees with hands on experiences with assistive technology to explore the opportunities that are available to participants. Assistive Technology can be available as an on loan basis, to try it out and then if you were interested in purchasing you could do so. Our VR program can purchase assistive technology for our participants if it is needed to help with their employment goals.

Assistive technology may consist of a specialized keyboard for individuals with low vision to a pivoting floor mat for someone that needs assistance with transport into a wheelchair or vice versa. There are keyboards that you can speak to and they will type up documents to ones that can take pics of documents to read to someone who has difficulty communicating or understanding. The possibilities are endless to help support participants who want to enter the workforce to become successfully employed.

There are ninety -one Vocational Rehabilitation programs across the country within twenty - five states, who work exclusively with Native Americans or Alaskan Natives.

We can help you maintain, gain or become successfully employed. If you know of someone who would be interested in more information about our services please stop over to Training and Employment Resource Center. We have two physical locations, one

on Cattaraugus territory and one on Allegany territory.

Respectfully Jackie John, VR Program Manager

