



ELDER LIVING

Seneca Nation Area Office for the Aging

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AOA and SNI

Offices are

CLOSED

**Thursday, June 15th
for SNI President's Day**

Director's Update

Nya:wëh Sgë:nö'

First, Happy Father's Day on June 18 to all the Ha'nih's, Hakso:d's! Hope you all enjoy your day! June is also Elder Abuse Awareness Month and June 15th is World Elder Abuse Awareness Day. This past month we introduced the AOA's Advisory Committee's Elder Protection Draft Code to the Community, also a "Comment" period and Community meetings were held on both territories on the draft. We hope you have had the chance to review and participate in our committee's endeavor to protect our Elders. If you are interested and would like a copy of this Draft code, please call and we can get a copy to you. We hope you enjoy what's inside this month's edition thanks to Irma, your Elder Advocate, Nya:wëh Irma! If you need assistance or would like to participate in any of our activities and events or have suggestions, please don't hesitate to contact us. Stay Cool! Stay hydrated!

Ësgögë' ae', Bethany Lay, Director

FREE In-Person Legal Assistance @ AOA

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

Date:
June 23

****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**

MONTHLY ALZHEIMER'S SERIES AT SENECA NATION AOA

ALZHEIMER'S  ASSOCIATION®

Tips for Tough Conversations

Free Educational Program



When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Allegany Elders Center
Tuesday June 13
10-11am

3644 Administrative Dr. Salamanca, NY
(716) 945-8414

Wini Kettle Senior Center
Wednesday June 14
10-11am

28 Thomas Indian School Dr. Irving, NY
(716) 532-5777

To register call 800.272.3900
Walk-ins welcome!



Upcoming Seneca Elder Events

38 Special - Saturday, June 17th 8 p.m. Seneca Niagara

Buffalo Bison's Baseball game - Saturday, June 17th 6 p.m.

REO Speedwagon - Saturday, June 24th 7 p.m. Seneca Allegany

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

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

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 and no later than 30 minutes prior. 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 starting on
June 28 from
1pm-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
June from 11am-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

