

ELDER LIVING

Seneca Nation Area Office for the Aging



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AOA and SNI
Offices are
CLOSED
June 15
President's Day



ha' nih
father

hakso:d
grandfather

Director's Update

Nya:wëh Sgë:nö' I am thankful you are well. In June we honor and celebrate our fathers and grandfathers who make a difference in our lives and community. We will be sending Fathers Day gifts home to all of the men on our Home Delivered Meal lists and having special Fathers Day lunches at our Elder Centers.

Please join us on Tuesday June 21st for our first annual Elder Resource Fair. We'll have lots of helpful information and resources for Elders. There is also a free chicken BBQ, homemade desserts and awesome giveaways and prizes for Elders that attend.

June is Elder Abuse Awareness Month and we encourage everyone to learn what elder abuse is and where to go for help. Elders are an important part of our communities and must be protected.

If you need assistance or would like to participate in any of our activities and events, give us a call.

Ėsgögë' ae' - I'll see you again.
Bethany Lay

EAT HEALTHY, BE ACTIVE WORKSHOPS



What is it?

A 3-week nutrition series where participants learn the skills needed to make healthy eating part of their lifestyle.

What will I learn?

- Healthy Eating Patterns that reduce the risk of chronic disease and obesity.
- Reading your food packages
- Making quick and healthy meals
- Eating healthy on a budget
- Cooking for a 1-2 person house

Who should attend?

Residents of Chautauqua, Cattaraugus and Allegany County or the Seneca Nation territories who are 60 years of age or older, and their families.

Seneca Allegany Elders Center Workshops:

- Wednesday, June 1st at 2pm
- Wednesday, June 8th at 2pm
- Wednesday, June 22nd at 2pm

Wini Kettle Senior Center Workshops:

- Tuesday, July 5th at 1:30pm
- Tuesday, July 12th at 1:30pm
- Tuesday, July 19th at 1:30pm
- Tuesday, July 26th at 1:30pm



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

**FREE
CHICKEN BBQ
& AZALIA'S
JUICES**

**AWESOME
GIVEAWAYS**

**FREE CHAIR
MASSAGES**

**TONS OF
FREE RAFFLE
PRIZES**

**FREE GIFTS
FOR FIRST 50
VISITORS**

ELDER RESOURCE FAIR

TUES. JUNE 21, 11AM-2PM

Seneca Fire Hall

12879 Route 438 Irving, NY

BUS LEAVES ALLEGANY ELDERS CENTER @10AM.

*For Elders age 60 & up
and their caregivers

VALUABLE INFORMATION FOR ELDERS & CAREGIVERS:

MEDICARE, HEALTHY LIVING, LEGAL, FINANCIAL, SNI AND GOV. RESOURCES



For more Information, call Melissa Shaw at (716) 532-5777.

HONOR OUR ELDERS



Elders are an important part of our community. They are our wisdom keepers and first teachers. Elders deserve our respect and protection. Sadly, elder abuse most often occurs at home and by family members or caregivers. Most cases of elder abuse are undetected, under-reported, and unresolved.

On June 15th, show that you care by wearing purple. Help raise awareness of this important and often overlooked issue. Reach out to elders in your life. Show that you cherish and appreciate them.

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 NYS Adult Protective Services (844) 697-3505
- To report nursing home abuse or neglect: Call NYS Long-term Care Ombudsman Program (855) 582-6769
- Seneca Nation Crime Victim Services: (716) 532-8339 or email sncvservices@sni.org
- 24/7 Victim Services Hotline: (716) 532-8185

Ėyögwanohte:g Hadigëhji 'da '

We will cherish the elders.

Wear Purple June 15th- Elder Abuse Awareness Day



What is Elder Abuse?

Elder abuse is any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a risk of harm to an elder. Most cases of elder abuse are undetected, under-reported, and unresolved.

Physical Abuse

Non-accidental use of force that results in bodily injury, pain, or impairment. This includes, but is not limited to, being slapped, burned, cut, bruised, or improperly physically restrained.

Emotional Abuse

Willful infliction of mental or emotional anguish by threat, humiliation, intimidation or other abusive conduct. This includes, but is not limited to, isolating or frightening an adult.

