

PROGRAM DESCRIPTIONS

ALLEGANY

LIFE Group All community members affected by diabetes are invited to participate in Life Improvement for Everyone. This support group focuses on diabetes education that empowers people to make decisions that can help control and prevent complications related to Diabetes. A healthy dinner, recipes and healthy cooking techniques are provided.

Meeting time: 3rd Thursday of each month
5-6:30 p.m. LRJHC Wellness

For information: Kelli Vanini
945-5894 x3293

SSI/SSD Assistance with Steve Patrick
Representative from the Social Security Office is on location to assist community members with SSI/SSD applications.

Meeting time: 3rd Thursday of each month
appointment required

For information: Behavioral Health Unit @
LRJHC 945-9001

CATTARAUGUS

Gathering of Mothers Come to an evening of learning and sharing. This program is for expectant mothers and new mothers. Program includes: prenatal exercises/ stretches, guest speakers, games, and door prizes. Participants must be eligible for services at the Seneca Nation Health System. Healthy refreshments provided.

Meeting time: 2nd Thursday of each month
6-8:00 p.m.
CHWC, Grand Room

For information: Vivian Curry, HOPE Unit
532-8223 x5268

Grief & Loss Support Group This group is for individuals who are dealing with the death of a loved one and who would like to meet with others who are walking in a similar experience. Please join us in this safe place to explore your thoughts and feelings.

Meeting time: Every Monday Evening
5 to 6:30 p.m.
CHWC Rm. 126

For information: Behavioral Health Unit
532-5583

GPSII/MAPP A ten-week training program for becoming a certified foster parent with SNI Child & Family Services. Offered 10/12 through 12/14.

Meeting time: Wednesdays
6-9 p.m. CHWC, Rm.126

For information: Bev Snyder, 532-4035x8723

Two Thumbs Up
for
proper
Hand washing!



- ⇒ Use soap and running water
- ⇒ Rub your hands vigorously for 20 seconds (one verse of "Happy Birthday")
- ⇒ Wash all surfaces including: backs of hands, wrists, fingernails and between fingers
- ⇒ Rinse well, leaving water running
- ⇒ Dry hands with paper towels
- ⇒ Turn off water using a paper towel
- ⇒ Throw towel in trash can

BOTH TERRITORIES

Parenting Classes A series of classes (1,2,3,4; Active Parenting of Teens; Active Parenting; Active Parenting for Stepfamilies; Cooperative Parenting and Divorce; Positive Indian Parenting; Fatherhood is Sacred/ Motherhood is Sacred) offered to assist families in doing the most difficult job in the world—parenting! Also offering: Deciding Together (Foster/Adoptive/Respite Training Program) for 7 consecutive weeks. For more information/class schedules, call Child and Family Services: (Cattaraugus) Beverly Snyder, 532-4035 x8723 or (Allegany) Jo'Elle Cooper, 945-5894 x3522.

WIC—Women Infants & Children— Supplemental Nutrition Program. Provides nutritional support, education and strategies for a healthy diet, supplemental foods, referrals, breastfeeding promotion and support; during critical times of development, to improve health and achieve positive health outcomes. LRJ office 9 a.m.—3:00 p.m. on 12/6, 12/14 and 12/20. CIRHC all other days M-Th., 8 a.m.—4:30 p.m. WIC office closed on Fridays. For information: Natasha Souter, 532-5582 x5270.


Happy Holidays

From:

 **SENECA NATION HEALTH SYSTEM**

December



december: [də-'sem-bər] -n.

a month of lights, snow and feasts; time to make amends and tie loose ends; finish off what you started and hope your wishes come true

LRJHC
987 RC Hoag Dr.
Salamanca, NY 14779
716-945-5894

CIRHC
1510 Route 438
Irving, NY 14081
716-532-5582

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SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	
 SENECA NATION HEALTH SYSTEM		DECEMBER HEALTH OBSERVANCES <ul style="list-style-type: none"> • Safe Toys & Gifts Month • World AIDS Day (12/1) • National Influenza Vaccination Week (12/4-12) • National Handwashing Awareness Week (12/4-10) 		*Allegany Events are in Green *Cattaraugus Events are in Red	1 WIC Office 8-4:30 CIRHC	2	3
4	5 <i>Sorry, We Are</i> CLOSED SNI Birthday 	6 WIC Office 9 a.m.-3 p.m. LRJHC Two Ponds (AA) 12-1 p.m. CHWC Room 126	7 WIC Office 8-3:30 CIRHC LRJHC /CIRHC Pharmacies CLOSED 12:30-1 p.m. for Staff Meeting GPSII/MAPP (foster parenting) Class 6-9 p.m. CHWC Rm. 126	8 WIC Office 8-4:30 CIRHC Gathering of Mothers 6-8 p.m. CHWC Grand Room	9	10 Council @Catt. Territory 9:30 a.m.	
11	12 WIC Office 8-4:30 CIRHC Grief & Loss Support Group 5-6:30 p.m. CHWC Rm. 126	13 WIC Office 8-4:30 CIRHC Two Ponds (AA) 12-1 p.m. CHWC Room 126 LRJHC closed at 10:15 a.m. for Employee Holiday Party	14 WIC Office 9 a.m.-3 p.m. LRJHC LRJHC /CIRHC Pharmacies CLOSED 12:30-1 p.m. for Staff Meeting GPSII/MAPP (foster parenting) Class 6-9 p.m. CHWC Rm. 126	15 WIC Office 8-10 a.m. CIRHC SSI/SSD Assistance w/Steve Patrick at LRJHC, BHU, Appt. required Life Group 5-6 p.m. LRJHC Diabetes Unit CIRHC and CHWC closed at 10:15 a.m. for Employee Holiday Party	16	17	
18	19 WIC Office 8-4:30 CIRHC Grief & Loss Support Group 5-6:30 p.m. CHWC Rm. 126	20 WIC Office 9 a.m.-3 p.m. LRJHC Two Ponds (AA) 12-1 p.m. CHWC Room 126	21 WIC Office 8-4:30 CIRHC LRJHC /CIRHC Pharmacies CLOSED 12:30-1 p.m. for Staff Meeting	22 WIC Office 8-4:30 CIRHC	23	24	
25 	26 <i>Sorry, We Are</i> CLOSED Christmas Holiday 	27 WIC Office 8-4:30 CIRHC Two Ponds (AA) 12-1 p.m. CHWC Room 126	28 WIC Office 8-4:30 CIRHC LRJHC /CIRHC Pharmacies CLOSED 12:30-1 p.m. for Staff Meeting	29 WIC Office 8-4:30 CIRHC	30	31 	