

ELDER LIVING

Seneca Nation Area Office for the Aging

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Director's Update

Nya:wëh S'geno

Here we are already to August! We hope you have been having a safe summer, keeping cool and enjoying the weather!

We have several important dates and updates to share with you:

- **August 4** – Advisory Council Potluck (Allegany Territory). Join us at 5:00 PM at the Allegany Community Center MPR. Please bring a dish to pass!
- **August 8** – Closed for Seneca Nation Employee Appreciation Day. **All Sites will be closed.**
- **August 13** – President and Executives *Annual Summer Luncheon*. Held at the Seneca Allegany Casino. Sites will be closed while staff are working at the event. Home-delivered meals will still go out as usual.
- **August 15** – **We ARE OPEN!** There was an error in the SNI Newsletter – we will be open on this day.
- **August 18** – Advisory Council Potluck (Cattaraugus Territory). Join us at 5:00 PM at the Wini Kettle Sr. Center. Please bring a dish to share!
- **August 29** – Trip to the State Fair. Sign-up sheets are now available!

A Quick Note on Fraud:

Scam calls and emails are on the rise. Please do not share your Medicare number, date of birth, or personal information with anyone you don't know. If something doesn't feel right, give us a call; we're happy to help check it out or connect you to the right resource.

If it sounds too good to be true... it probably is.

And you know the drill, if you would like to participate in any of our events, activities, need assistance, or have suggestions, please don't hesitate to call!

Ja:goh and enjoy your month!

Ėsgögë' ae', Bethany Lay, Director

**AOA and SNI
Offices are
CLOSED
August 8th for Employee
Appreciation Day**

FREE In-Person Legal Assistance @ AOA

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

Date:
August 29

****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
9AM-2PM



Wini Kettle Senior Center Hours

MON-FRI
8AM-6PM
SAT-SUN
11AM-3PM

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.



Upcoming Seneca Elder Events

Please abide by the following guidelines for concert tickets:

- Sign-up Sheets are posted at each AOA site near the Front Desk **30 days prior** to the show
- Sign-ups are collected **2 weeks prior** to the scheduled event
- A 'confirmation call' will be made to you to ensure you are still able to attend
- 3-4 days** before the event, Elders will be texted specifying the date and location to distribute the tickets to the Elders. The tickets for the Alleg. Elders will be distributed at the Alleg. AOA office, the tickets for the Catt. Elders will be distributed at the Catt. AOA office
- '**Guest Tickets**' (aka '+1 Tickets') are made available only after sign-ups are tallied and there are leftover tickets - in this case, your guest will be required to pay the cost at either AOA site one week prior to the scheduled event.

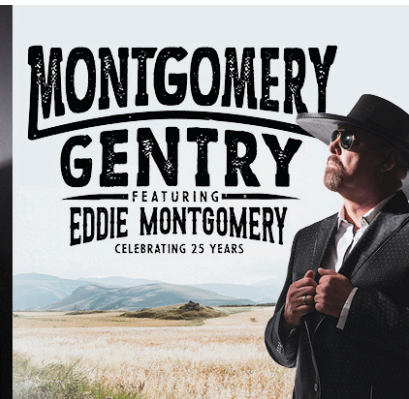
Guest Cost

\$27.50

- Lonestar & Montgomery Fri. Aug 29, 2025 7pm Seneca Allegany - Outdoor
- NYS Fair Fri. Aug 29, 2025, See flyer for detail. 50 elders total.
- Chautauqua Belle Dinner & Historical Cruise Tues. Sept 2nd, 2025. 38 Elders total.

\$27.50

- BKB, Empire State Brawl Sat, September 27th 7pm SAC Event Center



Seneca Nation AOA

FARMERS MARKET COUPONS !

Starting **07/10/2025**, coupon booklets may be picked up at the **Allegany Elder Center** or the **Wini-Kettle Senior Center**.

Eligibility:

- 60 Years of Age or older; AND
- Monthly income is at or below:
 - \$2,413/month (One-Person Household
 - \$3,261/month (two-Person Household; or
 - \$4,109/Month (three-Person Household

Rules:

- Proxies may pick-up vouchers on behalf of Elder provided Elder has signed a statement designating that individual as proxy. *(Available at the AOA)*
- A valid Power of Attorney may sign for checks and pick up books on behalf of an Elder.
- Booklet of five (5) \$5.00 checks worth \$25.00.
- For use at authorized vendors and farm stands participating in the program, and not at grocery stores.
- Used to buy locally grown fresh fruits and vegetables.
- Look for the brightly colored Farmers Market sign saying "We Gladly Accept Farmers' Market Checks".
- Checks cannot be used after 11/30/2025.
- Checks are worth \$5.00. Farmers will not give change.
- Coupons may be redeemed by caregivers.



