

ELDER LIVING

Seneca Nation Area Office for the Aging



**FARMERS MARKET
COUPONS
AVAILABLE!**



Director's Update

Nya:wëh Sgë:nö' I am thankful you are well.

This month we will be contacting Elders to complete Title VI Needs Assessments. These anonymous and confidential surveys help AOA identify Elders' needs in our community. Thank you for your assistance with this important project. We are excited to announce that Farmers Market coupons are now available at AOA. Elders can pick them up at AOA or have them mailed to their home.

Don't forget to mark your calendars - The Seneca Elder Summer Jamboree is August 18th at the Seneca Allegany Casino. We hope to see you there!

Ësgögë' ae' - I'll see you again.

Bethany Lay

Inside this issue:

Summer Jamboree: 2
Needs Assessment: 3
Boarding School Info: 4
Entertainment: 5
Farmers Market: 6
Caregivers: 7
Activities: 8
AOA Trips: 9
Menu: 10
Scams: 11
Puzzle: 12



COME
AND
VISIT!

DON'T
MISS
OUT!

SENECA ELDER SUMMER JAMBOREE

Seneca Allegany Casino

THURSDAY, AUGUST 18TH FROM 11AM TO 3PM

Dolly Parton Look-Alike Contest!
Willie Nelson Look-Alike Contest!

CLASSIC COUNTRY MUSIC | GOOD FOOD | GREAT COMPANY
DOOR PRIZES | DANCE CONTEST | CASH GRAB & MORE!

★ **PRIZE FOR BEST WESTERN OUTFIT!!!** ★
(Each elder may bring one guest.)

FOR INFORMATION ABOUT BUS TRANSPORTATION
AND TO R.S.V.P., PLEASE CALL: (716) 532-5777, X5500

Title VI Needs Assessment Survey

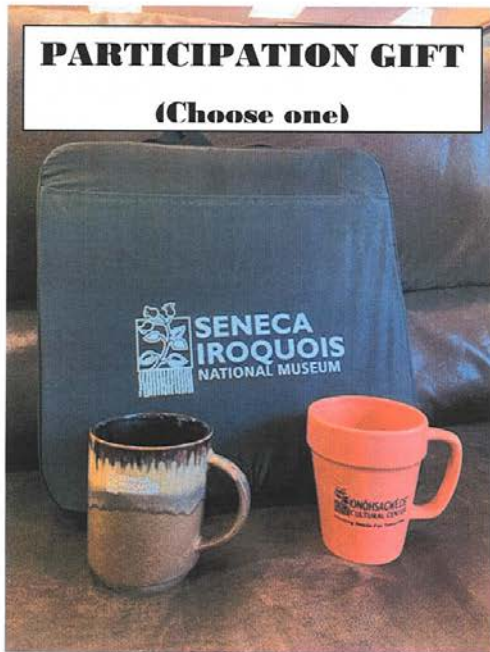
We, as a Nation, place great value on our Elders and we are hoping these interviews will help us better understand the needs of our Elders in our Community. Elders, please stop by or call to schedule an appointment if you are interested in participating in our survey. (Home visits also available) The survey will take approximately 30-45 minutes, nya:weh.

ALLEGANY-(716)945-8990

CATTARAUGUS-(716)532-5777

PARTICIPATION GIFT

(Choose one)



GRAND PRIZE



Monthly In-Person Legal Assistance



With Thomas Warren,
Center for Elder Law & Justice
4th Friday of Every Month
Appointments required

To make an appointment:

- Call Tina Law in Cattaraugus at (716)532-5777
- Call Bridgette John in Allegany at (716)945-8990

Allegany Elders Center Hours

MON-FRI
8:30AM-7PM
SAT-SUN
10:00AM-3PM

Wini Kettle Senior Center Hours

MON-FRI
8AM-7PM
SUN-SUN
10:30-7PM

SENECA NATION MEMBERS

We are organizing a Survivors/Attendee list for those who have attended the Indian Residential Boarding Schools. The information gathered will be used for Historic Preservation.



Please scan the QR code
to complete the survey
OR
use the link
<https://arcg.is/T15er>

If you are in need of support for this survey contact:
Melissa Shaw, AOA Outreach Coordinator 532-5777 ext. 5501



Save
— the —
Date

September 30, 2022

Community Healing Walk & Indian Boarding School Exhibit

Sully Huff Heritage Center
12854 Route 438 Irving, NY 14081

For more information please contact:
716.532.8339 ext. 5087 or SNCVServices@sni.org

Upcoming Seneca Elder Events



Friday, August 5th at 8 p.m. - Little Big Town at Seneca Allegany Casino (Outdoor Event) Sign-up sheet will be out 7/5.

