



# ELDER LIVING

Seneca Nation Area Office for the Aging



## Director's Update

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AOA and SNI  
Offices are  
CLOSED  
Friday April 15  
for Unity Day

Nya:wëh Sgë:nö' I am thankful you are well.

March was a busy month at AOA. We hosted several events, BINGO, craft classes and programs for Elders.

Our Activities Staff sent home St. Patrick's Day gifts to Home Delivered Meal Recipients and they have more fun surprises planned for Easter!

We are thankful to see so many Elders coming in to spend time or have lunch at AOA. We have missed you!

Please remember that masks and temperature checks are still required at our Centers.

If you need assistance or would like to participate in any of our activities and events, please don't hesitate to contact us.

Ėsgögë' ae' - I'll see you again.  
Bethany Lay

# Personal Care Services

The Seneca Nation AOA provides personal care services to on-territory Elders who have certain physical or cognitive limitations. Such services must be essential to the Elder's health and ability to remain independently living. An AOA Case Manager will conduct an assessment to determine the Elder's needs and abilities.

Some services that may be provided:

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

**Personal Care Level 2** - bathing, dressing, grooming and some assistance with toileting, and transferring.

To find out if you or your loved one qualify for  
Personal Care Services, please call AOA:  
Allegany (716) 945-8414  
Cattaraugus (716) 532-5777

## Powerful Tools FOR Caregivers

The Seneca Nation AOA offers an educational program designed to provide caregivers with the tools they need to take care of themselves while caring for their loved one. Classes are offered once a week for six weeks. Caregivers will learn to reduce stress, improve self-confidence, better communicate feelings, and locate helpful resources.



For information on the Caregiver Support and Services listed above, please contact AOA:  
Allegany Territory (716) 945-8414  
Cattaraugus Territory (716) 532-5777

**\*Classes available Online or In-Person\***

# UPCOMING COMMUNITY EVENTS

## Large Item Drop-Off & Pick-Up



### Cattaraugus Territory

Drop Off@ Environmental Parking Lot

April 2-April 8, 8am-6pm

Elders can call (716) 532-2546 to schedule pick-up April 4 - April 8.

*\*One truckload/person\**

### Allegany Territory

Drop Off@ ACC or Steamburg

Community Center

April 25-April 29, 7am-6pm

Elders can call DPW at (716) 945-5441 to schedule pick-up April 25 - April 29.

*\*One truckload/person\**

## Elder Easter Ham Giveaway - Tuesday April 5th



If you do not receive your ham on April 5th, you can pick one up at the drive-thru distributions on APRIL 6th from 10am-3pm: Allegany Community Center Cattaraugus USDA

- Allegany Elders hams will be delivered.
- Buffalo Elders hams will be distributed at the Buffalo Office after noon
- Catt. Elders hams will be distributed from the USDA building from 11am - 3pm

Nya:weh, Seneca Casino and Resorts for their generous donation to our Enrolled Seneca's.

Have a safe and Hoppy Easter!  
From your AOA Staff



## Community Fair Week April 11-16

Cattaraugus Territory

For more information on Community Fair week please call the SNI Education Department at (716) 532-3341.

## Gwa 'yö:' Spring Event April 14

Allegany Community Center

4 p.m. to 6 p.m. Rain or Shine. Coloring Contest, Egg Hunt, food and more. Make sure to bring your own basket for the egg hunt! For more information call Michele John at (716) 945-8119.



**gëgwidekneh - spring**



# Upcoming Seneca Elder Events



**Saturday, April 9** - Martina McBride at Seneca Allegany Casino at 8 p.m.  
Sign-up sheet currently available.

**Friday, April 22** - The Temptations & The Four Tops at Seneca Niagara Falls Casino at 8 p.m. Sign-up sheet currently available.

**Friday, May 13** - All Star Boxing at Seneca Niagara Casino at 7 p.m.  
Sign-up sheet will be out 4/13.

**Saturday, May 21** - The Highway Men Live at Seneca Allegany Casino at 7 p.m. Sign-up sheet will be out 4/21.

**Friday, May 28** - Terry Fator at Seneca Niagara Casino at 8 p.m.  
Sign-up sheet will be out 4/28.

**Saturday, June 18** - Tyler Henry, The Hollywood Medium, at Seneca Niagara Casino at 8 p.m. Sign-up sheet will be out 5/18.

