



ELDER LIVING

Seneca Nation Area Office for the Aging

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Director's Update

Nya:wëh Sgë:nö'

Finally warmer weather and we hope everyone's gardens are doing well! Please remember to check on your fellow Elders on these hot days of summer, keep hydrated and stay safe! June was a busy month for us at AOA as we collaborated with the Crime Victims Unit (CVU) for the Elder Abuse Awareness Strawberry Social. We had over 150 Elders from both territories stop in for a delicious Weidner's chicken meal and strawberry shortcake. Valuable resources on Elder abuse, Hoop Dance performance, free Chinese auction and Social Dances were shared. Many Nya:wëh's to Sharon Francis and the CVU for this awesome event! Farmer's Market Coupons are in and available at each AOA office on a 1st come 1st serve basis. Also, the SN Health Dept's., Robin Crouse and Andrea Spako are providing Veggie Bucks for participation in Sr. Stretch class at both Sr. Centers.

Lastly, please save the date for the President's Annual Elder's Luncheon on Thursday, August 17th at the Seneca Allegany Casino.

Ėsgögë' ae', Bethany Lay, Director



AOA and SNI

Offices are

CLOSED

**Monday & Tuesday, July 3-4th
for Sovereignty Day**

FREE In-Person Legal Assistance @ AOA

With **Thomas Warren**,
Center for Elder Law &
Justice

Date:
July 28

****Appointments required****

To make an appointment:

- Call Bridgette John in Allegany at (716)945-8414
- Call Tina Law in Cattaraugus at (716)532-5777

Allegany Elders Center Hours

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



Wini Kettle Senior Center Hours

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

Congregate Dining at AOA

44 Seneca Senior Center

Weekdays from 12 – 1 pm.

Please call for reservations by
3pm the day prior: 716-945-8414.

Seneca Allegany Elders Center

Tuesdays and Thursdays

from 12 – 1 pm.

Please call for reservations by 3pm
the day prior: 716-945-8414.

Wini Kettle Senior Center

Weekdays from 12 – 1 pm.

Please call for reservations by 3pm
the day prior: 716-532-5777.



AOA Advisory Council

The AOA Advisory Council is a formal body of community members appointed by the Tribal Council. We meet on a monthly basis. The Advisory Council serves several purposes:

- Serves as a sounding board for ideas and concepts relating to Aging programs that may be available to Elders
- Interprets the needs of Elders through consumer services, advice, and cooperation with other Seneca Nation departments and local and county governments.
- Initiates and supports existing advocacy movements on behalf of Elders residing in the Seneca Nation AOA planning and services area.
- **REPRESENT THE INTERESTS OF SENECA ELDERS.**

Elections of officers were held in April. Officers hold their position for one year. The **current officers** are:

Nancy Toth, *Chairperson*

Suzanne John-Blacksnake, *Vice-Chairperson*

Valerie Jonas, *Secretary*

Community Members:

Mary Moses, *Allegany Territory*

Marguerite Haring, *Cattaraugus Territory*

Marilyn George, *Allegany Territory*

Denise Mohawk, *Cattaraugus Territory*

We have been working on developing a Seneca Elder Protection Code. This has been a collaborative effort with the Health Dept., Crime Victim Services, Legal, Housing, the Marshals, and AOA staff by forming an Elder Protection Code Workgroup. We held two public hearings and the public comment period closed on May 26th. The next step will be to present it back to the Council for further action.

The AOA Advisory Council will have articles in the AOA Newsletter to keep you informed on what we are working on.

PLEASE FEEL FREE TO SHARE YOUR IDEAS AND SUGGESTIONS WITH US.

Nya:weh

Nancy Toth, Chairperson

Committee 
 **CORNER**

AOA Advisory Council Corner

We are providing an update on the Seneca Elder Protection Code status. The Code workgroup has made some revisions based on community input from the public meetings held in May. There was also opportunity to send comments to the SN Clerk's Office, but we did not receive any emailed comments. The revised draft code has been sent to the Council Office and the workgroup will have a work session with them in July. Creating a new Code which becomes law takes time. However, this process continues to move forward.

We were invited to the Crime Victim Services and AOA Elder Abuse Awareness Day, Strawberry Social Event held June 29th. A brief overview of the Seneca Elder Protection Code and the Advisory Council's role and purpose was provided.

At the AOA Advisory Council meeting held on June 28th, it was decided to create a Subcommittee to begin discussions on Elder Housing. Our first meeting will be held on July 10th. More information will be provided to update the Elder population as we progress.

One vacancy on the Advisory Council has been posted by the SN Clerk's Office.