Saturday, August 6th at 8 p.m. - Sammy Hagar & The Circle at Seneca Allegany Casino (Outdoor Event) Sign-up sheet will be out 7/6.

Friday, August 19th at 7 p.m. - LFA MMA Fights at Seneca Niagara Casino Sign-up sheet will be out 7/19

Friday, August 26th at 8 p.m. - Lionel Richie at Seneca Niagara Casino (Outdoor Event) Sign-up sheet will be out 7/26.

Saturday, August 27th at 8 p.m. - Lynyrd Skynyrd at Seneca Niagara Casino (Outdoor Event) Sign-up sheet will be out 7/27.

Wednesday, September 7th at 8 p.m. - STAIN'D at Seneca Niagara Casino Sign-up sheet will be out 8/5.

Saturday, October 29 at 8 p.m. - Amy Schumer at Seneca Allegany Casino. Sign-up sheet will be available 9/29.

Reminder: Entertainment Guidelines

Sign-up sheets for shows will be available 1 MONTH prior to the event. Numbers are turned in to the Casino 1 week prior, if you have a change in plans please cancel before then. Be sure you will be attending when you sign-up as there has been an increase of last-minute cancellations, resulting in a waste of Elder entertainment funds for the remainder of the year. On average we have at least 4 unused tickets per event at an average cost of \$47/ticket that's \$188 per show that is being wasted.

Please be mindful of this when you sign-up. Nya:weh!

FARMERS MARKET COUPONS !

Starting **07/18/2022** coupon booklets may be picked up at the Allegany Elder Center or the Wini-Kettle Senior Center.

Coupons may also be requested on-line at
<https://form.jotform.com/SNAOA/2022SFMNP>

Eligibility:

- 60 Years of Age or older; AND
- Monthly income is at or below:
 - \$2,096/month (One-Person Household
 - \$2,823/month (two-Person Household; or
 - \$3,551/Month (three-Person Household

Rules:

- Proxies may pick-up vouchers on behalf of Elder provided Elder has signed a statement designating that individual as proxy.
- A valid Power of Attorney may sign for checks and pick up books on behalf of an Elder.
- Booklet of five (5) **\$5.00 checks** worth **\$25.00**.
- For use at authorized vendors and farm stands participating in the program, and not at grocery stores.
- Used to buy locally grown fresh fruits and vegetables.
- Look for the brightly colored Farmers Market sign saying "We Gladly Accept Farmers' Market Checks".
- Checks cannot be used after 11/30/2022.
- Checks are worth \$5.00. Farmers will not give change.
- Coupons may be redeemed by caregivers.

For More information
contact us at:

Cattaraugus Territory:

716-532-5777

Allegany Territory:

716-945-8414

FALL FESTIVAL
SAVE THE DATE
September 9th, 10th & 11th
Saylor Building Grounds
12861 Route 438 Irving, N.Y 14081

For more information please contact Trudy Jackson @532-3341 x5130

Are you a CAREGIVER?

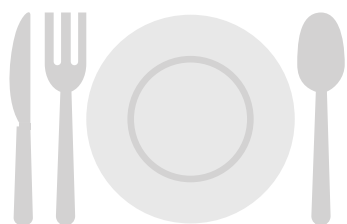
A family caregiver can be someone caring for a spouse or parent, an extended family member, or even a friend or neighbor. Do you provide someone help with:

- Transportation to medical appointments?
- Purchasing or organizing medications?
- Monitoring their medical condition?
- Communicating with health care professionals?
- Advocating on their behalf with providers or agencies?
- Getting in and out of beds or chairs?
- Getting dressed?
- Bathing or showering?
- Grocery or other shopping?
- Housework?
- Preparing meals?
- Managing finances?



If you answered “yes” to any of the examples listed above, you are a caregiver

Caregiving involves time, commitment and sacrifice. You are not alone and there are resources to help. Please feel free to take the Caregiver Assessment at- <https://senecanationaoa.tailoredcare.com/>



ALLEGANY ELDERS: POTLUCK DINNER & COMMUNITY CONVERSATION

The Seneca Nation AOA Advisory Committee is holding a potluck to get input from the community about the Seneca Allegany Elder Center's day-to-day services and activities. We would like to hear from you, our community Elders, what your expectations are for the Center and what you would like to see changed or improved.

WED. AUG. 10TH, 4-6PM

ACC MPR

MAIN COURSE: ROAST BEEF ON WECK

RSVP TO THE ALLEG. AOA: 716-945-8414

Elder Center Activities

Wini Kettle Senior Center Activities

Mens Pool: Mon. 8/1, 8/8, 8/15, 8/22, 8/29 @ 9am.