**Saturday, June 25** - Rick Springfield at Seneca Allegany Casino at 8 p.m. Sign-up sheet will be out 5/25.

## Reminder: Entertainment Guidelines

- Tickets available to enrolled Seneca Elders only.
- Elders need to physically sign themselves up in person at AOA.
- Elders must notify AOA of any cancellations at least 24 hours prior to event.
- Assistants may be put on the waitlist pending all Enrolled Seneca Elders are accommodated.
- Please remember to include your phone number when signing up.
- There is a minimum of 10 people to attend a show.

**For more information, please call: Irma Cortes at (716) 532-5777 ext. 5513.**

# PROTECT THE COMMUNITY AND YOURSELF

Stay Strong. Stay Safe. Get Vaccinated.

The CDC has updated its COVID Booster recommendation to include:

- **Second booster doses** (of either Pfizer or Moderna COVID-19 vaccine) for Individuals **aged 50 years and older at least 4 months after receipt of a first booster dose** of any authorized or approved COVID-19 vaccine.
- **Second booster doses for immunocompromised individuals** aged 12 and older (Pfizer) and aged 18 and over (Moderna) at least four months after receiving a first booster dose of any authorized or approved COVID-19 vaccine.
- Adults who received a primary vaccine and booster dose of Johnson & Johnson Janssen COVID-19 vaccine at least four months ago may now receive a second booster dose using either Pfizer or Moderna COVID-19 vaccine.

This recommendation applies to those 50 years old and older or those 12 and older who are immunocompromised.

Seneca Nation Health System patients who meet this criteria can  
**call to schedule their second booster dose:**

Allegany - Teri Cowles (716) 945-5894

Cattaraugus - Kim Bradley (716) 532-5582

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## Monthly In-Person Legal Assistance

With Lee Redeye

**\*\*Appointments required\*\***

To make an appointment:

- Call Deanna Luke in Cattaraugus at (716)532-5777
- Call Bridgette John in Allegany at (716)945-8990
- Or, feel free to contact the lawyer, Lee Redeye, directly at (716) 853-5100 ext. 1382



# Elder Center Activities

## Wini Kettle Senior Center Activities

Men's Pool League: Every Monday at 9am.

Co-Ed Pool & Sewing: Every Saturday at 1pm. (closed 4/16)

Women's Pool: Tues. April 5th @1pm.

Scrabble: Wed. April 6th at 1pm.

Co-Ed Pool Tournament: Thurs. April 7th at 1pm

Easter Cookie Making: Tues. April 12th @ 1pm.

Easter Cookie Frosting: Wed. April 13th @ 1pm.

BINGO: Thurs. April 14th and Thurs April 21st @ 1pm.

Seasonal Crafts: Wed. April 20th and Wed. April 27th @ 1pm.

Shuffleboard Tournament: Thurs. April 28th @ 1pm.



## Allegany Elders Center Activities

Seneca Language Class: Every Monday at 9am.

Card Making Class: Every Wednesday from 11am-1pm.

BINGO: Every Thursday from 1-3pm.

Easter Mini Tile Art: Fri. April 1st from 2-4pm. Sat. April 2nd from 12-2pm.

Beaded Easter Pin: Wed. April 6th from 2-4pm. Fri. April 8th from 2-4pm. Wed. April 13th from 2-4pm.

Mosaic Stepping Stone: Fri. April 15th from 2-4pm.

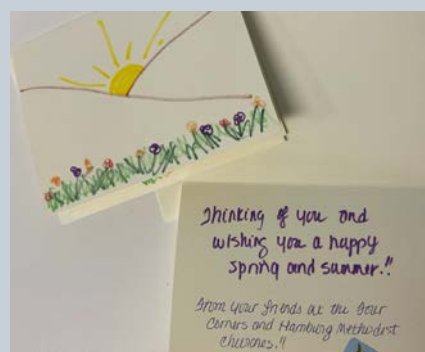
Plant Hanger: Fri. April 22nd from 2-4pm. Sun. April 24th from 12-1:30pm.