Pot Luck & BINGO: EVERY MONDAY @ 5pm

Mens Pool: EVERY MONDAY @ 9am

Card Club: EVERY TUESDAY & FRIDAY @ 10 am

Senior Stretch: EVERY WEDNESDAY 1-1:30 pm ****Beginning 6/28**

Gardening: WEDNESDAY 6/7 @ 1 pm

Walking Club: EVERY WEDNESDAY @ 11:30 am

Shuffleboard: FRIDAY 6/9 & TUESDAY 6/20 @ 1pm

Seasonal Craft: WEDNESDAY 6/14 & 6/28 @ 1pm

Catt. to Alleg. Pool: TUESDAY 6/13 leave @ noon

Women's Pool Tournament: FRIDAY 6/23 @ 1pm

Quarter BINGO: THURSDAY 6/8 & 6/29 @ 1pm

Prize BINGO: THURSDAY 6/22 @ 1pm

Alleg. @ Catt. Pool Tournament: TUESDAY 6/27 @ 1pm



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

Allegany Elders Center Activities

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

Movie Night: Every MONDAY @ 4pm

Terrarium Making: Every MONDAY 1-3 pm

Men's Pool Tournament: TUESDAY 6/6 @ 1pm

Card Making Class: Every WEDNESDAY 11am-1pm

Adult Coloring: Every WED 2-4 pm & 6/1, 22, 29 3-5pm

BINGO: Every THURSDAY @ 1pm

Seneca Language: Every FRIDAY 11am-12pm

Catt. @ Allegany Pool: TUESDAY 6/13 @ 1pm

Allegany @ Catt Pool: TUESDAY 6/27 leave @ noon

Pot Luck: FRIDAY 6/30 1-3pm



Every Monday

6/5-Avatar: The Way of Water

6/12-On a Wing and a Prayer

6/19 - Pathu Thala

6/26 - Without a Trace

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

ELDER ABUSE IN INDIAN COUNTRY

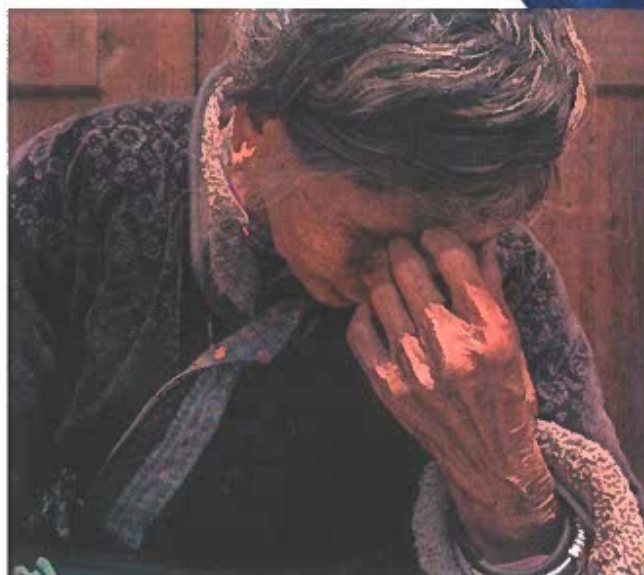


OVERVIEW

According to the National Center on Elder Abuse (NCEA), elder abuse refers to any of the following types of mistreatment that are committed by someone with whom the elder has a special relationship (e.g. spouse, sibling, child, friend, or caregiver).

TYPES OF ABUSE

- **Physical Abuse**
 - ◇ The use of physical force that may result in bodily injury, physical pain, or impairment.
- **Emotional/Psychological Abuse**
 - ◇ The infliction of anguish, pain, or distress through verbal or nonverbal acts.
- **Sexual Abuse**
 - ◇ Sexual contact with any person who has not consented or is incapable of consent is sexual abuse.
- **Financial or Material Exploitation**
 - ◇ The illegal or improper use of an elder's funds, property, or assets.
- **Neglect**
 - ◇ The refusal or failure to fulfill any part of a person's obligations or duties to an elder. Neglect may include failure of a person who has fiduciary responsibilities to provide care for an elder (e.g., pay for necessary home services) or the failure on the part of an in-home service provider to provide necessary care.¹
- **Spiritual Abuse**
 - ◇ Spiritual abuse among Native American older adults are actions that damage one's experience and personal practice of the sacred.
 - ◇ Such as refusing to take elders to ceremonies and preventing them from participating in spiritual activities that lead to hurt or damaged spirits.²
- **Abandonment**
 - ◇ The desertion of an elder person by an individual who has assumed responsibility for providing care for an elder, or by a person with physical custody of an elder.
- **Self-Neglect**
 - ◇ The behavior of an elder person that threatens his/her personal health or safety.
 - ◇ Self-neglect may manifest in an elder as a refusal or failure to provide him/herself with adequate nutrition, clothing, shelter, personal hygiene, medication, and safety precautions.³



ELDER VULNERABILITY

Due to health, cognitive, and social interaction changes with aging, elders are uniquely vulnerable to abuse. Elder abuse often goes unreported because of either lack of resources available to the elder or a hesitancy to report. An elder may be protecting a family member or friend who is the abuser.³

NUMBERS & STATISTICS

In 2009, persons age 65 or older made up about 12.9% of U.S. population, and it is estimated that at the current rate by 2030 they will make up 19%.⁴ Incidents of elder abuse and/or neglect are expected to increase with growth of elder population.

CALL THE POLICE OR 9-1-1 IMMEDIATELY IF SOMEONE YOU KNOW IS IN IMMEDIATE, LIFE-THREATENING DANGER.

If the danger is not immediate, but you suspect that abuse has occurred or is occurring, please tell someone. Relay your concerns to the local/tribal adult protective services, long-term care ombudsman, or the tribal police.

For more detailed information on elder abuse
watch the online educational module at:

<https://www.nieji.org/training/elder-abuse/>

REFERENCES

1. National Center on Elder Abuse (NCEA). (2013). Types of Abuse. Retrieved on February 11, 2016 from <https://ncea.acl.gov/Suspect-Abuse/Abuse-Types.aspx>
2. Gray, J. S., LaBore, K. B., & Carter, P. (2018, June 25). Protecting the Sacred Tree: Conceptualizing Spiritual Abuse Against Native American Elders. Psychology of Religion and Spirituality. Advance online publication. <http://dx.doi.org/10.1037/rel0000195>
3. Barton, R. (2012). Combating Elder Abuse in Indian Country Indian Country Today Media Network. Retrieved on February 7, 2016 from https://newsmaven.io/indiancountrytoday/archive/combating-elder-abuse-in-indian-country-rMzSyGu_zkKxbCE41fRoBw
4. Administration on Aging (AoA). (2014). A Statistical Profile of Older American Indian and Native Alaskans. Retrieved on February 11, 2016 from <https://www.nieji.org/training/elder-abuse/Statistical-Profile-Older-American-Indian-Native-Alaskans.pdf>

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**NATIONAL INDIGENOUS ELDER JUSTICE INITIATIVE • CENTER FOR RURAL HEALTH
UNIVERSITY OF NORTH DAKOTA • SCHOOL OF MEDICINE & HEALTH SCIENCES**



1301 North Columbia Road Suite E231 • Grand Forks, ND 58202-9037 • Phone: (701) 777-6084 • Fax: (701) 777-6779 • Email: info@nieji.org

HONOR OUR ELDERS



Stand Up Against Elder Abuse

Elders are an important part of our community. They are our wisdom keepers and first teachers. They deserve our respect and protection.

