SNVR IS HERE TO HELP ANY ENROLLED PERSON WHO IS PART OF A FEDERALLY RECOGNIZED TRIBE AND WHO HAS A DOCUMENTED DISABILITY AND WANTS TO WORK

Local Job Market Review

BY KRISTI MILLAR

Dollar General- $11.80/hour apply on-line at dollargeneral.com
- Little Valley taking applications
- Cattaraugus 1 part time
- Farnham 1 part time

Family Dollar apply in person
- Assistant Manager ($14.25, Full time) and 3 cashiers

Dollar Tree-Salamanca, taking Applications
Holiday Inn - $11.80/hour apply in person
- Salamanca – Housekeeping and Laundry

Shop & Save - Apply in person
- Gowanda Accepting applications

Parkview – (Sander’s Market) $11.80/hour apply in person
- Salamanca – looking for Cashiers and Stock Clerks

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

Wolf’s Run- Accepting Applications

Rite Aid - $11.80/ hour apply in person
- Gowanda-Cashier and Shift Supervisor
- Angola- Cashier and Pharmacy Tech

Ace Hardware- Derby – 2 Cashiers $11.80/hour
H&R Block – Gowanda Experienced Tax Preparer weekdays 9-5

Tim & Bonnie’s Pizzeria $11.75 / hour Apply in person
- Gowanda 2 positions open looking for delivery people

Subway- $12.25/ hour apply on-line at subway.com
- Gowanda-Cashier and Shift Supervisor

Pat’s Pizzeria- Angola – Looking for Delivery Drivers up to $25.00 an hour (per sign)
Pasquale’s- Derby- Kitchen help $11.80/hour
Tim Hortons $13.75/hour apply in person
- Salamanca – Full time and Part time Management help
- Gowanda – opener position(6am-2pm)

McDonald’s apply in person Applications can be picked up at TERC
- Derby – Days and Evenings
- Gowanda-taking Applications must be 18 or older
- Salamanca-taking Application must be 18 or older

Tallchief’s Diner (Native Pride) Rates of pay vary depending on experience, apply in person
- Line Cooks, Prep Cooks, Waitress, Hostess, Delivery Drivers, Dishwasher

WHAT HAPPENED?

BY SHARON PATTERSON

It can happen just that quick it seems. One symptom appears, you try to ignore it and another symptom creeps up. Your numb foot starts to affect your daily exercise routine. You figure it’s time to see a doctor. Your numb foot is part of a bigger problem which requires surgery. Not only one surgery but possibly more. Spinal Stenosis is the diagnosis. You’re a little dismayed, you have always taken care of yourself, watched your weight and have been physically active. How did this happen? Genetics, living too hard? You end up having three surgeries, one leading to more complications unrelated to the spinal stenosis. You try to work but most days you wake up almost unable to move, but you loosen up and make your way out the door to work another day. You contemplate going out on permanent disability. Although your body is hurting, your mind is still sharp. You are not sure of the process, you start making inquiries. In order to apply for permanent disability, you have to be out of work, you cannot be working. It all seems to be too much to give up. Can I survive without working both mentally and financially? You know how long the process can take. Leaving work for good is a life decision not to be taken lightly. So for now I continue to work.
Vocational Rehabilitation Staff Profile

BY TOONIE PIERCE

SNVR In-Take Tech

The Seneca Nation Vocational Rehabilitation Program is proud to announce our new hire, Colby Curry. Colby is a member of the Seneca Nation from the Wolf Clan and is from Indian Hill. He enjoys playing board games, beading, and spending time with family and friends. Colby is our VR Intake Tech and he is here to assist you with applying for our program. He will guide you through the paperwork and assist in obtaining the necessary forms needed to determine your eligibility. Once we are able, he will also join the team in our outreach efforts. You may have seen him around already as he is a certified sign language interpreter and that provides a great asset to our department serving individuals with disabilities. Colby started to sign in the 1st grade when in school in Oklahoma. They taught him the alphabet which intrigued him in continuing to learn sign. He later attended school in Gowanda where they offered ASL (American Sign Language) classes. He has been studying ASL for eight years. He has a Bachelor of Science (BS) in American Sign Language interpreting and has been interpreting in the Buffalo/Rochester region for almost two years.