Nancy Toth
Chairperson, AOA Advisory Council

Sue John-Blacksnake, Vice Chairperson
Valerie Jonas, Secretary
Marguerite Haring, member
Marilyn George, member
Mary Moses, member
Denise Mohawk, member

Committee 
 **CORNER**



Upcoming Seneca Elder Events

Glady's Knight - Friday, July 14th 8 p.m. Seneca Niagara

The Oak Ridge Boy's - Saturday, July 22nd 8 p.m. Seneca Allegany

Nitty Gritty Dirt Band with special guest A Thousand Horses

Friday, August 4th 7 p.m. Seneca Allegany Outdoor Concert

The Beach Boy's - Saturday, August 5th 7 p.m. Seneca Allegany Outdoor

Murder Mystery Cruise-Thursday, August 10th Erie, PA

Brad Paisley-Friday, August 18th 7:30p.m. Seneca Niagara Outdoor

The Machine performs Pink Floyd-Saturday, August 19th 7:30 p.m.

Seneca Niagara Outdoor Concert

NYS Fair-Friday, September 1st Syracuse, NY

Comedian Ken Jeong- Saturday, September 16th 8 p.m. Seneca Niagara

Gary Allan-Saturday, September 30th 7 p.m. Seneca Allegany Outdoor

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. Please arrive 2 hours prior to show for buffet.

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. Nya:weh!

SENIOR STRETCH at the Wini Kettle Senior Center



Classes held every
Wednesday in July from
1-1:30 pm
Walk-ins are welcome!

Join us for senior stretch class, dress comfortably. Classes taught by certified teacher and Exercise Specialist, Andrea Spako. Veggie bucks will be earned for participation.

Contact Raven Lay at 716-532-5777 for further questions.

SENIOR STRETCH at the Allegany Elders Center

Classes held every Monday in
July from 11 am-noon
Walk-ins are welcome!



Join us for senior stretch class, dress comfortably. Classes led by Robin Crouse, SNHS Health Educator, in partnership with AOA and SDPI grant. Veggie bucks will be earned for participation.

Contact Stephanie John at (716)945-8414 for questions.



NY Connects

**Your Link to Long Term
Services and Supports**

NY Connects links individuals to long term services and supports regardless of payment source; whether it be private pay, public or a combination of both. Through the provision of free, comprehensive, objective information and assistance about long term services and supports, NY Connects empowers individuals and families to identify available services and supports and choose what will best meet their needs at home, in the community, and as necessary, in residential or institutional settings.

Connect to long term services and supports in your community:

- Personal care services
- Education and counseling
- Health and wellness
- Behavioral health supports and services
- Intellectual/developmental disability supports and services
- Social supports

Three ways to connect to reach NY connects:

1. By phone. Call 1-800-342-9871. Interpretation and translation services are free. Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.
2. Online. Visit our website: www.nyconnects.ny.gov
3. In-person. To find the NY Connects office near you, call our toll-free number, visit our website, or see the address below.

Your local NY Connects representative:

Briana Snyder, Options Counselor

Phone: (716)945-8991 Email: Briana.Snyder@sni.org

Seneca Nation Area Office for the Aging

Wini Kettle Senior Center

28 Thomas Indian School Drive

Elder Center Activities

Wini Kettle Senior Center Activities

Mens Pool: EVERY MONDAY @ 9 am

Pot Luck & BINGO: EVERY MONDAY @ 5 pm

Card Club: EVERY TUESDAY & FRIDAY @ 10 am

Senior Stretch: EVERY WEDNESDAY @ 1-1:30 pm

Shuffleboard: July 6, 21 & 27 @ 1pm

Women's Pool Tournament: FRIDAY, July 7 & 28 @ 1 pm

Alleg. @ Catt. Pool Tournament: TUESDAY, July 11th @ 1pm

Quarter Bingo: THURSDAY, July 13th @ 1pm

Bird Feeder Project: WEDNESDAY, July 19th @ 11 am

White Elephant BINGO: THURSDAY, July 20th @ 1pm

Catt. to Alleg. Pool: TUESDAY, July 25th leave @ noon

Seasonal Craft: WEDNESDAY, July 26th @ 11 am

BINGO: SUNDAY, July 30th @ 1 pm

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

Allegany Elders Center Activities

Coffee Hour: Daily 9-10 am

Senior Stretch w/ Robin Crouse: Every MON. 11-12 pm

Movie Night: MONDAYS @ 4pm

Adult Coloring: MONDAYS 1-3 pm & July 5 & 19th 2-4 pm

Card Making Class: Every WEDNESDAY 11 am-1 pm

BINGO: Every THURSDAY @ 1pm

Board games: Every THURSDAY 3-5 pm

Seneca Language: Every FRIDAY 11am-12pm

Puzzle time: FRIDAY, July 7 & 21 3-5 pm

Scrabble time: July 8 & 22 11-1 pm July 12 & 26 2-4 pm

Banana Split Brunch: SUNDAY, July 9th 11 am-1 pm

Allegany @ Catt Pool: TUESDAY, July 11th leave @ noon

Elders Lawn Sale: FRIDAY, July 14th 10 am-2 pm

Fish Fry & Karaoke: FRIDAY, July 14th 3-5 pm

Glass Planter: July 15 & 16th 11 am-1 pm

Pancake Brunch: SUNDAY, July 23 11 am-1 pm

Catt. @ Allegany Pool: TUESDAY, July 25th @ 1pm

Pot Luck: FRIDAY, July 28th 1-3pm



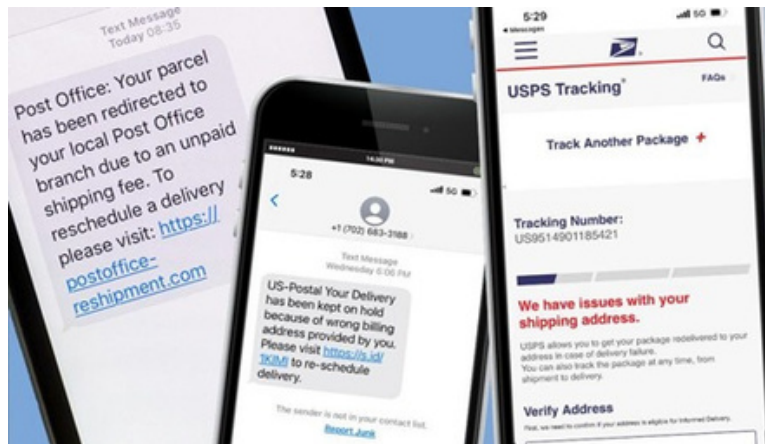
Answer
key:
Beach
Swimsuit
Ice cream
Lemonade
Camping
Popsicle
Sandcastle
Travel
Barbeque
Vacation
Summer
Canoe
Fishing
Sandals
Pool



**Monday's
in JULY (Except 7/3)
Game of Thrones Marathon**

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

Package Delivery Problem? Maybe Not. Americans Are Swamped with Scam Texts



You've surely received one (if not dozens) of these texts, noting that your U.S. Postal Service, UPS or FedEx delivery has been kept on hold because of an issue with your address, insufficient postage, or nobody was home to receive it. Just visit [a link will usually be included here] to provide more information, pay for extra postage or reschedule delivery. The link might take you to a legit-looking website, often with the logo of the delivery service and an actual tracking number, where you are asked to verify your address, and perhaps pay a small "redelivery fee."

Warning signs of smishing

You receive notice about a problem

with the delivery of your USPS package when you haven't made a tracking request

(or haven't even mailed one). Unless you explicitly sign up for status alerts on a package, you won't receive a text from USPS, says Donna Harris, public information representative with the United States Postal Inspection Service (USPIS). "That's not how the Postal Service connects with the customer," she says. And if you never signed up for a USPS tracking request for a specific package, a text message citing one is certainly a fake.

The message has misspellings or awkward grammar.

These are classic signs of a scam attempt (UPS also cites "excessive use of exclamation points"). But note that with artificial intelligence and other advanced technology, scammers are growing more sophisticated in their replication of legitimate communications.



Are You a Caregiver?

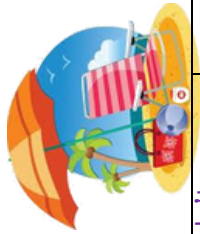
A family caregiver can be someone caring for a spouse or parent, an extended family member, or even a friend or neighbor.

