Director’s Update

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Summer is officially here and we are excited to announce that Farmers Market coupons are ready and available for qualifying Elders. These coupons can be used to purchase fresh fruits and vegetables from Farmers Markets across the state. More information on Farmers Market coupons can be found inside this issue.

This past month we reopened congregate dining in both Allegany and Cattaraugus. It has been wonderful having Elders back in our buildings. If you would like to come in for lunch please remember to call for reservations by 3pm the day before.

Please remember to stay hydrated during these warm summer months. Check the weather for heat advisories and air quality alerts before heading outside for yard work or exercise. Most of all, please check on other elders in your life. If anyone is in need of an air conditioner you may qualify for one through HEAP or SNI AOA. Please give us a call to see if you are eligible.

We look forward to seeing you soon! Have a safe and happy July.

Bethany Lay
SENeca Nation AOA
Farmers Market Coupons!

Eligibility:
- 60 Years of Age or older; AND
- Monthly income is at or below:
  - $1,986/month (One-Person Household
  - $2,686/month (two-Person Household; or
  - $3,386/Month (three-Person Household

Rules:
- Proxies may pick-up vouchers on behalf of Elder provided Elder has signed a statement designating that individual as proxy.
- A valid Power of Attorney may sign for checks and pick up books on behalf of an Elder.
- Booklet of five (5) $4.00 checks worth $20.00.
- For use at authorized vendors and farm stands participating in the program, and not at grocery stores.
- Used to buy locally grown fresh fruits and vegetables.
- Look for the brightly colored Farmers Market sign saying "We Gladly Accept Farmers' Market Checks".
- Checks cannot be used after 11/30/2021.
- Checks are worth $4.00. Farmers will not give change.
- Coupons may be redeemed by caregivers.

Starting 07/08/2021 coupon booklets may be picked up between 1pm-4pm at the Allegany Elder Center or the Wini-Kettle Senior Center. Please call in advance. Masks and Social Distancing are required for those unvaccinated.

The AOA is accepting electronic signatures for Elders who wish to receive Farmers Market Coupons through the mail.
For More information contact us at: Cattaraugus Territory: 716-532-5777 Allegany Territory: 716-945-8414

Follow this link to APPLY ON-LINE: https://form.jotform.com/211535457013145
Farmers Market Coupons

Fruits & Vegetables - More Matters!

The Senior Farmers’ Market Nutrition Program (SFMNP) provides seniors with checks worth $4 each to buy produce at farmers’ markets. Fresh fruits and vegetables can be purchased with checks at farmers’ markets during the summer and fall. The program runs from June - November 30.

Am I eligible for SFMNP?
Eligibility is based on age and income; participants must be 60 years or older and have an income less than or equal to 185% of the federal poverty level. What Next? Senior citizens interested in the SFMNP should contact their local Office for the Aging or call the New York State Senior Hotline at 1-800-342-9871.

Where can I use my WIC FMNP or SFMNP checks?
Visit NYS Department of Agriculture and Markets to find a market near you. Not all markets accept FMNP checks. Under the name, address, and operating hours of each farmers market, look for “FMNP Accepted” to determine which markets accept FMNP checks. Once at the market, look for vendors that display the sign, “We Gladly Accept NYS FMNP Checks.”

The Importance of Fruits & Vegetables
Most fruits and vegetables are naturally low in calories and provide essential nutrients and dietary fiber. They may also play a role in preventing certain chronic diseases.

The USDA recommends eating 5 – 9 servings of fruits and veggies per day. That might sound like a lot, but it’s easy if you follow MyPlate’s tips:
- Eat the rainbow! Make sure at least half of your plate is full of fruits and veggies.
- Choose fruits and veggies as quick snacks.
- Try something new. You can find fresh choices at a farm stand or farmers market.
- Vary your veggies. Fresh or frozen? Cooked or raw? Red, orange, or green? Picking different options will keep meals interesting!
- You can cook frozen or fresh vegetables in the microwave for a quick side dish.
- Opt for whole fruits more than fruit juice. Fresh, frozen, canned, dried, and pureed all count!
- Add fruit to your cereal or yogurt at breakfast.

Fill half your plate with colorful fruits and vegetables at each meal.
Welcome Back!

