### The Official Newsletter of the

### SENECA NATION



September 25, 2020 - visit us @ sninews.org

### A message from President Rickey L. Armstrong, Sr.



### **Greetings!**

It appears summer has flown by and the fall weather is slowly creeping in on us. By now, all of our parents and students should be back in school mode and are getting accustomed to all the adjustments for the 20'-21' school year. It's been six months of change within the educational setting and a new normal is forming. Many of our local districts have chosen a hybrid model for attendance. Some students are back in the classrooms, some are being taught virtually, and some are doing both. The school re-opening plans were developed to support social distancing,

between students and teachers in the classroom. This allows for students to be in attendance for two days a week, learn remotely for two days and take one noninstructional day for schools to deep clean school buildings. The hybrid model also helps to lower the number of students being transferred to and from school; and meets NYS Department of Health regulations for social distancing on school buses. I would like to encourage parents to continue to support your young learners in every way possible, no matter how they are receiving their education. Just as this pandemic has made life more difficult for all of us adults and parents, it has also made school life very difficult for our kids. The Seneca Nation Education Department is currently working on plans to support students by developing on-territory learning centers, as well as virtual tutoring for those families whom have opted for full remote learning. More details will be announced once the planning is complete and the sites are ready to be accessed. Please have patience with the transformation the education process is experiencing. Current school administrators, nor our education department staff, have ever had to create solutions during a global pandemic. It can't be easy for them, either.

On a brighter note for our western New York students, as of September 21st, many fall sports have been approved to start back. This includes soccer, cross country, swim, tennis, field hockey, golf, and gymnastics; while football, volleyball, and competitive cheerleading are still being postponed for competition. Our kids are very excited about the return of sports, and I know that our communities want to see them compete once again. Although this may be difficult for parents; we must all continue to remain dedicated to the safety of everyone involved, so our students continue to feel as protected as possible. Let's all continue to do our part

to help keep everyone healthy and safe.

I would like to share an update on the progress of our broadband installation project on the Cattaraugus



### SENECA NATION COVID-19 HOTLINE: 945-8153 EMAIL: SNIINFO@SNI.ORG

(24/7 for non-medical questions or information)

### IN THIS ISSUE

President Armstrong's Message	1-2
Clerk's Message	2-4
Councillor's Circle	
Gaming	6
Department Updates	
AOA Menu & USDA	12

### **EOOOO**

### IN THIS ISSUE

Sports	13-16
Community	_
Notices & Announcements	
Health	22-23
Learn Seneca	•



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Territory and Steamburg community. In early 2019, the Executives and Council created the Broadband Task Force to identify the needs of our communities, research costs and funding sources; and to submit grant applications for the project. **Project** scope for Cattaraugus: a 52-mile fiber broadband network to provide highspeed Internet access to 1,200 residences, plus government buildings, community buildings and various businesses. Project scope for Steamburg Community: a 10-mile fiber broadband

network to provide high-speed internet access to 97 residences and various other government, community and commercial buildings. For a project of this size, it requires several phases to complete the

project from beginning to end. We have applied for and received grant funding to assist with the engineering and design phase, as well as a feasibility study. We have moved past the discovery and evaluation phase and into the pre-construction phase of the project. The project is currently in what is called the "make-ready" process. This requires an independent third party to survey our existing utility poles and make a recommendation for any construction, which may be needed. The project, although multi-phased, is moving along and making progress. Anthony Giacobbe and his crew at Seneca Energy are working hard to get our territories fully connected.

Please continue to stay informed about any updates on Seneca Nation travel ban states. Continue to practice social distancing, wearing face coverings and applying hand sanitizer often. These measures will also help all of us with the impending flu season.

Respectfully, Rickey L. Armstrong, Sr.



### NEWS FROM THE CLERK'S OFFICE



Bethany Johnson, Clerk ALLEGANY TERRITORY



Marta Kettle, Deputy Clerk CATTARAUGUS TERRITORY

#### **CLERK'S OFFICE HOURS**

Although our doors are open, entry into our office continues to be temporarily closed. Staff can assist at the doorway of both offices, Monday through Friday; 8:00 am - 4:30 pm, as well as the second Saturday of every month from 8am-12pm on both territories.

### Allegany Territory – (716) 945-1790 ext. 3000

Allegany Clerk's Office Staff Bethany Johnson, Clerk (Notary Public) Geraldine Huff, Executive Assistant (Notary Public)

Sue Case, Enrollment Officer Alana McClune, Enrollment Assistant (Notary Public)

Adrianne Cook – Executive Secretary Kathleen "Yomie" Hill, Administrative Assistant Ryan Mohr, Receptionist

### Cattaraugus Territory – (716) 532-4900 ext. 5000

Cattaraugus Clerk's Office Staff Marta Kettle – Deputy Clerk Kelly Mohawk – Deeds Recorder Ashley Warrior – Executive Secretary Leslie Cooke – Administrative Assistant (Notary Public)

Tammi Stafford – Administrative Assistant

(Notary Public) Dana Maybee, Business Permit Officer

The Buffalo Clerk's Office is located at: 533 Amherst Street
Buffalo, NY 14207
(716)-845-6304 or (716)951-7555
Monday-Friday: 8am-4:30pm

#### **NATION I.D. CARDS**

All offices (Cattaraugus, Allegany, & Buffalo) are now scheduling appointments for members who need to update their picture for their Nation ID cards.

#### **CLERK FORMS**

You can mail completed forms along with a copy of your photo identification as proof of identify if you are unable to obtain a notary to: Seneca Nation of Indians, 90 Ohi:yo' Way, Salamanca NY 14779. All forms are available online at www.sni. org under Clerk's Office documents.

### RELEASE OF MINORS TRUST FUND

In order to begin receiving Minor Trust Fund disbursements. A member must be at least 18 years old and submit the following documentation:

- Application for Release of Minors Trust
- High School Diploma / GED

• Financial Literacy Certificate

If you need to obtain a Financial Literacy Certificate please contact the Seneca Nation Education Department for details.

### DIRECT DEPOSIT OF ANNUITY AND/OR ELDERS PAYMENTS

If you would like to sign up for Direct Deposit of your Annuity and/ or Elders Check, you will have to complete the form. The form is available on the web at www.sni.org under Documents/Clerk's Office / Direct Deposit forms or at the Clerk's Office.

- All direct deposit forms MUST have attached a voided check or deposit slip (start-up checks will NOT be accepted).
- Members must be at least 18 years old to sign up for Direct Deposit
- Minors are NOT eligible for Direct Deposit

If you receive direct deposit, it is your responsibility to keep your address updated with the Clerk's Office.

#### **BURIAL FUND**

A Burial fund has been designated to pay for funeral expenses up to \$7000 for enrolled members. For additional details, please contact the Clerk's Office during regular business hours. If after hours or on weekends, please contact Bethany Johnson, Clerk (716)-474-6361 or Marta Kettle, Deputy Clerk (716)-474-5403.

#### **ADDRESSES**

Please remember to keep your address current with the Clerk's Office. This includes changes with custody of minor children or legal guardians (Court orders).

Please stay healthy & safe! Nya:wëh for your patience and understanding during this time and please watch for updates as this may change unexpectedly. Any changes will be posted online.

Congratulations, to the newly enrolled members of the Seneca Nation! ADDITIONS (20) TO THE NATION'S ROLL – SEPTEMBER 12, 2020 REGULAR SESSION OF COUNCIL

Summer Noel Anderson *Turtle Clan* 

Olympia Wynn Blakesnake Deer Clan

Stormi Jacque Lynn Brooks Turtle Clan



Oak Ryan Burnham Snipe Clan



Rynlie Ruex Garlow Wolf Clan

Lucian Richard Gunther *Heron Clan* 

Maddie Lee Gunther *Heron Clan* 

Aiden Allen Irizarry Hawk Clan Rylynn Isabella Jackson *Turtle Clan* 

Nina Kalyn James *Turtle Clan* 

Walker Gary Jennings Wolf Clan

Hadley Shelyn Jennings Wolf Clan

KaraLeta Joleen Keyes Turtle Clan

Aivie Lynn Pagan Wolf Clan

Tannin Martin Porter Wolf Clan

Romeo Lian Rasha Lewis *Turtle Clan* 

Ezra Curtis Handsome Skye Romero Bear Clan

Everleigh Jade Spruce Snipe Clan

Avery Jane Stevens Wolf Clan

Amos Jean Van Every *Heron Clan* 



On behalf of the Seneca Nation, we send our heartfelt condolences. DELETIONS (9) TO THE SENECA NATION'S ROLL – SEPTEMBER 12, 2020 REGULAR SESSION OF COUNCIL

Seth Scott Anderson Turtle Clan

Rickey Guy Bennett Turtle Clan

Donald F. Brooks Snipe Clan

David Bradley Dunn Turtle Clan

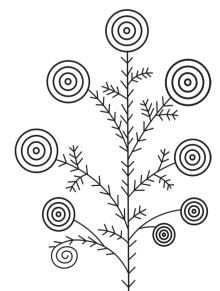
Douglas George Hall Beaver Clan

Sharon Lisa John Hawk Clan

Marc Clair McDonald Snipe Clan

Charles Byron Tallchief Beaver Clan

Sharyn Kimberly Taylor Wolf Clan



visit us on-line @sninews.org

### PUBLIC NOTICE

PURSUANT TO SECTION IV OF THE CONSTITUTION OF THE SENECA NATION, NOTICE IS HEREBY GIVEN THAT THE BIENNIAL GENERAL ELECTION OF THE SENECA NATION WILL BE HELD ON TUESDAY, NOVEMBER 3, 2020.

Voting shall take place on the Allegany and Cattaraugus Territories. Polls shall be open from <u>9:00 am until 7:00 pm</u> on this date.

Pursuant to Section X of the Constitution of the Seneca Nation, every member of the age of twenty-one (21) years and upwards, who shall not have been convicted of a felony, shall be competent to vote at all elections and shall be eligible for any office.

Pursuant to Section I of the Constitution of the Seneca Nation, on or before the 15th day preceding the biennial election, all candidates shall file with the Clerk of the Nation their name and office, and no further candidate shall be allowed to file for office after the 15th day preceding the biennial election. Therefore, all candidates must file with the Clerk at the Seneca Allegany Administration Building, Allegany Territory, no later than 12:00 midnight on Monday, October 19, 2020.

Bethany Johnson, Clerk August 2020 Seneca Nation of Indians

### ANNOUNCEMENT

#### Seneca Nation Cares Program

On Saturday, September 12, 2020 the Council approved a Seneca Nation CARES Program that will provide a payment of a COVD-19 emergency assistance benefit payment to all enrolled citizens.