Alternatively, you may request your Farmers Market Coupons by filling out our online form.
<https://form.jotform.com/SNAOA/2025-SFMNP>




Coupons will be mailed to you. Allow 2-3 business days for processing.

**For More information
contact us at:**

**Cattaraugus Territory: 716-532-5777
Allegany Territory: 716-945-8414**

Notice from AOA: New Broadcast System

AOA is now using Blooming Health to send important announcements to Elders. You may have already received calls from the following number:

 **716-575-2998**

Please save this number in your phone as "AOA Broadcast" so you don't miss any important messages.

If you are not receiving these messages and would like to, please contact your local AOA office for assistance.

Thank you!



Fall Festival Save the Date

September 12th , 13th & 14th

Honor 50 years of the Seneca Fall Festival with fun and free activities for the whole family. Come join us to celebrate our community, culture and art.

**For more information or to sign up to be a vendor,
please contact the Council Office
(716) 532-4900**

Elders' Health



SENECA NATION
HEALTH SYSTEM

August 2025: Memory Changes

Forgetfulness vs. Dementia:

- Forgetfulness can be a normal part of aging. However, dementia is **NOT** a normal part of aging.
- Dementia includes the loss of cognitive functioning — thinking, remembering, learning, and reasoning — and behavioral abilities to the extent that it interferes with a person's quality of life and activities.
- Memory loss, though common, is not the only sign of dementia. People with dementia may also have problems with language skills, visual perception, or paying attention. Some people experience personality changes.

Other conditions that may cause difficulty with memory:

- Sleep Apnea (low oxygen)
- Traumatic Brain Injury, Stroke, or Aneurysm
- Carbon Monoxide Poisoning
- Infections
- Nonmedical Drug Use
- Stress, Witnessing Traumatic Events, and Depression
- Normal Process of Aging



SCAN HERE (as if you are going to take a photo with you phone) to be connected to the NIH website link for more information and videos!

What can be done?:

- Manage both physical and mental health conditions. Stay physically and mentally active.
- Discuss **ANY** concerns with you doctor.

Helpful Reminder:

Be kind and patient to yourself or with those who are struggling with memory changes.

Sources: <https://my.clevelandclinic.org/health/symptoms/11826-memory-loss>, <https://www.nia.nih.gov/health/memory-loss-and-forgetfulness/memory-problems-forgetfulness-and-aging>



CHARTERED BY:
NIAGARA
SCENIC

ELDERS!!

Limited to 25
elders per
territory!

NYS Fair
Syracuse, NY

INDIAN DAY
FRI. AUG. 29TH, 2025

DEPARTURE TIME:

ALLEG. AOA: 7:30 A.M.

CATT. AOA: 8:30 A.M.

ARRIVAL TIME: 11:30 A.M.

RETURN TIME:

DEPART FAIR: 3:30 P.M.

CATT. AOA: 6:30 P.M.

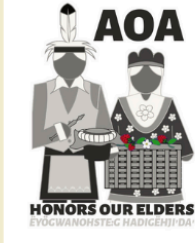
ALLEG. AOA: 7:30 P.M.

Sign-ups available at your local AOA office

IF YOU REQUIRE A SCOOTER, PLEASE INDICATE ON
SIGN-UP SHEET, AS THEY NEED TO BE RESERVED.
SAME DAY RENTALS ARE NOT GUARANTEED.

FOR MORE INFO, PLEASE
CALL:
PATTI BRISLEY,
SENIOR
ADVOCATE
716.257.0263

Seneca Nation AOA Presents



Name that Scam by



August 20th @1:30pm
Allegany Elder Center



Inspired by "Name That Tune," this engaging activity features music from the '50s, '60s, and '70s, cleverly linked to scams for an educational twist. Participants guess the song, artist, and year, making learning both fun and memorable.

Financial exploitation is on the rise, and education remains our most powerful tool to protect older adults. While scams may constantly evolve, our commitment to empowering community stays the same.