SNI AOA congregate dining reopened in June on both the Cattaraugus and Allegany Territories. Lunch is served daily from 12-1pm, Monday through Friday at our dining facilities in Allegany (44 Seneca Street) and Cattaraugus (Wini Kettle Building.) Capacity is limited to two people per table and reservations are required.

Please remember to call for dining reservations by 3pm the day before you would like to come for lunch:
- Allegany (716) 945-8414
- Cattaraugus (716) 532-5777

We hope to see you soon!~
Expanded In-Home Services For the Elderly

What is EISEP?
Expanded In-home Services for the Elderly Program (EISEP) was established to address the non-medical needs of Elders who struggle with the most basic tasks of daily living and are not eligible to receive support from Medicaid and other programs.

EISEP provides services that allow Elders the opportunity to age in place with dignity and respect. EISEP services support and supplement informal care provided by clients’ families and clients may be required to share the cost of services based on income.

Eligibility
You may be eligible for EISEP if you:
- are an Elder (60+)
- have cognitive or physical limitations (determined through assessment)
- are ineligible for similar services under other public programs
- able to be maintained safely at home

Services Provided Through EISEP
Case management - includes an in-home or phone assessment, care plan development, information and referral, client monitoring and follow-up.

Personal Care Level 1 - light housekeeping in the areas the Elder uses, shopping, laundry, meal preparation, bill paying and essential errands.

Personal Care Level 2 - bathing, dressing, grooming, transferring, and some assistance with toileting. (includes all tasks listed in Level 1)

In-home Contact & Support - shopping assistance, friendly visiting or supervision to temporarily relieve the Elder’s caregiver.

Durable medical equipment - Assistance may be available to purchase durable medical equipment that is prescribed by a primary physician but declined by insurance.

Adult Day Care & Respite - a structured program for adults that provides supervision, socialization, nutrition and personal care in a protective setting during the day or overnight.

Personal Emergency Response Systems - an electronic device that alerts appropriate people of the need for immediate assistance in the event of an emergency situation.

Ancillary services - unique needs that can be addressed in order for the person to remain at home safely.

*Not an exhaustive list*

If you have questions or would like to find out if you are eligible for EISEP, please call our EISEP Case Manager, Shantel Burning, at (716)532-5777 ext. 5503.
What is NY Connects?

NY Connects is a locally based No Wrong Door (NWD) system that provides one stop access to free, objective, comprehensive information and assistance on long term services and supports for people of all ages or with any type of disability. The NY Connects NWD System is administered through a collaboration between the Area Agencies on Aging, Local Departments of Social Services, and regionally contracted Independent Living Centers.

NY Connects consists of the following fundamental components:

**Information and Assistance** – Local NY Connects programs provide Information and Assistance on available long term services and support options to the older population, individuals of all ages with disabilities, and caregivers.

**Options Counseling/Person-Centered Counseling** – This is an interactive, person-centered 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, and following-up with the individual, and may result in the development of an action plan.

NY Connects empowers individuals and families to identify available services and supports and choose what will best meet their needs at home, in the community and, as necessary, in residential or institutional settings.

**Your local NY Connects office:**

Seneca Nation
Area Office for the Aging
Wini Kettle Senior Center
28 Thomas Indian School Drive

Contact:
Briana Snyder, Options Counselor
(716)945-8991
Briana.Snyder@sni.org
I grew up in Onoville, NY. Before the water came, it was definitely rural. Our closest neighbor was a mile or two away. We used to call it the Jackson Hotel. My grandpa, Ernie Jackson, was one of the wealthiest guys in the neighborhood at that time. He had a great big 6 or 8 bedroom house. The big house was across the road but the little house was only about 25-30 feet from the river. The little house was built on piers. The back of the house was covered with turtle shells, Muskie heads and that kind of stuff.

We had a lot of family with us. We were one big happy clan. My grandma, Gladys Jackson, used to have one of those big triangle bells in the back of the house and when she rang the bell you better get home. She ran the house. A little bit of everybody lived with us. We came and went, but we hung together.

We lived on the river. We had a camp down there. Then old man Mr. Putnam went down there with his bulldozer and put a boat landing in there so most of our activity was centered on the river. We’d go fishing, hunting, crabbing. Crabbing is crawfish catching. We’d go flip rocks like the geese do. We’d catch a bucket of them. We’d throw crawfish in the hay fire until they got hot and then gobble them up.