The Nation's leadership concludes that most citizens have incurred increased costs resulting from the COVID-19 health pandemic of at least \$750 per citizen since March 1, 2020.

Those who are in compliance with the in-person registration requirements with the Clerk's Office for certain Nation General Welfare Benefits consistent with Council Resolution R-02-11-17-06, or who are registered with the Clerk's Office by the deadline dates stated below will be eligible.

Enrolled Nation citizens that ARE registered with the Clerk's Office for other general welfare payments will be automatically enrolled in the Nation CARES program (if you are currently receiving annuity payments, you are all set)

Any enrolled Nation Citizens that are **NOT** registered with the Clerk's Office, must enroll by dates outlined below in order to qualify respectively for each of the three payments, consistent with the registration deadlines for other General Welfare payment programs.

DEADLINE	DATE OF PAYMENT	PAYMENT AMOUNT
09/30/2020	Monday, Oct. 26, 2020	\$250.00
10/31/2020	Monday, Nov. 30, 2020	\$250.00
11/30/2020	Monday, December 28, 2020	\$250.00

### **Council Session Update**

As the situation with the COVID-19 continues to evolve, it presents unique challenges. The well-being and safety of everyone will always remain our utmost priority. There will no longer be an online participation of the council session, therefore, Council is in person appearance only.

- Temperature Screening upon entry
- -Face mask/covering over your nose & mouth is required!
- -Practice Social Distancing (six feet apart)





### USET partners with Vanderbilt University for STEM internship

Submitted by Councillor Tina  $A\overline{b}$ rams

USET has partnered with Dr. Julie Hudson & Dr. Billy Hudson since 2013 with the goal of attracting USET youth to this unique, challenging, and valuable STEM experience at Vanderbilt University. In addition to providing USET youth with a great educational opportunity, it also allows USET to establish relations with some of our best and brightest youth who might consider USET for their future place of employment as an option to give back to our communities.



Since the partnership, 18 Tribal Nation students have completed the summer research internships at Vanderbilt University Medical Center. Ten have graduated from high school. Six have gone on to college and majored in STEM courses of study.

One joined the U.S. Armed Services and one did not attend college. And one is a current USET employee!

Please see the information below and share! Please note the January 6, 2021 deadline for applications.

### Aspirnaut<sup>™</sup> Undergraduate Discovery Science Experience in Renal Biology and Disease at Vanderbilt University Medical Center

May 31, 2021 – August 7, 2021

The Aspirnaut<sup>™</sup> Program invites you to apply for the Summer 2021 Undergraduate Discovery Science Experience in Renal Biology and Disease at Vanderbilt University Medical Center (VUMC), Nashville, Tennessee. It is supported by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH).

Participants will spend ten weeks in a full-time research experience as a member of a team of scientists, conducting research and engaging in professional and personal skills development. They will attend the KUH/NIDDK Summer Undergraduate Research Conference in Dallas, Texas, at the conclusion of the program. More information can be found on our website: https://www.aspirnaut.org/

Summer research interns will receive a stipend of \$600 per week for the ten-week period. This salary is intended to cover all participant costs associated with the program including housing, food, and travel to and from Nashville. Costs to attend the research conference are covered by the program.

### **Application Process**

To apply, visit the link below and click on Aspirnaut<sup>™</sup> Undergraduate Discovery Science Experience in Renal Biology and Disease\*: https://www.aspirnaut.org/what-we-do-2/summer-research-internship-for-undergraduates/

#### Applications close 11:59PM CST on January 6, 2021

Alternatively, scan the QR code to be taken directly to our website & application.

Please contact Rachel Baugh, Associate Director, at researchinternships@aspirnaut.org or at 615-875-8723.

#### **More Information**

In addition to the application, we require the following:

- Official transcript with the most recent semester's final grades
- $\bullet$  Two (2) letters of recommendation, one of which must be from a math/science faculty

## \*ASPIRNAUT"

#### **Eligibility Criteria**

- Rising sophomores, juniors, and seniors with a GPA of 3.0 or better on a 4.0 scale and who are in good standing at their primary institution are eligible. Rising seniors should have at least one semester remaining of their undergraduate education at the start of the summer program.
- Applicants should have already completed college courses in biology and chemistry.
- Candidates should demonstrate interest in/potential to pursue graduate study (i.e., Ph.D., M.D., M.S.) toward an advanced degree in STEM (science, technology, engineering, mathematics) fields and biomedical research.
- Internship recruitment is targeted to underrepresented racial and ethnic groups, American Indians/Alaska Natives and those from geographically- and economically-disadvantaged backgrounds as defined by the federal government.\*\*
- Interns must be a documented U.S. citizen or non-citizen national or permanent resident in possession of an alien registration receipt card (I-551) or other legal document of such status. International citizens studying in the United States with an F-1 visa are not eligible for these spots. Individuals seeking asylum or refugees are not eligible.
- Interns must have valid, current health insurance at the start of and for the duration of the program.
- \* Note: Students from Berea College should apply through "Berea/ Aspirnaut™ Hal Moses Summer Research Internships" link on the same page see website for information regarding federally defined groups

\*\*Please note that the residential Aspirnaut™ Summer Research Internship Program may be modified or canceled at any time due to institutional, metro, state, or federal recommendations

or mandates related to COVID-19.

Alternatively, scan the
QR code to be taken
directly to our website &
application



## Seneca Resorts & Casinos Takes 35 "Best Of Gaming 2020-New York" Awards By Casino Player Readers!

Seneca Allegany Resort & Casino 1st Place Win For "Best Rooms"! Seneca Resorts & Casinos Takes Top 3 in 28 Categories!

NIAGARA FALLS, NY-BUFFALO, NY-SALAMANCA, NY-: (SEPTEMBER 16, 2020) Casino Player magazine just revealed its Best of Gaming 2020 Awards and once again the readers have spoken and placed Seneca Resorts & Casinos in the top three in 28 categories with 35 total awards! Seneca Allegany Resort & Casino took 1st Place wins for "Best Rooms" and "Best Slot Tournaments" while Seneca Niagara Resort & Casino took the top spot for "Best Keno" and "Best Carnival Games".

Seneca Niagara Resort & Casino, Seneca Buffalo Creek Casino, and Seneca Allegany Resort & Casino took the top three places including "Best Sportsbook Promotions", "Best Betting Options", "Best Hotel", "Best Hosts", "Best Suites", "Best Dealers", "Best Spa", "Best Golf Course" and more!

"We love the Best of Gaming Awards because the results come from the readers who have many options available to them and they chose Seneca Resorts & Casinos every time!" said David Sheridan, Interim CEO & CFO, Seneca Gaming Corporation. "These wins and the number of categories affirms our goal to continue to exceed guest expectations is resonating."

Seneca Niagara Resort & Casino is located just minutes from the world-famous Niagara Falls in Western New York, near the Canadian border. The property is open 24 hours a day, seven days a week and 365 days a year. Guest can enjoy 147,000 square feet of gaming space with more than 2,500 slot machines and over 80 table games, 10 restaurants, live entertainment and a AAA Four Diamond Award-winning, 26-story hotel with 604 deluxe rooms and suites, a spa and salon, fitness center, indoor pool and STIR

feature bar with live entertainment, signature cocktails, and a stunning 43-foot high-definition video wall as well as the first of its kind on the East Coast-Lightning Link Lounge! More information is available by calling 1-877-8-SENECA (1-877-873-6322) or visit



Seneca Buffalo Creek Casino is the latest attraction in the rapidly developing Cobblestone District along Buffalo, N.Y.'s Inner Harbor and is located just minutes from the Peace Bridge to Fort Erie, Canada, and a half-hour from Niagara Falls. The property is open 24 hours a day, seven days a week and 365 days a year. Guests can enjoy over 1,100 slot machines and more than 30 table games, STIXX Sports Bar and B-LO Bar, and 3 dining destinations including Phillips WD Bar & Grille with incredible views of the city skyline. More information is available by calling 1-877-8-SENECA (1-877-873-6322) or visiting SenecaBuffalo Creek Casino.com. Follow us on Facebook: Seneca Buffalo Creek Casino Twitter: @ SenecaBuffalo or Instagram: Instagram.com/SenecaBuffalo. #SenecaBuffalo Download our mobile app and view us on YouTube.





### **Annual SNIFCU Member Meeting**

Wednesday, October 21st, 2020

4:00pm

#### **VIRTUAL MEETING**

Register by sending an email to <a href="mailto:info@snifcu.org">info@snifcu.org</a> with your name or sign-up in our offices.

#### All Credit Union members are invited to attend!

Each year we host an annual meeting to give all our members the opportunity to come and learn about what is happening at the credit union. This year, in light of the COVID pandemic we will be hosting this event entirely online.

There will be a review of the past year's financial information, and an election of directors. In order to attend the virtual meeting, send an email with your name to <a href="mailto:info@snifcu.org">info@snifcu.org</a>, or sign-up in either of our offices to register for the virtual meeting.

This credit union is federally insured by the National Credit Union Administration

# OCK GRANT APPLICATION

Applications for the (Block Grant) are available starting Monday August 3rd, 2020 for FY '20-21. You can contact Caitlin John and she will assist you with getting an application.

Please contact Caitlin for both sites Allegany and Cattaraugus

Allegany (Salamanca) Site

983 R.C. Hoag Dr.

Salamanca, NY 14779

(716)945-5035

Cattaraugus (Irving)Site | 🦠

12857 Route 438

Irving , NY 14081

(716) 532-0505

If you have any questions, please feel free to contact

Caitlin John (716)945-5035

Caitlyn.john@sni.org

\*\*If you are currently receiving services or on the waiting list you must Re-Apply for the new Fiscal Year.\*\*

Irving Office

Irving, NY 14081 (716) 532-8179 Hours

Mon - Thurs 9am - 4pm
Friday 9am - 5pm

Salamanca Branch

90 Ohi:yo Way Salamanca, NY 14779 (716) 945-8510

### Community Service Announcement Do you have Covid-19 questions or need information?

Do you have Covid-19 questions or need information? **SENECA NATION COVID HOTLINE** (716) 945-8153 EMAIL: SNINFO@SNI.ORG

### Calling All Seneca Artists and Students of Art

Want to start a business to sell your art?
Want to take your current art business to the next level?

Join renowned Seneca artist and instructor Carson Waterman for a FREE workshop series!