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/>



JULY 2023 Menu

Seneca Nation Area Office for the Aging



O'wēdē:da't – Monday	Swēda:diḥ – Tuesday	Ha'dewēdādh – Wednesday	Éyóhé'tgēh – Thursday	Wēda:k'ah – Friday
3 CLOSED	4 CLOSED 	5 Cheese Tortellini w/pesto cream sauce Spinach Salad, California Veggie Blend Fresh Orange	6 SUMMER BBQ Hot Dog on a Bun, Baked Beans, Summer Corn Salad, Watermelon	7 Spaghetti & meat sauce Roasted Zucchini, Tossed Salad, Whole Wheat Roll Apricots
10 2 Hot Ham and Cheese Sliders Served with Carrot Sticks and Fresh Grapes for dessert	11 Chicken Fettuccine Alfredo Served with Mixed Veg. Medley, and a Dinner Roll With Fruit Yogurt Parfait for dessert	12 Crispy Breaded White Fish Fillet Healthy Coleslaw Boiled Baby Red Potatoes Fresh fruit	13 TRADITIONAL MEAL Indian Taco served with Lettuce, Tomato, Onion, Cheese, salsa, and low-fat sour cream Strawberry Fruit Salad	14 Tuna Casserole with Peas Roasted Carrots and Beets Ambrosia for dessert
17 Italian Sausage Hoagie Sautéed peppers & onions Baked Beans Potato Salad Fruited Jell-O	18 Grilled Chicken Strawberry Poppyseed Salad, Carrots Sticks with Hummus, Dinner roll Ice cream	19 Philly Steak & Cheese Sliders Cauliflower Polonaise Sunshine Salad	20 BIRTHDAY PARTY! BBQ Chicken Leg Quarter Roasted Red Potatoes, Spinach, Biscuit and Healthy Strawberry Cheesecake	21 Pasta with Italian Sausage Tossed Salad French Bread Italian Ice
24 Macaroni & Cheese Stewed Tomatoes Zucchini & Squash Blend Cinnamon Peaches	25 Ranch Chicken Broccoli Apple Salad Dinner roll Jell-O	26 BRUNCH Corn Beef Hash Casserole Toasted English Muffin Fresh Cantaloupe	27 Sloppy Joe on a bun With Buttered Corn and Potato salad Fresh fruit for dessert	28 Spaghetti Squash Noodle Bake served with Tomato & Cucumber Salad, a Dinner Roll Banana with peanut butter
31 Cheeseburger with lettuce, tomato, and onion on the side Roasted Potato Wedges Fruit Cocktail			In Allegany please call 716-945-8414 or in Cattaraugus please call 716-532-5777 to make a reservation or cancel a meal by 3:30 pm the day before the meal.	Please enjoy a ½ pint of milk served with each meal! MENU IS SUBJECT TO CHANGE

Live in each season as it passes: breathe the air, drink the drink, taste the fruit."

– Henry David Thoreau-

JULY TRIPS

NO TRIPS FOR CATTARAUGUS THIS MONTH


SUN	MON	TUE	WED	THU	FRI	SAT
ALL TRIPS DEPARTS THE CENTER @ 1 PM UNLESS OTHERWISE NOTED	PLEASE SIGN UP BY 9 AM THE DAY OF. CALL 945-8990 OR STOP BY THE CENTER					1
2	3 CLOSED	4 CLOSED SOVEREIGNTY DAY	5 BRADFORD 	6 LOCAL	7 JAMESTOWN 	8
9	10 RIDER'S CHOICE	11 POOL 12PM ALLEG@CATT 	12 BRADFORD BIG LOTS!	13 LOCAL	14 GLADY'S KNIGHT SENECA NIAGARA 430PM 	15
16	17 RIDER'S CHOICE	18 MOVIES LAKEVIEW 	19 HAMBURG 	20 LOCAL	21 OLEAN 	22
23	24 RIDER'S CHOICE	25 POOL 12PM CATT@ALLEG 	26 JAMESTOWN 	27 LOCAL	28 RIDER'S CHOICE	29
30	31 RIDER'S CHOICE					

SNAOA Transportation Reminders

To maintain Elder independence, the AOA offers transportation services. If you need a ride to the store, to a doctor's appointment, to run an errand, or to visit a friend or family, contact us at 716-945-8414 in Allegany and 716-534-5777 in Cattaraugus.

REMINDER: Ride requests require advance notice. Please plan accordingly.

- Local and non-medical ride requests require 48 hours notice.
- Appointments, medical appts., and out-of-area ride requests require two (2) weeks' notice.



Senior Farmers' Market Nutrition Program

Senior Farmers' Market Nutrition Program (SFMNP) Coupons are available beginning, Wednesday, 7/5/2023. The last day we can issue coupons is 9/30/23 but issued coupons may be used until 11/30/2023.

Highlights:

- **Each SFMNP coupon booklet is worth \$25.00 and contains five (5) coupons.**
 - **Coupon color for this program year is dark green.**
- **Eligibility is determined by two factors, age, and income.**
 - **Each older adult in a household is eligible to receive a booklet if they meet the age and income requirements.**

Stop by the Sr. Center in Jimtown or the Wini Kettle Sr. Center in Irving for yours.





SUMMER

Word Scramble



ebahc

wiustsim

rieccema

danelome

cgaimnp

picpsloe

laensdscta

rteavl

bbrcaeeu

ntavioca

ursmem

cneao

gfnisih

asndlas

olop