Financial Abuse

Improper use of an elder's funds, property, or resources by another individual. (e.g. theft, fraud, misuse, or neglect of authority)

Neglect

Active neglect is the willful failure by a caregiver to fulfill care-taking functions and responsibilities. This includes abandonment, deprivation of food, medication, water, heat, cleanliness, eyeglasses, dentures, or health-related services. Passive neglect is the non-willful failure to fulfill care-taking responsibilities because of inadequate caregiver knowledge, infirmity, or disputing the value of prescribed services.

Sexual Abuse

Sexual contact that is forced, tricked, threatened, or coerced upon an elder, including those who are unable to grant consent.

As community members, we must honor and protect our elders. If you or someone you know is being abused or mistreated, please reach out for help.

“What’s the best age to start receiving Social Security retirement benefits?”



The answer is that there’s not a single “best” age for everyone and, ultimately, it’s your choice. The most important thing is to make an informed decision. Base your decision about when to apply for benefits on your individual and family circumstances.

What you should know before you apply:

- ▣ **What does “retirement” mean?** - Retiring means getting your Social Security retirement benefit. It might mean that you’ve also stopped working. However, these two things don’t need to happen at the same time. For example, you have the option of delaying your monthly benefit even after you stop working. Delaying your benefit will increase your monthly benefit amount. (See below.)
- ▣ **Your benefits are based on your entire earnings history** - Do you know how your benefit is calculated? Your monthly benefit amount is based on your highest 35 years of earnings. If you don’t have 35 years of earnings, your monthly benefit will be reduced, because years with no earnings will count as zeros.
- ▣ **Your monthly benefit is higher if you wait to start** - When should you start your retirement benefit? You can start receiving benefits as early as age 62. However, the longer you wait (up to age 70), the higher your monthly benefit will be — for the rest of your life. If you’re married and you’re the higher earner, delaying your benefit may also mean higher survivor benefits for your spouse when you pass away.
- ▣ **Your full retirement age may be higher than you think.** - Your “full retirement age” is determined by the year you were born. The retirement age used to be 65 for everyone, but is gradually increasing to 67. As the full retirement age goes up, benefits claimed at earlier ages go down.
- ▣ **Your benefits may be temporarily reduced if you work while receiving benefits.** - Working after you start receiving retirement benefits may affect your monthly benefit amount, depending on your age and how much you earn. If you are younger than your full retirement age, and your earnings exceed certain dollar amounts, some of your monthly benefit may be withheld. Social Security will increase your monthly benefit after you reach full retirement age to account for the months of withheld benefits. When you reach your full retirement age, you can work and earn as much as you want and your benefit will not be affected.
- ▣ **Your benefits may be taxed** - Some people have to pay federal income taxes on part of their Social Security benefits. This usually happens only if you have other substantial income (e.g. wages, interest, or dividends) in addition to your benefits.

Additional things you should think about:

- **Your longevity and health** - Retirement may be longer than you think. As you consider when to begin receiving retirement benefits, take into account how long you might live. Today, more than one in three 65-year-olds will live to age 90. Social Security benefits last as long as you live, providing valuable protection against outliving savings and other sources of retirement income. Delaying your benefit to let it grow is one way to increase your monthly Social Security protection.
 - **Retroactive benefits** - If you are past your full retirement age when you apply for benefits, you can choose to receive up to six months of retroactive monthly benefits. However, using this option changes the start of your benefit to an earlier date. Remember that by choosing to start your benefit earlier, your monthly benefit amount will be lower for the rest of your life. Your spouse's survivor benefits may also be lower.
 - **Signing up for Medicare** - Consider whether you need to apply for Medicare at age 65, even if you aren't applying for monthly retirement benefits. If you have already started receiving your retirement benefits, you will be automatically enrolled in Medicare when you turn 65. Medicare Part A (Hospital Insurance) is free for most people, and Medicare Part B (Medical Insurance) requires a monthly premium. Generally, if you have not already started receiving retirement benefits, you will want to sign up for Medicare three months before turning age 65. This is unless you have group health coverage through a current employer.
- NOTE:** If you don't have group health coverage through a current employer and you don't sign up for Medicare Part B when first eligible, then you may have to pay a late enrollment penalty for as long as you have Part B. Also, you may have to wait to enroll, which will delay this coverage.
- **Applying for your benefits** - Once you have decided when you want to start receiving your monthly Social Security benefit, you can apply up to four months before the date you want your benefits to start.

