Director's Update

Nya:weh Sgé:nö’

August was a busy month at AOA. We extended our hours and activities, offered daily trips on our AOA busses, assisted over 350 Elders, and welcomed back four staff members. We are thankful for your patience as we ramp our programs and services back up to pre-pandemic levels.

September is World Alzheimer’s Month. Alzheimer’s is a brain disease that causes a slow decline in memory, thinking and reasoning skills. Enclosed you will find a list of 10 warning signs and symptoms. If you notice any of them, don’t ignore them. Schedule an appointment with your doctor.

Later this month we will be working with other SNI departments to hold a Community Healing Walk in honor and remembrance of those affected by residential schools. Our Elders and families are painfully aware of the legacy of these institutions. We hope that you will join us in coming together as a community to remember and to heal. More information can be found inside this issue.

If you are in need of support or assistance, please don’t hesitate to contact AOA in Cattaraugus at (716)532-5777 or Allegany at (716)945-8990. We hope you are staying safe and healthy and we hope to see you soon.

Bethany Lay
September is Alzheimer’s Awareness Month

2021 ALZHEIMER’S DISEASE FACTS AND FIGURES

1 IN 3 seniors dies with Alzheimer’s or another dementia.

MORE THAN 6 MILLION Americans are living with Alzheimer’s.

BETWEEN 2000 AND 2019, deaths from heart disease have DECREASED 7.3%.

While deaths from Alzheimer’s disease have INCREASED 145%.

ALZHEIMER’S AND DEMENTIA DEATHS HAVE INCREASED 16% DURING THE COVID-19 PANDEMIC.

IN 2021, ALZHEIMER’S AND OTHER DEMENTIAS WILL COST THE NATION $355 BILLION.

By 2050, these costs could rise to more than $1.1 TRILLION.

OVER 11 MILLION Americans provide unpaid care for people with Alzheimer’s or other dementias.

DISCRIMINATION is a barrier to Alzheimer’s and dementia care. These populations reported discrimination when seeking health care:

- 50% of Black Americans
- 42% of Native Americans
- 34% of Asian Americans
- 33% of Hispanic Americans

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10 Early Signs and Symptoms of Alzheimer's:

1. **Memory loss that disrupts daily life** - One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. **What's a typical age-related change?** Sometimes forgetting names or appointments, but remembering later.

2. **Challenges in planning or solving problems** - Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. **What's a typical age-related change?** Making occasional errors when managing finances or bills.

3. **Difficulty completing familiar tasks** - People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game. **What's a typical age-related change?** Occasionally needing help to use microwave or TV remote.

4. **Confusion with time or place** - People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. **What's a typical age-related change?** Being confused about the date but figuring it out later.

5. **Trouble understanding visual images and spatial relationships** - For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving. **What's a typical age-related change?** Vision changes related to cataracts.

6. **New problems with words in speaking or writing** - People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a 'watch' a "hand-clock"). **What's a typical age-related change?** Sometimes having trouble finding the right word.

7. **Misplacing things and losing the ability to retrace steps** - A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses. **What's a typical age-related change?** Sometimes misplacing things and retracing steps to find them.

8. **Decreased or poor judgment** - Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean. **What's a typical age-related change?** Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

9. **Withdrawal from work or social activities** - A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity. **What's a typical age-related change?** Sometimes feeling uninterested in family or social obligations.

10. **Changes in mood and personality** - Individuals living with Alzheimer's may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone. **What's a typical age-related change?** Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

For more information on Alzheimer's and dementia, please visit: www.alz.org
Updated Mask Policy

In August the Seneca Nation updated its mask-wearing policy due to an increase in positive cases in the area. Masks are now required regardless of vaccination status inside all Seneca Nation buildings. This includes the Wini Kettle Senior Center, Seneca Allegany elder Center and 44 Seneca Senior Center. If you do not have a mask, one will be provided.

Please remember to maintain 6 feet of social distancing, have your temperature checked daily upon arrival and stay home if you are not feeling well.