My uncle was good at explosives and when the river was down the fish would all get caught in these little fish ponds. We’d throw the firecracker in there and the fish would come floating up and we’d grab them. Mostly we just cooked them over on a stick over a fire. I still do that. My mom (Muriel Jackson) and grandma were both pretty good cooks. I liked corn soup and fried bread. We used to go up on the railroad tracks and pick strawberries and they’d make us strawberry shortcake. Homemade too.

When the dam came I remember very clearly, my Uncle Ted refused to leave the house. The National Guard came down in an Army truck with a whole bunch of guys in it. They told my mom all she could take out was her hope chest and they set those houses on fire. My family refused to leave so they did it by force. They removed the whole family. It wasn’t a good thing watching the house go up in smoke.
AOA staff members Shantel Burning and Briana Snyder recently became certified to lead Powerful Tools for Caregivers classes.

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. By taking care of your own health and well-being, you become a better caregiver.

Powerful Tools for Caregivers classes will be offered through the Seneca Nation AOA starting in the fall.

If you are experiencing caregiver burnout or stress, please reach out for help.

Contact our AOA Options Counselor to be connected to caregiver support services:
Briana Snyder
(716) 532-5777 ext. 3624

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Taking care of yourself when you're the caregiver:
30 Day Plan to Finding Yourself Again

**DAYS 1-10**
REST

**Being a caretaker is exhausting. Take time to rest and relax.**

- Day 1: Sleep in an extra 10 minutes.
- Day 2: Sip hot tea alone in quiet.
- Day 3: Make a list of what you need.
- Day 4: Ask for help, then accept it.
- Day 5: Take a nap.
- Day 6: Have a mini Netflix binge.
- Day 7: Skip a chore. Chill on couch.
- Day 8: Meditate.
- Day 9: Have another nap.
- Day 10: Take a long bath or shower.

**DAYS 11-20**
RECHARGE

**It’s easy to lose yourself when focusing on others. Time to find what you enjoy again!**

- Day 11: Call a friend.
- Day 12: Walk around your favorite store.
- Day 13: Eat your favorite meal.
- Day 14: Put on your music & DANCE!
- Day 15: Make & keep plans with a friend.
- Day 16: Pick up an old hobby.
- Day 17: Try a new hobby.
- Day 18: Read for fun.
- Day 19: Get your hair or nails done.
- Day 20: Get dressed up and go out.

**DAYS 21-30**
REFLECT

**Time to handle neglected tasks and focus on what you need moving forward.**

- Day 21: Sort through paper piles.
- Day 22: Take a look at finances.
- Day 23: Determine what help is in the budget.
- Day 24: Start a journal.
- Day 25: Clear the clutter.
- Day 26: Sit down with a calendar.
- Day 27: Create morning and evening self-care routines.
- Day 28: Go to the doctor.
- Day 29: Set goals for yourself.
- Day 30: Go away overnight alone!
Staying Safe in Extreme Heat

A large part of the United States has been experiencing extreme heat conditions (high heat and humidity with the temperatures above 90 degrees for several days). During extreme heat, the body works extra hard to maintain a normal temperature. Heat-related distress can occur quickly and without warning.

Extreme heat can be dangerous for all, but especially for older adults and people with chronic conditions. Take steps to prepare and stay safe using these tips from Ready.gov:
- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion, and heat stroke.
- Never leave people or pets in a closed car.

CALL 9-1-1
- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses
- Take immediate action to cool the person until help arrives
SUMMERTIME CROSSWORD

ACROSS
4 spending time staying in a tent or camper
8 a green skinned fruit with red pulp
9 refreshing drink made from lemons
11 a sandy place to swim
12 wear these to protect your eyes from the sun
14 lotion to protect skin from the sun

DOWN
1 going to a destination
2 shoes worn in summertime that often let the feet breathe
3 what you do in the pool, lake, or ocean
5 eating outside in a park or on a beach or similar
6 a small (non-livable) structure built on a beach for fun
7 frozen treat on a stick
10 game played with a ball and bat
13 the first month of summer

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