Contacting Social Security

The most convenient way to do business with Social Security is to visit www.ssa.gov to get information and use the online services. There are several things you can do online: apply for benefits; get useful information; find publications; and get answers to frequently asked questions.

Or, you can call Social Security toll-free at 1-800-772-1213 or at 1-800-325-0778 (TTY) if you're deaf or hard of hearing. Social Security can answer your call from 8 a.m. to 7 p.m., weekdays. You can also use the automated services via telephone, 24 hours a day, so you do not need to speak with a representative. Wait times to speak to a representative are typically shorter Wednesdays through Fridays or later in the day.

Upcoming Seneca Elder Events



Friday, June 10 - Corning Museum of Glass. Bus departs BOTH AOA Elder Centers at 8:30am. Approximate return time is 6pm. Admission & Glass Blowing are pay on your own (approx. cost is \$55.) Bag lunch & drinks provided. Sign-up in person @ either AOA. Space is limited.

Saturday, June 18 - Tyler Henry, The Hollywood Medium, at Seneca Niagara Casino at 8pm

Saturday, June 25 - Rick Springfield at Seneca Allegany Casino at 8pm

Saturday, June 25 @ 6PM- Buffalo Bisons Game Suite!

Reminder: Entertainment Guidelines

- Tickets available to enrolled Seneca Elders only.
- Elders need to physically sign themselves up in person at AOA.
- Elders must notify AOA of any cancellations at least 24 hours prior to event.
- Assistants may be put on the waitlist pending all Enrolled Seneca Elders are accommodated.
- Please remember to include your phone number when signing up.
- There is a minimum of 10 people to attend a show.

For more information, please call: Irma Cortes at (716) 532-5777 ext. 5513.

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



Elder Center Activities

Wini Kettle Senior Center Activities

Seasonal Craft: Thurs. 6/2 & 6/9 @ 1pm.

Card Club: Tues. 6/7, 6/14, & 6/28 @ 10am.

Shuffleboard: Fri. 6/10 & Mon. 6/20 @ 1pm.

Fathers Day Pool Tournament: Mon. 6/13 @ 9:30am

Women's Pool: Tues. 6/14 @ 1pm.

BINGO: Thurs. 6/16 & 6/23 @ 1pm.

Tie Dye T-shirts: Mon. 6/27 @ 1pm.

Pot Luck: Mon. 6/27 @ 5pm.

Beaded Strawberry Class: Wed. 6/29 @ 1pm.

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

Allegany Elders Center Activities

Seneca Language: Every Tuesday from 11am-12pm.

Card Making Class: Every Wednesday from 11am-1pm.

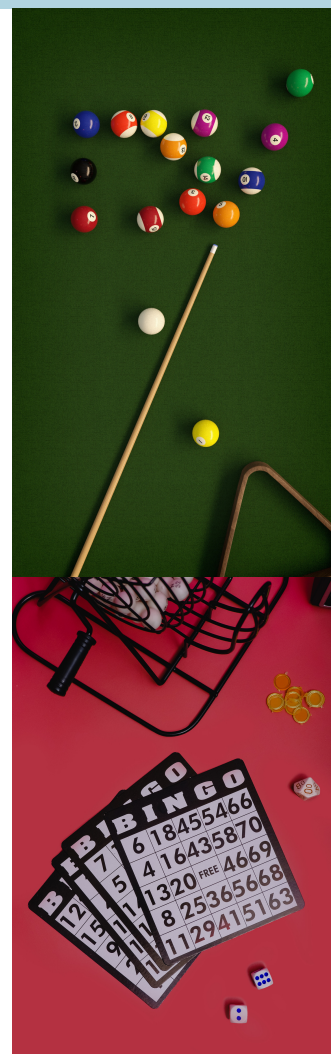
(No Class 6/1 & 6/15)

BINGO: Every Thursday from 1-3pm.

