



ELDER LIVING

Seneca Nation Area Office for the Aging



Inside this issue:

New Staff/Hours: 2
Personal Care/Legal: 3
Pool Table: 4
Aging Well Series: 5
Entertainment: 6
Activities: 7
Winter Safety: 8
Alzheimer's Forum: 9
Trips: 10
Menu: 11
Puzzle Page: 12

Director's Update

Please note:

AOA & SNI
Offices are
closed:

Mon. Dec. 5th
SNI Birthday

Mon. Dec. 26th
Christmas

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

Winter is here and we hope that you are staying safe and warm. Many health experts are predicting the 2022-2023 flu season will be a severe one. I urge you to get yourself vaccinated against flu and COVID-19. Call your primary care doctor if you experience any COVID or flu-like symptoms.

You are important to us and to your community. Please take care of yourselves and be safe this winter.

Have a safe and happy holiday,

Ėsgögë' ae' - I'll see you again.

Bethany Lay

Welcome New AOA Staff!

Stephanie John
Activities Coordinator
Allegany AOA



Allegany Elders Center Hours

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

Wini Kettle Senior Center Hours

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

**NEW
HOURS**

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.

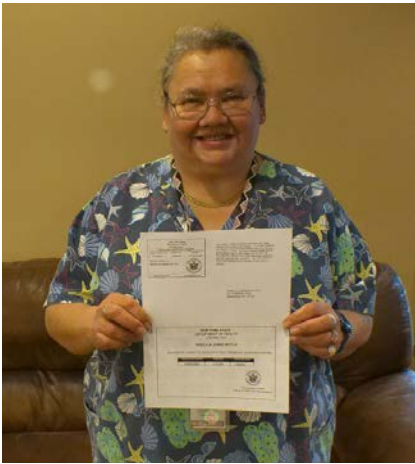
Wini Kettle Senior Center

Weekdays from 12 – 1 pm.

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



Personal Care Services Now Available In Allegany



Congrats Sheila Jones-Kettle on obtaining your certification!

Allegany AOA staff member Sheila Jones-Kettle took part in a 6-week certification program at BOCES to receive her CNA (Certified Nursing Assistant).

Sheila is now certified to provide expanded personal care services to AOA clients including bathing, toileting and transferring. These services are in addition to the services that AOA respite workers on both territories are able to provide to qualified elders, including: light housekeeping, essential errands, shopping, cooking & friendly visiting.

To see if you or your loved one qualify for personal or respite care, please contact AOA case managers:

Allegany - Teresa Redeye (716) 945-8414

Cattaraugus - Shantel Burning (716) 532-5777

Monthly In-Person Legal Assistance @ AOA

With Thomas Warren,
Center for Elder Law & Justice

December 16th

****Appointments required****

To make an appointment:

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

Social Security Assistance at SNI Disability Services

Social Security assistance is available IN-PERSON monthly at Seneca Nation Disability Services.

To schedule an appointment with the Social Security representative, please call Ashley Kennedy at (716)532-4900, ext. 5152 or email ashley.kennedy@sni.org.



New Pool Table at Allegany Elders Center

Stop by to check it out.

Play a game.

Pool tournaments and events
coming soon!



Elder's Holiday Party

Wednesday, December 14th, 2022

Seneca Allegany Casino
Events Center

11 a.m. - 3 p.m.

Enrolled Seneca Elders may bring a guest
One per household

For bus transportation & RSVP
Please call AOA 716.532.5777
By December 2nd





AGING WELL SERIES: HEALTHY HABITS FOR A POTLUCK

During the holidays, it is easy to over-indulge.
Learn ways to prepare healthier dishes &
enjoy your gatherings without the holiday
weight gain.

This class will be taught by Health Educator,
Robin Crouse; Nutritionist, Jody LaMarca; and
Exercise Specialist, Andrea Spako.