Learn how to:

- -Promote your work to a larger audience
- -Secure funding for art projects
- -Search for and complete Requests for Proposals
- -Take advantage of tax exemptions for Native artists

Workshops are open to all Seneca artists, artisans or students or art: painters, illustrators, sculptors, potters, carvers, basket makers ~ whatever your field is, you're welcome to attend!



Whether you're an established artist or just getting started, this workshop series is for you!

Sessions will be online, so you can participate from the comfort and safety of your home

Workshops will start the week of September 28th For more information or to sign up, call 716-951-7555

### **Medicare Open Enrollment**

Medicare's Open Enrollment is <u>October 15 – December 7, 2020.</u> Medicare allows health and drug plans to make changes regarding their cost and coverage and allows for those plans to update their networks of providers and pharmacies.

During Open Enrollment, Medicare beneficiaries can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. Any applicable changes will have an effective date of January 1, 2021.

#### What You Can Do

- Change from Original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to Original Medicare
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage
- Join a Medicare Prescription Drug Plan
- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan
- Drop your Medicare prescription drug coverage completely

Individuals enrolled in a health or prescription drug plan should review materials their plan sends such as the 'Evidence of Coverage' (EOC) and 'Annual Notice of Change' (ANOC). If the individual believes their current plan will still be offered and will meet their needs for the upcoming year they don't need to change their health or prescription plan.

For further information and assistance regarding your Medicare coverage, please contact Gail Kennedy, Seneca Nation AOA HIICAP Counselor at 716-945-8991.



## TERC Professional Closet

By Sharon Patterson

If you are in need of clothes for your new job or an interview, please stop by and visit our Professional Closet.

We have ladies suit sizes from Small to 18W. We have many dress shirts and flannels for men. Dress slacks for men sizes 32 waist to 50 waist. Whether you work on a construction site or in an office, we have something for you.

Call before you stop in: 532-1033





### **Back to School 2020-2021**

By Sharon Patterson

With the new parameters and challenges we face in schooling our children; the Training and Employment Resource Center (TERC), Cattaraugus office is offering help to students age 14 and older who may need Internet or a structured setting to guide your child through this school year. Transition students enrolled in our program will be given priority. If you have a special request, please feel free to contact us.

T.E.R.C. has six (6) desk room spaces with computer and Internet. If your student is interested in using our facility we ask that you;

- Call 532-1033 to reserve your spot.
- Six time slots for 4pm-5:30pm
- Six time slots for 5:30pm-7pm
- A total of 12 students per day.

We are not tutors, but we will do our best to help you succeed. If we find there is not a need for this service we will suspend this service.

You must wear a mask, take a temperature reading before entering, answer health screening questions, wash your hands and respect the space you are in. Any disruption to other students trying to study will not be tolerated, you will be asked to leave and privileges will be revoked. Please do not come if you are sick or a family member is sick. We must protect each other from spreading the virus.

### Video chat Seneca Language Lessons via Skype (Allegany)

Submitted by Ja:no's Bowen

Novice Mid – High Level Conversational Seneca class

Fridays at 10 AM via Skype. Study is mandatory!

This class requires completion of the course materials covered in the Novice Low/Very Beginner Conversational Seneca Class on Mondays (or the equivalent).

You must take a small speaking assessment to participate in this class.

For more information, contact Ja:no's Bowen @ janosjaninebowen via Skype.

### **NEXT DEADLINE REMINDER:**

October 6th to be dated for October 16th

Moving? Don't forget to let us know @ sninews.org, sninews@sni.org, or call us at 945-1790.

### Seneca Nation Veterans Dept.

82 Iroquois Dr. Irving NY 14081

### **SERVICES**

- VA Benefits Informational Session
- . VA Benefits Application Assistance
- National Archives Records Requests
- Record Retrieval or Storage On Site
- . VA VSO Referral Assistance
- . Call Assistance VA claims/healthcare
- . VA.Gov/Ebenefits Online registration

Limited Availability:
COVID-19 Care Package & K95 Masks.
We can deliver!

Schedule an Appointment!

Please follow COVID-19 Safety Guidelines when visiting the office.

(716) 532-4900 x5536 or x5535

Tisheena.jimerson@sni.org Millie.Fox@sni.org



## **Emergency Management hosts Drive-Thru Go-Bag event**

Seneca Media

In recognition of September being National Preparedness Month, the Seneca Nation Emergency Management Department hosted a "Drive-Thru Go-Bag" per household at the Cattaraugus Indian Reservation Volunteer Fire Department. Also, on Thursday, September 17th, the Seneca Nation Emergency Management Department hosted a "Drive-Thru Go-Bag" at the Allegany Indian Reservation Volunteer Fire Department. Remember to stay safe, stay protected and be prepared!





### CHECK OUT THE SENECA-IROQUOIS NATIONAL MUSEUM ONLINE

As cooler weather approaches, the Museum has you covered with hoodies, jackets and more!

We recently added even more items into our online store to make our mission based items more available to you.

Please visit www.shop.senecamuseum.org to shop with us!



### Labor Day fun at Highbanks!

Campers filled the entire campground and boating dock this year! We enjoyed many sold out weekends. Nya:wëh for a successful 2020, see you all next year!











### Agwadeyësta' Do:gë:h updates within the community

By Don "Flip" White

Nya:wëh sgënö swagwe:goh,

It has been too long since our last installment in our Nation newsletter; thought we should provide the community with an update.

As a non-profit it is our responsibility to share with the public our organizational activity and how revenues are utilized:

Agwadeyësta' Do:gë:h has funded, sponsored, or been a part of the following:

- Established the Nearly New Boutique. Our current plans include increasing our days of operation to five days a week, offering new merchandise, adding more Native American items; (we want to provide an outlet for our local crafters to sell to a broader audience). If interested in volunteering, please call Darlene Miller at 716-378-9818 or Flip White at 716-244-0431
  - o From everyone in the Agwadeyësta' Do:gë:h organization we want to express our appreciation for everyone's ongoing support. Our revenue generator, Nearly New, continues a positive growth trend and that is simply due to our loyal and evergrowing customer base. Nya:wëh
- Awarded a \$7,000 Seventh Generation start-up grant o Sponsored an in-home immersion pilot project
- Sponsored Montessori Certification Scholarships, \$11,200
- Co-sponsored a Six week Immersion Hybrid class, \$1,200
- Sponsored Professional Development (Training)
   Scholarships; \$1,200
- Sponsored the Iroquois Dance Theater presentation of Skywoman, The Iroquois Creation Story, \$900
- Partnered with M & T Bank and sponsored a Meat Raffle, raised \$5,600
- Awarded a \$25,000 grant portion from the Seneca Nation and the Robert Woods Foundation. These funds were used to:
  - o Construct a Pole Barn for equipment storage at Ganöhsesge:kha He:nödeyë:stha
  - o Utility & electric upgrades were installed to the High Tunnel Garden project for year round use capability
- Awarded a \$11,845 grant from Santa Fe Natural Tobacco Foundation
  - o \$5,000: Purchase of construction materials for a Sugar Shack
  - o \$3,000: Purchase of Natural Playground materials
  - o \$2,850: Purchased Cultural & Montessori specific classroom materials
- Sponsored a School Supplies Drive in partnership with Cattaraugus County Bank, \$450
- Printing of a Pocket Pal which focuses on the Gano:nyogk (still in the works), projected \$1,200 cost
- Printing of Seneca Storybook, Wa:dige:odë, They Told Stories, \$250
  - o Copies of this book are available at Nearly New
- Submitted an Esther Martinez Initiative (ANA) 5 year grant proposal, currently waiting for a final decision. The objectives of this proposal are: By 2025 the Faithkeeper School with assistance by Agwadeyësta' Do:gë:h, will complete the following:
  - o Objective One: The Faithkeeper School will have two additional teachers certified in Montessori Elementary I/II to accommodate students 6-12 years old.

- o Objective Two: The Faithkeeper School Staff will increase their language proficiency in order to increase classroom language use by 40% on top of their current usage percentage.
- o Objective Three: 40 new innovative language resources will be developed to assist students, parents, and the community at large with their language learning.
- Submitted Ralph C. Wilson Foundation proposal, unfortunately we did not receive the award; our plan was to upgrade the Medicine Walk located at Ganöhsesge:kha He:nödeyë:stha. We remain determined to make these upgrades on our own in the coming year.
- Bi-annual payment to FKS for their merchandise sold at Nearly New; this payment averages \$500 each time.
- Purchased school supplies, signage, and other supplies for Ganöhsesge:kha He:nödeyë:stha, \$1,100
- We will contribute to the annual FKS budget for the 2020-2021 school year, amount is yet to be determined.

Every second and fourth Saturday of every month we sponsor a Corn Soup and Frybread sale at Nearly New. It has become very popular and makes for some fun and busy Saturdays at the store. For the record, you have to get there early, the demand is high and we usually sell out by 1 pm.

And, we are building up a small library of popular books about Indian Country. Some titles include To Become A Human Being, Basic Call to Consciousness, And Grandma Said, Thinking in Indian, and Kayanerenko:wa: The Great Law of Peace, and we are waiting on others to arrive. Please stop on by and check them out, great reads. Every home should have copies!

We do accept donations! It is best if donors bring their donation by on the days we are open: Friday from 12 to 6 pm and Saturday from 10 to 4 pm.

If you are looking for a good breakfast, head on down to Ganöhsesge:kha He:nödeyë:stha. Breakfast is served every Sunday from 8 am to 12 noon, good food for a good cause. To our public, "Come on down!" (My Bob Barker imitation!)

Here is a tidbit most of you are probably unaware of. Agwadeyësta' Do:gë:h is part of the AmazonSmile network. This simply means Agwadeyësta Do:gë:h can receive a percentage of sales when buyers choose our organization from the AmazonSmile listing. By the time you read this our website will be up and running. We will keep you tuned in.

Finally, a big shout out to the Seneca language community (Elders, teachers, and activists) who despite the pandemic and financial cutbacks have continued to create some amazing and innovative virtual language projects! I:s nä:h ă:hö'öh! They are to be applauded for their passion and love of the language. Please go to Senecalanguage.com and take advantage of all the language resources and classes available.

There is so much more to share with all of you. Agwadeyësta' Do:gë:h will continue with these updates, our progress and our challenges.

Finally, we are calling our community members to do your part in this pandemic battle, stay safe. Till the next time, nya:wëh.

