SUMMER 2020 // 1ST ISSUE

SENeca Nation
Vocational
Rehabilitation
Newsletter

SNVR Gets Back into the Swing of Things After 4 Month Hiatus Due to the COVID 19 Pandemic

Where did everyone go?

We are back

By Sharon Patterson

We have been back to work in the Training and Employment Resource Center office for one full month. We have had to reassess how we are going to resume our services safely and begin interacting with our consumers and providing the services they need. Being disabled during a pandemic can be both mentally and physically challenging for our consumers. Our first step was to reach out to our current and past consumers with a survey. How are you doing, what needs do you have, how can we assist you? The next step was how that interaction is going to look like. Are there new tools or equipment we need to buy? Are we going to be offering more on-line training verses one on one meetings? Will be talking more on the phone verses in-person? All these processes had to be reevaluated. As of July 27th you can call to make an appointment and we welcome you back into the office. We have also updated our Training and Employment Resource Center link on the SNI Website; Seneca Nation Vocational Rehabilitation. You have access to our intake forms and application. You can fill out before you come or if you prefer call or stop in to meet with us in person. The site will explain the process you will go through to obtain services. We are happy to be back and look forward to seeing you.

Local Job Market Review

By Kristi Millar

Dollar General- $11.80/hour apply on-line at dollargeneral.com
- Little Valley 2 part time positions available
- Cattaraugus 1 part time
- Farnham 1 part time
Subway- $13.25/hour apply on-line at subway.com
- Salamanca looking for openers and closers
- Gowanda 2 open positions
Rite Aid- $11.80/hour apply in person
- Gowanda 2 part time positions
Tim & Bonnie’s Pizzeria- $11.75/hour apply in person
- Gowanda 3 positions open looking for delivery people
Community Bank- $12.50/hour apply on-line at CommunityBank.com
- Gowanda Floating Teller
Gowanda Components- $12.00/hour apply in person
- Production line operator
Shop & Save- Apply in person
- Gowanda Accepting applications
Setterstix- $14.50/hour apply in person
- Cattaraugus- looking for 2nd and 3rd shift line packer position
Parkview- (Sander’s Market) $11.80/hour apply in person
- Salamanca – looking for Deli Workers, Cashiers and Stock Clerks
Tim Hortons- $13.75/hour apply in person
- Salamanca – 3 crew members and 1 supervisor
- Gowanda – opener position(6am-2pm)
Holiday Inn- $11.80/hour apply in person
- Salamanca – Housekeeping
Allegany Gas & Smokes- $11.80/hour apply in person
- Salamanca – Looking for Pumpers and Cashiers
Catt-Rez- $11.80 / apply in person
- Irving – Looking for Pumpers and Cashiers
Add Lumber True Value- $11.80/hour apply in person
- Accepting applications
TallChief’s Diner- (Native Pride) Rates of pay vary depending on experience, apply in person
- Line Cooks, Prep Cooks, Waitress, Hostess, Delivery Drivers, Dishwashers
Just Pets- $11.80/hour apply in person
- Accepting applications 1 part time

All jobs are along the STC bus route and may have another bus connection.
Vocational Rehabilitation  
Staff Profile

BY LORI STAFFORD

SNVR Director

The Director of the Seneca Nation Vocational Rehabilitation Department is Toonie Pierce. The Director is responsible for all the aspects of compliance, maintenance and enforcement of all department activity and the VR grant. She holds signature authority for all department expenditures, facilities, and equipment. Toonie manages SNVR offices on the Alleghany and Cattaraugus Territories and works closely with SNVR Assistant Director, Program Manager, Counselors, Job Coach/Developer and the Intake Technician to guarantee that the needs of American Indians with disabilities are met.

Toonie actively serves on the Seneca Nation Disability Committee and has been an employee of the Seneca Nation in numerous positions for 31 years. Toonie is a mom and has a son and a daughter and she is an enrolled member of the Seneca Nation, Bear Clan, and resides on the Cattaraugus Territory.

FEATURED DISABILITY

BY JACKIE JOHN

Diabetes Mellitus- refers to a group of diseases that affect how our body uses blood sugar (Glucose). Glucose is vital to our health, as it is a good source of energy for your cells that make up your muscles and tissues. It’s also our brain’s main source of fuel.

First you must understand how glucose is normally processed in the body.

How insulin works

Insulin is a hormone that comes from a gland situated behind and below the stomach (pancreas).

- The pancreas secretes insulin into the bloodstream.
- The insulin circulates, enabling sugar to enter your cells.
- Insulin lowers the amount of sugar in your bloodstream.
- As your blood sugar level drops, so does the secretion of insulin from your pancreas.

The role of glucose

Glucose — a sugar — is a source of energy for the cells that make up muscles and other tissues.

- Glucose comes from two major sources: food and your liver.
- Sugar is absorbed into the bloodstream, where it enters cells with the help of insulin.
- Your liver stores and makes glucose.
- When your glucose levels are low, such as when you haven’t eaten in a while, the liver breaks down stored glycogen into glucose to keep your glucose level within a normal range. (Mayo Clinic)

Too much sugar in your blood can lead to serious health problems. Type I – can develop at any age and often appears during childhood or adolescence.

