

# HEALTH BULLETIN

A QUARTERLY NEWSLETTER FROM THE SENECA NATION HEALTH SYSTEM

LRJHC - Lionel R. John Health Center  
 CIRHC - Cattaraugus Indian Reservation Health Center  
 CHWC - Community Health & Wellness Center

## ANNOUNCEMENTS

### TELE-BEHAVIORAL HEALTH

We are excited to announce that we are now offering psychiatry services through tele-video utilizing licensed and board-certified psychiatrists. With this technology, SNHS is able to increase access to providers and meet the health needs of our communities. How does it work? You'll meet with a psychiatrist who will be live on a video screen in front of you. You will be able to talk to each other just as you would in person. This is a very similar experience as using Skype or FaceTime. Your psychiatrist is licensed to practice and they will provide the same care as they would if they saw you in person. They will ask you questions to evaluate your mental health needs, and record this information confidentially.

To learn more, visit:  
[www.senecahealth.org/tele-behavioral-health](http://www.senecahealth.org/tele-behavioral-health) or call CHWC at 532-5583 or LRJHC at 945-9001.



MEDICAL, PHARMACY & DENTAL HOURS:  
 MONDAY - FRIDAY  
 7:30 AM - 6:00 PM

\*PHARMACY  
 CLOSED EVERY WEDNESDAY @  
 12:30 - 1:00 PM FOR STAFF MEETINGS

## PROGRAM SCHEDULE

WIC (Women, Infants & Children Supplemental Nutrition Program). LRJHC office 9 a.m.-3 p.m. on the 1st, 2nd & 3rd Tuesday. CIRHC all other days Monday-Thursday 8 a.m.-4:30 p.m. Please call Samantha Jones at 716-532-5582 ext. 5465 for more information.

Sugar Beaters diabetes support group is held the 3rd Wednesday of each month. Time and location varies. Call Barb Nephew at 532-5582 ext. 5293 for more information.

Parenting Classes are held monthly. Call Child & Family Services for current schedules. Beverly Snyder at 532-4035 ext. 8723 or Callie Fluent at 945-5894 ext. 3523.

LIFE Group diabetes support group is held the 3rd Thursday of the month at 5-6 PM, LRJHC Wellness Room. Call Jody LaMarca at 945-5894 ext. 3242 for more information.

Friends of Friends for survivors of domestic abuse held Thursdays at 1-2 PM, LRJHC Grand Room.

SSI/SSD Assistance with Steve Patrick, Representative from Social Security Office is held 3rd Thursday of each month. Appointment required. Call LRJHC BHU at 945-9001.

Traditional Medicine Group meetings are generally held on Tuesdays at 5-7 PM, LRJHC. Open to SNHS patients. For more information, contact Rosalind Ground at 945-5894 ext. 3359.

Exercise classes are held at both CHWC and LRJHC with our exercise specialists. Schedules vary. You may contact Tricia Jimerson at 532-8223 ext. 5238 or Will Maybee at 945-5894 ext. 3243.

Gathering of Mothers is held the first Thursday each month at 5-7 PM, CHWC Grand Room. This group is for new and expectant mothers. Participants or their child must be eligible for services at SNHS.

## Native American Pre-Dental Gateway Program

Did you know Native Americans comprise only 0.2% of all dental school applications while Native Americans as a whole represent 2% of the U.S. population? Clearly this is an under-representation in Dentistry.

The University at Buffalo School of Dental Medicine and SNHS offer an immersive five-day program. Participants get an in-depth look at dental education and hands on clinical techniques. You will get an introduction to dental specialties, learn pre-clinical procedures,

receive career counseling and admissions process & counseling. It's ideal for anyone considering applying to dental school. To learn more, visit the website at: <http://dental.buffalo.edu/community-outreach/Summer2019GatewayProgram.html>

Contact: [Jsalamon@senecahealth.org](mailto:Jsalamon@senecahealth.org) or 716-532-5582 ext. 5264.



SENECA NATION  
HEALTH SYSTEM

ATTN: Health Planning  
36 Thomas Indian School Dr.  
Irving, NY 14081

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## UPCOMING CLOSINGS

May 17 - Onondowa'ga' Day  
May 24 - Administrative Day

May 27 - Memorial Day  
June 14 - President's Day

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## GO PAPERLESS!

Did you know that all of our Health Bulletins are uploaded to our website at [www.senecahealth.org](http://www.senecahealth.org) ? To save some trees, you can opt-out of receiving this bulletin in the mail and can provide your email address to have it electronically sent to you. Please contact Dorothy Button at Health Planning, 716-945-5894 ext. 3374 to go paperless!

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