If you have any questions please contact Emily Nephew at 716-945-8414 ext. 3627

Allegany Community Meeting

Community Meeting
with the
Seneca Nation Elders Advisory Council
is scheduled for

Monday, August 4th, 2025, at 5 pm

Location: Allegany Community Center

Bring a dish to pass

The Elders Advisory Council is looking forward to having meaningful conversations regarding topics that affect the aging population in our community.

If you have any questions, please contact SNAOA at
716-532-5777

Community Meeting
with the
Seneca Nation Elders Advisory Council
is scheduled for

Monday, August 18th, 2025, at 5 pm

Location: Wini-Kettle Senior Center

Bring a dish to pass

The Elders Advisory Council is looking forward to having meaningful conversations regarding topics that affect the aging population in our community.

If you have any questions, please contact SNAOA at
716-532-5777

GET INVOLVED, GET SAFE

Financial Fraud & Scams



Millions of older Americans lose money to financial fraud and scams each year. Scammers will try to contact you in person, on the phone, through the computer, radio, TV ads, email, and text. They often pressure you to act quickly. But **YOU** have the power to stop these scammers and the right to say “NO”.

Five of the most common scams affecting older Americans are:



Online Shopping

Scammers pretend to be a real business, but have a fake website or a fake ad on a genuine retailer site.

Tip



Only click on links you searched for



Business Imposters

Scammers send emails or texts pretending to be a major retailer to get your money or personal information.

Tip



Don't click on links in texts or emails before checking your account or contacting the company



Tech Support

Scammers pose as tech support and offer to fix computer problems that are not real. They ask you to give them access to your computer and steal your personal information.

Tip



Accept tech support help only when you noticed a problem and you hired someone or asked for help



GET INVOLVED, GET SAFE

Financial Fraud & Scams



Government Impersonation

Scammers pose as government employees and threaten to arrest or prosecute you unless you agree to pay them.

Tip



The federal government will never call you on the phone and ask for personal information or threaten you



Romance Scams

Scammers pose as interested romantic partners and convince you to give them money or offer to send you money in order to steal your personal information.

Tip



Do not send or receive money in any form (like gift cards or wire transfers) from anyone you have met online, no matter how sad or convincing their story

One of the best ways to avoid financial fraud is to know the scams.
Learn about types of financial scams at
consumer.ftc.gov/scam-alerts or elderjustice.gov/senior-scam-alert



GET HELP

Call the Elder Fraud Hotline at **833-372-8311**

Monday-Friday, 10:00 a.m.-6:00 p.m. eastern time
English/Español/Other languages available

This free resource is staffed by experienced case managers who provide support but do not investigate cases.



Visit the Elder Justice Website
elderjustice.gov

DEPARTMENT OF JUSTICE
ElderJustice
INITIATIVE





August 2025 Menu

Seneca Nation Area Office for the Aging



O'wēdē:da't – Monday	Swēda:dih – Tuesday	Ha'dewēdāh – Wednesday	Ėyóhē'tgeh – 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	MENU IS SUBJECT TO CHANGE Please enjoy a ½ pint milk served with each meal!			1 Hawaiian Chicken over Rice Served with Steamed Broccoli, Cauliflower, and Carrots And Fruited Jell-O for dessert
4 Salisbury Steak with Gravy Noodles, Steamed Cauliflower and Carrots, Dinner Roll Fruit cup for dessert	5 Tuna Melt on wheat Vegetable Soup, Celery Sticks Fresh Cantaloupe	6 Pepperoni & Vegetable Pizza Served with a Side Salad Fresh Peaches and Greek Yogurt for dessert	7 TRADITIONAL MEAL Braised Bison with Carrots Broccoli and Wild Rice bake, Warm Fruit Crisp with whipped topping for dessert	8 CLOSED
11 Chicken Salsa Rice Bake Red Bell Pepper Sticks And Humus Grapes Brownie for dessert	12 BBQ Pulled Pork Sandwich French Fries, Broccoli & Cauliflower, and Nectarine and Apple for Dessert	13 Italian Sausage Hoagie Sautéed peppers & onions Baked Beans, Potato Salad Carrot Sticks Blueberries and Peaches	14 Grilled Chicken, Strawberry Salad, Poppyseed Dressing, Whole Wheat dinner roll, Carrots & Bell Pepper Rings with Humus, Ice Cream	15 Cheese Tortellini Spinach Salad and California Blend Vegetables Breadstick Orange for dessert
18 Spaghetti & meat sauce Roasted Zucchini, Tossed Salad, Italian Bread Slice Apricots	19 Ranch Chicken Green Beans Brown Rice Fruit Cocktail for dessert	20 BRUNCH Corned Beef Hash Casserole, Steamed Asparagus, Whole Wheat Toast, Fresh Cantaloupe and Blueberries	21 BIRTHDAY PARTY Teriyaki Pork with Rice Roasted Carrots Strawberry Poke Cake with fresh Strawberries	22 Beef Tacos Served with Salsa and Sour Cream, Coleslaw And Fresh Melon
25 Macaroni & Cheese Stewed Tomatoes With Zucchini & Squash Blend Peaches and Blueberries for dessert	26 Philly Steak & Cheese Sandwich with grilled onions & peppers Baked Sweet Potato, Green Beans Fresh Cantaloupe	27 Chicken & Rice Casserole With Steamed Peas and Carrots Ambrosia for dessert	28 Hot Dog and Baked Beans with Vegetable Pasta Salad Watermelon and Apple for dessert	29 Hot Ham & Cheese Slider Roasted Brussels Sprouts & Carrots, with Blueberries & Apple Slices for dessert

