



ELDER LIVING

Seneca Nation Area Office for the Aging



Fred Spruce and Phil Jones play a game of billiards at the Wini Kettle Senior Center.

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Don't forget!

To complete your annual registration and COVID payment paperwork with the Clerk's Office.

Director's Update

Nya:wëh Sgë:nö'

We are excited to announce that the Wini Kettle Senior Center and the Allegany Elder Center are open to Elders from 8am-4pm, Monday-Friday. Elders are welcome to stop in and enjoy our facilities. Play a game, work on your crafts, or just enjoy a cup of coffee with friends. All activities will be self-directed until we are back to normal staffing levels. Please note that we are still following COVID safety precautions, including: temperature screenings, social distancing and mask wearing for unvaccinated individuals. If you are not feeling well, please stay home.

Lunch will continue to be served from 12-1pm each day at:

- Wini Kettle Senior Center (daily)
- 44 Seneca (daily)
- Seneca Allegany Elders Center (Thursdays only)

Also this month, AOA bus trips and medical transportation will resume on both territories. Capacity is limited so please stop in or call ahead to reserve your spot. More information and bus schedules are included in this issue.

We look forward to seeing you soon!

Bethany Lay

MEAL UPDATE



Under New York State's Major Disaster Declaration (MDD), issued to address the COVID-19 pandemic, the Seneca Nation AOA was able to provide hot meals to all Elders over 60 including those who normally would not be eligible for this service. Now that the MDD has lifted, we are returning to pre-pandemic eligibility requirements.

Effective July 12, 2021, all COVID-19 meal deliveries ended. However, we want to ensure that those who are in need still continue to receive meals.

If you are eligible, we may be able to continue to offer you this service through our Home Delivered Meals Program.

Eligibility requirements:

Persons age 60 and over are eligible if they are:

- homebound and incapacitated due to accident, illness or frailty, lack of support of family, friends or neighbors; and
- are unable to prepare meals because of lack of facilities, inability to shop and cook for self, inability to safely prepare meals.

Please contact our Case Manager, Shantel Burning, at 716-532-5777 ext. 5503 to set up an assessment to see if you qualify. All assessments are currently conducted over the phone.

If you are no longer eligible for our meal deliveries, please consider attending our congregate meal sites located at:

- Cattaraugus Territory- Wini-Kettle Elder Center (daily)
- Allegany Territory- 44 Seneca Street (daily) and the Seneca Allegany Elders Center (Thursdays)

Both sites are currently open and accepting reservations for dining. Lunch is served from 12:00pm to 1:00pm, Monday through Friday (Thursdays only at the Seneca Allegany Elders Center.)

Please call by 3:00pm the day prior to the meal to make a reservation:
Allegany Territory, 716-945-8414
Cattaraugus Territory, 716-532-5777





