

# 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

### MAMAVA PODS COMING SOON

Our People, Our Health, Our Legacy provides resources and support to prenatal patients and mothers who are breastfeeding their children. The Health System ensures that services and information are offered to keep our infants, women, and families in the best of health. The Seneca Nation Health System encourages and welcomes breastfeeding-anytime, anywhere. Mamava pods offer privacy to pump or breastfeed to our community, patients, and staff. We look forward to having our lactation suites installed in the coming months and will have more information available on our website and in upcoming Nation Newsletter publications.

### GATHERING OF MOTHERS PROGRAM RETURNS

Come to an evening of learning and sharing. This program is for expectant mothers and new mothers. Free healthy snacks & door prizes. There will be an RN and certified lactation consultant at each meeting, which will be held the first Thursday of each month. Participants must be eligible for services at the Seneca Nation Health System. Upcoming meetings: 2/7, 3/7 at 5-7 p.m. CHWC Grand Room. For more information: Emily Lutz, RN or Mary Jacobs, LPN, 532-5582 ext. 5220.

**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. 5270 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 on once a month at 5-6 PM, LRJHC Wellness Room. Upcoming dates: 2/21, 3/21.

Kidney Smart diabetes education class will be held 3/27 at 5 PM, LRJHC Wellness Room.

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 Grand Room. Open to SNHS patients. For more information, contact Rosalind Ground at 945-5894 ext. 3359. Upcoming date: 2/5.

Exercise classes are held regularly 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.

## Medical Unit Reminders:

- ~ Don't forget to get the flu vaccination this year if you haven't already done so.
- ~ You can reach the health system at the following phone numbers;  
LRJHC ~ 716-945-5894  
CIRHC ~ 716-532-5582  
CHWC ~ 716-532-8223

Please visit our new website at [senecahealth.org](http://senecahealth.org) for more information on department services and programs, events at SNHS, careers, and important news.



SENECA NATION  
HEALTH SYSTEM

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

## Seneca Strong Outreach & Recovery Center:

Our ultimate goal is to assist each individual in reaching their maximum potential relating to the self, family, friends, employment and recovery from drugs and alcohol. We reach out to help all those in need. If you or someone you know needs help, please call:

Allegany (716) 945-8413  
Cattaraugus (716) 532-8456

The Seneca Strong/Behavioral Health Unit collaboration calendars are located in the lobby areas of LRJHC, CIRHC, CHWC, SAAB and WSB.

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## GOING GREEN



If you would like to opt-out of receiving this bulletin or to have it electronically emailed to you, please contact Dorothy Button at Health Planning, 716-945-5894 ext. 3374. Is there anything particular you would like to see in the next issue? Just let us know.

You may also view the quarterly bulletin at our website, [www.senecahealth.org](http://www.senecahealth.org)

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