

ELDER LIVING

Seneca Nation Area Office for the Aging



Director's Update

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Nya:wëh Sgë:nö' I hope that you are well.

On the following pages you will see some of the highlights and the core services provided by AOA in 2021. We are happy to share that AOA had an enormous impact on our community this past year. Although the pandemic presented many challenges, we were able to serve thousands of individuals and improve and enrich the lives of Elders in our service area. Nya:wëh to our staff, partners and leadership for their hard work and dedication.

In January, the Seneca Nation distributed COVID testing kits to elders on both territories. There is a limited supply left for any elders in need. If you did not receive a testing kit and would like one, please contact our offices.

COVID-19 vaccines and booster shots are now widely available. I urge all Elders to stay up to date with all of their vaccines and booster shots. You are important to us, and to your community.

Happy Valentines Day!
Bethany Lay



2021 SEEDS Totals

The Seneca Enhanced Elder Division (SEEDS) provides non-medical in-home services to Enrolled Seneca Nation Members only who are not eligible for our state or federally funded programs. In addition to state and federal grants, the SNI AOA receives funding from the Seneca Nation under SEEDS. Typically, these individuals are eligible for Medicaid and, in the absence of SEEDS funding, would have been referred to the county for assistance.

Through SEEDS the SNI AOA is able to keep more Seneca Elders under its umbrella.

Service	Total Units	Total Unduplicated Clients	Total Duplicated Clients
Legal Assistance	10 hours	6	18
Personal Emergency Response Systems	289	40	289
Emergency Home Repair	405 hours	--	135
Outreach	24 Events	1,204 Community Members Reached	--



AOA COMMUNITY IMPACT

2021 YEAR END NUMBERS

Service	Total Units	Total Unduplicated Clients	Total Duplicated Clients
Case Management	416 Hours	64	230
Congregate Meals	1,374 Meals	75	589
Home Delivered Meals	44,591 Meals	221	8,368
In-Home Contact & Support	59 Hours	3	144
Information & Assistance	1,245 Contacts	413	1,165
Nutrition Education	12 Monthly Handouts	82	384
Personal Care I	296 Hours	8	35
Personal Care II	177 Hours	5	19
Personal Emergency Response Systems	362	50	362
Transportation	1,418 One-Way	82	291
Outreach	314 1st Contact	255	314
Senior Center Rec & Ed	117 Group Sessions	91	686

Table 1: with the exception of Case Management, Home Delivered Meals & PERS, numbers reflect from July 12, 2021 to December 31, 2021.

Personal Emergency Response System (PERS)



24/7 Emergency Care
Wherever Help is Needed

Connect America's PERS provides continuous monitoring and simple emergency response for those living independently. The simple push of a button instantly connects users with a response coordinator who assesses the situation and sends assistance. This timely response can make all the difference in an emergency.

The SNI AOA has contracted with Connect America to provide PERS units to Elders age 60 and up (residing on territory or within the city of Salamanca) that have certain cognitive or physical limitations, or an increased risk of falling.



To find out if you or your loved one are eligible for a PERS unit please contact AOA Case Managers for an assessment:

Allegany Case Manager,
Teresa Redeye (716) 945-8990
Cattaraugus Case Manager,
Shantel Burning (716) 532-5777

PERS Features & Benefits:



24/7 Monitoring



Fall Detection
Technology



No Landline Required



Continuous Connection



Mobile/GPS Units
Available



Complimentary Lockbox

Upcoming Seneca Elder Events

Saturday, Feb. 12 - Country Singer, **Jake Owen** at Seneca Niagara Casino at 8 pm.

Friday, Feb. 25 - **Legacy Fighting Alliance** (MMA-Mixed Martial Arts) at Seneca Niagara Casino at 6pm.

Saturday, March 5 - **The Terry Bradshaw Show** at Seneca Allegany Casino at 8 p.m. Sign-up sheet will be out on Friday February 4th.

Saturday, March 12 - **Seneca Fight Night**-Bare Knuckle Championship (MMA) at Seneca Allegany Casino at 7 p.m. Sign up sheet will be out on Friday, February 11th.

Friday, March 18 - **Smokey Robinson** at Seneca Niagara Falls Casino at 8 p.m. Sign-up sheet will be out on Friday, February 18th.

Saturday, April 9th - **Martina McBride** at Seneca Allegany Casino at 8 p.m. Sign-up sheet will be out on Friday, March 4th.

Friday, April 22 - **The Temptations & The Four Tops** at Seneca Niagara Falls Casino at 8 p.m. Sign -up sheet will be out Friday, March 18th.