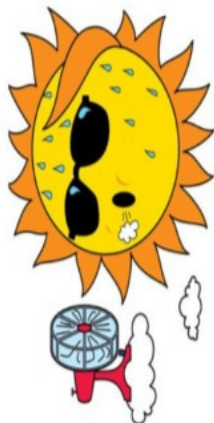
Birdfeeder Craft: Mon. 6/13 and Tues. 6/14 from 1-3pm.

Fathers Day Crafts: Sat. 6/4 noon-2pm, Fri. 6/10 2-4pm, Fri. 6/17 from 2-4pm.


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

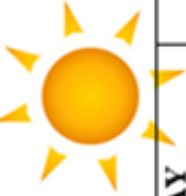


AOA JUNE TRIPS 2022



AOA Bus Trips



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>All Passengers must sign up by 9am the day of.</u> <u>Alleg: 716-945-8414</u> <u>Catt: 716-532-5777</u>	Alleg. trips depart Elder Center @ 2pm Catt. trips depart Wini Kettle @ 1pm. Unless otherwise noted.		1 <u>Alleg:</u> BINGO @Irving Fire Hall DEPART @ 5:15 <u>Catt:</u> Wegmans	2 <u>Alleg:</u> Kings Green House Olean, NY <u>Catt:</u> Quaker Crossing	3 <u>Alleg:</u> The "BIG" Walmart Hamburg, NY <u>Catt:</u> Red Lobster	4
	6 <u>Alleg:</u> Home Depot Olean, NY <u>Catt:</u> Scenic Ride	7 <u>Alleg:</u> Food Truck Tuesday Buffalo, NY DEPART @ 3:45 <u>Catt:</u> Bison Billiards Pool Hall DEPART @ 12:30	8 <u>Alleg:</u> BEADS BEADS BEADS Irving, NY <u>Catt:</u> Walmart	9 <u>Alleg:</u> Pet Smart Jamestown, NY <u>Catt:</u> Sunset Grill	10 <u>Catt & Alleg:</u> Corning Museum of Glass \$55.00 Fee DEPART @ 8:30am RETURN @ 6:00pm?	11 <u>Alleg:</u> Allentown Art Festival DEPART @ 10:30 Buffalo, NY
	13 <u>Alleg:</u> Aldi's & Big Lots Bradford, PA <u>Catt:</u> Teds Hot Dogs	14 <u>Alleg:</u> Out To Movies Jamestown, NY <u>Catt:</u> Regal Movies DEPART @ 12:30pm	15 <u>SITE CLOSED</u> 	16 <u>Alleg:</u> Outback Steakhouse DEPART @ 3:30pm Orchard Park, NY <u>Catt:</u> Galleria Mall	17 <u>Alleg:</u> Peaches N Cream Randolph, NY <u>Catt:</u> Longhorn Steakhouse	18
	20 <u>Alleg:</u> Brigiotta's Jamestown, NY <u>Catt:</u> NO TRIP	21 <u>Alleg:</u> Elder Resource Fair, Irving Fire Hall Depart at 10am <u>Catt:</u> Savers	22 <u>Alleg:</u> Scenic Ride Bemus Point <u>Catt:</u> Walmart	23 <u>Alleg:</u> Niagara Outlets & Savor Restaurant DEPART @ 10am <u>Catt:</u> Local Shopping	24 <u>Alleg:</u> Cuba Gaming & Cheese <u>Catt:</u> Buffalo Creek Casino	25
	27 <u>Alleg:</u> Joe's Deli Buffalo, NY <u>Catt:</u> Rider's Choice	28 <u>Alleg:</u> Wegmans Jamestown, NY <u>Catt:</u> McKinley Mall	29 <u>Alleg:</u> BINGO @ Irving Fire Hall DEPART @ 5:15 <u>Catt:</u> Walmart	30 <u>Alleg:</u> Reid's Food Barn , Olean, NY <u>Catt:</u> Local Banking		



