Director's Update

By Beth Lay

Nya:wēh Sgē:nō’
We are happy to announce that our elder centers will reopen for congregate dining on Monday June 7th. Capacity is limited and reservations are required. Please call for reservations by 3pm the day before and leave a message with your name, phone number, and the day you will be coming for lunch:
- Allegany, (716) 945-8414
  Lunch will only be served at 44 Seneca Street at this time.
- Cattaraugus, (716) 532-5777
  Wini Kettle Building

Our elder centers will only be open for dining services for the time being. Activities (like crafts, billiards, shuffleboard, exercise classes) will resume at a later date as a part of our carefully planned, phased reopening. There will be new safety protocols for dining at our elder centers. More information on those is included in this issue.

Also this month, we are shedding light on a serious and often overlooked issue in our community and world. June is Elder Abuse Awareness Month and we are encouraging 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.

We hope to see you soon!
In the meantime, stay safe and stay well.

What topics would you be interested in reading about in the AOA newsletter? Call Melissa Shaw, Outreach Coordinator at (716) 532-5777 ext. 5501 to share your ideas.
AOA is Opening for Dining!
Monday, June 7th

*AOA is currently open for congregate dining only.*
Access to the AOA Elder Centers for activities, crafts and trips will begin at a later date.

JOIN US FOR LUNCH!
Served at 12-1pm, Mon-Fri
Capacity is limited to 2 people per table. Please call for Reservations by 3pm the day before and leave a message with your name, phone number, and the day you will be coming for lunch:

- Allegany
  44 Seneca Street, Salamanca
  (716) 945-8414
- Cattaraugus
  Wini Kettle Building
  (716) 532-5777

MASK REQUIREMENTS:

- Allegany - Masks are required. Meals are only available at 44 Seneca at this time.
- Cattaraugus - Unvaccinated elders must wear masks. Masks are not required for vaccinated elders. **Please bring proof of vaccination.**
- Please maintain social distancing and wash hands thoroughly and often.

SENeca Nation Area Office for the Aging
AOA Congregate Dining Guidelines

We take your safety very seriously. Our goal is to provide a safe and enjoyable dining experience at each of our elder centers. We have developed new safety protocols, enhanced our cleaning procedures and require temperature screenings for all staff and visitors. In addition, please plan to follow the AOA Dining Guidelines listed below.

Wear a mask
- **Allegany** - Masks are required for all elders.
- **Cattaraugus** - Unvaccinated elders must wear masks. Masks are not required for vaccinated elders. Please bring proof of vaccination.
- Your mask should cover your nose and mouth.
- Only remove your mask to eat or drink.
- Keep it on when waiting for food or going to the restroom.

Make space
- Sit at tables of two people or less. Same family or household may sit together.
- Only sit at designated seats and please do not move chairs.
- Maintain social distancing between tables and people from outside your household.
- Avoid hugs, handshakes, and large gatherings.

Reduce Your Risk
- Keep your belongings with you at your seat.
- Hang your coat and bag on the back of your chair and do not place items on the table.
- Please do not share things from home.
- AOA staff will serve all food and drinks. There is no communal coffee or water at this time and all condiments are pre-packaged.
- Wash your hands thoroughly and often.
- If you aren’t feeling well, please stay home.

Please remember that capacity is limited and reservations are required.

Call for dining reservations by 3pm the day before and leave a message with your name, phone number, and day you are coming for lunch:
Allegany (716) 945-8414 or Cattaraugus (716) 532-5777
What is Elder Abuse?

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.
Warning Signs: Pain that is different. Unexplained signs of injury. Sudden change in function or mobility.

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.
Warning Signs: Frequent arguments or tension between the caregiver and Elder. Changes in personality or behavior. Threatening, belittling, or controlling caregiver behavior.

Financial Abuse
Improper use of an elder's funds, property, or resources by another individual. (e.g. theft, fraud, misuse, or neglect of authority)
Warning Signs: Sudden change in finances and accounts, altered wills and trusts, bills not paid or utilities turned off, unusual bank withdrawals, checks written as loans or gifts, and loss of property.

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.
Warning Signs: Unkempt clothes or hygiene. Unusual weight loss, malnutrition, dehydration, untreated physical problems, such as bed sores.

Sexual Abuse
Sexual contact that is forced, tricked, threatened, or coerced upon an elder, including those who are unable to grant consent.
Warning Signs: Bruises around the breasts or genital areas and unexplained sexually transmitted diseases.

June is Elder Abuse Awareness Month
Elders are an important part of our community. They are our first teachers. Their knowledge, language and experiences are passed down from generation to generation through stories or by example. They share their pain, triumphs, and vision for the future. As community members, we must respect, honor and protect our elders from abuse and mistreatment.

