

# ELDER LIVING

Seneca Nation Area Office for the Aging



**AOA and SNI  
Offices are  
CLOSED  
August 18th**

**for Employee Appreciation Day**

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## Director's Update

Nya:wëh S'geno

August already! So please save the date for the Elders Summer Luncheon for August 17, 2023 at the Seneca Allegany Casino, please see inside important details.

Let's Welcome Emily Nephew as our Outreach Coordinator. Emily is originally from the Cattaraugus Territory and is now living on the Allegany Territory. Emily will be busy coordinating events as well attending local events promoting AOA services as well as welcoming the new Elders who turned 60. Reminder: Pick up your Farmer's Market Coupons at each AOA site for some fresh fruit and veggies from your local Farmer's Market. Stay cool, hydrated and check on your family, friends and pets in this heat wave! Stay safe and Ja:goh!

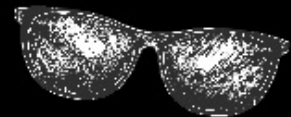
*Ėsgögë' ae', Bethany Lay, Director*

# You're Invited



**THE RAT PACK IS BACK FOR AN  
AFTERNOON OF GLITZ & GLAMOUR  
AT THE ANNUAL  
ELDER'S SUMMER EVENT**

**August 17, 2023  
11 A.M. to 3 P.M.**



**SENECA ALLEGANY RESORT & CASINO  
DOOR PRIZES & ENTERTAINMENT**

**Marilyn Monroe and Frank Sinatra**

**Lookalike Contest**

**Please RSVP to 716-532-5777**

**by August 4th**

**One Guest per Household**



# FREE In-Person Legal Assistance @ AOA

With **Thomas Warren**,  
Center for Elder Law &  
Justice

**Date:**  
**August 25**

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

To make an appointment:

- Call Bridgette John in Allegany at (716)945-8414
- Call Tina Law in Cattaraugus at (716)532-5777

## **Allegany Elders Center Hours**

MON-FRI  
8:30AM-7PM  
SAT-SUN  
10:30AM-7PM



## **Wini Kettle Senior Center Hours**

MON-FRI  
8AM-7PM  
SAT-SUN  
10:30-7PM

## **Congregate Dining at AOA**

### **44 Seneca Senior Center**

**Weekdays** from 12 – 1 pm.

Please call for reservations by  
3pm the day prior: 716-945-8414.

### **Seneca Allegany Elders Center**

**Tuesdays and Thursdays**

from 12 – 1 pm.

Please call for reservations by 3pm  
the day prior: 716-945-8414.

### **Wini Kettle Senior Center**

**Weekdays** from 12 – 1 pm.

Please call for reservations by 3pm  
the day prior: 716-532-5777.



# AOA Advisory Council

The AOA Advisory Council is a formal body of community members appointed by the Tribal Council. We meet on a monthly basis. The Advisory Council serves several purposes:

- Serves as a sounding board for ideas and concepts relating to Aging programs that may be available to Elders
- Interprets the needs of Elders through consumer services, advice, and cooperation with other Seneca Nation departments and local and county governments.
- Initiates and supports existing advocacy movements on behalf of Elders residing in the Seneca Nation AOA planning and services area.
- **REPRESENT THE INTERESTS OF SENECA ELDERS.**

Elections of officers were held in April. Officers hold their position for one year. The **current officers** are:

**Nancy Toth**, *Chairperson*

**Suzanne John-Blacksnake**, *Vice-Chairperson*

**Valerie Jonas**, *Secretary*

## **Community Members:**

Mary Moses, *Allegany Territory*

Marguerite Haring, *Cattaraugus Territory*

Marilyn George, *Allegany Territory*

Denise Mohawk, *Cattaraugus Territory*

We have been working on developing a Seneca Elder Protection Code. This has been a collaborative effort with the Health Dept., Crime Victim Services, Legal, Housing, the Marshals, and AOA staff by forming an Elder Protection Code Workgroup. We held two public hearings and the public comment period closed on May 26th. The next step will be to present it back to the Council for further action.

The AOA Advisory Council will have articles in the AOA Newsletter to keep you informed on what we are working on.

