Happy Spring! We hope you are well and enjoying the longer and brighter days. Welcome to the first issue of our new AOA newsletter. We’ll be distributing it monthly to keep elders informed. If you have any suggestions or topics that you would like to see in the newsletter, please contact our offices. Although our centers have been closed, the AOA staff and offices have been very busy this past winter providing meals, support, and services to our elders. We look forward to reopening and welcoming you back when public health guidelines allow. Nya:wëh to everyone who completed our reopening survey. Those responses will help us determine the best and safest way to reopen our centers. Once a Reopening Plan has been finalized we will share it with you immediately. Please know that your wellness and safety are a top priority for the AOA staff.
Personal Emergency Response Systems (PERS)

A PERs Unit, also known as a Personal Emergency Response System, lets you call for help in an emergency by pushing a button. Transmitters are light-weight, battery-powered devices that can be worn around your neck, on a wristband or belt, or in your pocket. When you need help, you press the transmitters help button and the console will automatically dial one or more emergency numbers.

PERs Units are available to individuals 60 and over, who have been assessed by our case managers, and who have a diagnosis or physical condition that places them at high risk for falls.

The PERs units available through the Seneca Nation AOA offer many benefits and added features including:

- GPS location tracking
- fall detection
- waterproof transmitters that can be worn while bathing
- lockbox feature for spare key in the event of an emergency.

For more information or to find out if you are eligible to receive a PERs unit, please contact:

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

In February, over 500 elders received a Blizzard Box filled with non-perishable meals to get them through winter storm days when AOA is unable to deliver a hot meal.
COVID-19 Vaccine Update
In New York State you can use the "Am I Eligible" app and https://am-i-eligible.covid19vaccine.health.ny.gov/ to check your eligibility and schedule an appointment.

Side effects: Some volunteers in vaccine trials have reported they frequently feel flu-like effects after getting vaccinated such as body aches, fever, and headache.

Will I still need to wear my mask? Yes, you will still need to wear a mask and follow other precautions. Masks and social distancing help reduce your chance of being exposed to or spreading the virus.

Telephone Reassurance Program
The Seneca Nation AOA has a FREE Telephone Reassurance Program for our isolated Elders. This program connects older adults with staff who will call the client weekly to check-in, have a friendly conversation and see if the elder needs anything. This program is a great way for our homebound elders to stay connected to their community; especially during such a critical time. Please call our office for more information and to sign up today.

For more information, please contact:
- Cattaraugus Case Manager
  Shantel Burning, 716-532-5777
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New Staff:
- **Briana Snyder** - NY Connects Options Counselor. Briana provides personalized counseling to help callers make informed decisions and assists callers in accessing available services.
- **Teresa Redeye, RN** - EISEP Case Manager. Teresa ensures clients receive appropriate services that meet their needs.
- **Cheryl Pierce** - Head Cook. Cheryl plans and prepares nutritious and delicious meals for elders.
- **Melissa Shaw** - Outreach Coordinator. Melissa coordinates marketing, communications and outreach services for the AOA.
- **Sheila Jones-Kettle** - Respite worker. Sheila provides respite and support to elders and their families.
Calling All Book Lovers

Did you know that the Seneca Nation’s Cattaraugus and Allegany Libraries are offering curb-side delivery? Call your library to request books by your favorite author or a movie to enjoy at home. Then schedule a time to pickup your items, between 10am-2pm Monday through Friday. When you or your loved one arrive for pickup, call the library and they will bring your items out to your car. If you don’t have a library card, you can sign up for one when you arrive. The staff can bring the form right to your car.

Cattaraugus Library- 716-532-9449  
Allegany Library- 716-945-3157

Exercise to Help Older Adults who are Isolated at Home

While physical isolation is essential to mitigate the spread of coronavirus (COVID-19), the painful irony is that it creates potentially devastating problems, including sustained sedentary behavior and excessive sitting for older adults under total lockdown, especially in assisted living, memory care, and retirement communities.

Dr. James Levine, Mayo clinic professor of medicine, famously said, ”Sitting is more dangerous than smoking, kills more people than HIV and is more treacherous than parachuting. We are sitting ourselves to death."

With no end in sight to the lock-down, many older adults have been and will continue to be confined to their rooms for weeks or even months. The irony is that in order to stay safe from getting the virus, older adults are becoming more vulnerable to disease progression, falls and cognitive decline from spending virtually all day sitting down.

While prolonged and sustained sitting is potentially hazardous for anyone, it is exponentially so for older adults related to a myriad of health problems, including: immune system decline, muscle wasting, osteoarthritis, fall frequency, fragile skin, heart disease, diabetes, osteoporosis, chronic pain, and anxiety and depression.

The good news is that older adults can reduce their risk of harm simply by getting up a few times a day. www.seniorhealthteam.com
Being human, we forget the wonder of breathing. We take it for granted. It takes a health crisis or bad air quality for us to appreciate this basic, yet profound ability.

Yoga, meditation and other relaxation techniques all depend on focusing on the breath. There are many benefits of meditation and proper breathing is an important part of learning how to calm the mind and body.

The benefits of bringing attention to your breathing are measurable. By learning a few simple breathing techniques, you can:

- Reduce stress levels in your body
- Lower your heart rate
- Lower your blood pressure
- Improve diabetic symptoms
- Reduce depression
- Better manage chronic pain
- Better regulate your body’s reaction to stress and fatigue
- Reduce the possibility of burnout for caregivers.

Lazy 8 Breathing

- Place your index finger in the middle of the 8.
- Slowly trace the left part of the 8 with your finger while you breathe in.
- When you get to the middle of the eight again, breathe out while you slowly trace the right part of the 8 with your finger.
- Repeat 5 times.
Spring Crossword

ACROSS
5) They're usually found in beds
9) Time for showers
10) Gloom's opposite
13) Yellow spring flower
15) Day for diamonds and dreams
17) Shower apparel?
18) Monarch, e.g.

DOWN
1) Sport with tees
2) Fledgling plant
3) America's pastime
4) ___ egg
6) Eating outing
7) When spring ends
8) Vegetable plot
11) One of four in a year
12) Breezy
14) Flying toy with a tail
16) Verdant

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