Issue
TWENTY–TWO
Fall
2016

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National Health Observances:

September
National Childhood Obesity Awareness Month
National Suicide Prevention Week (5-11)
Ovarian Cancer Awareness Month
Prostate Cancer Awareness Month

October
National Breast Cancer Awareness Month
Domestic Violence Awareness Month
National Dental Hygiene Month
National Bullying Prevention Month

November
American Diabetes Month
Lung Cancer Awareness Month
Great American Smokeout (19)
National Alzheimer's Disease Awareness Month

SNHS will be closed as follows:

Tuesday, Nov. 1
SNI ELECTION DAY

Friday, Nov. 11
VETERAN'S DAY

Thursday & Friday, Nov. 24 & 25
THANKSGIVING HOLIDAY

A Quarterly Insight into the Seneca Nation Health System

healthbeat

News From Native Connections/ Prevention ~ Behavioral Health Unit

September is Suicide Prevention Awareness Month!

In recognition of this, and keeping in line with the goals of the grant, Native Connections has just provided a suicide prevention and awareness training called Connect for Professionals, Community Members & Youth! Day 1 of the training was to bring awareness to the Risk Factors, Protective Factors, Recognizing Warning Signs, and Utilizing Resources Available when encountering a suspected suicide attempt! In total, we had 58 participants between Cattaraugus, Allegany, and Buffalo including community members and professionals!

Days 2 & 3 provided a Train-the-Trainer program where we had a total of 17 participants trained in the Connect curriculum! Each participant

Pictured above are the trainers who attended at the Lionel R. John Health Center.

(continued on next page)

Connect Training (continued), Suicide Prevention

was trained and certified in two areas of specialty – Law Enforcement, Emergency Medical Services, Education, Social Services, Gatekeeper, and Youth! In addition, five young leaders were trained – they can now provide suicide prevention and awareness to other youth throughout the community!

Pictured above are the trainers who attended at the Cattaraugus Community Health and Wellness Center.

Native Connections is a grant offered through SAMHSA (Substance Abuse and Mental Health Services Administration) grant #061933.

In addition to providing training and educational opportunities to service providers/ professionals, community members, and youth, Native Connections also has goals of providing educational, recreational, and cultural programming opportunities for Native youth and young adults ages 10-24.

The vision statement of Native Connections is to weave together the communities, systems, and resources so that our youth and young adults have zero substance abuse, zero suicide, and increased mental health and awareness today and the next seven generations!

If you would like more information about Native Connections, please contact the Behavioral Health Unit at 532-5583 (CHWC) or 945-9001 (LRJHC).

BHU Prevention
Seneca Nation Health System

Native Connections Young Adult Leaders!

- Meeting open to any Native Youth between the ages of 18-24
- Come and share your ideas - how you want to help our youth!
- What needs to be done for our community?
- What are some projects we can do to bring awareness to our community?
- Snacks & refreshments provided

First Meeting!

When: Monday, Oct. 17
5:00 - 7:00 PM

Where: Allegany Community Center (ACC)
Multi-Purpose Room

BHU Prevention
Seneca Nation Health System

For more information, please call BHU at either 945-9001 or 532-5583.

Native Connections Youth Group Meetings are held monthly. Youth can use their combined talents and energy to address major concerns facing them today. Youth design and promote their own programs to fit their needs. This group is open to ages 13-17 for both Territories and the Buffalo area.

For more information, please contact BHU:
Allegany: 716-945-9001
Cattaraugus: 716-532-5583
Patti Brisley: 716-257-0263

How can we prevent suicide?

Suicide is a significant public health problem, and there is a lot to learn about how to prevent it. One strategy is to learn about the warning signs of suicide, which can include individuals talking about wanting to hurt themselves, increasing substance use, and having changes in their mood, diet, or sleeping patterns. When these warning signs appear, quickly connecting the person to supportive services is critical. Promoting opportunities and settings that strengthen connections among people, families, and communities is another suicide prevention goal.