### Seneca Nation Hemp Production application changes and looking forward to 2021 outdoor production

By Jessica Crouse

PRESS RELEASE
-For Immediate Release –
September 8, 2020

The Seneca Nation Hemp Producer License Application period for 2020-2021 outdoor production is set to be open continuously until March 15, 2021, then going-forward the outdoor production application period will be November 1-March 15. However, the application period will remain open year-round for indoor production operations. The unforeseen COVID-19 situation has thrown off many timelines for the program, yet agriculture marches on.

The application will no longer require: irrigation plan, seed acquisition plan, propagule plan, fertilizer application plan, or security plan. The streamlining of the process is a reflection of the due diligence a producer shall take in safeguarding their investment of resources.

The hemp industry is changing, its fast growth has deluged the market, the economy has shifted demand, of which has forced many to exit or change their approach to production goals. The importance of securing a buyer or solid contract has precedence, and there are still many opportunities to be had as there is some great research and development happenings in our region. Charlotte's Web Holdings, Inc. has been a market leader in the cannabidiol (CBD) arena, and this past spring announced establishing CW Labs within the Buffalo Niagara Medical Campus in partnership with SUNY Buffalo. Their plan is to conduct formalized testing into the science, efficacy and safety of hemp plant compounds. Other notable institutions that CW Labs has partnered with are Cornell University and Johns Hopkins University. With the concentration of minds and energies into such an endeavor it may advance and meld the industry to a higher standard for the consumer's health and safety, rather sooner than

This development comes at a time when the U.S. Food and Drug Administration's (FDAs) release of "Draft Guidance to Encourage Cannabis-Related Clinical Research." For, it gives nod to responsible parties to help advance the creation of cannabis-derived compounds and to further understand the mechanisms of cannabis to address public health concerns. Under the current FDA framework, there is only one approved drug product to treat two rare, severe



pediatric epilepsy disorders. So, the FDA is continuously tasked to monitor the multitude of products on the market. Their lens of scrutiny often targets CBD products being marketed with claims of therapeutic benefit, and misleading or improper labeling. This past August, the FDA seeks to fulfil a contract to pull thousands of CBD products to test for quality and to quantify contents. Public health is at the axis of their actions, for in some previous results they have found products with unsafe levels of contaminants such as: heavy metals, pesticides, industrial chemicals, solvents, and microbial contaminants.

So, with keeping public safety in-mind and ensuring a quality crop is associated with the Seneca Nation, any hemp produced on our lands will be tested for pesticides, heavy metals, solvents, microbial impurities, and mycotoxins. Thus, not only will human health be safeguarded, but it extends to our environment as well.

Keep an eye-out for release of our newly developed website to access information and applications. If you have any questions about Hemp Production Licensing, please feel free to contact: Jessica Crouse, Hemp Compliance Administrator at (716) 945-1790 extension #3039 or email me at Jessica.Crouse@sni.org.

### **Request for Proposals**

Agwadeyësta' Do:gë:h in partnership with Ganösesge:kha He:nödeyëstha is seeking proposals for production of the following culturally specific classroom items. All items must be 'child-size' to meet specific Montessori standards.

12 - Tobacco Pouches

8 - Horn Rattles

6 – Small Turtle Rattles

6 - Water Drums (4 -5 inches in diameter)

6 – Hand Drums (10 inches in diameter)

6 - Cornhusk Dolls (10 inches in height)

8 – Mudcat snowsnakes

Please submit letters of interest no later than 9/28/20 to the following:

Agwadeyësta' Do:gë:h Post Office Box 453 Salamanca, New York, 14779 Or call/text 716-244-0431

Nya:wëh for your time and consideration!



### October 2020

AOA Nutritional Menu AOA Daily Trips Allegany Territory AOA Daily Trips Cattaraugus Territory

**USDA Schedule** 

Menu	Anegany 10		gus territory		
Monday	Tuesday	Wednesday	Thursday	Friday	
Seneca Nation Area Office for the Aging Menu: SUBJECT TO	AOA Menu:  For Allegany please call 716-945-8414 For Cattaraugus call	USDA PROGRAM:	Traditional 3 Sisters Vegetable Soup Mashed Bean Sandwich Pumpkin Pie Bar	Meatloaf w/Gravy  1/2 Baked Potato Seasoned Peas Oatmeal Raisin Cookie	
CHANGE	716-532-5777	Call 716-532-1028,	NO TRIPS	at this time	
Note: Please enjoy a ½ pint milk served with	with cancel a meal by 9:30am	NO TRIPS at this time			
each meal!	the day prior to the meal	y prior to the meal		Call In Orders until further notice	
5 Grilled Ham and Cheese Sandwich Tomato Soup Chocolate Chip Cookie	Chicken Pot Pie Side Green Salad Chocolate Pudding	7 Broccoli and Cheese Soup w/Dinner Roll Carrot Sticks Oatmeal Raisin Cookie	8 Turkey A la King Roasted Sweet Potato Wedges Ice Cream	Baked Ziti Served with Steamed Carrots Warm Cinnamon Pears	
	NO TRIPS at th	nis time due to the COVI	D-19 Pandemic		
	NO TRIPS at th	nis time due to the COVI	D-19 Pandemic		
<b>Cattaraugus</b> - call to place your order for timely delivery	Delivery to Oaktree & Newtown	Delivery to Indian Hill & Pinewoods	Delivery to Ozarks, Gowanda & Dayton	Delivery to Irving	
CLOSED For Indigenous	Spaghetti & meat sauce Side Green Salad Dinner Roll Peanut Butter Cookie	Ham & Scalloped potatoes Steamed Broccoli Pear Crisp	Birthday Chicken Noodle Casserole Harvard Beets Birthday Cake	Lasagna Florentine 5 Bean Salad Chocolate Pudding	
Day	NO TRIPS at th	nis time due to the COVI	D-19 Pandemic		
	NO TRIPS at th	nis time due to the COVI	D-19 Pandemic		
<b>Allegany</b> - call to place your order for timely delivery	Delivery to Sr. Complex & Salamanca	Delivery to Jimtown	Delivery to Steamburg & Kill Buck	Delivery to Olean	
Macaroni & Cheese w/Ham Zucchini & Yellow Squash Warm Cinnamon pears	Turkey and Dumplings Roasted Acorn Squash Apple Crisp	Marinated Grilled Chicken Sweet potato wedges Seasoned Green Beans Vanilla Pudding	Grilled Chicken Caesar Salad Served with a Dinner roll Pumpkin Muffin	12 Bean Soup Wheat Roll Carrot Sticks Chocolate Brownie	
	NO TRIPS at th	 nis time due to the COVI	D-19 Pandemic		
	NO TRIPS at th	 nis time due to the COVI	D-19 Pandemic		
Call In Orders until further notice	Call-ins ALLOWED 9am - 3:30pm	Call-ins ALLOWED 9am - 3:30pm	Call-ins ALLOWED 9am - 3:30pm	Call-ins ALLOWED 9am - 3:30pm	
Chicken Mushroom Spinach Pasta Seasoned Peas Chocolate Chip Cookie	Brunch Breakfast Sandwich Sausage, Egg & Cheese served on a Warm Biscuit Mandarin Oranges	28 Hearty Potato & Ham Chowder Wheat Roll Oatmeal Raisin Cookie	29 Open Faced Turkey Sandwich on Wheat Bread w/Gravy Mixed Vegetables Warm Cinnamon Applesauce	<b>30</b> Garden Vegetable Pizza Side Green Salad Fruited Jell-O w/Whipped Cream	
	NO TRIPS at this time due to the COVID-19 Pandemic  NO TRIPS at this time due to the COVID-19 Pandemic				
Call-ins ALLOWED 9am - 3:30pm	Call-ins ALLOWED 9am - 3:30pm	Call-ins ALLOWED 9am - 3:30pm	Call-ins ALLOWED 9am - 3:30pm	No Distribution Inventory Day	

### **Iroquois Nationals Accept Invitation To The World Games 2022**

By Matt Dasilva | Fuel | September 7, 2020 | Reprinted from uslaxmagazine.com

They're in.

The Iroquois Nationals have accepted an invitation to compete in the men's lacrosse competition at The World Games 2022 in Birmingham, Ala., signaling a victory in the six-week campaign to reverse an earlier decision to exclude them due to Olympic eligibility criteria. An online petition garnered more than 50,000 signatures and reignited the conversation surrounding the sovereignty of the Haudenosaunee Confederacy.

The International World Games Association, The World Games 2022 Birmingham Organizing Committee and World Lacrosse issued a joint press release Monday announcing the news. Ireland's voluntary withdrawal from the event helped make way for the Iroquois' inclusion, as did the absence of any objections from the U.S. Olympic and Paralympic Committee, the Canadian Olympic Committee, US Lacrosse and the Canadian Lacrosse Association — the four governing bodies for which Iroquois athletes would otherwise be eligible to compete under the Olympic charter.

An Olympic-style event with multiple sports, The World Games first featured lacrosse with a women's competition in Poland in 2017. The U.S. defeated Canada for the gold medal. The 2022 edition will be held July 7-17, 2022 in Birmingham, Ala., and includes men's lacrosse for the first time. The eight teams will be Australia, Canada, Germany, Great Britain, the Iroquois Nationals, Israel, Japan and the U.S.

The World Games are viewed as an important stepping stone on the path to the Olympics, with advocates hoping to get the sport added for the 2028 Summer Games in Los Angeles.



The press release (below) also included an update on the selection event for the women's competition. Previously, participants were chosen based on the final standings of the 2017 World Lacrosse Women's World Championship. But since The World Games were moved from 2021 to 2022 in light of the coronavirus pandemic, the 2021 World Lacrosse Women's World Championship will now determine the eight teams. US Lacrosse is hosting that event July 7-17, 2021 in Towson, Md.

#### PRESS RELEASE

World Lacrosse, in cooperation with the International World Games Association (IWGA) and The World Games 2022 Birmingham Organizing Committee (TWG 2022), announced today the field of eight teams that will compete in men's lacrosse at The World Games 2022 in Birmingham, Alabama, USA. In alphabetical order, the participating teams are:

- Australia
- •Canada
- •Germany
- •Great Britain
- Iroquois Nationals
- •Israel
- •Japan
- United States

The selection of teams is based upon the final placement of eligible teams from the 2018

Federation of International Lacrosse (now known as World Lacrosse) World Championship in Netanya, Israel.

The men's lacrosse competition will be July 8-12, 2022 and will feature the new World Lacrosse 6 v 6 discipline.