Mothers Day Craft: Wed. April 27th from 3-4pm. Sat. April 30th from 12-2pm.



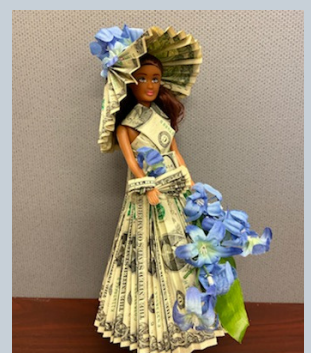
## Many Nya:wëh's to...

**JC Seneca Foundation** for the blood pressure cuffs and exercise equipment



**Four Corners & Hamburg Methodist Church** for the Springtime cards for Elders.

**Rennette Bedard** for the beautiful raffle item!



6-Ye:i'



# AOA Trips April 2022

## AOA Bus Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Allegany TRIPS</u> <u>DEPART @ 2pm</u> <u>FROM</u> <u>ELDERS CENTER</u> <u>UNLESS</u> <u>OTHERWISE</u>	<u>Cattaraugus TRIPS</u> <u>DEPART @ 1pm</u> <u>FROM</u> <u>WINI KETTLE</u> <u>UNLESS</u> <u>OTHERWISE</u>	All Passengers must be signed up by 9 AM the day of trip			1 Alleg: Broadway Market, Buffalo, NY <u>DEPART @ 10am</u> Catt: JoAnn Fabric	2
3	4 Alleg: Aldi's Bradford, PA Catt: Broadway Market, Buffalo, NY <u>DEPART @ 10am</u>	5 Alleg: Wegman's Jamestown, NY Catt: Scenic Drive	6 Alleg: Red Lobster <u>DEPART @ 4pm</u> Jamestown, NY Catt: Walmart Hamburg, NY	7 Alleg: Lowe's Springville, NY Catt: Ceramic Store	8 Alleg: Scenic Ride Bemus Point Catt: Rider Choice Fish Fry <u>DEPART @ 4pm</u>	9
10	11 Alleg: Brigiottas Market Catt: Vidlers	12 Alleg: Movies 1/2 Price Popcorn & Drinks Lakewood, NY Catt: Regal Movies	13 Alleg: Reid's Food Barn Olean, NY Catt: Wegmans	14 Alleg: Runnings Jamestown, NY Catt: 7 Dragons	15 <u>SITE CLOSED</u> Unity Day	16
17	18 Alleg: Pet Smart Jamestown, NY Catt: Riders Choice	19 Alleg: Big Lots Bradford, PA Catt: Savers	20 Alleg: Local Banking & Shopping Catt: Walmart Springville, NY	21 Alleg: Riders Choice, Open for Suggestions Catt: Local Shopping	22 Alleg: Kinzua b Bridge "Skywalk" MT. Jewett, PA Catt: Longhorn Steakhouse	23
24	25 Alleg: TJ Maxx Jamestown, NY Catt: Applebees 1pm	26 Alleg: Stacy's Green House Allegany, NY Catt: McKinley Mall	27 Alleg: Millcreek Mall, Erie, PA Catt: Walmart	28 Alleg: Wal-Mart Bradford, PA Catt: Local Banking	29 Alleg: Spragues <u>DEPART @ 4:PM</u> Portville, NY Catt: Allegany Casino	