Sadly, the neglect and mistreatment of elders happens most by family members. Most cases of elder abuse are undetected, under-reported, and unresolved.

Reasons elders hesitate to self-report abuse:
• fear of retaliation
• fear that no one else is going to take care of them
• shame of being abused
• self-blame

Stand Up Against Elder Abuse

Where to Call 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

We will cherish the elders.
FREE ELDER LAW SERVICES & LEGAL HOTLINE

The SNI AOA has contracted with the Center for Elder Law and Justice (CELJ) to provide free legal assistance to Elders, age 60 and older, in our service area. This service is not dependent on Seneca Nation enrollment.

CELJ provides:
- Health Care Advocacy (Medicaid, Medicare, Long Term Care, Insurance)
- Elder Abuse Prevention
- Income Maintenance (SS, Pensions, VA Benefits)
- Kinship Care
- Guardianship Services
- Consumer Protection
- Foreclosure Prevention
- Health Care Proxy & Power of Attorney
- Housing (Eviction defense, housing code violations, community development)

To access CELJ’s free legal services, please contact:

Alex Fehrman
Center for Elder Law & Justice
438 Main Street, Suite 1200,
Buffalo NY 14202
(716) 853-3087 ext. 242

FREE LEGAL ASSISTANCE HOTLINE
(844) 296-6404
or email: helpline@elderjusticeny.org

CENTER FOR ELDER LAW & JUSTICE
SNI AOA has a signed service agreement with Lippes Mathias Wexler Friedman LLP to provide estate planning and will construction to enrolled Seneca Elders. Lee Redeye, an attorney and Seneca Nation member from the Cattaraugus Territory, provides estate planning services for all Seneca Elders.

**FREE BASIC WILL CONSTRUCTION**

SNI AOA will cover all costs of Basic Will Construction. A Basic Will is limited to: disposing of on-territory assets, including no more than three off-territory bank accounts, with no more than five beneficiaries and drafting and execution of power of attorney and healthcare proxy documents.

**COMPLEX ESTATE PLANNING**

Complex Estate Planning includes, but is not limited to: the creation of trusts; the formation of corporations; estate plan tax advisement; litigation of any kind; and acting as an administrator or executor of any estate.

If an eligible Elder requires Complex Estate Planning, the AOA will provide funding towards the representation not to exceed the amount of a Basic Will. The cost for complex estate planning beyond the initial amount covered by AOA is the sole responsibility of the elder.

For Free Basic Will Construction or Complex Estate Planning, eligible Elders should contact:

Lee Redeye  
Lippes Mathias Wexler Friedman LLP  
50 Fountain Plaza, Suite 1700  
(716) 853-5100 ext. 1382  
lredeye@lippes.com
"I grew up in Newtown. We always had a garden when we were kids. Mostly beans, corn. It was a lot of work. We hardly ever went to the store for things. Things were always repaired. That’s why everything is so different nowadays. Everybody goes to the store.

They used to have a train station in Lawtons. I took the train to Buffalo with my grandma to go sell flowers on Main Street in Buffalo. I used to help her pick flowers and then we’d go selling. Violets, bluebells, daffodils, whatever we could find. Some of them were wild. We used to go dig around for sassafras to sell during the summer time. We found swampberries, the little red berries they’d put in a bunch with pine. People used to buy.

They used to play Bingo at certain places in Buffalo. My grandma would go play Bingo and she’d send me to a show. We got out at just about the same time, and then we came home on the train.

I miss the old days. Everyone used to talk in Seneca long time ago. As much as you know, use it.

When my sister and I go get gas or something we talk to the person in Seneca. They understand now. They know exactly what we want. Then after, we tell them Nya:wëh.

Viola Lay-Turtle Clan

AOA Celebrates Mother Day

Last month, all of the women receiving home delivered meals also received a Mothers Day surprise... beautiful flowers from Garden Gate Greenhouse and handmade felt flower brooches.
If you are experiencing caregiver burnout or stress, please reach out for help. Contact our AOA Case Managers to be connected to caregiver support services:

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

**10 TIPS FOR FAMILY CAREGIVERS**

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don’t delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it’s up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!
HOT SUMMER DAYS

Use the word list to find and circle all of the words in the puzzle that have a ‘Hot Summer Days’ theme.

**Word List**

Bare Feet
Beach
Boat
Flip Flops
Flowers
Ice Cream
Lemonade
Pool
Strawberries
Summer
Sunscreen
Sunshine
Swimming
Umbrella
Watermelon

What do you call the wife of a hippie?
-Mississippi

Why did the golfer bring an extra pair of pants?
-In case he got a hole in one