There are many resources on the internet to learn more, such as: www.cdc.gov, www.samhsa.gov, www.sprc.org

** Source: www.cdc.gov*

COMMUNITY IS THE HEALER THAT BREAKS THE SILENCE

SUICIDE IS THE
2ND LEADING CAUSE OF DEATH
FOR AI/AN YOUTH 15-24 YRS OLD

3X'S MORE WOMEN
ATTEMPT SUICIDE THAN MEN

AI/AN MALES 15–24 YRS OLD HAVE THE
HIGHEST SUICIDE RATE
THEIR WHITE COUNTERPARTS' RATE IS 17.54

IF SOMEONE YOU KNOW... Threatens suicide, talks about wanting to die, shows changes in behavior, appearance or mood, abuses drugs or alcohol, deliberately injures themselves, appears depressed, sad or withdrawn...

YOU CAN HELP! Stay calm and listen, let them talk about their feelings, be accepting and do not judge, ask if they have suicidal thoughts, take threats seriously, and don't swear secrecy—*tell someone!*

PROTECT YOURSELF AND LOVED ONES

- BUILD SPIRITUAL & CULTURAL ROOTS IN NATIVE TRADITIONS
- INCLUDE TEENS IN FAMILY DECISION-MAKING
- EAT BREAKFAST 5-7 TIMES A WEEK
- REACH OUT, AND MENTOR SOMEONE YOUNGER
- MAINTAIN GOOD PHYSICAL AND EMOTIONAL HEALTH
- LET OTHERS KNOW YOU CARE ABOUT THEM
- AVOID DRUGS AND ALCOHOL
- TALK ABOUT YOUR HOPES AND DREAMS

To learn more visit:
www.suicidepreventionlifeline.org • us.reachout.com
Or call 1.800.273.TALK (8255)

THRIVE

Provided by THRIVE, a project of the Northwest Portland Area Indian Health Board, and by NARA NW.

This October, the Seneca Nation Health System 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.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

Call the clinic to get a referral to have a mammogram or for more information, contact LRJHC at 945-5894 or CIRHC at 532-5582.

**Source: www.healthfinder.gov*

www.nationalbreastcancer.org

HOW TO DO BREAST SELF-EXAM

ALL women should check their breasts for lumps, thicknesses ,or other changes **every month**. By examining your breasts regularly, you will know how your breasts normally feel. If a change should happen in your breasts, you will be able to identify it and let your doctor know.

Use the shower check

1. Check your breasts about one week after your period.
2. Press firmly with the pads of your fingers. Move your left hand over your right breast in a circle. Make sure to check all over and include the armpit.
3. Now check your left breast with your right hand in the same way.

You should also look at your breasts in a mirror. Look for any changes in how your breasts look.

If you find any lumps, thickenings, or changes, tell your doctor right away. Most breast lumps are not cancer, but you don't know if you don't ask. Breast cancer may be successfully treated if you find it early.

**Source: www.jnci.oxfordjournals.org, American Cancer Society*

https://www.jasperpickenscountyga.com

Frequently Asked Questions About Cancer

For Native Americans and Alaska Natives

Cancer is the name for diseases that happen when cells—the normal small units that make up the human body—start to grow too fast in an unhealthy way. Normal cells get a signal from the body to stop growing, but cancer cells don't get this signal. They keep growing, and may form a group of cells called a tumor. Sometimes, cancer cells break off from the tumor and spread to other parts of the body.

Is cancer serious?

Some cancers can cause serious illness and even death, while other cancers grow slowly and do not need treatment. Most cancers that are serious can be treated, and some can be cured. Cancer affects different people in different ways. If you have been told you have cancer, talk to your doctor about which treatment options are right for you.

Will I get cancer?

Cancer is the second leading cause of death among Native Americans and Alaska Natives. Anyone can get cancer, but some people have a higher risk. We can control some risks. For example, we know that smoking causes many kinds of cancer, and quitting smoking can lower your risk of getting these cancers. Other risks we can't control, like getting older or having a family history of cancer.

Native Americans and Alaska Natives get most kinds of cancer at lower rates than white people. But rates of stomach, liver, cervix, kidney, and gallbladder cancers are higher among these groups.

How can I lower my risk?

Things You Can Do

- Be active and exercise, and keep a healthy body weight.
- Learn about hepatitis B and HPV shots, which can prevent cancer.
- Talk to your doctor about getting screened for breast, cervical, and colon cancers.
- Protect yourself from the sun when you're outdoors.

Things You Can Avoid

- Don't smoke, and avoid smoke from other people's cigarettes.
- Don't drink too much alcohol.

