

HEALTH BULLETIN

A QUARTERLY NEWSLETTER FROM THE SENECA NATION HEALTH SYSTEM

ANNOUNCEMENTS

OPTICAL HAS MOVED



As a reminder the Cattaraugus Optical Department has moved from the Cattaraugus Indian Reservation Health Center to the Community Health & Wellness Center. The grand opening was on Monday, September 10th. The hours are:

Monday, Wednesday, Thursday & Friday
8:00 AM - 5:30 PM

Tuesdays
8:00 AM - 4:30 PM

Phone: 716-532-5582

SENECA HEALTH & WELLNESS CHALLENGE



The Health System and the Community Centers have teamed up to bring you an exciting new program! Session 1 runs October 15th-December 21st. If you missed the deadline to register for the first session, make sure to sign up for the next one, which starts in January. Health education, food preparation and exercise classes will be held during the program. There is a \$50 buy-in fee.

For more information, contact Samantha Jones at 716-532-5582.

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

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

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

PROGRAM SCHEDULE

WIC (Women, Infants & Children Supplemental Nutrition Program) By appointment only. Please call Barb Nephew at 532-5582 ext. 5293 for CIRHC or Jody LaMarca at 945-5894 ext. 3242 for Allegany/LRJHC.

Sugar Beaters diabetes support group is held the 3rd Wednesday of each month 5-6:30 PM, CHWC.

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. 3522.

LIFE Group diabetes support group is held 5-6 PM, LRJHC Wellness Room. Upcoming dates: 10/18, 11/15, and 12/13.

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 held on Tuesdays at 5-7 PM, LRJHC Grand Room. The schedule may vary. Open to SNHS patients. For more information, contact Rosalind Ground at 945-5894 ext. 3359.

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

MEDICAL UNIT REMINDERS:

- Don't forget to get the flu vaccine this year. Flu clinic at LRJHC is held every Wednesday by appointment.
- It's important to report all Emergency Room visits within 72 hours as a follow up appointment may need to be made. If it lands on a holiday when we are closed or on the weekend you may call the following business day.
- Please make every effort to keep all appointments. When patients are a no-show it affects the day's schedule and potentially jeopardizes the health of the patient. It may take some time to get another appointment right away.
- The pediatric nurse at LRJHC is Leighanna Miller, RN, BSN. She takes all pediatric calls and you can reach her at 945-5894 extension 3241. Also note that at this time the pediatric doctor is only here twice per week in the mornings.
- For pediatric well child exams: Children are to be seen at 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 2 1/2 years, and 3 years, then yearly after that. Please schedule appointments in advance.
- Did you know that you can call our regular phone number after hours to reach the on-call service for a pediatric doctor? LRJHC is 716-945-5894 and CIRHC is 716-532-5582.



SENECA NATION HEALTH SYSTEM

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

UPCOMING CLOSINGS

Tuesday, November 6 - Election Day

Tuesday, December 4 - SNI Birthday

Tuesday, December 25 - Christmas

* We also anticipate being closed for the Thanksgiving holiday. All closures are posted at the Health Centers.

Please make sure to make your appointments and order prescriptions ahead of time.
Nya:weh!.

*To opt-out of future mailings or to have this bulletin electronically emailed to you, please contact us at Health Planning, 716-532-8223.