Card Club: Tues. 8/2, 8/9, 8/16, 8/23, 8/30 @ 10am.

Shuffleboard: Tues. 8/9 & 8/23 @ 1pm.

Fall Prevention Class: Wed. 8/10 & 8/17 @ 1:30pm.

BINGO: Thurs. 8/11 & 8/25 @ 1pm.

Co-Ed Pool Tournament: Tues. 8/16 @ 1pm.

Cactus Pin Cushion Craft: Wed. 8/24 @ 1pm.

Pot Luck: Mon. 8/25 @ 5pm.

Women's Pool Tournament: Tues. 8/30 @ 1pm.

Fall Wreath: Wed. 8/31 @ 1pm.

For more information, call Raven or Bruce at (716)532-5777.



Allegany Elders Center Activities

Card Making Class: Every Wed. 11am-1pm.

BINGO: Every Thurs. 1-3pm.

Seneca Language: Every Fri. 11am-12pm.

Fall Prevention Class: Mon. 8/1, 8/8 & 8/15 11am-12pm.

Wind Chimes: Sat. 8/27 12-2pm & Tues. 8/30 2-4pm.

For more information call Nancy or Dorsie at (716) 945-8990.



Allegany AOA Garden Update: FREE VEGGIES!!

AOA staff member Bridgette John has done a beautiful job tending to the Allegany Elders Center garden. Please feel free to stop by and help yourself to any vegetables that are ready to be picked.

Nya:wëh Bridgette and everyone who has contributed to the garden so far!

AOA August Trips

AOA Bus Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Catt. & Alleg. Trips depart at 1pm unless otherwise noted. Capacity is limited.	<u>Please sign up by 9:00am the day of trips</u>					
	1 <u>Alleg:</u> Taste Of Clarence Free Admission <u>Catt:</u> Wegmans	2 <u>Alleg:</u> Catt. County Fair Sr. Day \$8Admission <u>Catt:</u> Dairy Queen	3 <u>Alleg:</u> Good As New Thrift Store Conewongo, NY <u>Catt:</u> Walmart	4 <u>Alleg:</u> Hobby Lobby, Blasdell, NY <u>Catt:</u> Local Banking	5 <u>Alleg:</u> Michael's & Johnny's Lunch Jamestown, NY <u>Catt:</u> Scenic Ride	6 <u>Alleg:</u> Eden Com Festival <u>DEPART @ 11:AM</u> Free Admission
7	8 <u>Alleg:</u> <u>NO TRIP</u> <u>Catt:</u> Tops Derby, NY	9 <u>Alleg:</u> <u>NO TRIP</u> <u>Catt:</u> Quaker Crossing	10 <u>Alleg:</u> <u>NO TRIP</u> <u>Catt:</u> Walmart	11 <u>Alleg:</u> <u>NO TRIP</u> <u>Catt:</u> Riders Choice	12 <u>Alleg:</u> <u>NO TRIP</u> <u>Catt:</u> Local Shopping	13
14	15 <u>Alleg:</u> Home Depot & Wendy's Olean, NY <u>Catt:</u> Frosty Treat	16 <u>Alleg:</u> Food Truck Tues. Buffalo, NY <u>DEPART @ 10:AM</u> <u>Catt:</u> Wegmans	17 <u>Alleg:</u> Erie County Fair DEPART @ 10am \$15Admission <u>Catt:</u> Walmart	18 <u>Alleg:</u> Peaches N Cream Randolph, NY <u>Catt:</u> Hobby Lobby	19 <u>Alleg:</u> Mystery Ride To Buffalo???? <u>Catt:</u> Lowes	20
21	22 <u>Alleg:</u> Scenic Ride Low Banks <u>Catt:</u> Riders Choice	23 <u>Alleg:</u> Out to Movies Lakewood Cinema 8 <u>Catt:</u> Savers	24 <u>Alleg:</u> Longhorn Steakhouse <u>DEPART @ 3:pm</u> Blasdell, NY <u>Catt:</u> Walmart	25 <u>Alleg:</u> Walmart & Aldi's Bradford, PA <u>Catt:</u> Applebees	26 <u>Alleg:</u> Lionel Richie Concert <u>DEPART @ 4:PM</u> Seneca Niagara <u>Catt:</u> Buff Creek Casino	27
28	29 <u>Alleg:</u> Pet Smart Jamestown, NY <u>Catt:</u> Olive Garden	30 <u>Alleg:</u> Food Truck Tues. Buffalo, NY <u>DEPART @ 10AM</u> <u>Catt:</u> Big Lots	31 <u>Alleg:</u> BEADS BEADSBEADS <u>Catt:</u> Walmart			