Reminder: Entertainment Guidelines

- Tickets available to enrolled Seneca Elders only.
- Elders will need to physically sign themselves up in person at either AOA location.
- Elders must notify AOA of any cancellations at least 24 hours prior to an 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. We call to confirm or to advise of possible changes.
- There is a minimum of 10 people to attend a show. If the minimum amount is not met, the event will be cancelled.

Options Counseling

It is the SNI AOA's mission to help our Elders be as independent as possible for as long as possible. We focus on providing programs and services that support and empower our Elders and their families. We work in partnership with a network of public and private organizations to accomplish this.



What is Options Counseling?

Options counseling is a person-centered service for older individuals or their caregivers. It is an interactive process whereby individuals are supported in making informed long-term support decisions based on their preferences, strengths, values, abilities and resources.

It includes exploring options, assisting with accessing supports/services, following-up with the individual, and may result in the development of an action plan.

Briana Snyder, AOA Options Counselor, is happy to meet with individuals and their family members to discuss services and supports they need to maintain independence to the fullest extent possible.

If you have questions about our services or where to get help, we can assist you.

Please call:

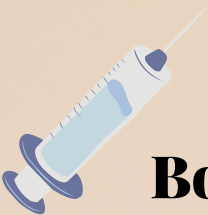
Briana Snyder, AOA Options Counselor
(716) 945-8991

Upcoming In-Person Legal Assistance:

Friday, Feb 11th - with Lee Redeye
****Appointments required****

Morning appointments are available in Allegany. Afternoon appointments are available in Cattaraugus.

To make an appointment, call Tina Law in Cattaraugus at (716)532-5777 or Bridgette John in Allegany at (716)945-8990. Or, feel free to contact the lawyer, Lee Redeye, directly at (716) 853-5100 ext. 1382



COVID-19 Vaccine & Booster Shots at Seneca Health

For an appointment at Lionel R. John Health Center (Allegany Territory)
please call:

Teri Cowles at (716) 945-5894

For an appointment at the Community Health & Wellness Center (Cattaraugus Territory)
please call:

Kim Bradley at (716) 532-5582

CAREGIVER SUPPORT

Add More Joy to Your Life

<https://caregiver.com>

Being a caregiver of a loved one can take a toll on you physically and emotionally, especially when it comes to your joy. Here are some tips to help you add more joy to your life as a caregiver.

Create a joyful journal. Journaling is a safe place to write our innermost thoughts. A joyous or funny memory of your loved one, a joyous event that happened in the world, some upbeat lyrics to a song you love, or an inspirational quote.

Write a joyful mantra to post on your computer or refrigerator to say each morning. Mantra's can encourage you to stay positive and in a joyous mood during those times when you are feeling low spirited.

Celebrate. Find ways to celebrate. Buy flowers, treat yourself to an "Off day" by getting friends and family on board so that you can have date night with your spouse, or a spa day or a day out golfing. Buy something inexpensive for yourself like a coffee mug or t-shirt with a humorous or quirky saying.

FEBRUARY 18TH IS NATIONAL CAREGIVER DAY

For more information on Caregiver Resources and Powerful Tools for Caregivers classes, please contact Briana Snyder at (716) 945-8991.



Exercise always boots your mood. Although it may be difficult to find time to exercise as a caretaker it is essential self-care for your well-being. Take a walk, put on an exercise DVD, or turn on music and dance.

Be joyous around your loved one. Even if your loved one isn't responsive talk joyously to him or her. Recall funny memories of past times, tell jokes, put on a comical or inspirational movie or sitcom for your loved one. Your loved one is much more than the disease he or she has and you are so much more than a caretaker.

Cultivate gratitude. Many research studies have shown that gratitude is associated with greater happiness. As caretakers you may feel hard-pressed to feel grateful during this time in your life as you care for an incapacitated loved one. In the midst of caretaking you have to purposely look for things, occasions, and signs to counter those emotions so they won't weigh you down.

NY Project Hope
Coping with COVID



New York's free and confidential COVID-19
Emotional Support Helpline

8am - 10pm / 7 Days

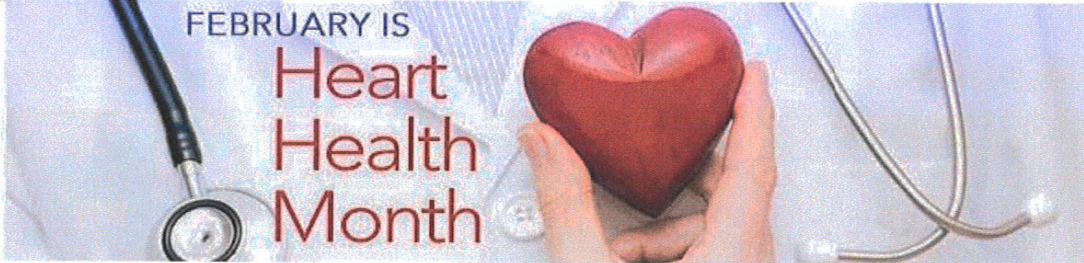
1-844-863-9314

www.NYProjectHope.org

February AOA Bus Schedule

Due to the 30 Day Pause, daily AOA bus trips are on hold until further notice.