August 2021 Menu

Seneca Nation Area Office for the Aging



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Pepperoni & Vegetable Pizza Served with a Side Salad Fresh Peaches for dessert</p>	<p>3 BBQ Pulled Pork Sandwich With French Fries Peas Oatmeal Cookie for dessert</p>	<p>4 Grilled Chicken Strawberry Poppy Seed Salad Served with a Dinner roll Ice cream for dessert</p>	<p>5 Fettucine Alfredo Served with Broccoli And a Dinner Roll Chocolate Chip Cookie for dessert</p>	<p>6 Fish & Chips Coleslaw Roll Watermelon for dessert</p>
<p>9 Assorted Subs Steamed mixed vegetables Baked Potato Chips Orange</p>	<p>10 Greek Chicken Salad With pita bread Fruited Jello for dessert topped with whipped cream</p>	<p>11 Tortellini with Sundried Pesto Spinach Toasted Garlic Whole Wheat Bread Pudding for dessert</p>	<p>12 <u>TRADITIONAL MEAL</u> Bean Sandwich with Side Pork and a Garden Salad Fresh Watermelon</p>	<p>13 Tuna Melt on wheat with Vegetable Soup Mandarin Oranges</p>
<p>16 Spaghetti & meat sauce Tossed salad Roll Fresh Fruit for dessert</p>	<p>17 Chicken Noodle Casserole With steamed peas Blueberries and Greek Yogurt Brownie for dessert</p>	<p>18 Vegetable Lasagna Served with Broccoli And a Dinner Roll And Grape Juice Chocolate pudding for dessert</p>	<p>19 Crispy Breaded White Fish Fillet Herbed Summer Squash Roasted Baby Red Potatoes Peanut Butter Chocolate Rice Krispy Treat</p>	<p>20 Italian Sausage Hoagie with Sautéed Peppers & Onions Served with Fresh Melon</p>
<p>23 Philly Steak & Cheese Sliders Steamed Carrots Fresh Fruit</p>	<p>24 <u>BRUNCH</u> Pancakes with Fresh Berry topping Greek Yogurt Bacon</p> <p>31 Ranch Chicken Green Beans Rice Blueberries for dessert</p>	<p>25 Chicken Salsa Rice Bake Red Bell Pepper Sticks And Humus Brownie for dessert</p> <p>26 <u>BIRTHDAY PARTY</u> Roast Beef Sandwich Roasted Vegetables Birthday Cake and Ice Cream for dessert</p>	<p>27 Hot Dog and Baked Beans with Potato Salad and Cantaloupe for dessert</p>	<p>MENU IS SUBJECT TO CHANGE</p>
<p>30 Macaroni & Cheese With Zucchini & Squash Blend Stewed Tomatoes And Cinnamon pears Pudding for dessert</p>	<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 9:30am the day prior to the meal</p>	<p>Please enjoy a ½ pint milk served with each meal!</p>	<p>Please enjoy a ½ pint milk served with each meal!</p>	<p>Please enjoy a ½ pint milk served with each meal!</p>

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

-Hippocrates

Weekly Bus Trips Resume

All aboard the AOA Bus!



Cattaraugus Elders and Driver Darelyn Spruce heading to Walmart on the AOA bus.

We are excited to announce that AOA bus trips have resumed on both territories.

Our clean and comfortable busses are air conditioned and can accommodate two wheelchairs. Capacity is limited and reservations are required. Stop in, or call in advance to save your seat. To reserve a spot on Allegany bus trips, please call (716)945-8990. For Cattaraugus, please call (716)532-5777.

Trip schedules for both territories can be found in the following pages.

Medical Transportation

Starting in August, AOA drivers on both territories will be available to provide medical transportation to Elders needing a ride for medical appointments. Please **call two weeks in advance** to schedule your trip. **Medical transportation is not available between 10am and noon** each day because of home meal deliveries.

Please schedule your appointments accordingly and call two weeks in advance. To schedule medical transportation in Allegany, please call (716)945-8990. For Cattaraugus, please call (716)532-5777.



