Happy 2021!

Come on down to SNVR and let us help you with those New Year’s Resolutions.

Happy New Year 2021

By. Sharon Patterson

With the New Year upon us what are some goals you have thought about for yourself. Are they short term goals, long term goals or does planning ahead seem too unrealistic seeing as the pandemic is still with us. Even during a time of uncertainty it is good to have goals even if they are small goals, day to day, week to week, personal, vocational, or educational. Whatever timeframe you give yourself or goals you’re striving for, keep moving ahead. Why? Having a sense of purpose, a task, a reason to stay positive and get up each day is important.

We have been busy planning out activities for 2021 and our main goal is to excite you into new adventures for success in your job search, your road in getting there and the possibilities of reaching those goals. If you have dreamt it, come share your plans with us and let us help you create an individualized plan to get there. Everybody is different, that is the beauty in working with each one of our new clients who walk in the door.

Start asking yourself: What do I want to be when I grow up? That’s funny for many of us who are past our twenties and beyond, but it isn’t if you are still searching for that job you’ve always dreamed about. Ask yourself questions to help you center on what careers may possibly be best for you.

• Do I like to work independently or as a team?
• Do I like to be sitting all day or to be active throughout the day?
• Do I like repetitive tasks or a change in routine every day?
• Do I like to be outdoors or prefer indoors?
• Would I like to dress up each day for work?
• Are you organized, does everything have to be in its place?
• Do you like to clean?
• Do you like to cook?
• Would you like to work around people or a more private setting?
• Are you good with numbers?

This year we look forward to helping you find your full potential in a career that you love. Whether it’s through training, on-line classes, work experience, going into full employment, our VR team is here for you at the Training and Employment Resource Center.
FEATURED COMPANY – TOPS FRIENDLY MARKETS

TOPS is your friendly neighborhood store that has what you want, while saving you time and money.

TOPS strives to give customers an exceptional shopping experience. We work hard to ensure that every need is met and offer you convenience, savings and friendly service.

The story of TOPS began in the early 1920s when Ferrante Castellani moved from a village outside of Rome, Italy to Niagara Falls, NY, where he opened his very first grocery store. Ferrante's sons, Armand and Alfred, eventually took over the business and opened two more stores under the name Great Bear Market.

In 1962, the group opened its first true modern supermarket, a 25,000 square-foot store on Portage Road in Niagara Falls, NY. That same year, Alfonse DiMino suggested the name TOPS and the team chose that name because they were determined to give customers the best shopping experience possible. In the lingo of the 60s, that meant it was 'tops'.

In November 2013, six members of TOPS' executive team, led by now Chairman and CEO Frank Curci, purchased the company from Morgan Stanley Private Equity, returning TOPS back to complete local ownership.

Tops Markets, LLC, is headquartered in Williamsville, NY and currently operates 169 full-service supermarkets along with an additional five supermarkets operated by franchisees under the Tops banner. Currently Tops employs over 14,000 associates. Tops is a leading full-service grocery retailer in upstate New York, northern Pennsylvania, and Vermont.

There currently are open positions in all of the local Tops Markets including Silver Creek, Angola and Derby stores. You can apply on-line at Tops Friendly Markets under Careers.
Seneca Nation Vocational Rehabilitation Newsletter

Vocational Rehabilitation Staff Profile

SNVR/477 In-take tech ( Allegany)

Nya:weh Sge:no’, my name is Julia Smith. I am the new hire for the Seneca Nation Vocational Rehabilitation / 477 Program In-take specialist for Allegany territory. I am enrolled member of the Seneca Nation and I grew up in Steamburg. I am Turtle Clan. You may have seen me around with my 5 children. Being a mother of 5 has conditioned me to have patience. I am proficient in Microsoft word and PowerPoint. I am looking forward to learning the processes of both programs. My goal is to go back to college to finish my degree. I am looking forward to raising my family and working with others.

Featured Disability

By Jackie John

PTSD

PTSD is a mental health condition that’s triggered by a terrifying event such as but not limited to: an assault, sexual abuse, child abuse, war, or a traumatic experience. You may have experienced an event or you may have witnessed it. You may start to experience symptoms, one month from the event or some symptoms may not even appear for years later. This may cause significant problems in your social life, your employment and/or your relationships with others. PTSD may affect your activities of daily living to the point that you may need to seek medical attention to help cope.

Symptoms are grouped into four types.