Aging Well Series is a health initiative collaboration of
UB School of Public Health, SNI AOA, and Seneca
Nation Health System

Wini Kettle Senior Center: Monday Dec. 12 @ 1:30pm

Seneca Allegany Senior Center: Tuesday Dec. 20 @ 1:30pm

Sign-ups are required for the class as there is a 20-participant maximum. Each
participant will receive a \$20 gift card.

Call to reserve your spot with Raven Lay at 716-532-5777 (Catt) or Dorsie John-Bluesky at
716-945-8414 (Alleg).

Upcoming Seneca Elder Events



Boy Band Christmas - Friday, Dec. 9th 8 pm @ Seneca Niagara

Boy Band Christmas - Saturday, Dec. 10th 8 p.m. @ Seneca Allegany

Buffalo Bills vs Miami Dolphins - exact date TBD Dec.17th or 18th @ Highmark Stadium (Ticket Lottery)

Trans Siberian Orchestra - Thursday, Dec. 22nd 3 p.m. @ Keybank Center

STOMP Musical - Friday, Jan. 27th 7 p.m. Shea's Theatre

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. 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 for the remainder of the year. Nya:weh!

Free Exercise Classes @ AOA



Join us for a 6-week fitness program designed to improve mood, balance, strength, flexibility, and cardio health!

This gentle exercise class will cater to all levels of fitness. Walk-ins are welcome. Dress comfortably. Equipment will be provided.

Classes will be held **Wednesdays at 1:30pm** at the Wini Kettle Senior Center and **Mondays at 11am** at the Allegany Elders Center.

Classes instructed by Andrea Spako, SNHS Exercise Specialist

Elder Center Activities

Wini Kettle Senior Center Activities

Pot Luck & BINGO: EVERY MONDAY (except 12/5 & 12/26) @ 5pm.

Mens Pool: EVERY MONDAY (except 12/5 & 12/26) @ 9am.

Card Club: EVERY TUESDAY & FRIDAY (except 12/9) @ 10am.

Exercise Class: EVERY WEDNESDAY (except 12/14) from 1:30-2:30pm.

Wine Bottle Christmas Painting: Fri. 12/2 @ 1pm.

Shuffleboard: Tues. 12/6 & 12/27 @ 1pm.

Co-Ed Pool Tournament: Thurs. 12/8 @ 1pm.

Healthy Potluck Presentation: Mon. 12/12 @ 1:30pm

Women's Pool Tournament: Tues. 12/13 @ 1pm.

Quarter BINGO: Thurs. 12/1 & 12/15 @ 1pm.

Seasonal Craft: Fri. 12/9, 12/16, 12/23 @ 1pm.

Christmas Cookie Making: Mon. 12/19 & Tues 12/20 @ 1pm.

Christmas Party: Thurs. 12/22 @ 1pm.



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

Allegany Elders Center Activities

Exercise Class: Every Monday, 11-11:45am.

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

Seneca Language: Every Friday, 11am-12pm.

BINGO: EVERY Thursday @ 1pm.

Card Club: EVERY MONDAY & FRIDAY, 1-3pm.

Christmas Bulbs: Sat. 12/3 & 12/4 from 1-4pm & Tues. 12/6 from 4-6pm.

Christmas Wreath: Fri. 12/9, 1-4pm.

Book Club: Sat. 12/10 & 12/24, 1-3pm.

Christmas Project: Fri. 12/16, 1-3pm.

Healthy Potluck Presentation: Tues. 12/20 @ 1:30pm.

Cookie Exchange: Thurs. 12/22 @ 10am.



For more information call Stephanie & Dorsie at (716) 945-8990.

Winter Safety Tips for Seniors

Get Vaccinated With the Flu Shot - Up to 90 percent of seasonal flu related deaths happen to people who are 65 and older. According to the CDC, the most effective way for older adults to protect themselves from the flu and its complications, like pneumonia, is to get an updated vaccine before each flu season, as recommended by your doctor.

Don't Drive During Snowy or Icy Conditions - When possible, stay off the roads until it stops snowing and roads are plowed and salted.