August 2021

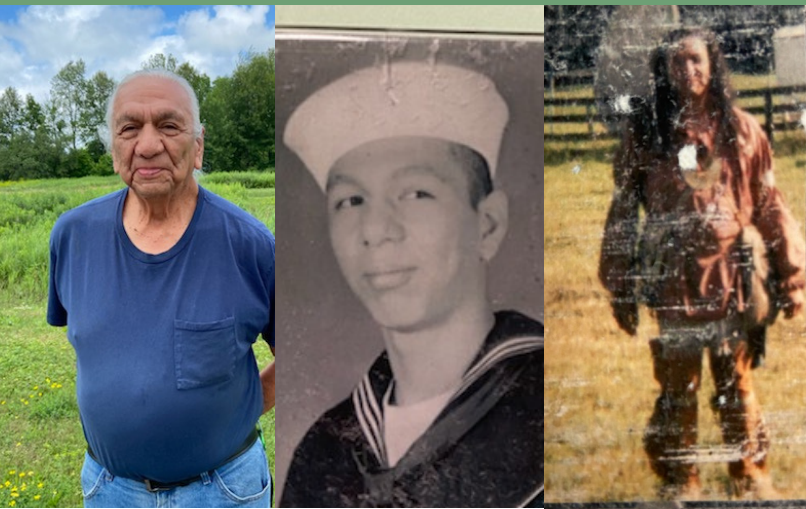
Cattaraugus Bus Trips:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 ALL PASSENGERS MUST BE SIGNED UP BY 9AM DAY OF TRIP	2 Gabes senior day 10% off	3 Bead Gallery 1pm	4 Wal-Mart 1pm Springville NY	5 Riders Choice 1pm	6 JoAnn Fabric an surrounding area depart at 1pm	7
8	9 No trip	10 Savers Depart at 10am	11 WAL-MART 1PM Hamburg NY	12 Cheese Factory amish country depart at 1pm	13 Rider choice Fish Fry 4pm	14
15	16 Vidlers depart 1pm	17 Regal Movies Depart at 1pm	18 Wal-Mart 1pm Dunkirk NY	19 Olive garden 1pm	20 Allegany Casino 1pm	21
22	23 Scenic Ride 1pm	24 Savers depart at 1pm	25 WAL-MART 1PM Springville NY	26 LOCAL SHOPPING 1PM	27 Long Horn Steak house Depart 1pm	28
29 <i>Must be fully vaccinated or wear mask at all times</i>	30 Buffalo Creek Casino 1pm senior day	31 Mckinley Mall area 1PM		<i>9 passengers or 7 passengers 2 wheelchairs</i>	<i>Social distancing rules still apply</i>	<i>Schedule is subject to change</i>

August 2021

Allegany Bus Trips:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Big Lots Olean, NY	3 Cuba Cheese Shop Cuba, NY	4 Marshall's & Ollie's Olean, NY	5 Walmart Jamestown, NY	6 Peaches N Cream Randolph, NY	7 Eden Corn Festival Depart Jimtown @ 11:30am
8 <u>All Trips De-part @ 1:45pm from 44</u>	9 Aldi's Bradford, PA	10 Vidler's East Aurora	11 Michael's Jamestown, NY	12 Walmart Olean, NY	13 Beads Beads Beads	14
15 SCHEDULE IS SUBJECT TO CHANGE	16 Reid's Food Barn Olean, NY	17 Chautauqua Mall Jamestown, NY	18 Rider's Choice	19 Walmart, Bradford, PA	20 Scenic Ride Amish Trail	21
22	23 JO-Anne Fabrics Olean, NY	24 Wegmans 5% off Sr. discount Jamestown, NY	25 <u>OUT TO EAT</u> Loughorn Steak House Depart @ 3:15 Orchard Park	26 Walmart Jamestown, NY	27 Scenic Ride Amish Trail	28
29	30 Brigiotta's Jamestown, NY	31 Dunhams Sporting Goods Bradford, PA				



Elliot now, in the Navy and on the set of the film Last of the Mohicans.

I was brought up at the Thomas Indian School.

Before that I lived up in Newtown. I was five when they took me to the school there. It was me and my sister to begin with. I have 5 sisters and 2 brothers. My whole experience at the school didn't turn out to be a good one.

Because we were taken away from our parents. It was like the military. My sister and I got to see each other but it wasn't seeing each other like family. We were punished for using our language. I was just learning my language when I was five. What I did learn I didn't retain because we were punished for it.

I missed all of 7th grade at the TIS. I was in the hospital there for a whole year. I went there with an infection in my ear and then I just got one thing after another: whooping cough, scarlet fever, mumps, measles. My brother and I were "farmed out," when the school closed in '57. We moved around a bit. Then when I graduated from high school I joined the service. That was a piece of cake because we were already disciplined because of the way we were brought up at the school.