- **Intrusive memories**
  - Recurrent memories.
  - Re-living the event through flashbacks.
  - Nightmares of the event.
  - Severe emotional distress or physical reactions to something that reminds you of the event.

- **Avoidance**
  - avoid talking or thinking about the event or your symptoms.
  - avoid places, or certain activities that may bring up memories of the event.

- **Thinking negatively or having negative moods**
  - negative thoughts about yourself or other people.
  - hopelessness.
  - memory problems.
  - feeling detached.
  - lack of interest in activities you once liked.
  - difficulty with positive emotions.
  - feeling emotionally drained or numb.

- **Changes in physical and emotional reactions**
  - easily startled or scared.
  - always on guard.
  - Self destructive- drinking excessively or driving too fast
  - trouble sleeping.
  - difficulty concentrating.
  - Irritability, anger – aggressive behavior.
  - overwhelming guilt or shame.

PTSD can intensify over time. It may occur when you are stressed, or when you are reminded of the experience. You should contact your medical professional if you find you are struggling more than a month with disturbing thoughts or feelings.

Getting treatment can help prevent PTSD symptoms from getting worse. If you are experiencing signs or symptoms please contact your primary health care professional. Reach out, and know that you are not alone. (mayoclinic.org)
**Cultural Corner**  
By Colby Curry

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**Corn Cakes with Wojape sauce**

*Corn Cakes* are a healthier and traditional alternative to Fry Bread. Corn Cakes are also more versatile as you can add fresh corn, herbs, dried meat, berries, maple, seeds, nuts, and mushrooms to change the flavor of this dish.

*Wojape* originated from the Mid-West from tribes in the region, it can be used as a dessert sauce, or be served as a tangy sauce for meat, vegetables, and as a dressing.

**Corn Cakes**

**Ingredients:**
- 3 cups of water
- Generous pinch of salt
- 1 cup of polenta or coarse cornmeal
- 1 to 2 tablespoons of sunflower or nut oil

**Directions:**
1) In a large pot set over high heat, bring the water and salt to a boil.
2) Whisk in the cornmeal in a slow, steady stream and stir until there are no lumps.
3) Reduce the heat and simmer, stirring occasionally, until the mixture is thick and the flavor is rich and corny, about 30 to 40 minutes.
4) Set aside until cool enough to handle.
5) Shape the cooked cornmeal into patties, about 4 inches round by an inch thick.
6) Oil a pan and set over medium-high heat. Sear the patties until nicely browned on one side, about 5 to 10 minutes, then flip and sear the other side making sure they are cooked through.

**Wojape Sauce:**

**Ingredient:**
- 6 cups fresh berries – Chokecherries, or a mix of blueberries, raspberries, strawberries, elderberries, cranberries, blackberries.
- 1 to 1 ½ cups water
- Honey or maple syrup to taste

**Directions:**
1) Put the berries and water into a saucepan and set over low heat.
2) Bring to a simmer and cook, stirring occasionally, until the mixture is thick.
   a. (Editor’s note: The berries can be cooked on simmer for 3 hours, OR an 1 hour and add about 1-2 tablespoons of Corn Starch)
3) Taste and season with honey or maple syrup as desired.

Spoon Wojape sauce over Corn Cakes and enjoy!

*These recipes were found in *The Sioux Chef's Indigenous Kitchen* by Sean Sherman and Beth Dooley*

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**Service Provider HIGHLIGHT:**

By Jackie John

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**Learning Disabilities Association of WNY (LDA)-**

The LDA of Western New York prides itself on being a participant led and professionally managed organization that assists individuals in gaining as much independence as their abilities allow.

**Mission:** The mission of the LDA is to provide high-quality, individualized, comprehensive, and innovative services, which support, educate, and empower individuals with learning and or developmental disabilities.

Some Services that are available to adults and young adults are:
- 24/7 supervised living programs
- Community based supports
- Adult basic education
- HSED preparation classes
- Computer training
- Vocational Evaluations
- Career development
- Job readiness/placement services
- Case management
- Support groups

Eligibility: individuals must qualify for the Medicaid waiver through New York State, Office of Person’s with Developmental Disabilities (OPWDD).

For more information please contact. 716-874-7200 or toll free 1-888-250-5031. [www.ldaoofwny.org](http://www.ldaoofwny.org)
March 15-19 – Virtual Trainings Kickoff Week!
More info to come!

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TRAINING & EMPLOYMENT RESOURCE CENTER

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