Take Vitamin D and Calcium Supplements - With shorter days and most of them spent indoors, our bodies don't get enough sunlight to produce the Vitamin D necessary to absorb enough calcium for bone strength. Brittle bones increase the odds that otherwise minor falls turn into major catastrophes resulting in fractured bones and hips. Discuss with your doctor.

Making Sure Electric Space Heaters are Being Used Safely - If you're going to use one, make sure it's not next to any drapes, clothing, bedding or wires that can melt or catch fire. The CDC recommends you clear an area of 3 feet around a space heater to ensure safety.

Get your Furnace, Chimney and Wood Stove Cleaned and Serviced - Get your furnace serviced and make sure your chimney and wood stove are checked and cleaned by a qualified professional EVERY year.

Get a Carbon Monoxide Alarm - Heating your home with a furnace, fireplace or wood stove all present carbon monoxide poisoning risks - the silent and odorless killer. Place carbon monoxide detectors in your main living areas, bedroom and furnace room. They're absolutely essential.

Keep a Flashlight Handy and Avoid Candles - Extreme cold tends to increase the frequency of power outages. Make sure you have several flashlights in easily accessible areas such as your nightstand, kitchen counter or coffee table. Avoid candles at all costs! Open flames are dangerous and carrying them around with limited visibility is an even greater risk.

Stay Connected - In the event of an emergency, make sure you have the ability to call for help, even if the power goes out. In this day and age, where many households are cord cutting, this is especially important. You can do this by ensuring your cell phone is charged, you're wearing your life alert and your landline phone is on the hook.



Cattaraugus and Allegany Territory Alzheimer's & Dementia Community Forums

No one should navigate the challenges of Alzheimer's disease alone. These **free** programs bring together community members affected by dementia to share their experiences in an effort to bolster programs & services on the Seneca Nation of Indians.

Caregiver resources and food will be provided.

To register call 800.272.3900

CATTARAUGUS TERRITORY
Wed., Jan. 11 | 2-4pm
Wini Kettle Senior Center
28 Thomas Indian School Dr.
Irving, NY

ALLEGANY TERRITORY
Wed., Jan. 18 | 12-2pm
Seneca Allegany Elder Center
3644 Administration Dr.
Salamanca, NY












Seneca Nation
Area Office for the Aging

These programs are graciously funded through Foundation 214, Inc.

Allegany AOA December Trips

** Cattaraugus AOA is still without a CDL Driver and will only be making trips to Walmart on Wednesday at 1pm each week. **

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ALL TRIPS DEPART @ 1:15 UNLESS OTHERWISE NOTED	SCHEDULE IS SUBJECT TO CHANGE			1 Big Lots & Ollies Olean, NY	2 Cuba Cheese	3 Fairgrounds Yuletide in the Country \$6.00 Admission DEPART @ 10:AM
	5 <u>SITE CLOSED</u>  SENECA NATION OF INDIANS	6 Tops 5% off Sr. Discount Olean, NY	7 Burlington Buffalo, NY	8 Lowe's Springville, NY	9 El Canelo Mexican Restaurant DEPART @ 3:00 Blasdell, NY	
	12 Walmart & Aldi's Bradford, PA	13 Lakewood Cinema 8 1/2 price Popcom & Drinks	14 Walden Galleria DEPART @ 10:AM	15 Reid's Food Barn Olean, NY	16 Nordstrom Rack & Sketchers Shoe Store Amherst, NY	17
18	19 Home Goods & Target Blasdell, NY	20 Wegman's 5% off Sr. Discount Jamestown, NY	21  Irving Fire Hall DEPART @ 5:15	22 Trans Siberian Orchestra DEPART @ 1:00 Buffalo, NY	23 Scenic Ride Amish Trail	24
	26 <u>SITE CLOSED</u>	27 Michael's & Pet Smart Jamestown, NY	28 BEADS BEADS BEADS	29 Hobby Lobby Blasdell, NY	30 Brigiotta's Market Jamestown, NY	