“Let food be thy medicine and medicine be thy food”

Allegany Senior Center
3644 Administration Drive
Salamanca, NY 14779
716-945-8990
Any questions please feel free to
call:
Stephanie or Jana
CALENDAR is subject to
CHANGE!!

August 2025










HOURS
Monday - Friday
8:30am—7:00pm
Saturday & Sunday
9:00am—2:00pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Cattaraugus AOA Seniors coming 8-21-25 Lunch & Bingo	1 9am Coffee Hour 11am Open Beading	2 9am Coffee Hour 11am Board Games
3 9am Coffee Hour 11am Book Scrapping	4 9am Coffee Hour 11am Craft Time w/Jana	5 9am Coffee Hour 12pm LUNCH 1pm Rummikub & Seneca Lang.	6 9am Coffee Hour 11am Card Class	7 9am Coffee Hour 12pm LUNCH 1pm BINGO	8 9am Coffee Hour 11am Open Beading	9 9am Coffee Hour 11am Board Games
10 9am Coffee Hour 11am Book Scrapping	11 9am Coffee Hour 11am Craft Time w/Jana	12 9am Coffee Hour 12pm LUNCH 1pm Rummikub	13 9am Coffee Hour 11am Card Class	14 9am Coffee Hour 12pm LUNCH 1pm BINGO	15 9am Coffee Hour 11am Open Beading	16 9am Coffee Hour 11am Board Games
17 9am Coffee Hour 11am Book Scrapping	18 9am Coffee Hour 11am Craft Time w/Jana	19 9am Coffee Hour 12pm LUNCH 1pm Rummikub	20 9am Coffee Hour 11am Card Class	21 9am Coffee Hour 12pm LUNCH 1pm BINGO	22 9am Coffee Hour 11am Open Beading	23 9am Coffee Hour 11am Board Games
24 9am Coffee Hour 11am Book Scrapping	25 9am Coffee Hour 1pm POT LUCK	26 9am Coffee Hour 12pm LUNCH 1pm Rummikub	27 9am Coffee Hour 11am Card Class	28 9am Coffee Hour 12pm LUNCH 1pm BINGO	29 9am Coffee Hour 11am Open Beading	30 9am Coffee Hour 11am Board Games

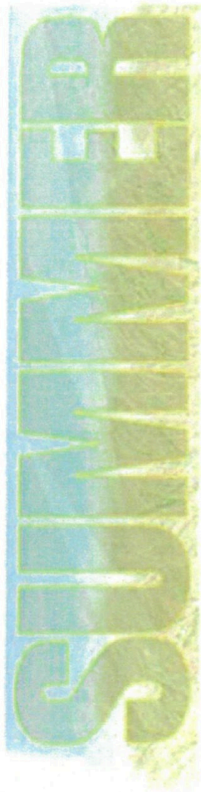
Allegany AOA Trips

Allegany AOA
3644 Administration Dr., Salamanca
716-945-8414

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
**All trips leave @ 1:15 unless otherwise noted.	**Please make sure to bring spending money.				1 Local Shopping	2
3	4  Rider's Choice	5  Jamestown	6 Hamburg Fair Free entry with 4 canned food dona- tion each 10am	7  Local Shopping	8 CLOSED	9
10	11  Rider's Choice	12 Lakin Square Food Truck Leave at 3pm	13 Senior picnic Casino 10:30am	14  Local Shopping	15	16
17	18  Rider's Choice	19  Ollies, Marshalls, Hobby Lobby	20 Goode's Family Restaurant Collin's 10am	21	22  Local Shopping	23
24	25  Rider's Choice	26 Millcreek Mall Leave at 10am	27  Local Shopping	28 	29 State Fair	30
	31					