Elder Center Hours

The Seneca Allegany Elders Center is now open 8am-7pm daily, including Saturday and Sunday. Stop in to visit with friends, enjoy a cup of coffee or borrow some puzzles or movies. Please remember that personal items may not be kept at the center.

The Wini Kettle Senior Center will begin offering extended hours once we return to normal staffing levels. Thank you for your patience!

Seneca Elder Events

Trips and shows for enrolled Seneca Elders resume this month and include:

- New York State Fair - September 3*
- Hip Hop Harmony - September 17
- Miranda Lambert - September 18
- Elvis Tribute - September 18*
- Arcade/Attica Train Ride - September 19
- Shea's Theatre Bingo Palace - September 25*

*transportation provided

Please remember, you must sign-up in person at the Wini Kettle Senior Center or the Seneca Allegany Senior Center. Sign-ups sheets are typically available 2 weeks prior to the show. Shows may be added or removed based on the number of Elders that sign-up.

For more information, please contact Irma Cortes, Senior Advocate, at (716) 532-5777.

September 11 & 12 - Seneca Fall Festival, Saylor Building, Irving, NY

September 25 - Remember the Removal, Allegany Territory

September 30 - Community Healing Walk, Sully Huff Heritage Center, Irving, NY

For more information, please visit www.sni.org
Welcome Back!

This month, we welcomed back four AOA staff members:

**Irma Cortes** - Senior Advocate
Irma previously worked at AOA for seven years and is well acquainted with AOA programs and services. Irma is available to meet with and provide assistance to Seneca Elders. She is also planning and coordinating trips and entertainment for Seneca Elders. Irma can be reached at the Wini Kettle Senior Center at (716)532-5777, ext. 5513.

**Nancy Printup** - Alleg. Activities Coordinator
Nancy has been with AOA for 21 years. She looks forward to planning activities like bingo, coffee hour, and exercise and Seneca language classes for Elders.

**Raven Lay** - Catt. Activities Coordinator
Cattaraugus. She has worked at AOA for 2 years and was previously an Activities Leader. Raven will be coordinating activities like bingo, potluck dinners, crafts and other new games and activities. Pool and shuffleboard tournaments have resumed at Cattaraugus and many Elders have stopped in to participate or to work on their sewing and other crafts.

**Dorsie John-Bluesky** - Alleg. Activities Leader
Dorsie has been at AOA for over 10 years. Dorsie has enjoyed visiting with Elders again at the Senior Center and will be planning crafts and activities like beadwork, card-making and sewing.

**AOA Advisory Council**
The goal of the AOA Advisory Council is to assist in advising for the physical, mental, and social well-being of the Elders in our service area. Members of the Advisory Council are:

Suzanne John Blacksnake
Denise Mohawk
Marguerite Haring
Mary Moses
Llona Leroy

Marilyn George
Valeria Jonas
Nancy Toth
Thomas Abrams, Sr.
Arlene Bova
Powerful Tools for Caregivers

Feeling Stretched as a Caregiver?

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself.

This program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

Classes consist of six sessions held once a week. Two experienced Class Leaders conduct the series (many are experienced caregivers themselves, who have successfully applied the techniques they teach). Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action for your life.

You will receive a book, The Caregiver Helpbook, developed specifically for the class. Classes will be FREE, thanks to support from Lifespan.

Classes will be held at Seneca Allegany Elders Center in October. Sessions are held once a week for six weeks. Class size is limited and pre-registration is required.

For more information or to register, contact Briana Snyder at (716)945-8991, or email Briana.Snyder@sni.org.

Adult Day Services

The SNI AOA has contracted with three Adult Day Centers to provide services to qualified Elders:

- Lake Shore Family Center - Irving, NY
- Chautauqua Adult Day Center - Jamestown, NY
- Linwood Adult Day Center - Olean, NY

Adult Day Services give families a respite from their caregiving responsibilities and provide much needed socialization for the elderly. Adult Day programs provide many opportunities for older adults to participate in activities during the day in a caring, friendly atmosphere. They provide recreational activities, personal care assistance and meals.

