

## 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

**Kidney Smart Classes** Certified kidney care educators will help you learn to create an action plan to manage your health and learn about what causes kidney disease.

Meeting time: Jan. 10th  
2:00 –3:30 p.m.  
CIRHC Conf. Room

For information: Amanda Solem-Deinzer,  
532-5582 x5428  
or Barb Nephew x5293

**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

**Sugar Beaters** Adults with diabetes, individuals who are a support person for someone with diabetes and anyone interested in learning more about diabetes are welcome.

The Sugar Beaters Diabetes Support Group provides a healthy snack, various educational topics and an opportunity for people to share their experiences and ask questions.

Meeting time: Last Wednesday of each month  
5-6:30 p.m.  
CHWC Rm. 126

For information: Amanda Solem-Deinzer,  
532-5582x5428, Lana Kota  
x5207 or Barb Nephew  
x5293

### 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 1st, 2nd and 3rd Tuesday of month. 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.

## Men's Health Day



To All Men Young & Old we invite you to learn what we were told!! Please Join Us!

Some day Mother Earth will weep, she will beg for her life. You will need to make a choice, either you will help her or let her die...  
Join us to see what we can do about it and to plan for our future:  
**Mind, Body & Spirit**

WHEN: January 10th, 2017 (Tuesday)  
10:00 AM - 2:00 PM

WHERE: LRJHC Wellness Center - Diabetes Unit

AGENDA: 10:00 Welcome & Brunch  
11:00 Self Advocacy - Will Maybee  
11:30 Conservation Program - Will Miller  
12:00 Taking Care of Our "Mother" & What We Were Told - Discussion by Lehman Dar Dowdy, Living Cultural Men's Group  
1:30 Door Prize Drawings  
2:00 Closing

FOR MORE INFO: Robin Crouse, LRJHC Health Educator,  
945-5894, Ext. 3240

 SENECA NATION HEALTH SYSTEM

# JANUARY

## 2017



• Events

• Activities

• Programs

 SENECA NATION HEALTH SYSTEM

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

CIRHC  
36 Thomas Indian School Dr.  
Irving, NY 14081  
716-532-5582



January 2017

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1 <i>Happy New Year!</i> 	2 SNHS Closed - New Year's Holiday	3 WIC Office 9 a.m.-3 p.m. LRJHC Two Ponds (AA) 12-1 p.m. CHWC Room 126	4 WIC Office 8-4:30 CIRHC LRJHC /CIRHC Pharmacies CLOSED 12:30-1 p.m. for Staff Meeting	5 WIC Office 8-4:30 CIRHC	6	7
8	9 WIC Office 8-4:30 CIRHC	10 WIC Office 9 a.m.-3 p.m. LRJHC Two Ponds (AA) 12-1 p.m. CHWC Room 126 Kidney Smart 2-3:30 p.m. CIRHC Men's Health Day 10 a.m.-2 p.m. LRJHC Diabetes Unit	11 WIC Office 8-4:30 CIRHC LRJHC /CIRHC Pharmacies CLOSED 12:30-1 p.m. for Staff Meeting	12 WIC Office 8-4:30 CIRHC Gathering of Mothers 6-8 p.m. CHWC Grand Room	13	14 Council @Alleg. Territory 9:30 a.m.
15	16 WIC Office 8-4:30 CIRHC	17 WIC Office 9 a.m.-3 p.m. LRJHC Two Ponds (AA) 12-1 p.m. CHWC Room 126	18 WIC Office 8-4:30 CIRHC LRJHC /CIRHC Pharmacies CLOSED 12:30-1 p.m. for Staff Meeting	19 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	20	21
22	23 WIC Office 8-4:30 CIRHC	24 WIC Office 8-4:30 CIRHC Two Ponds (AA) 12-1 p.m. CHWC Room 126	25 WIC Office 8-4:30 CIRHC LRJHC /CIRHC Pharmacies CLOSED 12:30-1 p.m. for Staff Meeting Sugar Beaters 5-6:30 p.m. CHWC Rm. 126	26 WIC Office 8-4:30 CIRHC	27	28
29	30 WIC Office 8-4:30 CIRHC	31 WIC Office 8-4:30 CIRHC Two Ponds (AA) 12-1 p.m. CHWC Room 126	<b>JANUARY HEALTH OBSERVANCES</b> <ul style="list-style-type: none"> <li>• Cervical Health Awareness Month</li> <li>• Glaucoma Awareness Month</li> <li>• National Blood Donor Month</li> </ul> <p><i>Activities may be subject to change without prior notification.</i></p>		 <b>SENECA NATION HEALTH SYSTEM</b>	