# April 2022 Menu

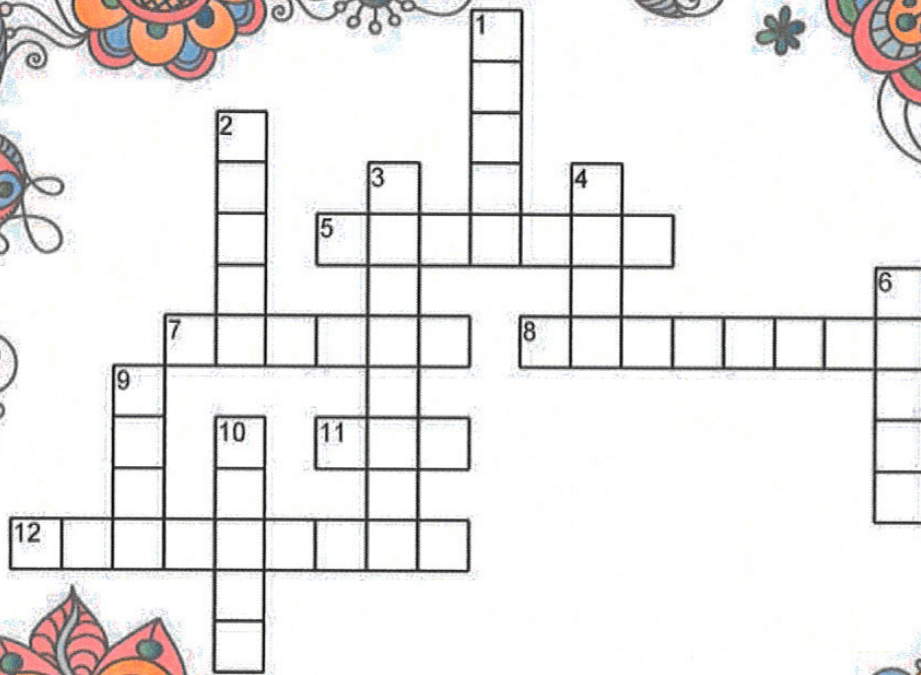
Seneca Nation Area Office for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>In Allegany, please call 716-945-8414 or in Cattaraugus please call 716-532-5777 to make a reservation or cancel a meal by 3:30 pm the day prior to the meal.</b></p> <p><b>4</b></p> <p>Hot ham and cheese sandwich Served with Green Beans Fruit Cup</p>	<p><b>*Menu is subject to change*</b></p> <p>Please enjoy a ½ pint milk served with each meal!</p> <p><b>5</b></p> <p>Shepard's Pie Carrot Raisin Salad Fruit cup</p>	<p><b>APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH</b></p> <p><b>6</b></p> <p>Breaded Fish Coleslaw Potato Wedges Fruit Parfait</p>	<p><b>7</b></p> <p>Macaroni &amp; Cheese Stewed Tomatoes with spinach Blueberries Vanilla Pudding</p>	<p><b>8</b></p> <p>Vegetable Pizza Side Salad Brownie</p>
<p><b>11</b></p> <p>Hot Roast Beef Sandwich with Gravy Cauliflower Chocolate Pudding</p>	<p><b>12</b></p> <p>Stuffed Shells Served with Green Beans Dinner roll Fruit Cup</p>	<p><b>13</b></p> <p>Chicken and Brown Rice Casserole Roasted Brussel Sprouts Cherry Crisp</p>	<p><b>14</b></p> <p><b>TRADITIONAL MEAL</b> Wild Onion Soup Salad Bar A side of cottage cheese (*Meal is subject to the availability of wild onions)</p>	<p><b>15</b></p> <p><b>CLOSED</b></p>
<p><b>18</b></p> <p>Tuna Melt on Whole Wheat Bread Peas Mandarin Oranges Fig Newtons</p>	<p><b>19</b></p> <p>Chicken Tacos With Lettuce &amp; Tomato Corn Chocolate Chip Cookie</p>	<p><b>20</b></p> <p>Soup Sampler Day Side Salad Pumpkin Muffins</p>	<p><b>21</b></p> <p><b>BIRTHDAY PARTY</b> Ham &amp; Scalloped potatoes Steamed Broccoli Strawberry Poke Cake</p>	<p><b>22</b></p> <p>Lasagna Florentine Green Salad Dinner Roll Peanut Butter Cookie</p>
<p><b>25</b></p> <p>Tomato Soup &amp; Grilled Cheese Sandwich Fruit and Yogurt Parfait</p>	<p><b>26</b></p> <p><b>BRUNCH</b> Ham &amp; Cheese Frittata Berry Compote Muffin</p>	<p><b>27</b></p> <p>Lemon Chicken Green Beans Rice Blueberries for dessert</p>	<p><b>28</b></p> <p>Goulash With Cauliflower Side Salad Chocolate Pudding</p>	<p><b>29</b></p> <p>Beef Burrito with lettuce, cheese, tomato and sour cream Refried Beans Steamed Rice Peaches with Cream</p>

Spring won't let me stay in this house any longer! I must get out and breathe the air **deeply** again.  
Gustav Mahler



## Spring Crossword Puzzle



### Across

5. A spectrum of color in the sky when it rains.
7. A colorful plant with leaves and petals.
8. A circular device that keeps the rain off your head.
11. The month in which we celebrate moms.
12. A winged insect that comes in many colors.