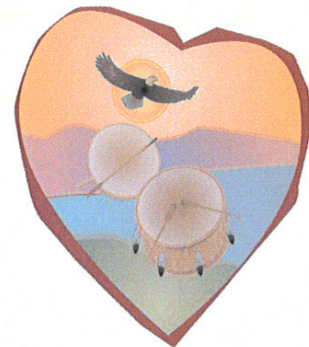


Honoring the Gift of Heart Health

*Join us for this Virtual Event:
Wednesday, February 16, 2022*

5:00-6:00pm

- ♥ *Heart Health Information*
- ♥ *At Home Exercises*
- ♥ *Easy to do Heart Health Recipes*



Everyone Welcomed!

Wear Red and Join Us!

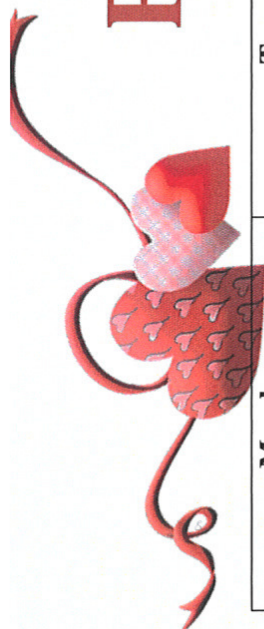
For more information and to RSVP and gain access to Lifesize, please contact Health Educator, Traci Wind at 532-8223 ext. 5268

Program is subject to change.