**PLEASE FEEL FREE TO SHARE YOUR IDEAS AND SUGGESTIONS WITH US.**

Nya:weh

Nancy Toth, Chairperson

Committee   
 **CORNER**





**Seneca Nation Area Office For the Aging**

# **PUBLIC MEETING**



**August 29, 2023 | 2pm | Allegany Elder Center  
August 30, 2023 | 2pm | Winni-Kettle Elder Center**

**About:**

- Come learn about AOA's Services!**
- Meet our AOA Staff and Advisory Council**
- Come share your concerns, comments, and input about Elder Services!**

**Light Refreshments will be provided with a thank you gift to participating Elders.**

**If you have any questions about this Public Meeting please contact the AOA  
at: Allegany Territory 716-945-8414 or Catt Territory 716-532-5777.**



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## Upcoming Seneca Elder Events

*Sign-up sheets for shows will be available **1 MONTH** prior to the event. Numbers are turned in to the Casino 1 week prior, if you have a change in plans please cancel before then. Please arrive 2 hours prior to show for buffet and no later than 30 minutes prior. Be sure you will be attending when you sign-up as there has been an increase of last-minute cancellations, resulting in a waste of Elder entertainment funds. Nya:weh!*

**Nitty Gritty Dirt Band** Friday, August 4th 7 p.m. Seneca Allegany-Outdoor Event

**The Beach Boys** Saturday, August 5th 7 p.m. Seneca Allegany-Outdoor Event

**Murder Mystery Cruise** Thursday, August 10th 5 p.m. Erie, PA (Bus to depart Sr. Centers at 3p.m.)

**Brad Paisley** Friday, August 18th 7:30 p.m. Seneca Niagara-Outdoor Event

**The Machine performs Pink Floyd** Saturday, August 19th 7:30 p.m. Seneca Niagara-Outdoor Event

**NYS Fair** Friday, September 1st

**Comedian Ken Jeong** Saturday, September 16th 8 p.m. Seneca Niagara Event Center

**Gary Allan-Ruthless Tour** Saturday, September 30th 7 p.m. Seneca Allegany-Outdoor Event

**We are nearing the end of the budget year, please only sign-up if you are certain you're going so that funds are not wasted.**

*Seneca Elder ticket is free. If bringing a guest, you pay the cost of the ticket. Price varies per show so contact Irma at 716.532.5777 for more information.*

# When Parents Grow Old

**Let them grow old with the same love that they let you grow... Let them speak and tell repeated stories with the same patience and interest that they heard yours as a child... Let them overcome, like so many times when they let you win... Let them enjoy the talks with their grandchildren, because they see you in them... Let them enjoy living among the objects that have accompanied them for a long time, because they suffer when they feel that you tear pieces of this life away... Let them be wrong, like so many times you have been wrong and they didnt wanna embarass you by correcting you... LET THEM LIVE and try to make them happy thet last stretch of the path they have left to go; give them your hand, just like they gave you their hand when you started your path!**



Author: Unknown / Submitted by: Suzanne John Blacksnake



# August Health & Wellness Classes

## SENIOR STRETCH at the Wini Kettle Senior Center



Classes held every  
Wednesday in August from  
1-1:30 pm  
Walk-ins are welcome!

Join us for senior stretch class, dress comfortably. Classes taught by certified teacher and Exercise Specialist, Andrea Spako. Veggie bucks will be earned for participation.

Contact Raven Lay at 716-532-5777 for further questions.

## SENIOR STRETCH at the Allegany Elders Center

Classes held every Monday in  
August from 11 am-noon  
Walk-ins are welcome!



Join us for senior stretch class, dress comfortably. Classes led by Robin Crouse, SNHS Health Educator, in partnership with AOA and SDPI grant. Veggie bucks will be earned for participation.

Contact Stephanie John at (716)945-8414 for questions.