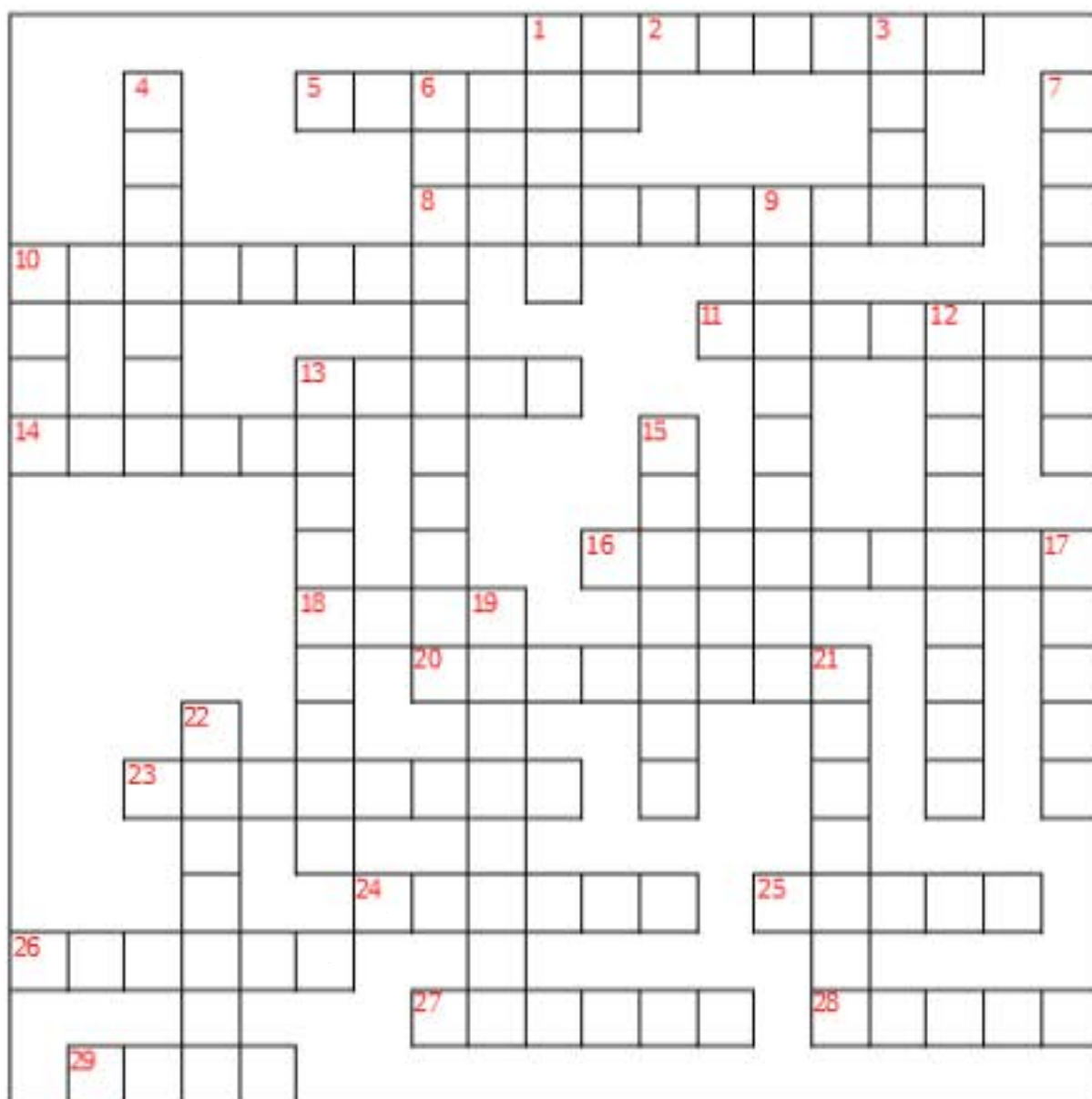


December 2022 Menu

Seneca Nation Area Office for the Aging

O'wēde:da't – Monday	Swēda:dih – Tuesday	Ha'dewēdāēh – Wednesday	Ēyohē'tgeh – Thursday	Wēda:k'ah – Friday
<p>Please enjoy a ½ pint of milk served with each meal!</p> <p>Menu is subject to change</p>	<p>In Allegany, please call 716-945-8414 or in Cattaraugus, please call 716-532-5777 to make a reservation or cancel a meal by 3:00 pm the day prior to the meal</p>			
<p>5</p> <p>CLOSED</p> <p>SN Birthday</p>	<p>6</p> <p>Liver and Onions Baked Potato Roasted Zucchini Apple Crumble</p>	<p>7</p> <p>Ranch Chicken Green Beans Rice Tropical Fruit Cocktail</p>	<p>1</p> <p>TRADITIONAL MEAL 3 Sisters Harvest Vegetable Soup Dinner roll White Corn Cherry Muffins Vanilla Pudding</p>	<p>2</p> <p>Crispy Breaded White Fish Fillet, Steamed Carrots Boiled Baby Red Potatoes Peanut Butter Chocolate Rice Krispy Treat for dessert</p>
<p>12</p> <p>Chicken Noodle Soup Crackers Fruit cup</p>	<p>13</p> <p>Oven baked Pork Chop Served with Applesauce And steamed Carrots Breadsticks</p>	<p>14</p> <p>Stuffed Shells Served with Green Beans Dinner roll Chocolate pudding</p>	<p>8</p> <p>Beef Stew Parsley Cauliflower Biscuit Fruit Cup</p>	<p>9</p> <p>Garden Vegetable Pizza Side Salad Fruited Jello w/whipped cream</p>
<p>19</p> <p>Macaroni & Cheese With stewed tomatoes Spinach Vanilla Pudding with Blueberries</p>	<p>20</p> <p>Sloppy Joe Garden Salad Sweet Potato Fries Warm Cinnamon Applesauce</p>	<p>21</p> <p>BRUNCH Blueberry Pancake Scrambled Egg Turkey Sausage Fresh Fruit Orange Juice</p>	<p>15</p> <p>CHRISTMAS & BIRTHDAY Ham, Mashed Potatoes Green Beans, Chocolate Cake with Cherry Topping</p>	<p>16</p> <p>Salisbury Steak & Gravy Over brown rice Roasted Cauliflower Oranges & pineapple</p>