More Information

Division of Cancer Prevention and Control
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention

4770 Buford Hwy NE, Mailstop F-76, Atlanta GA 30341
800-CDC-INFO (800-232-4636) • TTY: (888) 232-6348
www.cdc.gov/cancer/ • Twitter: @CDC_Cancer

National Dental Hygiene Month is an annual designation observed in October. The Seneca Nation Health System would like to recognize our dental hygienists on staff. We appreciate the work that you do for our patients.

Remember, to practice good dental hygiene. Set up an appointment with your dentist for a check-up, LRJHC: 945-2818 or CIRHC: 532-0165.

William Wolfe, Dental Hygienist II, LRJHC

My name is William Wolfe and I am from Hobart, Oklahoma. I am Kiowa and Apache and I am an enrolled member of the Kiowa Tribe of Oklahoma. I attended and graduated from Haskell Indian Nations University (Associates of Arts Degree), Northeastern State University of Oklahoma (Bachelors of Science Organismic Biology Degree), and Erie Community College (Dental Hygiene Degree). I have been providing services as a dental hygienist for the Seneca Nation Health System on the Allegany Territory for eight years.

Once I realized that I wanted to work in the health field, I knew immediately that I wanted to work for Indian Health Services. It is my way of giving back to the Native community, and it is very fulfilling. I am most proud of my family. I am happily married to Rachael Wolfe (Seneca Language Teacher at Salamanca High School), and I have two awesome kids Bella (10 years old) and Madden (3 years old). Some of my hobbies are cooking BBQ, and watching/coaching sports.

Carrie Gross, Dental Hygienist II, LRJHC

I graduated from Salamanca High School. I worked as a RDH for 27 years, 19 which have been for SNI. I enjoy gardening and working on our farm.

Marie Mojon, Dental Hygienist II, CIRHC

I have been a hygienist for 44 years and have worked as a permanent hygienist at the Seneca Nation for 18 ½ years. The best thing about working here is the patients. I love improving the health of patients through gentle, thorough cleanings.

Amanda Kozerovskis, Dental Hygienist II, CIRHC

I have been in the dental profession for 30 years, 10 of those years have been here at the Seneca Nation. I have worked as a dental assistant and dental office manager during my career. I really enjoy my job as a hygienist, teaching my patients to brush and floss daily. Every dental cleaning I do is a work of art by the time I finish.

Sarah Tallchief, Dental Hygienist II, CIRHC

I am an enrolled Seneca of the Bear Clan. I have been a hygienist for 14 years and employed with the Seneca Nation since September 12th 2016. I am honored to educate and promote good oral health to my fellow indigenous people. I enjoy providing quality care to patients of all ages in our state of the art facility.

Training to become a certified Foster Parent!

GPSII/MAPP
October 12 - December 14
6 - 9 p.m.
Cattaraugus Community Health & Wellness Center, Room 126

All training materials will be made available for each individual.

We meet Wednesday evenings for 10 weeks.

Meeting 1: Welcome to the Group Preparation and Selection Program
Meeting 2: Where MAPP Leads: A Foster Care & Adoption Experience
Meeting 3: Losses and Gains: The Need to be a Lost Expert
Meeting 4: Helping Children with Attachments
Meeting 5: Helping Children Learn to Manage Their Behaviors
Meeting 6: Helping Children with Birth Family Connections
Meeting 7: Gains and Losses: Helping Children Leave Foster Care
Meeting 8: Understand the Impact of Fostering or Adopting
Meeting 9: Perspective in Adoptive and Foster Parenting
Meeting 10: Endings and Beginnings

Dinner provided 1st evening

R.S.V.P

Who to Contact:
Child & Family Services Program
36 Thomas Indian School Drive
(716) 532-4035

We can only be what we give ourselves the power to be. -Native American proverb

SENECA NATION HEALTH SYSTEM

SENECA NATION CHILD & FAMILY SERVICES

OFFERS FREE PARENTING CLASSES!