Adult Day service are available to Elders, over age 60, who reside on-territory or within the city of Salamanca and have certain physical or cognitive limitations (like Alzheimer’s.)

To find out if you are eligible for Adult Day Services through the SNI AOA, please call our case managers:

Allegany: Teresa Redeye, (716) 945-8414
Cattaraugus: Shantel Burning, (716) 532-5777
Modern or Pfizer COVID Vaccine

Additional Dose for Immunocompromised People

Per CDC Recommendation

28+ days after the initial 2 doses

A **third dose** is now recommended for people whose immune systems are moderately to severely compromised

**Immunocompromised People**

- Received/receiving **active cancer treatment** for tumors or cancers of the blood
- Received an **organ transplant** and are taking medicine to suppress the immune system
- Received a **stem cell transplant** within the last 2 years or are **taking medicine to suppress the immune system**
- Moderate or severe **primary immunodeficiency** (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated **HIV infection**
- Active treatment with **high-dose corticosteroids** or other drugs that may suppress your immune response

**Do I meet the qualifications for a third dose?**

1. Call Teri Cowles at 716-945-5894 (LRJHC) or call Kim Bradley at 716-532-5582 (CIRHC).

2. Your Medical Records will be reviewed to see if you qualify (according to the definition of immunocompromised above). CDC does not recommend additional doses or booster shots for any other population at this time.