### Down

1. One of the earliest birds to appear in spring.
2. \_\_\_\_\_ showers bring May flowers.
3. A sport played with a bat and ball.
4. The early bird gets the \_\_\_\_\_.
6. The month in which spring starts.
9. When snow and ice turn into water.
10. The color of grass once it comes back to life.



# Spring Flowers Word Search



Y F C O H O K A G H Y L E C H  
E E L J I C J W Y X Q P S A B  
R H O I I S Z D L J W V O R D  
S S V G L O R J N F U L R N R  
C H R Y S A N T H E M U M A E  
P C G L N N C Y N N D U N T D  
O W J G I L A O L A S I R I N  
P F E A M D M P I I S V A O E  
P A Y E G E O S D S L I Y N V  
Y Q V M N E Y F O R C H I D A  
Z Q R A Y W V X F B A H R M L  
R E W O L F N U S A L G X I U  
T Q R M W C A Q F T D G O O U  
C I M W Y X N O K C I A P N V  
J Q A A U N W I T H U A L D X



Anemone  
Carnation

Chrysanthemum

Daffodil

Daisy

Hydrangea

Iris

Lavender

Lilac

Lily

Orchid

Poppy

Rose

Snapdragon

Sunflower



**Seneca Nation Area Office for Aging Elder Protection Work Group**  
**Seneca Nation Community Values Survey**  
**“Developing a Collective Vision”**

**Seneca Nation Elders are the Keepers of our Seneca history, language, culture, and traditions.** Our Elders are valuable resources and should feel confident they are protected from abuse, neglect, and exploitation. The SN AOA Elder Protection Workgroup is in the process of developing an Elder Protection Code that is specific to the Seneca Nation Governance, Traditions, and Values.

This survey will help us create a collective vision of the Seneca Values held community-wide and across generations. What are the underlying principles which define our community’s ideas about success and happiness? These values are often believed to be the values that, when not honored, lead to bad consequences in the community, either through individual behavior or communal suffering.

*Responses are anonymous and voluntary. Please return your completed paper survey to:*

- Allegany AOA: 3644 Administration Drive, Salamanca;
- Cattaraugus AOA: 28 Thomas Indian School Drive, Irving;
- The survey may also be filled out at  
<https://form.jotform.com/SNAOA/elder-protection-survey> ; or
- By scanning the QR Code to the right



**Nya:wëh!**

**Age group (circle group)**

Under 20	41 – 50	71 – 80	100 +
21 – 30	51 – 60	81 – 90	
31 – 40	61 – 70	91 – 100	

**Please circle which Territory you live on or are closest to:**

Cattaraugus      Allegany

**1. What are the Seneca values you see every day in your community?**

**2. What Seneca values have helped you in your own life?**



**3. During the course of your life, what Seneca values have you learned from an Elder?**

**4. What must we do to sustain these values?**

**5. What stands in the way of sustaining these values?**

**6. How can the community overcome those obstacles?**

**7. Who should be responsible for maintaining these values?** *Please rank the following according to the most responsible (1<sup>st</sup>) to the least responsible (6<sup>th</sup>).*

___ Myself	___ My Children
___ Faith Keepers	___ AOA and/or SNI Departments
___ Community	___ Other: _____

**8. Who should be responsible for addressing these values?** *Please rank the following according to the most responsible (1<sup>st</sup>) to the least responsible (6<sup>th</sup>).*

___ Myself	___ My Children
___ Faith Keepers	___ AOA and/or SNI Departments
___ Community	___ Other: _____

**9. Should you have any questions for the Elder Protection Work Group, please provide your contact information and questions here:**