Sadly, elder abuse most often occurs at home and by family members or caregivers. If you or someone you know is experiencing abuse, neglect, or exploitation -please reach out for help.

- In cases of immediate danger call 911.
- To report abuse or neglect at home:
Call New York State Adult Protective Services
1-844-697-3505
- To report nursing home abuse or neglect:
Call NY State Long-term Care Ombudsman Program
1-855-582-6769
- Seneca Nation Crime Victim Services
Sharon Francis (716) 532-4900 ext. 5060
- 24/7 Victim Services Hotline (716) 532-8185



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We will cherish the elders.



June 2023 Menu



Seneca Nation Area Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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 prior to the meal.</p>	<p>Please enjoy a ½ pint milk served with each meal!</p> <p>MENU IS SUBJECT TO CHANGE</p>		<p>1</p> <p>Grilled Chicken Strawberry Poppyseed Salad Carrot Sticks with hummus Dinner roll Ice cream</p>	<p>2</p> <p>Spaghetti & meat sauce Served with a Tossed salad And Italian Bread Apricots for dessert</p>
<p>5</p> <p>Pepperoni & Vegetable Pizza Served with a Side Salad Fruited Jell-O for dessert</p>	<p>6</p> <p>Roast pork with Gravy Served with a Dinner Roll and sides of Roasted Potatoes & Peas Fresh Cantaloupe for dessert</p>	<p>7</p> <p>Sloppy Joe on a bun With Buttered Corn and Potato salad Orange for dessert</p>	<p>8</p> <p>FATHER'S DAY MEAL Chicken BBQ! Served with Broccoli Apple Salad, a Biscuit and Strawberry Cake for dessert</p>	<p>9</p> <p>Italian Sausage Sandwich with grilled onions and peppers Macaroni Salad Watermelon</p>
<p>12</p> <p>Ranch Chicken Served with sides of Green Beans And Brown rice Fruit Cup for dessert</p>	<p>13</p> <p>Breaded crispy Fish Sandwich Served with Sweet Potato Wedge And a side of Coleslaw Fresh fruit for dessert</p>	<p>14</p> <p>Teriyaki Pork Served with Wild Rice Blend, Roasted Vegetables Lime Jell-O</p>	<p>15</p> <p>CLOSED</p>	<p>16</p> <p>Chicken Fettuccine Alfredo Served with Broccoli And a Dinner Roll Fruit Yogurt Parfait for dessert</p>
<p>19</p> <p>Ham & Bean Soup Biscuit, Garden Salad Peaches & Cottage Cheese</p>	<p>20</p> <p>Crispy Chicken Fingers With Sweet Potato wedges A side of steamed asparagus Ambrosia fruit dessert</p>	<p>21</p> <p>Macaroni & Cheese Stewed Tomatoes Zucchini & Squash Blend Cinnamon pears</p>	<p>22</p> <p>BIRTHDAY PARTY! Oven-baked Pork Chop Served with Applesauce Baked Potato, Steamed Spinach Dinner Roll Strawberry Angel Food Cake and Orange Sherbet for dessert</p>	<p>23</p> <p>Baked Parmesan Tilapia Sweet Potato Fries Corn Bread Cabbage Apple Slaw Peanut Butter Cookie for dessert</p>
<p>26</p> <p>Stuffed Shells with Marinara Sauce Served with Garden Salad And a Dinner Roll Fresh Fruit for dessert</p>	<p>27</p> <p>Ham & Pineapple Green Bean Casserole Glazed Carrots Biscuit Raspberry Sherbet</p>	<p>28</p> <p>BRUNCH Pancakes with Fresh Berry topping Greek Yogurt Bacon Low-Sodium Vg</p>	<p>29</p> <p>TRADITIONAL MEAL Green Bean Soup Bean Sandwich Watermelon Strawberry Juice</p>	<p>30</p> <p>Patty Steak & Cheese Sliders Potato Wedges Green Beans Fresh cut Cantaloupe</p>