3. You will receive a call back on whether you qualify and can be scheduled for the additional dose of vaccine.
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| Alleg. trips depart J-Town @ 2:00pm unless noted. | Catt. Trips depart @ 1pm unless noted. | Max of 9 passengers for safety | Alleg: Brigiotta’s-Jamestown  
Catt: Walmart-Springville | Alleg: Walmart/Aldi’s-Bradford  
Catt: Dairy Queen-Eden | Alleg: Big Lots-Olean  
Catt: NO TRIP (State Fair) | |
| Schedule is subject to change | | | Alleg: Joanne Fabric/Michaels-Jamestown  
Catt: Applebees-Hamburg | Alleg: Lowes-Springville  
Catt: Walmart-Hamburg | Alleg: Chautauqua Mall  
Catt.: Home Depot-Dunkirk | Alleg: Scenic Ride Amish Trail  
Catt: Mayer Bros. | |
| | | | | | | |
| Alleg: Dunham’s - Bradford  
Catt: Target-Orchard Park | Alleg: Wegman’s 5% Sr. Discount-Jamestown  
Catt: Local Shopping | Alleg: Maid of the Mist/Niagara Outlet  
DEPART @ 10:am  
Catt: Walmart-Dunkirk | Alleg: RIDERS CHOICE !!  
Catt: Fiesta Bamba-Springville | Alleg: Seneca Fall Festival  
DEPART @ 10:am | Alleg: Seneca Fall Festival  
DEPART @ 10:am | |
| | | | | | | |
| Alleg: Scenic Ride Bemus Point  
Catt: Outback Steakhouse | Alleg: Good As New Thrift Store Conewango  
Catt: Savers | Alleg: Chef’s Rest.  
DEPART @ 3:45  
Catt: Walmart-Hamburg | Alleg: Pet Smart-Jamestown  
Catt: Riders Choice | Alleg: Peaches N Cream—Randolph  
Catt: Allegany Casino | | |
| | | | | | | |
| Alleg: Runnings-Jamestown  
Catt: Gabe’s 10% Sr. Discount | Alleg: Reid’s Food Barn - Olean  
Catt: Olive Garden | Alleg: Cuba Gaming & Cuba Cheese  
DEPART @ 3pm  
Catt: Scenic Ride | | |
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<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td><strong>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.</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
<td><strong>2 TRADITIONAL</strong></td>
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<td><strong>6 CLOSED</strong></td>
<td>Vegetable Pizza Served with a Side Salad, roasted Brussels Sprouts and Fruited Jell-O</td>
<td>Roasted Stuffed Pepper With a Harvest Salad A side of Strawberries Ice cream for dessert</td>
<td>Butternut Squash Soup Served with Side Pork And a Biscuit Melon &amp; whipped topping</td>
<td>Grilled Chicken Caesar Wrap With Broccoli salad A Dinner roll Jell-O for dessert</td>
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<td>Beef Tacos Lettuce, Tomato, Onion, Sour Cream, &amp; Salsa Coleslaw Fresh Melon</td>
<td>Lemon Chicken Served with Green beans And Brown rice Mandarin oranges</td>
<td>Crispy Breaded Fish Fillet Herbed Summer Squash Boiled Baby Red Potatoes Peanut Butter Chocolate Rice Krispy Treat for dessert</td>
<td>Boiled Dinner With Cabbage, Rutabaga, Potatoes &amp; Carrots And Strawberry Poke Cake for dessert</td>
<td>Sausage Rigatoni Served with Broccoli And a Dinner Roll Angel food Cake for dessert</td>
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<td><strong>20</strong></td>
<td><strong>21</strong></td>
<td><strong>22</strong></td>
<td><strong>16 BIRTHDAY</strong></td>
<td><strong>17 CLOSED</strong></td>
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<tr>
<td>Macaroni &amp; Cheese With Zucchini &amp; Squash Blend Stewed Tomatoes And Peach Crisp</td>
<td><strong>BRUNCH</strong> Breakfast Plate Scrambled Eggs Served with Breakfast Meat Toast &amp; Fruit</td>
<td>Grilled Chicken Strawberry Poppy Seed Salad Served with a Dinner roll Ice cream for dessert</td>
<td>Chicken &amp; Biscuits, Mashed Potatoes, Broccoli, Birthday Cake with Vanilla Ice Cream</td>
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<td><strong>27</strong></td>
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<td>Spaghetti &amp; meat sauce With a Tossed salad And Roll Cinnamon Pears</td>
<td>toasted Tuna Melt Sandwich Carrot Raisin Salad Grapes &amp; Oranges</td>
<td>Chicken Salsa Rice Bake With a side of Red bell pepper sticks and Hummus A Brownie for dessert</td>
<td>Salisbury Steak &amp; Gravy Over brown rice Roasted Cauliflower Oranges &amp; pineapple</td>
<td>BBQ Pulled Pork Sandwich With French Fries Peas Oatmeal Cookie for dessert</td>
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<tr>
<td><strong>21 SEPTEMBER WORLD ALZHEIMER’S DAY</strong> SUPPORT AWARENESS SOLIDARITY</td>
<td><strong>22 SEPTEMBER</strong></td>
<td><strong>23</strong></td>
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<td><strong>Please enjoy a ½ pint milk served with each meal!</strong></td>
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There is one thing Alzheimer’s cannot take away, and that is love. Love is not a memory – it’s a feeling that resides in your heart & soul.
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

Puzzle Page– Fall Word Scramble

vasrhet__________________________________________
pepal_____________________________________________
minkupp_________________________________________
tunaum___________________________________________
flae______________________________________________
oranc_____________________________________________
lafl______________________________________________

We want to hear from you!
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Remembering And Healing
From the impact of residential schools in our community.

COMMUNITY HEALING WALK & RESIDENTIAL SCHOOL EXHIBIT
@SULLY HUFF HERITAGE CENTER
12857 ROUTE 438, IRVING, NY

Thursday-Sept. 30

4-8pm~ Residential School Exhibit open for viewing
4-5pm~ Check-in for walk (Pick-up dinner tickets)
5pm~ Opening remarks
5:30pm~ Walk begins (1 mile of paved paths through old TIS campus)
6-7pm~ Take-out Dinner for participants

#EveryChildMatters
#SNIRememberingAndHealing

For more information, please contact Sharon Francis
@ SNI Victim Services, (716) 532-4900 ext. 5060