The field of participating teams was finalized following:

- Confirmation from the IWGA that the Iroquois Nationals are eligible to compete in TWG 2022;
- Receipt by World Lacrosse of "no objection" letters from the Canadian Olympic Committee,
- Canadian Lacrosse
   Association, United States
   Olympic and Paralympic
   Committee and US Lacrosse;
- Ireland Lacrosse voluntarily withdrawing from the tournament;
- World Lacrosse extending an invitation to the Iroquois Nationals to compete, and;
- Acceptance of the invitation by the Iroquois Nationals

"This is a very good day, and outcome, for the sport of lacrosse," said World Lacrosse President Sue Redfern. "We have arrived at an outcome that will create a true showcase for lacrosse at The World Games 2022 in Birmingham. This was achieved by our organizations coming together, listening carefully and working constructively to reach a shared

goal."

"We owe a tremendous debt of gratitude to the leadership of the International World Games Association, The World Games 2022 Birmingham Organizing Committee, Ireland Lacrosse and the Iroquois Nationals for their partnership and support in working toward an outcome about which we can all be pleased," added World Lacrosse Chief Executive Officer Jim Scherr. "International sport has the power to unite and that has never been more evident than in how our organizations and the lacrosse community came together to find a solution."

"We thank World Lacrosse for their work in bringing this matter to a successful conclusion," said Joachim Gossow, Chief Executive Officer of the International World Games Association. "In addition, we note that Team Ireland has sportingly agreed to withdraw in favor of the Iroquois Nationals team. We are happy to see the eight best men's teams qualified and look forward to seeing both women's and men's top-quality lacrosse in Birmingham in 2022."

"The World Games 2022 Birmingham Organizing Committee has great appreciation for the actions taken by the International World Games Association, World Lacrosse, and most recently Team Ireland in creating a path forward under the qualification rules for the Iroquois Nationals Lacrosse Team," said Nick Sellers, CEO of The World Games 2022 Birmingham. "This solution represents the best of humanity, as their collective leadership will now allow for the eight highest-ranked and eligible teams in the world to compete for gold in July of 2022."

Sellers continued, "Birmingham, Ala. has long been an epicenter of America's civil rights struggle, and we are proud that The World Games 2022 will usher in a new era of progress where our strength comes from mutual respect and our commitment to inclusion. The actions taken today reflect those values. Welcome to The World Games 2022 Iroquois Nationals Lacrosse Team. We look forward to seeing you compete."

"Our goal is to share lacrosse

with the world, as a vehicle for peace, friendship, and healing. On this foundation, equity, justice, and unity can be firmly seated. We worked very hard alongside our allies for this positive outcome," Leo Nolan, Executive Director of Iroquois Nationals said. "We are thankful for their support throughout the process, as well as the support of organizations, coaches, players, and fans in the global lacrosse community who stood up for our right to be included

in The World Games 2022. Most of all, we wish to express our deep gratitude to Ireland Lacrosse: their selfless decision symbolizes the reverence we share for the game of lacrosse."

Also today, World Lacrosse confirmed the top eight eligible women's teams based upon final placement in the 2021 World Lacrosse Women's World Championship will be invited to participate in The World Games 2022.The

women's team representing the Haudenosaunee Nation is eligible for selection. The 2021 World Lacrosse Women's World Championship will take place July 7-17, 2021 in Towson, Maryland, USA.

#### Source:

https://www.uslaxmagazine. com/fuel/international/iroquoisnationals-accept-invitation-tothe-world-games-2022?fbclid=Iw AR3y5oJobiU7s3ekvpuTcaL3rXm jHQQZBdeHrWMEVW36Cn5Py-UdmVw8bQs

### Check out iroquoisnationals.leagueapps.com/camps

For more info please email info@iroquoisnationals.com

### **IROQUOIS NATIONALS LACROSSE CAMP**

### AGE GROUPS INCLUDED

7-9 YEARS OLD 9-10:30 AM 10-12 YEARS OLD 10:30-12 PM 13-15 YEARS OLD 1-2:30 PM 16-18 YEARS OLD 2:30-4 PM

10/10 - BOYS SESSION 10/11 - GIRLS SESSION

### OCTOBER 10 - 11 IRVING, NY - SENECA SACHEMS FOOTBALL FIELD

INSTRUCTION FROM SUNY CORTLAND HEAD COACH STEVE BEVILLE AS WELL AS IROQUOIS NATIONALS PLAYERS AND YOUTH COACHES

### THIS EVENT IS FREE!

THERE ARE LIMITED SPACES FOR EACH AGE GROUP SO PLEASE RSVP AS SOON AS POSSIBLE.

INDIGENOUS PLAYERS ONLY

### IROOUOISNATIONALS.LEAGUEAPPS.COM/CAMPS

FOR MORE INFO PLEASE EMAIL INFO@IROQUOISNATIONALSLACROSSE.COM

BOTH SESSIONS WILL BE AN EVALUATION FOR U18 YOUTH TEAMS FOR THE WORLD FESTIVAL IN LIMERICK, IRELAND 2021

### NY Native American nicknames: Schools rethink mascots, branding

President Armstrong has been outspoken about the issue of offensive sports team mascots, logos, and names. Several school districts around the state are being encouraged by their alumni, parents, or teachers to make changes

By Andrew Legare, James Johnson & Kevin Stevens | Aug 24, 2020 | Reprinted from oleantimesherald.com

WATKINS GLEN (TNS) — When entering the gymnasium at Watkins Glen High School's field house, fans are greeted by a mural that reads "Welcome to the Seneca Nation."

Watkins Glen takes great pride in being the Senecas.

Students have been taught about

the tribe's history, a statue of a Seneca Indian has long been a presence at the school and students paint their faces with nods to their mascot's Native American lineage.

The gym has been a fun gathering place over the years as fans cheer on the school's highly successful boys and girls basketball teams.

"I think it's something we all take great pride in and we just want to make the community proud," said 2020 Watkins Glen graduate Isaac McIlroy, an allstate basketball player who is headed to Keuka College. "It's part of our history around here. I think it's something where we all love to rep the name of the Senecas from Watkins Glen."

Of course, the gymnasium at Watkins Glen High School is not the real Seneca Nation. In fact, 2018 census numbers showed only 31 people out of nearly 18,000 throughout Schuyler County were of American Indian or Alaska Native descent.



The Watkins Glen High School field house features
"Welcome to the Seneca Nation" artwork.
Photo credit: Elmira Star-Gazette/TNS

As socially conscious causes have come to the forefront, Watkins Glen is now reconsidering whether it should remain "Seneca Nation," joining several other schools across New York state in examining the use of Native American mascots or imagery.

More than 50 high schools throughout the New York State Public High School Athletic Association still have nicknames with direct ties to Native Americans or their cultures. That number exceeds 80 if you add in schools with Warriors mascots, some of which have Native American imagery on logos or uniforms. There are 31 public schools with the Indians nickname.

"If you would have asked me two months ago, I wouldn't have thought it was as big a deal until I'm actually hearing some of these things from Native populations," said Watkins Glen athletic director Rodney Weeden.

"A teacher did a great presentation that I sat in on and it makes you think whether we could be perpetuating something. So it made me change my mind. I shouldn't be a white guy making a decision on this. I want to hear from Native American culture on some of this stuff and I think the (Board of Education) does too."

The rise of the Black Lives Matter movement has heightened the focus on racism. But if there was a tipping point to the use of Native American mascots, it was the decision by Washington's NFL franchise to drop the Redskins nickname.

### DISTRICTS CONSIDER CHANGES

School administrators, by and large, are at least listening to people's concerns.

- On Aug. 12, the Nyack School Board in Rockland County retired the Indians' nickname, five weeks after an alumnus introduced a petition to make the change.
- In July, the school board of Peru Central School, in Clinton County, voted to retire its use of the Indians nickname. A task force was created to come up with a new one.
- The Katonah-Lewisboro school board retired the Indians mascot for John Jay High School in Cross River, in Westchester County, and is replacing it with Wolves.
- In Chautauqua County, the Jamestown Justice Coalition started an online petition to change Jamestown High School's Red Raiders name, and as of mid-July it had more than 800 signatures in support.
- Avon High School in Livingston County is examining its Braves mascot. Superintendent Ryan Pacatte said the term "Brave" represents positivity, courage and honor, but added the school needs to be responsive to the current climate.

Elsewhere, there are ongoing

campaigns and petitions to change nicknames at Roy C. Ketcham High School (Indians) in Wappingers Falls, Dutchess County, Mahopac (Indians), Putnam County, and East Islip (Redmen and Lady Redmen) and Brentwood (Indians) on Long Island.

At least two high schools in the state still have Redskins as their mascot: Canisteo-Greenwood in Steuben County and Oriskany in Oneida County. Both have addressed their mascots since the NFL's Washington team dropped its nickname.

#### **'WE'RE NOT MASCOTS'**

G. Peter Jemison, of the Heron Clan of Seneca Nation, is manager at Ganondagan State Historic Site in Victor. He said the NFL Washington team's decision was based on what was prudent financially and not on moral correctness.

"I'm pleased the decision was made, but it's important to acknowledge what brought it to that point," he said, noting the pressure coming from FedEx, which committed to pay more than \$200 million for the naming rights to the team's stadium.

Seneca Nation President Rickey Armstrong Sr. also expressed satisfaction that the NFL franchise dropped the offensive nickname. New York state's Iroquois
Confederacy dates back
hundreds of years and includes
six nations of Native American
people: Cayuga, Mohawk,
Oneida, Onondaga, Seneca and
Tuscarora. Counties, towns and
lakes across New York carry
names connecting them with
those nations. Several school
districts have direct or indirect
ties to Native Americans, which
partly explains why so many
schools have adopted them as
mascots.

#### **SALAMANCA WARRIORS**

Maybe no other school district in the state has a stronger awareness of the legacy of a Native American nation in its region than Salamanca.

It is the only city entirely on indigenous territory, according to the school district's superintendent, Robert Breidenstein.

About 1,100 of the 1,400 students in the district reside on the Allegany territory of the Seneca Nation. Thirty-eight percent of students in the district are described as Native





Nearly 40% of the students in the Salamanca City School District are members of the Seneca Nation of Indians. The high school's Warriors mascot was designed by Seneca artist Carson Waterman.

American. Add families with multiple family heritages, and that percentage rises to 42%.

"All recorded history I'm aware of, we have always been identified as the Salamanca Warriors," Breidenstein said. "We have a logo and a brand that is deeply connected with our ancestry in the community."

There is symbolism in the smallest details of the Salamanca district logo, including the direction the Warrior faces, he said.

The logo, designed by Seneca artist Carson Waterman, is depicted to face west — as the

Senecas were the "Keepers of the Western Door" of the Iroquois Confederation.