Type II – is more common and can develop at any age, however is more common in people older than 40.

Some symptoms may include:

- Increased thirst
- Fatigue
- Frequent urination
- Extreme hunger
- Irritability
- Blurred vision
- Unexplained weight loss
- Slow healing of sores

If you notice any possible diabetes symptoms, contact your physician. The earlier the condition is diagnosed the sooner treatment can begin. (Mayo Clinic)
RECIPE FOR SUCCESS
BY KRISTI MILLAR

Recipe for Success
Learning the Soft Skills

1 cup of Communication
½ cup of Conflict Resolution
A Pinch of Constructive Criticism
½ lb. of Emotional Intelligence
1 lb. of a great resume’
A dash of Assertive vs Aggressive behavior
1 lb. of Customer Service
2 cups Appearance and Interview skills
1 cup Mock Interview
A smidge each of Barriers to Employment and dealing with difficult people

Blend all ingredients together and bake with an ideal job and job search plus the help of some talented staff at the Seneca Nation Training and Employment Resource Center and you get yourself one step closer to self-sufficiency.

All the above ingredients are all part of the training that you can receive as a client of the programs available through TERC. If you are ready for the challenge and would like to become more self-sufficient please feel free to fill out an application on line and bring it down with your documentation.

CULTURAL CORNER
BY SHARON PATTERSON

The word “tribal” in our grant differentiates all tribal VR programs from state VR programs in the US and Alaska. Tribal VR Programs are able to offer traditional services to our consumers who request it. Normally we wait for the consumer to ask, but we want to offer it as part of our process.

We have started to reach out to local vendors who offer traditional classes. We want to have a list of services we can show to our consumers and see if anything interests them. If you offer classes at your home or studio, we could provide them transportation to you and pick up or they could come on their own. Your class could be 1 on 1 or vary in size. We would like to have vendors readily available to book for our consumers and eventually larger events when the COVID-19 pandemic is controlled. If you need space for class, we can host you here. We follow all safety measures as recommended by the CDC and Nation protocols due to COVID-19.

If you are or know of any artist/healer/story teller/musician/dancer who teach any form of craft, healing or knowledge, please share our information and have them submit a list of services offered and the cost associated with it. Make sure to include name, address and phone number.

All vendors will be obligated to file a W-9 with the Nation if they have not already done so. We have a sample invoice for you to use for costs associated with instruction and class size. You can call and we can email it to you or you can pick up a copy. Please call the office first so we can have it ready.

We look forward to being able to offer these services to our consumers as a path for healing due to historical trauma.
Service Provider HIGHLIGHT:

ACCES-VR - The office of Adult Career and Continuing Education Services (ACCES) is the state version of our SNVR program. It is part of the NYS Education Department and comprised of three primary areas: Vocational Rehabilitation, Adult Education and the Bureau of Proprietary School Supervision.

VR is a program to help people with disabilities meet career goals, from entry-level to professional. This program helps people who have disabilities get jobs, whether you were born with a disability, develops a disability or becomes a person with a disability while working.

Eligibility for ACCES:

- You must have a physical or mental impairment.
- The impairment makes it difficult for you to work
- You must be able to benefit from VR services to achieve employment
- You must require VR services to prepare for, secure, retain, or regain employment.

Our program here at the Seneca Nation Vocational Rehabilitation program provides the same services as the state program. Our eligibility criteria is a little different but our goals are both to assist with finding people with disabilities jobs. We have a unique quality, we offer culturally appropriate services to our consumers.

You may apply for ACCES or SNVR by clicking on the links that are provided on the service page at WWW.SNI.ORG

Upcoming Events:

The SN Training & Employment Resource Center will be holding its HSED graduation on August 19, 2020. The graduates will have a limited number of guests due to the COVID-19 pandemic so that we may follow the recommended guidelines. This is a proud moment for our graduates who have realized a goal that opens up more opportunities for success.

We will also be holding our Seneca Training Center’s Basic Construction graduation on August 21, 2020. They also will be allowed a limited number of guests. These students had the opportunity to complete their training which was delayed three months’ during the Nation furloughs. They finished out the seven weeks that were needed to graduate. They will receive their certification from BOCES that will open up many opportunities in the construction fields. Those that want to put in additional training have the opportunity to get into one of the labor union halls. Not all graduates will take that path but they have more opportunities for jobs then they had prior to their training.

The SN Training & Employment Resource Center wishes all the graduates’ great success in their future plans. We are so proud of their accomplishments!!
Contact Information

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VR Director: Toonie Pierce
VR Assistant Director: Lori Stafford
VR Program Manager: Sharon Patterson
VR Counselor/Transition Specialist: Jackie John and Alana Montour
VR Job Developer/Job Coach: Kristi Millar

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TRAINING & EMPLOYMENT RESOURCE CENTER