# Elder Center Activities

## Wini Kettle Senior Center Activities

Pot Luck & BINGO: EVERY MONDAY @ 5 pm  
Card Club: EVERY TUESDAY & FRIDAY @ 10 am  
Senior Stretch: EVERY WEDNESDAY @ 1pm  
Women's Pool Tournament: FRIDAY, Aug 18th @ 1pm  
Co-Ed Pool Tournament: TUESDAY, Aug 29th @ 1pm  
Quarter Bingo: THURSDAY, August 10th @ 1pm  
Prize BINGO: THURSDAY, August 24th @ 1pm  
Seasonal Craft: WED & THURS, August 9 & 31 @ 1 pm  
Quarter BINGO: EVERY SUNDAY, @ 2pm  
Shuffleboard: TUESDAY, August 1 & 15 @1pm  
Sand Art Flower: WEDNESDAY, August 23rd @1pm  
Butterfly Photo Holder: THURSDAY, August 17th @1pm



**For more information, call Raven or Bruce at (716)532-5777.**

## Allegany Elders Center Activities

Coffee Hour: Daily 9-10 am  
Senior Stretch w/ Robin Crouse: Every MON. 11-12 pm  
Movie Night: MONDAYS @ 4pm  
Adult Coloring: MONDAYS 1-3 pm  
Card Making Class: Every WEDNESDAY 11 am-1 pm  
BINGO: Every THURSDAY @ 1pm  
Board games: Every THURSDAY 3-5 pm  
Seneca Language: Every FRIDAY 11am-12pm  
Puzzle time: Tuesday 2-4 pm  
Scrabble time: Tuesday 2-4 pm  
Allegany @ Catt Pool: TUESDAY, Aug 8th leave @ noon  
Catt. @ Allegany Pool: TUESDAY, Aug 22nd @ 1-4pm  
Pot Luck: FRIDAY, August 25th @1pm



**Monday's  
in AUGUST @4pm**

**For more information, call Stephanie or Dorsie at (716)945-8990.**



# August 2023 Menu

Seneca Nation Area Office for the Aging












O'wēdē:da't – Monday	Swēda:diḥ – Tuesday	Ha'dewēdāēh – Wednesday	Ēyóhē'tgeḥ – Thursday	Wēda:k'ah – Friday
In Allegany please call 716-945-8414 or in Cattaraugus please call 716-532-5777 to make a reservation or cancel a meal by 3:30pm the day prior to the meal	1 BBQ Pulled Pork Sandwich With French Fries Peas Oatmeal Cookie for dessert	2 Grilled Chicken Strawberry Poppy Seed Salad Served with a dinner roll Ice cream for dessert	3 Cheese Tortellini Spinach Salad and California Blend Vegetables Garlic Bread Orange for dessert	4 Fish & Chips Coleslaw Roll Fruit Yogurt Parfait
7 Chicken & Rice Casserole With Steamed Peas and Carrots Ambrosia for dessert	8 Salisbury Steak with Gravy Noodles, and Vegetable Medley Fruit cup for dessert	9 Chicken Fettuccine Alfredo Served with Broccoli & Cauliflower And a Dinner Roll Fruit Yogurt Parfait for dessert	10 <u>TRADITIONAL MEAL</u> Braised Bison with Carrots Broccoli and Wild Rice bake Warm Berry Compote with whipped topping for dessert	11 Tuna Melt on wheat with Vegetable Soup Fresh Cantaloupe
14 Spaghetti & meat sauce Tossed salad Roll Fresh Fruit for dessert	15 Italian Sausage Hoagie with Sautéed Peppers & Onions Baked Beans and Potato Salad Served with Fresh Melon	16 Vegetable Lasagna Served with Garden Salad And a Dinner Roll Apple Juice and Fruited Jell-O for dessert	17 Crispy Breaded White Fish Fillet Herbed Summer Squash Roasted Baby Red Potatoes Healthy Cheesecake	18 Assorted Subs with cheese, lettuce, and tomato 3 Bean Salad Baked Potato Chips Fig Newton and Orange
21 Chicken Salsa Rice Bake Red Bell Pepper Sticks And Humus Grapes Brownie for dessert	22 Philly Steak & Cheese Sandwich with grilled onions & peppers Cauliflower Polonaise Fresh Cantaloupe	23 <u>BRUNCH</u> Pancakes with Fresh Berry topping Greek Yogurt Canadian Bacon Mandarin Orange and V8	24 <u>BIRTHDAY PARTY</u> Teriyaki Pork with Rice Roasted Carrots Birthday Cake Strawberries and Ice Cream for dessert	25 Beef Tacos Served with Salsa and Sour Cream and a Coleslaw Fresh Melon
28 Macaroni & Cheese Stewed Tomatoes With Zucchini & Squash Blend And Peaches for dessert	29 Ranch Chicken Green Beans Brown Rice Fruit Cocktail for dessert	30 Hot Dog and Baked Beans with Vegetable Pasta Salad Watermelon for dessert	31 Pepperoni & Vegetable Pizza Served with a Side Salad Fresh Peaches for dessert	<b>MENU IS SUBJECT TO CHANGE</b> Please enjoy a ½ pint milk served with each meal!