Canandaigua Academy has called its sports teams the Braves since at least the 1940s. Members of the school district's board of education approached local Native American representatives around 2002 in an effort to change any incorrect or stereotypical imagery used by its teams.

Their message to Jemison? "We don't know your stories. We aren't informed, and we should be," Jemison recalled.

Jemison helped implement

Seneca education in the curriculum that has fourth-graders spending a day at Ganondagan Historical Site. In addition, all new hires in the district are required to visit the site for education.

The Canandaigua City School District uses a Wampum belt as the official logo with a Seneca spear enclosed within it along with the block CA letters.

"I applaud the efforts to remove the stereotypes," Jemison said. "That's a step in the right direction. I call it an American mythology which does not want to deal with the truth. It's a different truth, it's a painful memory ...

"I've talked with adults who, when they come to understand it, when they learned the history, they're shocked. How did they get to be that age and not know what happened? It's a big issue and it's about more than the name of a high school team. There's a lot more to this."

#### Source:

https://www.oleantimesherald.com/
news/ny-native-american-nicknames-schools-rethink-mascots-branding/article\_ee7173846164-50fa-85bd-dfae461972d7.
html?fbclid=IwAR3q9MilkyqBcCghCgITj260B9nASU5MRs8ZtfUxFOL4W4B\_pCV0eSgkfg0#utm\_
campaign=blox&utm\_source=facebook&utm\_medium=s

### Two Contemporary Indigenous Artists Will Exhibit at the DAM And They Want Public Submissions

Marie Watt's work will be featured in this exhibit along with Cannupa Hanska Luger (Standing Rock Lakota) at the Denver Art Museum in 2021. In addition to featuring their works, the exhibit will offer opportunities for collaborative community projects with the public. Marie served as a Native Arts Artist-in-Residence in 2013 at DAM.

By Cori Anderson | August 18, 2020 | Lifestyle + Culture | Reprinted From 303magazine.com

Too often in today's society, we value the end product of an artist's work rather than the work of creating itself. That's what John P. Lukavic - Andrew W. Mellon Curator of Native Arts at the Denver Art Museum (DAM) — thought when he started working on a new exhibition for the museum opening in May 2021. Titled *Each/ Other*, the exhibition will be the first to present the works of two leading contemporary American Indigenous artists sideby-side as well as with one monumental community artwork.

The two artists are **Marie Watt** and Cannupa Hanska
Luger, both of whom focus
on collaborative artmaking.
"Together, Watt and Luger
show us the ways in which
art moves beyond the end-

product, beyond a static or luxury item, to become the very process of creation itself — unbound and limitless," stated curator Lukavic in a press release. "Foundationally,

Marie Watt (Seneca), Butterfly, 2015. Reclaimed wool blankets, satin binding, thread, cotton twill tape and tin jingles; 94 x 126 in. Denver Art Museum: Funds from Loren G. Lipson, M.D., Vicki & Kent Logan, with additional funds from Brian Tschumper, Nancy Benson, Jan & Mike Tansey, and JoAnn & Bob Balzer, 2016.1A-B. © Marie Watt.

collaboration is such an important element to each artist, but each in their own different ways."

The exhibition will feature 24 mixed media

sculptures, wall hangings and large-scale installation works.

**Watt** — an artist based in Portland, Oregon — has previous connections to the DAM, when she served as a Native Arts Artist-in-Residence in 2013. Her work Butterfly was acquired by the museum in 2015 and will be on view in Each/ Other. Much of Watt's inspiration comes from historical events, protofeminism and Indigenous principles and she often works with materials that evoke their own narratives, like blankets or certain types of wood. As an enrolled citizen of the Seneca Nation, Watt's emphasis on blankets is symbolic because her tribe gives blankets to those "who bear witness to important

life events," as the DAM explained. In her large-scale blanket installations, she employs the skills of an entire community to complete it. (Continued on page 17) Luger was born on the Standing Rock reservation in North Dakota and is currently based in New Mexico. He gained international recognition in 2016 when a video he created launched an art project on a scale larger than he could have imagined. The video explained how to make a "mirror shield" for protesters of the Dakota Access Pipeline at Standing Rock so that law enforcement had to see their own aggression and anger reflected back at them when advancing. The simple shields were constructed with Masonite, some cords for handles and adhesive reflective mirror foil.

The Mirror Shield Project embodies Luger's artmaking — relevant, revolutionary and only complete once it has interacted with the world. It's hard to appreciate some of Luger's creations — which include performance, storytelling and political action — in the sterile settings of art galleries and museums. But others offer a haunting juxtaposition in such white-walled confines, like Every One created in 2018 and set to be on display at the DAM in 2021. Made up of 4,000 individual handmade clay beads made by hundreds of people across two countries, Every One honors lives lost and is meant to help visualize the impact of murdered and missing Indigenous girls, women, queer and trans community members.



Cannupa Hanska Luger, "Every One" 2018. Ceramic, social collaboration; 12 x 15 x 3 ft. Photo courtesy of UCCS Galleries of Contemporary Art, Colorado Springs, CO.

Although the DAM will display work that Watt and Luger made in their separate practices during the upcoming exhibition, it will also provide the opportunity for the artists to collaborate with each other and with a larger community. Soon, the DAM and the artists will release a video invitation that will explain how individuals can contribute to this monumental

collaborative artwork.

"The public, with no limit on geographic location, will be invited to add to the work by physically sending what they create to the artists. Through this collaboration, it is the artists' hope that participants discover something new about themselves, their neighbors and the world around them, while leading to a greater sense of understanding between people," the press release stated.

The artists, once they have received all of the submissions, will combine them into a cohesive work that will be on display at *Each/Other*. That work will bridge the two separate spaces where their individual works will be showcased.

Each/Other will be on view May 23, 2021 through August 22, 2021 at the DAM. After its premiere in Denver, the exhibition will travel to additional venues beginning in the fall of 2021.

### All photos courtesy of the Denver Art Museum

Source: https://303magazine.com/2020/08/ contemporary-indigenous-artists-dam-2021/?fbclid=IwAR3EJ3ilTg4PBJcsbN8gkDk-zH FystIX2SHtxMAkkbr1gTdSwW5M7Sfk09I

### **UB Native American Studies founder returns decades later to earn PhD**

Marilyn Schindler, a member of the Seneca Nation and a lecturer at UB in the 1970s, helped to create the Native American Studies Program at the university. She recently received a doctorate in American studies from UB

By Bert Gambini | August 31, 2020 | Reprinted from buffalo.edu



Marilyn Schindler. Photo credit: Douglas Levere

More than 50 years after she helped create the Native American Studies Program at UB, Marilyn Schindler, a UB lecturer in the 1970s, has earned her doctorate in American studies from the university.

A member of the Seneca Nation, Schindler worked tirelessly to stress the importance of Indigenous history to local high school students and interest them in the university's nascent program in the 1970s. The latest accomplishment for the 74-year-old comes within months of UB receiving a \$3.174 million grant from the Andrew W. Mellon Foundation in support of a new Department of Indigenous Studies.

Schindler's immediate plan is to continue teaching language on the Seneca Nation, which she has done since her retirement in 2013. Although future opportunities might arise in academia, for the moment she's focused on the preservation of Native languages, an effort

that in turn perpetuates the ideas, beliefs, knowledge and understanding of the natural world, which are unique to those speakers.

Native languages have been in decline for decades, with dozens of them passing into extinction over the past century. Schindler feels an obligation to stop the neglect of what amounts to lost cultural treasures by using her knowledge and education to preserve what otherwise might be added to the extinction list.

It's an interest and passion that address both her drive to engage in lifelong learning and her established role as a respected teacher (Continued on page 18) of Indigenous culture and history.

"I'm initially a self-taught speaker," she says. "But my knowledge of the language really expanded when I started teaching the language, and I believe to this day that if you want to really learn something, teach it — you will learn it."

Schindler's academic achievements, which include an associate's degree in IT technology from Erie Community College, a BS in computer science from SUNY Fredonia and a master's degree in Six Nations Languages from SUNY Empire State College, in addition to her recently conferred doctorate, are cause for celebration, but she says they also can bring pause to the Wisdom Keepers of the Seneca Nation.

There is a historical pattern suggesting how the goals of members who pursue a formal education often put them on a career path away from the Nation itself, but that's not a concern in Schindler's case.

"I have an obligation to the Newtown Long House on the Seneca Nation to continue my work there — and that's what I'm going to do," she says. "But through the years, I also saw many Six Nations people like Barry White (Schindler's spouse), John Mohawk and Oren Lyons, all of whom were involved in the work that created the Native American

Studies Program, were attending universities.

"So I continued both my education and my work with the Seneca Nation."

The Wisdom Keepers' concerns and the responsibilities of raising a family contributed to Schindler finishing her education in stages throughout her life. With retirement came the desire for a terminal degree. But there was always the autodidactic aspect to her personality, which surfaces with Schindler's love of history, as it does with her love of language: self-instruction followed by formal education.

When she began lecturing at UB in the 1970s, she taught a course officially listed as "Contemporary Problems of Native Women." Students, however, knew the class by Schindler's informal title, "Savage Women," which speaks to her self-described fearlessness.

The title came out of the many hours Schindler spent in the UB Law Library reading the laws pertaining to Indigenous people. One afternoon, she read that in 1910 the U.S. Congress had approved a \$10,000 allocation to "civilize the savage."

"That's where I got the idea, and I'm proud of that course title," she says. "I wasn't afraid of it or what people would make of it, or how it was listed in the course catalog. My students knew they

were taking a course that I called 'Savage Women.'"

The mention of savagery in that legislation and how it speaks to notions of racial superiority is a pivot point for Schindler. She used it in a course title decades ago to illustrate the consequences of bigoted perception that have been a constant for Indigenous people since Europeans arrived in North America.

Her dissertation was on the philosophy of traditional life and the Haudenosaunee worldview, exploring how Europeans destroyed a Native way of life. The wreckage and ruin resulted not just through violence and conquest, but also by the smallpox virus. The deadly rate of infection, says Schindler — touching on the realities of the current pandemic — was much more destructive than the collective force of the imperialistic vanguard.

"We were almost wiped out by smallpox," she says. "That was the real killer. It was the biggest part of what became a total infiltration of racism, imperialism and land theft that has not stopped. It has been said throughout our history by chiefs like Red Jacket, Farmer's Brother, Cornplanter and Black Snake.

"Our fight never stops."

Education, says Schindler, is critical to changing what has

been repeated through history.