FEATURED DISABILITY

BY JACKIE JOHN

Intellectual Disability

What is an intellectual disability?
An intellectual disability is when there are limitations to a person’s ability to learn and function on a daily basis. These limitations may include difficulties in communicating, taking care of themselves and social skills.

Children with intellectual disabilities (sometimes called cognitive disabilities) may take longer to learn to speak, walk, and take care of their personal needs such as dressing or eating. They are likely to have trouble learning in school. They will learn, but it will take them longer. There may be some things they may not be able to learn. (Center for parent information/resources 6/17)

What are some causes of an intellectual disability?

• Genetics – abnormal genes from the parents or errors when the genes combine. Ex. Downs Syndrome, fragile X syndrome.
• Issues during pregnancy - the baby’s cells didn’t divide the right way, or the mother has drank alcohol, used drugs or maybe the mother contracted an infection such as rubella that may affect the unborn baby.
• Problems at birth - during delivery the baby may have lost a substantial amount of oxygen.
• Health issues - diseases (ex. whooping cough, measles), poor nutrition, and not adequate health care during pregnancy or exposure to lead / mercury.

Some signs may include:
• sitting up, crawling or walking later than other babies
• learning to talk or trouble speaking
• not remembering things
• difficulty in understanding social rules
• trouble seeing the consequences of their actions
• problem solving
• thinking logically

It is estimated that seven to eight million people in the United States has an intellectual disability. Which means 1 in 10 families are affected and 425,000 children (ages 3-21) receive special education services in public school. (Center for parent information/resources 6/17)

Having an intellectual disability isn’t contagious. It’s not a disease or mental illness such as depression. People who have intellectual disabilities can learn, work and function just as you or I. People with an intellectual disability may require a little extra instruction, patience, kindness and effort to become successful.

Please contact your health professionals if you have any questions or concerns. This article is for educational purposes.
Featured Company: SASi

BY KRISTI MILLAR

SASI - Suburban Adult Services, Apply on-line
https://www.sasinc.org/Careers

- Angola – Direct Care and Residential Services
- Derby – Direct Care and Community Support Specialist

At SASi, we transform the lives of people with developmental disabilities.

What started in a Springville garage in 1974 with four staffers serving 12 individuals has blossomed into one of the largest non-profit service providers in the region. We now have close to 1,000 employees serving 4,000 individuals in more than 50 locations.

While SASi has grown exponentially in the past 40 years, our high standards of care and our steadfast dedication to providing excellent support have never wavered. Our goal is and always has been to enable people with special needs to lead meaningful and productive lives and to be as independent as possible.

Our passionate and dedicated staff provide not just personal care, but employment training and placement, clinical habilitation services, 24-hour residential care, and recreation.

Through initiatives like the High Hurdles therapeutic horseback riding program, the Moving Miracles Dance Studio and the Personal Training Program for individuals with special needs, SASi embraces creative opportunities in caring for our individuals. We also provide enriching employment for them through the Original Kazoo Company, the New Angola Theater, and the Buffalo Box Kite Company.

Headquartered in Elma, SASi’s reach stretches throughout Erie, Cattaraugus and Wyoming counties with its residential and habilitation facilities.

CULTURAL CORNER

BY COLBY CURRY

Benefits of beading to mend the mind.

From shells to seed beads, beading has been a tradition of Native people for many generations. Before contact with the Europeans, beading was mostly done with stones, shells, bones and porcupine quills. Post-contact, the use of metal and glass beads became more common. While the craftwork itself is beautiful, the true healing benefits come from the process of beading.