<p>26</p> <p>CLOSED</p>	<p>27</p> <p>Beef Stroganoff with Noodles Roasted Brussel Sprouts Orange Slices</p>	<p>28</p> <p>Meatloaf with Gravy Mashed Potatoes, Mixed Vegetables Poke cake</p>	<p>22</p> <p>Ham & Scalloped potatoes Steamed Broccoli Pear Crisp</p>	<p>23</p> <p>Chicken Broccoli Rice Casserole Green Beans Peanut Butter Cookie</p>
			<p>29</p> <p>Beef & Vegetable Soup Side Salad Chocolate Pudding</p>	<p>30</p> <p>Spaghetti & meat sauce With Broccoli And Mini Breadsticks Cinnamon Peaches</p>

MERRY CHRISTMAS
& Happy New Year



Across

- 2 Famous snowman
- 5 Traditional dairy drink
- 8 An opener or a famous ballet
- 10 Hung over the fireplace
- 11 Carrot-nosed figure
- 13 Christmas song
- 14 Circular decoration
- 16 Dance of the _____ Fairy
- 18 Tree topper
- 20 Christmas month
- 23 Tree decoration
- 24 Santa's ride
- 25 Santa's helpers
- 26 _____ Bells
- 27 Green Christmas thief
- 28 Plant with red berries
- 29 The First Christmas, "The First _____"

Down

- 1 _____ Pole
- 3 Green Christmas decoration
- 4 Mean or miserly person
- 6 Treat used to build miniature houses
- 7 How Santa gets in
- 9 Striped sweet
- 10 Frozen rain
- 12 Christmas "kissing" plant
- 13 Gift giving holiday
- 15 Little _____ Boy
- 17 _____ Christmas; A season's greeting
- 19 Rudolph and friends
- 21 Lead reindeer
- 22 Kris _____