Courses offered:

1234 Parents!
(Ages 1-4) 3 Sessions
Active Parenting 4th Edition
(Ages 5-12) 6 Sessions
Active Parenting of Teens 3rd Edition
(ages 13+) 6 Sessions
Cooperative Parenting & Divorce
(All ages, Co-parenting) 8 sessions
Active Parenting for Stepfamilies
(Ages 2-17, blended families) 6 sessions
Fatherhood is Sacred/Motherhood is Sacred
(All ages, spiritually specific) 12 sessions
Positive Indian Parenting
(Allegany only-outsourced to Robin Crouse)

Classes Provided by SNHS Child & Family Services, unless otherwise specified

Beverly Snyder
Homefinder/Educator
532.4035 x 8732
Cattaraugus Territory
Beverly.Snyder@senecahealth.org

Jo'Elle Cooper
Homefinder/Educator
945.5894 x 3522
Allegany Territory
Joelle.Cooper@senecahealth.org

SENECA NATION HEALTH SYSTEM

Growing a garden with health challenges

Having Type 2 diabetes is not easy for Winifred "Wini" John. Wini received the news that she had diabetes about 30 years ago. While Wini knew it was best to change diet and exercise, she found it very difficult to stick with a strict daily routine. She admits that she has not always been good about taking her medications or eating right. She feels her environment contributes to the struggle as well as the way she grew up. Wini has been eating the same processed and convenient foods that most Americans have become accustomed to. Just like most people, Wini has a tight budget that does not allow her to buy "expensive health foods". She is also limited when it comes to driving. Although the store is a couple of miles away from her home, she has a hard time walking for long periods of time. Due to diabetic neuropathy in her feet, Wini has some trouble with her balance. Wini has seen how uncontrolled diabetes can take over her life. When her blood sugars get out of control, Wini can end up in the hospital for days at a time. She comments that even the hospital foods are not ideal for a diabetic patient.

Wini has always been interested in doing better for herself. She understands that healthy foods and exercise can help keep her blood sugars controlled. This year, and for the first time ever, Wini has taken it upon herself to grow her own foods! Wini has always had a green thumb when it came to growing flowers. However, she became interested in a garden when she witnessed others in her neighborhood preparing theirs. She thought "how great would this be to have fresh healthy foods right in my back yard and for free!" At first Wini thought she missed out on a garden this year when she did not start from seeds. But she didn't give up. After asking around, Wini went to the Amish for seedlings. She requested from the SNI Department of Public Works (DPW) to till a plot of land, which they will do upon request. She didn't realize that she had the ideal space that would allow 8+ hours of sunlight for her plants.

Because of her garden, Wini has begun a new daily routine. Every morning she gets out to her garden with a hose. While diligently watering her plants, she sends prayers to her plants. She understands the connection between the care of her plants and the way it will help her body when she eats them. She has to also take the time to weed around her organic plants as she refuses to use pesticides. This causes her to sweat and she doesn't mind that one bit! Looking at her garden, one would not think it was her first.

Wini's garden contains a healthy growth of corn, beans, squash, tomatoes, potatoes, carrots, cantaloupe, watermelon, and lettuce. She can't wait until they are ready to harvest! Wini thinks it's important that all families come back to our tradition of growing foods. She wonders if she had grown up doing this and stuck with it, she would have experienced better health outcomes.

Diabetes can be a challenging experience when there are environmental factors working against you. However, diabetes does not have to diminish quality of life. Not only is it important to work closely with health professionals, it is also just as important to change your home environment. Growing a garden offers access to healthy foods, exercise and your natural spirit...right in your back yard!

Diabetes: The ABC's of Diabetes

Be Smart About Your Heart: Control the ABCs of Diabetes

Some people have **"pre-diabetes,"** which is when blood glucose levels are higher than normal but not in the diabetes range. People with this condition can reduce the risks of developing diabetes by losing a small amount of weight and increasing their physical activity. If you have diabetes, controlling your blood glucose levels will help prevent complications.

The ABCs of Diabetes

If you have diabetes, three key steps can help you lower your risk of heart attack and stroke. Follow these "ABCs":

A is for A1C test, which is short for hemoglobin A1C. This test measures your average blood glucose (blood sugar) over the last 3 months. It lets you know if your blood glucose level is under control. Get this test when you go see the doctor. **Number to aim for:** below 7.

B is for blood pressure. The higher your blood pressure, the harder your heart has to work. Get your blood pressure measured at every doctor's visit. **Numbers to aim for:** below 120/80 mmHg.