"Knowledge of history can initiate change," says Schindler. "For Native people and non-Native people."

Incrementally, she sees reason for hope.

"UB is taking the lead with the new Department of Indigenous Studies, but there should be similar departments in colleges and universities across the state and across the country," says Schindler. "The interest was there in the 1970s when our classes were full, and I'm starting to hear some political leaders speak about Indigenous rights and say that no history of North America is complete that focuses only on European influence."

Still, vestiges of a narrowminded past surface in unlikely quarters, including the work of respected researchers.

"Times change and people are beginning to pay attention, but I often encounter good scholarly work that still contains racist language," notes Schindler. "The practice of writing illuminating history that puts down an entire nation at the same time is something that has to stop."

#### Source:

http://www.buffalo.edu/ubnow/ stories/2020/08/marilyn-schindler. html?fbclid=IwAR3yeiSiuPusN-JyBdoQj1KA9YjQml6PNpTCsi18AZ-J6R2vIhHQc\_eD7HtC8

### Nya:wëh Sgë:nö' To All Seneca Community Members

Submitted by Lafayette Williams

We at New York Connects would like to let you know that we are still operating during this pandemic of the COVID-19. We can help



you with your long-term services and supports and needs for people of all ages, any disability, and caregivers. New York Connects can help you apply for Medicaid, find care and support, get answers about Medicare, learn about supports in caregiving, and much more.

There are two ways to contact us:

**By phone**. Call 1-800-342-9871. Interpretation and translation services are free. Individuals who are deaf or hard of hearing can use the Relay System 7-1-1. Western New York Independent Living Inc. 1-888-564-5171

Online. Please visit our website: www.nyconnects.ny.gov Please be safe and healthy, Nya:weh.

### **Phone Scam ALERT!**



Please be advised that there is currently a phone scam telling recipients that the Seneca Nation has issued a warrant for their arrest due to fraudulent issues with their social security number.

Report telephone scams online to the Federal Trade Commission at https://www.



ftccomplaintassistant.gov. You can also call 1-877-382-4357. The FTC is the primary government agency that collects scam complaints.

### Trailblazing Women of WNY find their voice Poloncarz joins King, others to announce narrative project, commemorate

Poloncarz joins King, others to announce narrative project, commemorate 100th anniversary of suffrage

Reprinted from https://www.wnypapers.com | September 4th, 2020

Editor's Note: Geraldine "Sid-tah" Green's planned monument will now have a narrative audio aspect to add more detail and depth about her life for those who visit it.

**Erie County Executive Mark** Poloncarz was joined Friday by Karen King, executive director of the Erie County Commission on the Status of Women ("ECCSW"), Medaille College Vice President for Academic Affairs Dr. Lori V. Quigley, and members of the Trailblazing Women of WNY committee to announce a new narrative project that will add an auditory component to the overall project. Each of the three women recognized in the first round of the project will have a narrative of their life and accomplishments, voiced by local women, featured at the site of their monuments to further educate and inspire visitors. The three monuments planned for the inaugural round of the project are Louise Bethune, Mary Talbert and Geraldine "Sid-tah" Green.

"Adding a narrative component to
the project lends great perspective
to the lives of these extraordinary
women and brings them even
more to life," Poloncarz said. "This is a new
dimension for learning about them and
will enrich the experience for visitors, and
I thank Executive Director King and the
committee for advancing this project."

She said, "We are very excited about the narrative initiative; it will add a vibrant dimension to the monument project, really bringing these incredible trailblazing women to life!"



### GERALDINE "GAWÖ:SID-TAH" GREEN LONGHOUSE LEADER AND FAITHKEEPER

A devoted educator of the Haudenosaunee traditions, Sidtah was a leader in the Akwesasne Mohawk community and Seneca Nation. Sid-tah was a nationally recognized advocate for the leadership role of women in native cultures, meeting with First Lady Hillary Clinton on issues important to the Seneca Nation. She was a leader in the Newtown Longhouse, serving in the role of head women's faithkeeper for the animal clans.

The project's first monument recognizes Bethune, the first professional woman architect in the U.S. She practiced from 1881-1913 and includes the Lafayette Hotel among her significant and enduring architectural achievements. She was also a founding member of the Buffalo Women's Wheel and Athletic Club. The second monument will recognize civil rights leader Talbert, a founder of the Niagara Movement that was a precursor to today's NAACP.

A staunch and tireless advocate for civil and women's



Poloncarz and King also commemorated the 100th anniversary of the women's suffrage movement with a proclamation honoring the 19th Amendment, which gave women the right to vote.

"It is important to follow the female leaders of yesterday and today and reaffirm the necessity of strengthening voting rights and promoting civic participation in the spirit of the suffragists from a

century ago," Poloncarz said. "I am proud to recognize the persistent and important contributions women have made to Erie County, Western New York and the United States."

For more information on the Erie County Commission on the Status of Women, visit https://www2.erie.gov/csw/.



### From the Family of Rickey G. Bennett:

We'd like to express our sincere appreciation for the kindness and sympathy shown to us during our recent loss. Whether it was food, cards, hugs or if you came and sat with us for a bit, it didn't go unnoticed and will always be remembered by the family of

> Rickey G. Bennett 2/8/1955 - 8/5/2020



Forever In Our Hearts

Fill not your hearts with pain and sorrow, but remember me in every tomorrow.

Remember the joy, the laughter, the smiles, I've only gone to rest a while.

Although my leaving causes pain and grief, my going has eased my hurt and given me relief.

So dry your eyes and remember me, not as I am now but as I used to be.

I will remember you all and look on with a smile, understand in your hearts I've only gone to rest a while.

As long as I have the love of each of you, I can live my life in the hearts of all of you.

Many, many, Nya:wëhs!

Dese Vicki & Family **Little Fawn & Family Amber & Family Allison & Family Kaely & Wyatt** Kloei



### Should 'Squaw Island' in Canandaigua Lake get a new name?

News 8 WROC in Rochester interviewed Dr Joe Stahlman, director of the Seneca-Iroquois National Museum, about a naming controversy taking place in the Town of Canandaigua.

By Jack Watson | Aug 26, 2020 | Reprinted from rochesterfirst.com

CANANDAIGUA, N.Y. (WROC) — The Town of Canandaigua considered a measure that would express support for a name change for what is currently called Squaw Island, a small island within Canandaigua Lake.

Last Monday, the Canandaigua Town Board tabled a version of the measure due to concerns over the specific language within the resolution.

The word "Squaw," some argue, is offensive and disparaging to Native Americans, specifically Native American women.

"For us, it's really a simple answer," said Dr. Joe Stahlman, Director of the Seneca-Iroquois National Museum.

Stahlman says the Mayor of the City of Canandaigua, which is located within the Town, reached out to the Seneca Nation about the island's name. The City Council voted to indicate its support for changing the name earlier this month.

"It's derogatory, right, it's almost like a cuss word. It's almost like a slur towards women. And so, with that removed, that helps us be at ease," said Stahlman.

Some believe the name should stay. An online petition has about 600 signatures as of Wednesday, urging officials not to change the name.

"It shows the respect and honor of the Braves who protected their most precious loved ones," the petition reads. "Please sign this petition to stop this action and preserve the name Squaw Island."

According to Professor Michael Oberg, an expert in Native American studies, the word became an offensive term.

Dr. Joe Stahlman

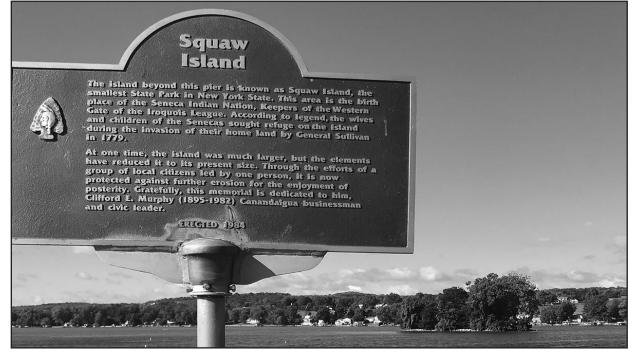
"In Algonquian languages, the name was associated with women and femininity. Over time it was adopted by settlers, and it became attached with certain pejorative and sexualized meanings that were denigrating to Native peoples."

"Canandaigua does a lot of things well with regards to its Native American heritage," continued Oberg. "And it sounds like, from the vote, they're trying to do the right thing here, too. I don't know what they should change the name to, but I think that's a great opportunity to bring different people together and have a conversation," Oberg said.

News 8 reached out to the Town of Canandaigua for a comment and did not receive a response.

#### Source:

https://www.rochesterfirst.com/news/shouldsquaw-island-in-canandaigua-lake-get-a-new-na me/?fbclid=IwAR2uqcriTkNBSIUlUr9-hJ\_Ou\_ cEokyrXxqFs1xfiYMFT6ja6WyRrRYMi3Q



### **NOTICE TO CREDITORS**

#### **ESTATE OF IRENE HALFTOWN**

Administrator: Brenda Halftown, P.O. Box 139, Irving, NY 14081 ~ Cattaraugus Territory - 1st Notice ~

#### ESTATE OF BRENDA JIMERSON

Administrator: Christa Jimerson, 12452 Route 438, Irving, NY 14081 ~ Cattaraugus Territory - 1st Notice ~

#### ESTATE OF RICHARD C. JEMISON

Administrator: Courtney John-Jemison, 13223 Route 438, Gowanda, NY 14070 ~ Cattaraugus Territory - 1st Notice ~

#### **ESTATE OF JOHN WILLIAMS**

Administrator: Ramona Williams, 12728 Route 438, Irving, NY 14081 ~ Cattaraugus Territory - 1st Notice ~

#### ESTATE OF DIANE L. KENNEDY

Executor: Marc Papaj, 27 Graystone Ln., Orchard Park, NY 14127 ~ Allegany Territory - 1st Notice ~

#### ESTATE OF VERNON C. PIERCE

Administrator: Pamela Pierce, P.O. Box 187, Irving, NY 14081 ~ Cattaraugus Territory - 1st Notice ~

#### ESTATE OF OXAVIER CARMONA

Administrator: Linda Jimerson, P.O. Box 318, Versailles, NY 14168 ~ Cattaraugus Territory - 1st Notice ~

#### ESTATE OF RICK HENHAWK

Administrator: Shane Henhawk, P.O. Box 103, Gowanda, NY 14070 OR 2008 Stafford Ln., Perrysburg, NY 14129 ~ Cattaraugus Territory - 1st Notice ~

#### Seneca Nation of Indians SURROGATE'S COURT, Cattaraugus & Allegany Territory

Notice is hereby given to all creditors and contingent creditors of the above-named decedents, that all persons having claims against the decedents are required to file them with the appropriate Surrogate's Court, at the Allegany/Cattaraugus Territory. You are also required to mail or deliver a copy to the Administrator/Executor. This notice shall serve to notify creditors that they have ninety (90) calendar days from the date of the first publication of the notice to present their claims to the Administrator/Executor or the Clerk, and the estate may pay only those claims presented. For your protection, you are encouraged to file your claim by certified mail, with return receipt requested.