August 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	1	2	3
Mens Pool @ 9am Potluck/ Bingo @5pm	Cards @10:30am Quilting @2pm	Men's Pool @9am Finish projects @1	Board Games@10 Bingo@1pm work on projects	Cards @10am Board games @1 Seneca Leadership game day 9:30am	light lunch @ 12 Shuffleboard @ 1	Light lunch @12 Bingo @1pm
4	5	6	7	8	9	10
Mens Pool @ 9am Potluck/ Bingo @5pm	Cards @10:30am Quilting @2pm	Men's Pool @9am Finish projects @1	Board Games@10 Bingo@1pm work on projects	Cards @10am Board games @1	light lunch @ 12 Shuffleboard @ 1	Light lunch @12 Bingo @1pm
11	12	13	14	15	16	17
Mens Pool @ 9am Potluck/ Bingo @5pm	Cards @10:30am Quilting @2pm	Men's Pool @9am Finish projects @1	Board Games@10 Bingo@1pm work on projects	Cards @10am Board games @1	light lunch @ 12 Shuffleboard @ 1	Light lunch @12 Bingo @1pm
18	19	20	21	22	23	24
Mens Pool @ 9am Potluck @5pm Advisory Public Mtn 5am	Cards @10:30am Quilting @2pm	Men's Pool @9am Finish projects @1	Board Games@10 Bingo@1pm work on projects	Cards @10am Board games @1	light lunch @ 12 Shuffleboard @ 1	Light lunch @12 Bingo @1pm
25	26	27	28	29	30	31
Mens Pool @ 9am Potluck/ Bingo @5pm	Cards @10:30am Quilting @2pm	Men's Pool @9am Finish projects @1	Board Games@10 Bingo@1pm work on projects	Cards @10am Board games @1 State Fair Trip	light lunch @ 12 Shuffleboard @ 1	Light lunch @12 Bingo @1pm
1	2					

Notes:

Advisory Council Public Meeting @ Wini-Kettle Senior Center 8/18/25 at 5pm.

SNAOA

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Fish Fry 3:30pm 1	2
3	4 Regal movie tbd	5 Walmart 1pm	6	7	8	9
10	11	12 Elders event	13	14	15	16
17	18 Local banking Shopping 1pm	19 walmart 1pm	20 Riders choice 1pm	21 Buffalo Creek Casino 1pm	22	23
24	25 John bead 1pm	26 Walmart 1pm	27 Riders choice 1pm	28	29	30
31						

TRIPS

Sign Up At AOA day before
716 532 5777

It's time to uncover some summertime words in this word search! Imagine diving into a jumble of letters that captures the spirit of the season. Can you find all the hidden words related to August? Words may lurk in any direction—forward, backward, up, down, or diagonally. When you spot a word, circle it and check it off the list.

August

Word Search



AUGUST

BBQ

BEACH

BOATING

CAMPFIRE

CAMPING

FISHING

FLIP-FLOPS

FOREST

HEAT

HIKING

ICE CREAM

LEMONADE

OCEAN

PICNIC

RELAXATION

ROAD TRIP

SAND

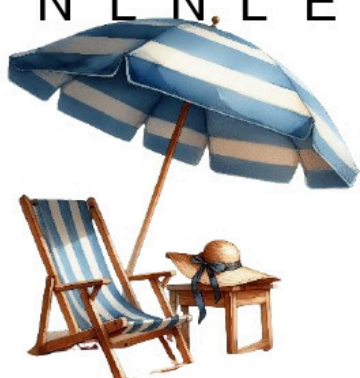
SEASHELLS

SUMMER

SUN

SUNGLASSES

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



SUNSHINE

SURFING

SWIM

TANNING



TRAVEL

VACATION

WATERMELON

WILDLIFE