C is for cholesterol. "Bad" cholesterol, or LDL, builds up and clogs your arteries. Get your LDL cholesterol tested at least once a year. **Number to aim for:** below 100 mg/dL.

Be sure to ask your health care provider:

- What are my ABC numbers?
- What should my ABC target numbers be?
- What actions should I take to reach my ABC target numbers?

To lower your risk of heart attack and stroke, also take these steps:

- Get physical activity every day.
- Eat less salt, cholesterol, and fat, especially saturated fat.
- Eat more fiber. Choose whole grains, fruits, vegetables, and beans.
- Stay at a healthy weight.
- If you smoke, stop.
- Take medicines as prescribed.
- Ask your doctor about taking aspirin.
- Ask others to help you manage your diabetes.

If you have questions about Diabetes, you can talk to your doctor or contact any of our staff members at the Diabetes Unit on both territories.

LRJHC: 716-945-5894
CIRHC: 716-532-5582

*Source: www.ihs.gov

3 STEPS TO HEALTHY EATING

You can help your family members eat healthy by taking these 3 steps:

1. **Use smaller plates.**
2. **Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.**
3. **Watch portion sizes by stacking food no higher than 1 to 1½ inches.**

To print out *My Native Plate* placemats showing these steps, go to:

www.diabetes.ihs.gov.

Click on *Printable Materials, Nutrition,* then *My Native Plate.*

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

SENECA NATION HEALTH SYSTEM

FREE RABIES VACCINATION FOR YOUR BELOVED PET!

ENVIRONMENTAL HEALTH UNIT

Rabies Clinic

ALLEGANY TERRITORY
AIRVFD
8184 E. LOOP RD. SALAMANCA, NY
THURSDAY, OCTOBER 6, 2016
5PM - 7PM

CATTARAUGUS TERRITORY
CIRVFD
12879 RT. 438 IRVING, NY
THURSDAY, OCTOBER 13, 2016
5PM - 7PM

First come, first serve!

Limited supplies available!

Dogs, Cats, Ferrets!
Please bring proof of previous vaccination

Gathering of Mothers

When: Thursday, Oct. 13th, 2016 at 6:00 PM - 8:00 PM
Where: Catt. Community Health & Wellness Center (Grand Room)
36 Thomas Indian School Drive, Irving, NY 14081
Who: Expectant Mothers & New Mothers
Come to an Evening of Learning & Sharing

- 6:00PM: Welcoming Remarks
- 6:10PM: Exercise/Stretches
- 6:20PM: "I Will Love You Forever" (In Seneca)
- 6:30PM: Healthy Refreshments
- 6:45PM: Guest Speaker (Topic: Oral Health)
- 7:30PM: Relaxation & Back Massages
- 7:50PM: Monthly Door Prize

Raffle Tickets Are Earned By Attending The Prenatal Education Sessions Held Every Wednesday From 8 AM – 4 PM in the CIRHC Conference Room

Additional Information Contact: Vivian Curry, Health Educator (716)532-8223, ext. 5268

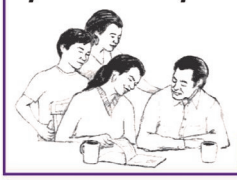
SENECA NATION HEALTH SYSTEM

Balancing Life and Diabetes
DIABETES EDUCATION CLASSES

WHEN? Fridays, October 21st and 28th
WHERE? CIRHC Conference Room
TIME? 9:30 am — 1:30 pm
Healthy Lunch Provided

Tell us if you're coming!
Call Lori or Barb @ 532-5582, ext. 5235 or 5293

- **Learn more about diabetes**
- **Learn more about managing your blood sugar**
- **Make informed choices about treatment**
- **Learn what *you* can do to *stay healthy* and *prevent complications***



Family and support people are also welcome!
You can Stomp Out Diabetes!

SENECA NATION HEALTH SYSTEM

Sugar Beaters

AN EVENING WITH DR. JOE SALAMON
TOPIC: ORAL HEALTH
5:00 - 6:30 p.m.
Cattaraugus Community Health & Wellness Center
Room 126

Come spend the evening with great friends, intriguing conversation and nourishment! Your teeth and blood sugar will be happy you came!!

A healthy meal will be served!