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders

June 15, 2023
Wear Purple to Support Awareness

JUNE 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 LOCAL	2 OLLIE'S	3
4	5 RIDERS CHOICE	6 WALMART	7 GANONDAGAN *LIMIT 10 ELDERS DEPART 9AM	8 LOCAL	9 RIDER'S CHOICE	10
11	12 RIDERS CHOICE	13 POOL TOURNEY CATT. TO ALLEG. DEPART 12PM	14 BIG LOTS BRADFORD, PA	15 LOCAL	16 RIDER'S CHOICE	17 BISON'S GAME SIGN-UP IN PERSON DEPART 1PM
18	19 RIDERS CHOICE	20 MOVIES DEPART 12 PM	21 BUFFALO FARM	22 LOCAL	23 APPLEBEE'S	24
25	26 RIDERS CHOICE	27 POOL TOURNEY ALLEG. TO CATT. DEPART 12 PM	28 WEGMAN'S	29 LOCAL	30 LOCAL	

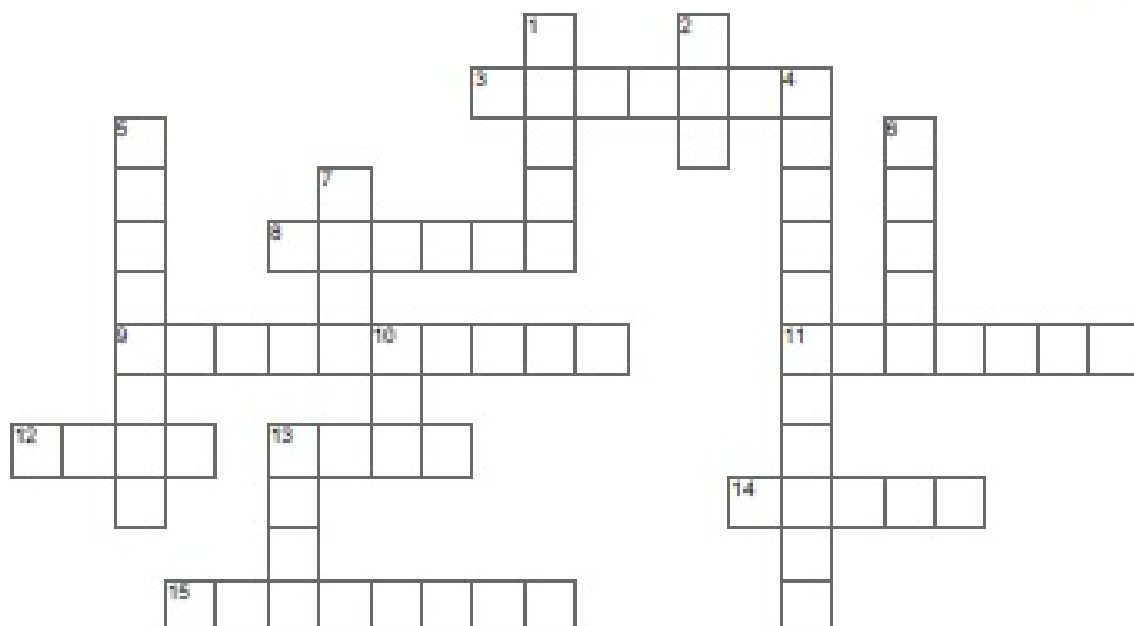
SNAOA Transportation Reminders

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.

Father's Day Crossword



ACROSS

3. Sleep in a tent.
8. Day of the week that Father's Day is celebrated.
9. Outdoor Cooking.
11. Outdoor activity that involves sitting in a boat.
12. Opposite of female.
13. My father is my _____.
14. Singular form of children.
15. My father loves to watch _____ on the TV.

DOWN

1. Another name for father.
2. Narrow cloth worn around the neck.
4. Dad's Father.
5. A favorite Sunday sport.
6. To fix things Dad needs his...
7. Month of the year that we celebrate Father's day.
10. Mode of transportation.
13. Give Dad _____ and Kisses on Father's Day.

HERO
FISHING
TIE
BASEBALL

DADDY
JUNE
CHILD
HUGS

GRANDFATHER
TOOLS
CAMPING
BARBECUING

FOOTBALL
CAR
SUNDAY
MALE

Elders Strawberry Social

ĖYÖGWANOHSŦ:G
HADIGĖHJI' DA'

We will cherish the Elders.

Elder Abuse Awareness Event
Thursday - June 29th, 10AM-2PM
Cattaraugus Territory - Seneca Fire Hall
Wear Purple for Awareness



Mini Social & Raffles
Lunch Provided
Hoop Dance & Smoke Dance
Performance



Information & Resources
Allegany Transportation Available

For More Information Contact:
Crime Victims Services at 716-532-8339
or SN AOA at 716-945-8414

**HONOR OUR
ELDERS**