August 2022 Menu

Seneca Nation Area Office for the Aging



O'wēdē:da't – Monday	Swēda:dih – Tuesday	Ha'dewēdāch - Wednesday	Ēyóhē'tgeh – Thursday	Wēda:k'ah – Friday
1 Pepperoni & Vegetable Pizza Served with a Side Salad Fresh Peaches for dessert	2 BBQ Pulled Pork Sandwich With French Fries Peas Oatmeal Cookie for dessert	3 Grilled Chicken Strawberry Poppy Seed Salad Served with a dinner roll Ice cream for dessert	4 Fettuccine Alfredo Served with Spring Blend And a Dinner Roll Chocolate Chip Cookie for dessert	5 Fish & Chips Coleslaw Roll Watermelon for dessert
8 Assorted Subs with cheese 3 Bean Salad Baked Potato Chips Fig Newton Orange	9 Salisbury Steak with Gravy Green Beans and Brown Rice Fruited Jello for dessert topped with whipped cream	10 Tortellini with Sundried Pesto Spinach Toasted Garlic Whole Wheat Bread Pudding for dessert	11 TRADITIONAL MEAL Bean Sandwich with Side Pork and a Garden Salad Fresh Watermelon	12 Tuna Melt on wheat with Vegetable Soup Mandarin Oranges
15 Spaghetti & meat sauce Tossed salad Roll Fresh Fruit for dessert	16 Chicken Noodle Casserole With steamed peas Blueberries and Greek Yogurt Brownie for dessert	17 Vegetable Lasagna Served with Broccoli And a Dinner Roll And Grape Juice Chocolate pudding for dessert	18 Crispy Breaded White Fish Fillet Herbed Summer Squash Roasted Baby Red Potatoes Healthy Cheesecake	19 Italian Sausage Hoagie with Sautéed Peppers & Onions Served with Fresh Melon
22 Philly Steak & Cheese Sandwich Steamed Carrots Fresh Fruit	23 BRUNCH Pancakes with Fresh Berry topping Greek Yogurt Bacon	24 Chicken Salsa Rice Bake Red Bell Pepper Sticks And Humus Brownie for dessert	25 BIRTHDAY PARTY Teriyaki Pork with Rice Roasted Vegetables Birthday Cake and Ice Cream for dessert	26 Hot Dog and Baked Beans with Potato Salad and Cantaloupe for dessert
29 Macaroni & Cheese With Zucchini & Squash Blend Stewed Tomatoes And Cinnamon pears Pudding for dessert	30 Ranch Chicken Green Beans Rice Blueberries for dessert	31 Beef Tacos Served with Salsa and Sour Cream and a Side Salad Fresh Melon	MENU IS SUBJECT TO CHANGE Please enjoy a ½ pint milk served with each meal!	

“Let food be thy medicine and medicine be thy food”

-Hippocrates

Protect Yourself and Loved Ones from Scams, Fraud, and Identity Theft

FOR HELP,
CALL THE
SCAM PREVENTION
PROGRAM AT LIFESPAN
(585) 244-8400



1. Never pay money to collect money or prizes.
2. Your online love asks for money; no matter the reason, stop! Don't send it.
3. If you wish to donate to a charity, give local.
4. Verify a government agency by hanging up the phone and then calling them.
5. Never allow remote access to your computer, cell phone, or other electronic devices.
6. Caller ID is not reliable. The number you see could be part of a scam.
7. Do not mail cash or purchase gift cards for payment of any kind.
8. Do not share medical or personal information including your Social Security number over the phone or computer.
9. Delete unsolicited emails or text messages without clicking on any links.
10. Never give personal information unless YOU made the call.

Puzzle Page



Gardening

B J E M L Z H E S O R N A W
V O R D X T U P G M Y I K O
H L Z I S C N J B E D F Q R
U X G R O W E A H K R A P M
Q D Y T N I D O L C S E E D
M H E J B F R G U P K L R X
Y P C A Y S A Z N I T V E J
E W K Q D M G B H O R F W U
L I O S T C E J O Y A P O N
G L Y W K U N R A D Q Z L I
P T O S E H S U B R M C F X
I Z N K R E L Q W A T E R O
M D I G U X D P E Y C H T B
R W T A F O V S Z N L Q J S

BED	GROW	SOIL
BUSHES	HOE	STEM
DEAD	LEAF	WATER
DIG	PLANT	WEEDS
DIRT	ROOT	WILT
FLOWER	ROSE	WORM
GARDEN	SEED	YARD