SENECA NATION HEALTH SYSTEM

The Seneca Nation began an initiative to complete a community health assessment in 2013. This initiative to look at the overall health of our community and build a vision for a healthier community was started during Community Health Assessment Workshops held in October of 2013 and April of 2014, also known as CHAW I and CHAW II. United South & Eastern Tribes is funding our efforts with an award from the Good Health and Wellness in Indian Country grant under the Center for Disease Control. The grant is being administered by the Seneca Nation Health System and the initiative is now named Our People, Our Health, Our Legacy.

OUR PEOPLE
OUR HEALTH
OUR LEGACY

An update from August and September: The community was invited to meetings to discuss the results of the survey, rank health priorities and discuss potential programs to address health concerns. There will be executive reports created based on the survey themes. Each report will be under 5 pages, concise and will summarize the data for the particular topic. These reports will include recommendations and insight by the steering committee. The steering committee has participated in trainings in order to start the planning process for our future programs to address the health priority results from the survey. We also hosted CHAW III which was well attended by key community leaders and departments.

Feel free to contact me at the Lionel R. John Health Center for more information or with any questions or concerns at 716-945-5894 ext. 3254 or by email at Shaela.Maybee@senecahealth.org.

John Mohawk's Corn Bread Unlimited

A recipe that was shared at the Community Health Assessment Public Meetings in August.

Ingredients

2 cups boiling water
2 cups Iroquois White Corn Flour

Preparation

1. Preheat 325 degrees. Prepare an oiled baking dish. Suggested is a 6" spring form pan since it produced a loaf that is a fair approximation of traditional bread.
2. Put water in a medium bowl. Stir in corn flour until water is absorbed. Add small amounts of water as needed until dough can be worked. Be sure to use tools to mix since the dough is very hot!
3. Pour batter into the baking dish. Add other ingredients as desired.
4. Splash a little cold water at the end on top of the loaf. Just enough water to help smooth the top.
5. Cover the pan with foil and bake 1 hour. Remove from oven and allow to cool. Place in the refrigerator until completely chilled. Remove from pan and slice. It can be steamed, grilled, or even microwaved. This dish responds well to sauces.

Optional add-in ingredients may include:

Sweet
Cinnamon or nutmeg
Dried fruit: raisins, blueberries, cranberries
Nuts: almonds, toasted pecans
Maple syrup or honey
Maple yogurt

Savory
Toasted pine nuts
Roasted garlic
Caramelized onions
Scallions
Sharp cheddar cheese

**Source: Friends of Ganondagan, www.iroquoiswhitecorn.org*

Seneca Nation Health System Hours

LRJHC

Medical:	7:30 a.m. - 6:00 p.m.
Dental:	7:30 a.m. - 6:00 p.m.
Pharmacy:	7:30 a.m. - 6:00 p.m.
Optical:	8:00 a.m. - 5:30 p.m. (Monday, Wednesday, Thursday) 8:00 a.m. - 4:30 p.m. (Tuesday, Friday)

CIRHC

Medical:	7:30 a.m. - 6:00 p.m.
Dental:	7:30 a.m. - 6:00 p.m.
Pharmacy:	7:30 a.m. - 6:00 p.m.
Optical:	8:00 a.m.- 5:30 p.m. (Monday, Wednesday, Thursday) 8:00 a.m. - 4:30 p.m. (Tuesday, Friday)

After-Hours Care

The SNHS is closed on weekends and holidays. If you are in need of services after hours, you can reach our professional, on-call, messaging service by calling:

LRJHC: 716-945-5894 or CIRHC: 716-532-5582

If you have an emergency, please go to the nearest emergency room.

Would you like to have the Healthbeat Newsletter emailed to you? Do you have any comments or story ideas? Feel free to pass them along to Karla Nephew, Public Relations Specialist at:

karla.nephew@senecahealth.org

Visit us on the web: www.senecahealth.org

SENECA NATION HEALTH SYSTEM

Caring for our culture and our community.

Lionel R. John Health Center
987 RC Hoag Dr.
Salamanca, NY 14779
716-945-5894

Cattaraugus Indian Reservation Health Center
1510 Route 438
Irving, NY 14081
716-532-5582

Community Health & Wellness Center
36 Thomas Indian School Dr.
Irving, NY 14081
716-532-8223

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