Pablo Picasso once said “Art washes away from the soul the dust of everyday life.” If 2020 has taught us anything, it’s that life is full of dust from stress and anxiety. But how do beads and thread have health benefits?

Beading requires taking beads one by one and stringing them together slowly and in patterns. This means concentration and focus on the work at hand and not allowing your mind to wander or multitask, and it practices mindfulness. Beading also allows escape into your work causing stress reduction and lowers blood pressure. The repetitiveness of the craft is calming and can be almost meditative.

Not only does beading promote stress relief, it also encourages the beader to practice creativity and works self-esteem. Whether following a pattern or creating one on your own, the possibilities are endless with many different varieties of bead sizes, shapes, and colors. By the end of the creative journey, the crafter is left with a beautiful piece of artwork they should be proud of. With that pride, our brains release endorphins, which are chemicals in the brain that reduces stress and promotes happiness. Next time you’re feeling down from the dust of the world, pick up some thread and bead!
Recipe for Success
BY KRISTI MILLAR

A Strong Resume

Your Name and contact information
A working phone number
Objective
Education
Experience
Skills

Here are the key ingredients for making a great first impression on perspective employers.

- Make sure that you use a font that is easy to read, don’t try to get to fancy if an employer has to work hard to understand your resume it gets dropped to the bottom of the pile.
- Have your name stand out and make sure to include an email address. More companies are going to online communication for setting up interviews and responding back to you so make it an email that you check often.
- Objectives can be optional on a resume but always include your education, experience and skill set.
- If you have vast experience you may want to tailor your resume to the job you are seeking so put the most recent and pertinent experience only.
- MOST IMPORTANTLY Proof Read your resume and ask someone else to take a look at it for you the last thing you want on it is misspelled words or words used out of context.

If you need assistance with your resume you can call and make an appointment and someone can help you out at SN TERC.

Service Provider
HIGHLIGHT:
BY JACKIE JOHN

My Story: Barb Nephew

I grew up on a farm in Hamburg and was very involved with horses and 4-H. I always wanted to be a veterinarian. I applied to Cornell University after graduating from high school in 1971. During my interview, I was told by the Admissions Director that “women go to college to find a husband. You should start at a 2 year school to prove yourself”. I bought it, although to this day I will never forget those words. But back then I was very shy, introverted, and accepted what I was told. (One year later NYS ratified the Equal Rights Amendment. The Cornell Vet school was then required to admit 50% of its incoming class as women!)

I enrolled in college at Alfred State College in Agricultural Science. I was 1 of only 2 women in the program. Alfred was a wonderful experience, and I realized the benefits of attending a small 2 year college. After getting my Associate’s Degree in Agriculture, I did work for a veterinarian practice for a year. At that point I became interested in Nutrition and went to Buffalo State College. I received my BS degree in Nutrition from SUNY College at Buffalo, working my way through college as a waitress.

After graduation from Buffalo State, I applied for and received a grant from the US Public Health Service to attend Case Western University in Cleveland, Ohio. I was so fortunate to have my tuition paid! I chose to go into Public Health while at Case Western, and had an amazing internship working at a rural Health Department in North Carolina. I received my Masters of Science degree from Case Western in 1978, the year I also became a registered dietitian.

My first positions were as dietitian at Children’s Hospital of Buffalo, and then a nutritionist with the Erie County Health Department. In 1982, I saw and ad and chose to work at the Cattaraugus Reservation Health Clinic. It was the best decision I made. I knew very little about Native Americans and the culture, but I was blessed to have wonderful people who mentored me, and taught me so much.

Our family moved to Detroit Michigan in 1986, where my husband worked as Director of the Detroit Native American Health Center. When we returned home to WNY in 1990, I again went back to work with the Seneca Nation. I became a Certified Diabetes Educator in 1999. I am passionate about helping people living with diabetes, and I love my work and those I work with. I have been with the Seneca Nation for over 30 years. It has been an absolutely wonderful experience and a career that has been very gratifying.