"Let food be thy medicine and medicine be thy food"

-Hippocrates

# AUGUST TRIPS

## August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <b>RIDER'S CHOICE</b>	2 <b>VIDDLER'S</b> 	3 <b>LOCAL</b>	4 <b>RIDER'S CHOICE</b>	5
	7 <b>RIDER'S CHOICE</b>	8  <b>POOL</b> ALLEGANY @ CATTARAUGUS	9  <b>PEACHES &amp; CREAM</b>	10 MURDER MYSTERY CRUISE ERIE, PA Leaving @ 3:30	11 <b>RIDER'S CHOICE</b>	12
3	14 <b>RIDER'S CHOICE</b>	15 <b>LARKIN'S SQUARE</b>	16 <b>RIDER'S CHOICE</b>	17 <b>LOCAL</b>	18 SPRAGUE'S MAPLE FARM 	19
0	21 <b>RIDER'S CHOICE</b>	22  <b>POOL</b> CATTARAUGUS @ ALLEGANY	23  <b>Walmart</b> BRADFORD	24 <b>LOCAL</b>	25  <b>SLOT MACHINE</b> BUFFALO CREEK CASINO	26
7	28 <b>RIDER'S CHOICE</b>	29  <b>MOVIES</b> LAKEVIEW	30  <b>Jamestown</b> <b>Wegmans</b>	31 <b>LOCAL</b>		

### SNAOA Transportation Reminders

To maintain Elder independence, the AOA offers transportation services. If you need a ride to the store, to a doctor's appointment, to run an errand, or to visit a friend or family, contact us at 716-945-8414 in Allegany and 716-534-5777 in Cattaraugus.

REMINDER: Ride requests require advance notice. Please plan accordingly.

- Local and non-medical ride requests require 48 hours notice.
- Appointments, medical appts., and out-of-area ride requests require two (2) weeks' notice.





**Senior Farmers' Market Nutrition Program (SFMNP) Coupons are available now. The last day we can issue coupons is 9/30/23 but issued coupons may be used until 11/30/2023.**

**Highlights:**

- Each SFMNP coupon booklet is worth \$25.00 and contains five (5) coupons.
  - Coupon color for this program year is dark green.
- Eligibility is determined by two factors, age, and income.
  - Each older adult in a household is eligible to receive a booklet if they meet the age and income requirements.

**Stop by the Sr. Center in Jimtown or the Wini Kettle Sr. Center in Irving for yours.**



Name: \_\_\_\_\_

Date: \_\_\_\_\_



# AUGUST

## Word Search Puzzle



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

**Find these words related to the month of August**

BOAT  
 GARDEN  
 CAMPFIRE  
 BIKING  
 FLOATIE  
 FISHING  
 RIVER  
 AUGUST

KAYAK  
 BARBECUE  
 OCEAN  
 CANOE  
 PICNIC  
 BEACH  
 ICE (as in ice cream)



SUN  
 SHADE  
 VACATION  
 SWIMSUIT  
 SWIMMING  
 POPSICLES  
 READING

WARM  
 LAKE  
 TOWEL  
 POOL  
 PARK  
 CAMPING  
 SUNSET



The words may be hidden vertically, horizontally or diagonally.