SENECA NATION
HEALTH SYSTEM





February 2022 Menu

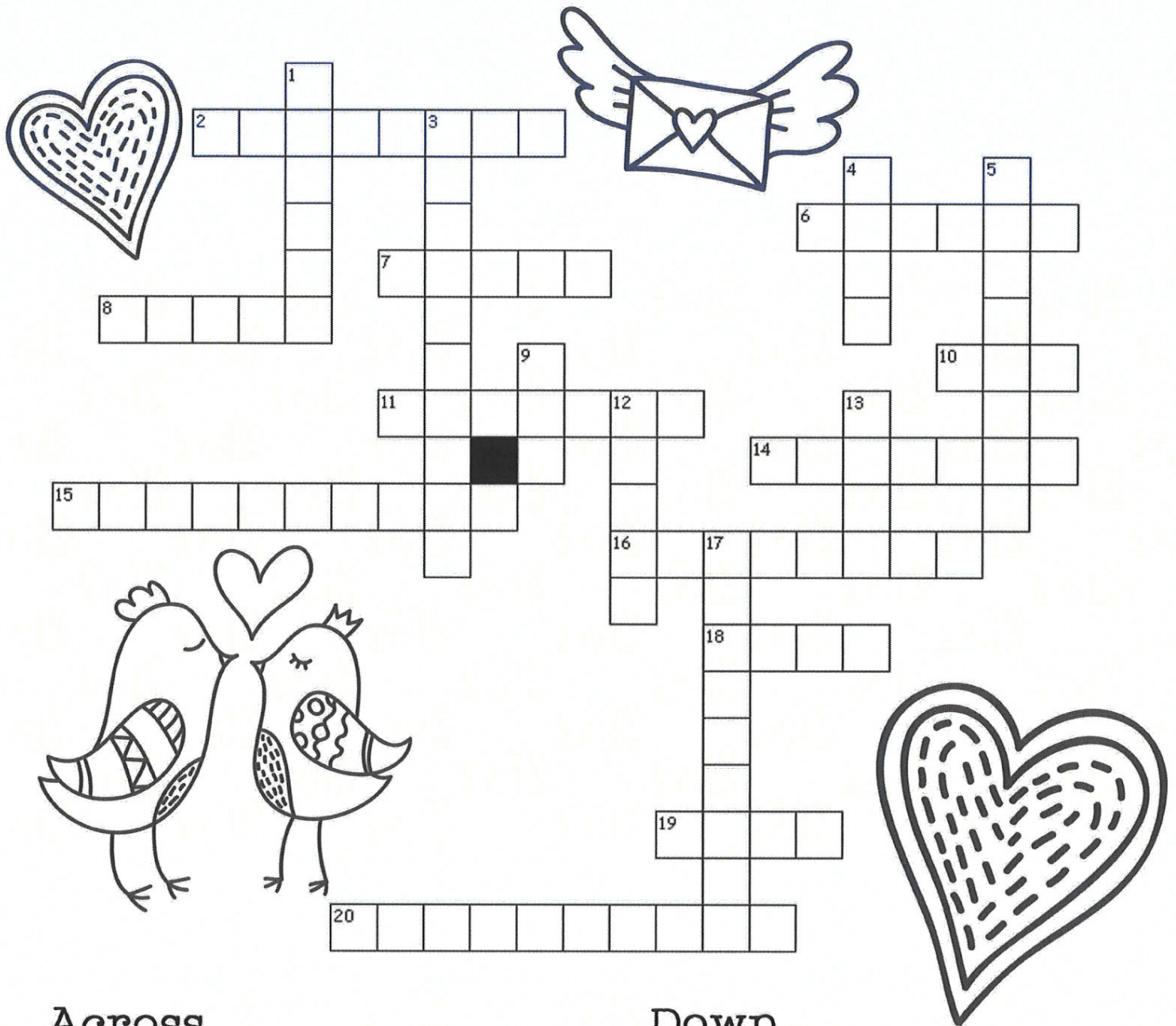
Seneca Nation Area Office for the Aging

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 3:30 pm the day prior to the meal.</p> <p>7 Hot ham and cheese sliders With Roasted Brussel Spouts Warm Cinnamon Applesauce Strawberry Oat Streusel Bar</p>	<p>1 BBQ Pulled Pork Hearty Wheat Bread Sweet Potato Coleslaw Fruit Cup</p> <p>8 Pork Roast Wax Beans Sweet Potatoes Fruit</p>	<p>2 Turkey a la King Biscuit Broccoli Ambrosia</p> <p>9 Macaroni & Cheese With stewed tomatoes Steamed Broccoli Peach Crisp</p>	<p>3 Ranch Chicken Rice Pilaf Roasted Butternut Squash Tropical Fruit Cocktail</p> <p>10 TRADITIONAL MEAL 3 Sisters Soup Biscuit Side Salad Pumpkin Bread</p>	<p>4 Philly Cheese Steak Sandwich Roasted Potato Wedges Green Beans Healthy Carrot Cake</p>  <p>11 Fish & Chips Coleslaw Chocolate Cake</p>
<p>14 Cheese Ravioli Served with Green Beans Bread Stick Chocolate pudding</p> 	<p>15 Salisbury Steak & Gravy over Seasoned Brown Rice Roasted Cauliflower Apple Crumble</p>	<p>16 Beef & Vegetable Soup With a Dinner Roll Fruit and Yogurt Parfait</p>	<p>17 BIRTHDAY PARTY Roasted Pork Loin Boiled Carrots Side Salad Dinner Roll Birthday Cake</p>	<p>18 Chicken and Wild Rice Served with Broccoli and Carrots Apple Slices Peanut Butter Sugar Cookie</p>
<p>21 Chicken Noodle Soup Egg Salad Sandwich Cucumber & Tomato Salad Crackers Diced Peaches</p>	<p>22 BRUNCH Sausage, Egg & Cheese Casserole With Toast and Berry Crisp</p>	<p>23 Liver & Onions Parsley Potatoes Dinner Roll Sautéed Spinach Zucchini Bread</p>	<p>24 Grilled Chicken Seasoned Rice Parmesan Baked Zucchini Jello</p>	<p>25 Beef Chile w/cheese Garden Salad Melon Fruit Salad Corn Muffin</p>
<p>28 Spaghetti & Meat Sauce Green Beans Bread Stick Chocolate Pudding</p>	<p>American Heart Association. Day</p>  <p>February 4th is National Wear Red Day</p>		<p>Please enjoy a ½ pint milk served with each meal!</p>	<p>*Menu is subject to change*</p>

“Keep your face always toward the sunshine – and shadows will fall behind you.”

— Walt Whitman

Puzzle Page- Valentine Crossword



Across

2. Will you marry me?
6. Grab a bite to eat
7. Move to the beat
8. Find them in the mailbox
10. Wrap your arms around someone
11. Gifts you can wear
14. A pretty bouquet
15. Term of Endearment
16. Put a stamp on it
18. I ____ You!
19. Pucker up!
20. "Life is like a box of _____"

Down

1. Catch a show on the big screen
3. Dip them in chocolate
4. Not Quite Red
5. 14th of _____
9. _____ Roses
12. Buy them by the dozen
13. Hugs & Kisses
17. "Be My _____"



We want to hear from you!
 For hints and answers, please give our AOA offices a call.
 Cattaraugus (716) 532-5777 Allegany (716) 945-8990