Oh, by the way- I didn’t go to college to find a husband! I found my husband. Mark. When we were working a project for the health department. We have raised our 3 children in Gowanda, and each has grown into caring, successful adults.

The most important thing which I have learned about careers and life is to do something that you love! You can go anywhere if you don’t always accept what is fed to you and decide what you want to do with your life.
Upcoming Events:

BY TOONIE PIERCE

OCTOBER 22 @ 5PM
DISABILITY AWARENESS DRIVE THRU
EVENT - ALLEGANY
ENTER AT 3644 ADMINISTRATION DRIVE, PROCEED
TO THE FRONT OF THE DPW/TERC OFFICE

OCTOBER 23 @ 6PM
DISABILITY AWARENESS DRIVE THRU
EVENT - CATTARAUGUS
ENTER AT THE HEALTH CENTER AND PROCEED
PAST AOA TO TERC OFFICE

TRAINING AND EMPLOYMENT RESOURCE CENTER UPCOMING EVENTS:

OCTOBER 13 @ 10AM
RESUME BUILDING

OCTOBER 14 @ 5PM
RESUME BUILDING

OCTOBER 15 @ 1PM
RESUME BUILDING

OCTOBER 20 @10AM
INTERVIEW SKILLS

OCTOBER 21 @ 5PM
INTERVIEW SKILLS

OCTOBER 22 @ 1PM
INTERVIEW SKILLS

OCTOBER 27 @ 10AM
BUDGETING

OCTOBER 27 @ 6PM
LEARN HOW TO BE A PARAMEDIC

OCTOBER 28 @ 5PM
BUDGETING

OCTOBER 29 @ 1PM
BUDGETING

OCTOBER IS DISABILITY AWARENESS MONTH

The Seneca Nation Vocational Rehabilitation Program and Disability Department
are proud to serve our community members with disabilities. We help with
applying for needed services and those who want to enter the workforce.
For more VR call: 532-1033 or 945-8120 and for Disability: 532-5151
### Contact Information

#### Allegany Location
3674 Administration Drive  
Salamanca, New York 14779  
Phone No. (716) 945-8120  
Fax No. (716) 945-8146  
STC No. (716) 354-2080

#### Cattaraugus Location
23 Thomas Indian School Drive  
Irving, New York 14081  
Phone No. (716) 532-1033  
Fax No. (716) 532-3285

**VR Director:** Toonie Pierce  
**VR Assistant Director:** Lori Stafford  
**VR Program Manager:** Sharon Patterson  
**VR Counselor/Transition Specialist:** Jackie John  
**VR Job Developer/Job Coach:** Kristi Millar  
**VR In-take Tech:** Colby Curry

### TRAINING & EMPLOYMENT RESOURCE CENTER

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<thead>
<tr>
<th>Cattaraugus</th>
<th>Title</th>
<th>EXT.</th>
<th>Cell Number</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Toonie Pierce</td>
<td>Director - Cattaraugus</td>
<td>5415</td>
<td>716-244-0416</td>
<td><a href="mailto:Toonie.Pierce@sni.org">Toonie.Pierce@sni.org</a></td>
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<td>Lori Stafford</td>
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<td>716-560-0700</td>
<td><a href="mailto:Lori.Stafford@sni.org">Lori.Stafford@sni.org</a></td>
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<tr>
<td>Curtis Archer</td>
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<td>716-801-3017</td>
<td><a href="mailto:Curtis.Archer@sni.org">Curtis.Archer@sni.org</a></td>
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<tr>
<td>Vacant</td>
<td>Youth Coordinator</td>
<td>5419</td>
<td></td>
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<tr>
<td>Sharon Patterson</td>
<td>VR Program Manager</td>
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<tr>
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<td>Colby Curry</td>
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<td>716-392-5283</td>
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<tr>
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<tr>
<td>Vacant</td>
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<td>3042</td>
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