June 2022 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 3:30pm 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 Philly Steak & Cheese Sliders Potato Wedges Green Beans Healthy Carrot Cake with Cream Cheese Frosting</p>	<p>2 Roast pork with Gravy Served with a Dinner Roll and sides of Roasted Potatoes & Peas A Cookie for dessert</p>	<p>3 Grilled Chicken Strawberry Poppyseed Salad Carrot Sticks with hummus Dinner roll Ice cream</p>
<p>6 Pepperoni & Vegetable Pizza Served with a Side Salad Cinnamon peaches for dessert</p>	<p>7 Ranch Chicken Served with sides of Green Beans And Brown rice Mandarin oranges for dessert</p>	<p>8 Sloppy Joe on a bun With Buttered Corn and Potato salad Fresh fruit for dessert</p>	<p>9 FATHER'S DAY MEAL Chicken BBQ! Served with Broccoli Apple Salad, a Biscuit and Strawberry Cake for dessert</p>	<p>10 Italian Sausage Sandwich with grilled onions and peppers Macaroni Salad Watermelon</p>
<p>13 Fettuccine Alfredo Served with Broccoli And a Dinner Roll Oatmeal Cookie for dessert</p>	<p>14 Breaded crispy Fish Sandwich Served with Sweet Potato Wedge And a side of Coleslaw Fresh fruit for dessert</p>	<p>15  CLOSED</p>	<p>16 TRADITIONAL MEAL Green Bean Soup Roll Watermelon Strawberry Juice</p>	<p>17 Spaghetti & meat sauce Served with a Tossed salad And a Dinner Roll Cinnamon Peaches for dessert</p>
<p>20 Crispy Chicken Fingers With Sweet Potato wedges A side of steamed asparagus Ambrosia fruit dessert</p>	<p>21 Teriyaki Pork Served with Wild Rice Blend, Roasted Vegetables Lime Jell-O</p>	<p>22 Macaroni & Cheese Stewed Tomatoes Zucchini & Squash Blend Cinnamon pears</p>	<p>23 BIRTHDAY PARTY! Oven-baked Pork Chop Served with Applesauce Baked Potato, Steamed Spinach Dinner Roll Birthday cake for dessert</p>	<p>24 Baked Parmesan Tilapia Sweet Potato Fries Corn Bread Cabbage Apple Slaw Cookie for dessert</p>
<p>27 Ham & Pineapple Green Bean Casserole Glazed Carrots Biscuit Raspberry Sherbet</p>	<p>28 BRUNCH Pancakes with Fresh Berry topping Greek Yogurt Bacon</p>	<p>29 Manicotti with marinara Sauce Served with Garden Salad And a Dinner Roll Chocolate Pudding for dessert</p>	<p>30 Broiled fish Steamed mixed vegetables Served with Coleslaw Yogurt Berry Parfait for dessert</p>	



WORLD ELDER ABUSE AWARENESS DAY
Building Strong Support for Elders

June 15, 2022
Wear Purple to Support Awareness

FATHER'S DAY WORD SEARCH

12-dekni:h sga:e'

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

BARBECUE
BRAVE
CHILDREN
DAD
FAMILY

FATHER
FISHING
GRILLING
HELPFUL
JUNE

KIND
LOVE
MOTIVATIONAL
PARENT
PICNIC

PROTECT
SPORTS
STRONG
SUMMER
TEACHER



Seneca Nation Disability Services & Venture Forthe Inc. Presents

Please Join Us for An important informational session.

Mellissa Peck, in-take coordinator for Venture Forthe will be joining us on each territory

Allegany, Buffalo & Cattaraugus to speak with interested members on how you may can qualify for the services they provide.

You may be eligible for in-home care, from someone you trust or a family member, to be paid to look after you in your time of need.

(Medicaid eligibility Required)

Allegany

83 Wildwood Ave

Salamanca, NY 14779

6/23/22 @ 12pm

Buffalo

533 Amherst St

Buffalo NY 14207

6/9/22 @ 11am

Cattaraugus

210 TIS Ext

Irving, NY 14081

6/14/22 @2pm

If you should have any questions, please call our office

716-532-4900 Ext. 5152

Light refreshments served! Door prize!