# Seneca Nation Offices & Buildings will be CLOSED: Monday, October 12th for Indigenous Day.







### **SNHS Provider Spotlight**

**Kurt M. Schmitt, O.D.**is an optometrist, located at the

Community



Health and Wellness Center. He has been in this position for 15 years.

We asked him what he likes best about his job and he said "improving patient's vision, diagnosing and treating interesting ocular and visual pathway pathologies."

He grew up in Clarence, NY and attended Edinboro University of Pennsylvania and the Illinois College of Optometry. He obtained a bachelor of science in pre-med biology, bachelor of science in vision science, and a doctorate of optometry. We asked what he likes to do in his spare time. He said "scuba diving, slalom and barefoot waterskiing, snow skiing, playing and watching baseball, tinkering on projects in and around the house."

We asked him to tell us something interesting or extraordinary about himself that he'd like people to know. He says "I got married late last year and we were lucky enough to have gotten in a terrific pre-COVID European honeymoon."

Thank you Dr. Schmitt for sharing some of your background with us and for being a part of the health system team!

### **NOTICE**

September 2020:

Both the Allegany and Cattaraugus Optical units are pleased to announce that we have acquired the latest technology to sanitize each eyeglass frame after it has been tried on in the ongoing efforts to keep our patients safe and healthy. This ultraviolet-wave cleaning technology ensures that when you arrive for your appointment and try on the various styles of eyeglasses in each of our offices, you can be assured that the frame has been properly and completely disinfected and ready for you.

We will be glad to show you this new cleansing device and provide a short demonstration of how it works, for your own curiosity and peace of mind. If it has been some time since you've had a routine eye health examination, be sure to contact our office to arrange for a convenient appointment to be seen by Drs. Flaitz or Schmitt.

Our phone numbers: Allegany (716) 945-5894 Irving (716) 532-8223



### Managing Stress During COVID-19 (Coronavirus)

#### Stress during COVID-19 (Coronavirus)

The spread of a new virus like COVID-19 can be stressful. It is normal to feel fear and anxiety about COVID-19 as positive cases appear in local communities, and as routines are disrupted by social distancing and home isolation.

Stress during this time can have a big impact on home lives. It is normal to feel like things are out of control, but there are ways to bring down stress levels. To reduce stress, it is important to learn how to recognize the signs of stress and to learn strategies for managing stress. For some people - like those who experience violence at home - more help may be needed to support a safe home environment.

#### Recognizing the signs of stress

A person's body can react to stress in strong ways. People have different signs of stress, but they may include:

- An increase or decrease in energy and activity levels
   An increase in frustration, with outbursts of anger and
- frequent arguing
- Having trouble relaxing or sleeping
- Not wanting to eat or eating too much
- Worrying much more than usual
- Wanting to be alone most of the time
   Not able to feel pleasure or have fun
- Feeling depressed, anxious, or fearful
- An increase in alcohol use or use of illegal drugs

#### Strategies to manage stress

Stress can be managed, even when it feels like it's impossible to deal with. Here are some strategies to reduce stress at home:

- stories, including social media. Instead, read a book or watch a show that takes the mind off the news.
- Care for the body! Take deep breaths with eyes closed, stretch, or meditate. Try to eat healthy, well-balanced meals, get plenty of sleep, and avoid alcohol and drugs.
- Exercise! Get outside for a walk, or do an in-home workout.
- Connect with others through a phone call or video chat! Share concerns and feelings with a friend or family member.
- Try to laugh! Humor is a great way to calm the mind.



### Support for those at risk of violence in the home

People who experience violence or abuse at home may be experiencing increased stress and danger during this period of social distancing and home isolation.

If someone is experiencing violence or abuse in their home, they are not alone. There are many resources available to help:

- The National Domestic Violence Hotline is 24/7, confidential and free: 1-800-799-7233 and through chat.
- The National Sexual Assault Hotline is 24/7, confidential and free: 800.656.HOPE (4673) and through chat.
- The StrongHearts Native Helpline for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: 1-844-762-8483.
- The SAMHSA Disaster Distress Helpline offers 24/7, confidential and free crisis counseling: 1-800-985-5990.
- They can also reach out to a friend, co-worker, or family member who can check in with them about their safety and support needs, and help them make plans for staying somewhere else if their situation becomes dangerous.

We all can support those at risk by reaching out to loved ones, friends, neighbors, and coworkers to see if they have the care and support they need, and if they feel safe at home. If you suspect someone you know may be experiencing violence or abuse at home, consider reaching out to let them know you are available to talk. You can also call the free, confidential National Domestic Violence Hotline 24/7 at 1-800-799-7233.

### For more information: www.CDC.gov/coronavirus



This publication was supported by Cooperative Agreement U254I-HS0001-01-00, funded by the Indian Health Service. Effective May 6, 2020 Sources: CDC, Futures Without Violence: www.futureswithoutviolence.org



### **COVID-19 Older Adults ~ Three Prevention Steps**

Older adults and people of any age with underlying medical conditions are at higher risk for severe illness from COVID -19.

The good news is that there are steps you can take to protect yourself and your loved ones:

Step 1. Keep germs away.

- Wash your hands often;
- Stay home unless you need food, medicine, or medical care,
- If you need to go out, stay at least 6 feetor two arm's length- apart from others
- · Avoid people who are sick.

And remember, wear a cloth face covering when around others.

Step 2. Make a plan.

- · Identify and talk with someone who can help care for you if you get sick.
- · Have supplies, such as medicines and groceries on hand, or find ways to have them brought to you.

Step 3. Keep up with the situation and health recommendations in your area.

• If COVID-19 is spreading in your community, stay home as much as possible and avoid crowds.

If you do get sick with fever, cough, or shortness of breath, call your doctor right away.

For more information, visit cdc.gov.

Source: cdc.gov

### Simply HR ~ **August**

#### **New Hires**

**Jason Mann-Stone** Clinical Nurse RN, LRJHC August 10, 2020

#### **Transfers**

LRJ patients and employees may notice a familiar face performing the temperature and health screenings. Anita Jacobs is currently employed by the Seneca Nation as a Temp. COVID Screener.

Congratulations on your new positions!

### Face Masks and COVID-19: What **Community Members Need to Know**

Wearing a face mask and keeping 6 feet of distance from others are essential to stopping the spread of COVID-19. Masks that cover the mouth and nose can stop germs from leaving and entering the body and keep someone from getting sick.

#### Follow these steps when using a mask:

- Clean hands with soap or hand sanitizer before putting on or taking off the mask.
- Hold the mask up to the light. If light shines through the mask, do not wear. This means germs will be able to flow in and out of the mask.
- Make sure the mask completely covers the mouth and nose and fits tightly on the chin and the sides of the face. Do not put masks on children under 2
- If using a cloth mask, make sure it is washed after each use. Do not reuse single-use medical masks.
- Once the mask is on your face, do not touch it unless it is being removed. This can add germs to the mask.





Fully covers the mouth and nose







Does not cover

Does not cover mouth or nose

Poor protection. These masks allow

many germs to get into the air.

1-Layer

### Choosing the Best Mask to Protect Against COVID-19



health workers

JOHNS HOPKINS

INDIAN HEALTH



N95 Mask

Loose-fitting

Face shield. A face shield is used to protect the eyes from germs. It should be worn with a mask that covers the nose and mouth.

1-layer, Knitted

or Beaded Mask

Effective August 27, 2020 Sources: CDC, WHO, August 2020 Duke University study (https://bit.ly/3lx125J)

### NOTICE

Telemedicine, or virtual appointments are available on a case-by-case basis. Please call your primary care provider to be assessed whether a telemedicine appointment is appropriate for your care.

Nya:weh

### Veggie Bucks Are Here!

Earn Veggie Bucks after completing your appointment with the following:

- Medical
- Dental
- · Diabetes Educators
- Nutritionist
- · Health Education
- BHU

Contact the following staff once your appointment is completed to pick up your Veggie Bucks! You must be 18+ years.

<u>Cattaraugus: 532-5582</u>

Allegany: 945-5894

Barb Nephew, ext 5293

Yvonne Sweet, ext. 3279

Kerry Kennedy, ext. 5227

Jody LaMarca, ext. 3242

Robin Crouse, ext. 3240



Gweh! Dë'ëh na'od ëge:k? I:' koh agadöswe'danih.	My goodness! What specifically I will eat? I, too I am hungry.
Heh oga'öh në:gë:h onyahji'da'!	It tastes really good this corn roasted in the husk.

<b>Onödowa'ga:' Gawë:nö'</b> Pronunciation Key					
<b>a</b> f <u>a</u> ther	<b>ä</b> c <u>a</u> t	<b>e</b> th <u>e</u> y	<b>ë</b> m <u>e</u> n	<b>i</b> pol <u>i</u> ce	<b>o</b> n <u>o</u> te
<b>ö</b> <u>o</u> wn	<b>u</b> t <u>u</u> ne	<b>w</b> <u>w</u> ash	n <u>n</u> ot	<u>v</u> yes	<b>d</b> <u>d</u> og
<b>t</b> <u>t</u> ail	<b>g</b> girl	<b>k</b> <u>k</u> ite	<b>s</b> <u>s</u> it	<b>j</b> job	<b>h</b> <u>h</u> at
<b>š</b> <u>sh</u> ow	<b>tš</b> <u>ch</u> alk	<b>dz</b> a <u>dz</u> e	:long vowel	'glottal sto	р



The purpose of the Allegany Language Department, **Ögwaiwanösde' Ögwawënö'**, is to promote conversational Seneca language use at the Seneca Nation.



### Remember the Removal 2020

Virtual Day of Remembrance

Saturday, September 26, 2020

starting at 9 AM – 12 PM, while supplies last | For more information, call 716.945.1790, ext. 3921 (Barbara Lynn Hill) OR ext. 3170 (Gina Larvie).

Where: Drive-thru pick up at Seneca-Iroquois National Museum & Steamburg Community Center.