I graduated from boot camp in 1959 and was stationed in Maryland before they transferred me to the USS Meredith. I got out in '63 and took a job at Ford where I got laid off in '65. So I went back in the Navy for another 4 years. They put me on the USS NOA, another destroyer that was stationed in Mayport, Florida. Our ship was on the move all the time. I worked on the deck force doing painting and maintenance type work until I decided to try being a signal man. They do Morse code. We had flags to communicate with. And we had semaphore, using hand signals to communicate in close distance to another ship. Then we also used Morse code and flashing lights. It's easy to learn Morse code by writing it down.

It took awhile to learn to read Morse code on the light because it just looks like a bunch of flashing lights. The ships communicate with each other that way, tell each other what they need to know about formations and that. Relay the message down to the captain and the radio shack. I got to be a 3rd class signalman and then I was in charge of a watch. So I had someone with me, a striker, or a messenger, who would take the message down to the captain or the radio shack, wherever it had to go. So that was a good job because we were outside all the time. Right up above the pilot house so you got to be outside and see everything that was going on.

Later on I worked at an art gallery in Buffalo.

I drove valuable paintings all over the country, all the way to Los Angeles one time.

I've travelled all over and had a lot of interesting experiences. And some hard times. But you can't dwell on it. What's that going to do? It's not going to change things.

Sometimes I get mad about the way things are going, but then I think, "At least I'm here." Other people are worse off, so I just cope with it. For me to get from zero to where I am today is a big accomplishment.

The things that happened at residential schools are still affecting us today. They affect me and everyone in my family. That's what keeps me going... my family, my kids, my grandkids. Thinking of the next seven generations. But especially this generation.

We need to focus on this generation. And healing now.

You know, at TIS there were no fences keeping us there. The fence was in our mind. And that fence is still in our minds. But you know what, that's where the solution is too. It's in our minds. Everything we need is inside us.

Elliot was a signalman on the USS NOA.



FARMERS MARKET COUPONS STILL AVAILABLE!

These coupons can be used to purchase fresh fruits and vegetables from Farmers Markets across New York State. You can apply in-person at our AOA offices in Cattaraugus or Allegany or fill out an easy online form to have them mailed to your home.

FARMERS MARKET COALITION

Why Farmers Markets?



Stimulate Local Economies

Growers selling locally create **13 full time jobs** per \$1 million in revenue earned. Those not selling locally create **3**.



Locally-owned retailers, such as farmers markets, **return more than three times as much of their sales to the local economy** than do chain competitors.

Chain

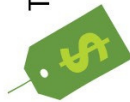
local \$

Locally-owned



Preserve Farmland & Rural Livelihoods

The U.S. loses an acre of farmland a minute to development.



The **7** Seattle farmers markets hosted by the Neighborhood Farmers Market Alliance support **9,491 acres of farmland in diversified production.**

25% of vendors

derive their sole source of income from the market.



Increase Access to Fresh Food

\$18.8 million

in **SNAP benefits** (food stamps) were spent at farmers markets in 2014. That's fresh food for low-income Americans and increased revenue for local farmers.

USDA reports that **produce prices at farmers markets are lower**, on average, than grocery stores prices.

Markets bring fresh food to the neighborhoods that need it most.



Support Healthy Communities



A study showed that shoppers have more than **three times as many social and informational encounters** at farmers markets than they do at national chain supermarkets.



Proximity to farmers markets is associated with lower body mass index (BMI).

Medication List

This list can help you and your family keep track of everything you take to keep you healthy—your pills, vitamins, and herbs. Having all your medications listed in one place helps your doctor, pharmacist, hospital, or other healthcare providers take better care of you.

Name: _____

Address: _____

Phone: _____

Date of Birth: (yyyy/mm/dd)

_____/_____/_____

Blood Type: _____

Insurance Plan Information: _____

Primary Doctor: _____

Phone: _____

Other Doctor: _____

Phone: _____

Emergency Contact: _____

Phone: _____

Secondary Emergency Contact: _____

Phone: _____

Pharmacy Name: _____

Phone: _____

Medical History:

- diabetes
- high blood pressure
- heart disease
- breathing problems
- other medical problems (list below)

My allergies to medications and what happens to me when I take these:

List the medications you take on other side.

