

ELDER LIVING

Seneca Nation Area Office for the Aging



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Director's Update

Nya:wëh Sgëno:

As we finished up our Midwinters and start a new year, Happy New Year Everyone! I'd like to welcome back our Outreach Coordinator Emily Nephew back from her Maternity Leave. Many Nya:wëh's to Sr. Advocate, Irma Cortes for keeping up with our Newsletter while she was off. I also would like to send best wishes to our Cattaraugus Respite Care Provider Cali Stahlman as she moves on to another Department and to say Nya:wëh Cali for taking care of our Elders and hope you won't be a stranger and come to visit.

AOA Blizzard boxes are now available, these are the 3-day supply of emergency shelf stable foods for Elders 60 and over, please see our flyer inside the newsletter for more details. We would like to remind you if you receive any type of home services i.e. home delivered meal, respite, personal care, and you or anyone in your home are covid positive, please contact AOA so we can engage our protocols for the safety of staff and other clients.

Also, please reserve your congregate/pick up lunches ahead of time to make sure there is enough for everyone. The Cook only makes a few extra as not to have a lot of food waste due to the inflated price of food and we really want to accommodate everyone and not turn anyone away so please remember to call or reserve while you are there. That is all for now, until next Month, be well, stay safe and warm!

Happy Valentines Day!

Bethany Lay



The Elder Protection Code was passed by council on January 23, 2024! If you want a copy please contact AOA or the Clerks office.



SENECA NATION
HEALTH SYSTEM

WELLNESS HOUR with Andrea

Every Tuesday @ 1:00–2:00 pm
Seneca Allegany Elder Center



FEBRUARY TOPICS: HEART HEALTH MONTH

FEBRUARY 6TH: HEART SMART EDUCATION

Kick off Heart Health Month with heart smart educational tools and discussion. Wear Red on this class and win a prize!

FEBRUARY 13TH: HEART HEALTHY COOKING DEMO

Learn what foods are best for your heart and try healthy heart smart recipes. Andrea will discuss ingredients that are most important for a healthy heart and cooking techniques to maintain nutrients.

FEBRUARY 20TH: GET PUMPED ABOUT YOUR HEART

Physical activities to get your heart pumping! Andrea will go through an exercise routine that is gentle yet gives your heart a cardio kick! Dress appropriately with loose fitting and breathable clothing as well as proper footwear.

FEBRUARY 27TH: LOVE YOUR HEART

Tips on stress busters and sleep. Learn how stress affects the heart and ways to manage stress. Andrea will also go over the importance of quality sleep for restoring heart health.

The Wellness Hour with Andrea is a power hour to educate, invest and bring togetherness for health and well-being during the aging years. Andrea Spako is an exercise specialist for the Seneca Nation Health System.

Please RSVP for each class you will be attending:
Stephanie John at 716-945-8414
Seneca Allegany Elder Center, 3644
Administration Drive, Salamanca, NY

WEDNESDAY WELLNESS HOUR WITH ANDREA



Starting Jan. 10–March 26
Every Wednesday 1:00–2:00 PM

Chair Yoga

Join us as we settle into our chairs, using breathing techniques and stretching to help ourselves become more flexible mentally and physically in our day to day activities. Wear comfortable clothing.

Exercise Stations

Do you want to switch up your physical activity? Try our exercise stations! This is a low-impact exercise class for all levels of fitness. You will be offered various modes of exercises such as cardio, resistance, active rest, and stretching.

Nutrition Education w/Demo

Are you confused about nutrition advice or messaging? Join us as we discuss foods that are healthful and diabetic friendly for quick meals and snacks! You will also get to sample these delicious recipes!

Exercise Bingo!

Just like it sounds...play a game of interactive bingo with physical exercises that are low-impact. Do your exercises that are drawn, get a Bingo, and you win prizes! This is a fun way to add a "twist" to your bingo game!

Schedule

1/10 – Chair Yoga
1/17 – Exercise Stations
1/24 – Nutrition Education
w/Demo
1/31 – Exercise Bingo!
2/7 – Chair Yoga
2/14 – Exercise Stations
2/21 – Nutrition Education
w/Demo
2/28 – Exercise Bingo!
3/6 – Chair Yoga
3/13 – Exercise Stations
3/20 – Nutrition Education
w/Demo
3/27 – Exercise Bingo!

Location:

**Cattaraugus AOA
Wini Kettle Building
28 Thomas Indian School Dr.
Irving, NY 14081**

**Walk-ins Welcome
Do not need to register**

**Any Questions?
Call Raven Lay at AOA
716-532-5777**

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 the show for the buffet at the casinos.

- **Brantley Gilbert**- Saturday, February 10th 7 p.m. Seneca Allegany Event Center
- **Buffalo Bandits Game**- Saturday, February 24th 7:30 p.m. Keybank Center-Bus avail.
- **Legacy Fighting Alliance**- Friday, February 23rd 7 p.m. Seneca Niagara Event Center
- **+LIVE+**- Saturday, March 2nd 7 p.m. Seneca Allegany Event Center
- **STYX**- Saturday, March 23rd 8 p.m. Seneca Niagara Event Center
- **Scotty McCreery**- Saturday, April 13th 7 p.m. Seneca Allegany Event Center
- **Nikki Glaser**- Saturday, April 20th 8 p.m. Seneca Niagara Event Center



**NATIVE AMERICAN HERITAGE NIGHT
SATURDAY, FEBRUARY 24
7:30 PM**



VS.



RAINBOW SAND ART TERRARIUM

February 5 & 12, 2024

2pm-4pm

At the Allegany Senior Center

Please call to sign up

716-945-8990



Thank You!

Billy Abrams cooked for the Elders on Friday, January 26th.

They enjoyed venison meatballs, spaghetti, salad, and all Elders brought in a dessert. It was a great turnout!





Blizzard Boxes- Available Now!

Blizzard boxes are available now. They contain a three-day supply of food for use when regular AOA meals and deliveries are canceled due to weather.

Elders age 60 and up can stop by Cattaraugus or Allegany AOA to pick up a Blizzard Box anytime. All home delivered meal recipients will have a box delivered to them.

Supplies are limited and first come, first serve.

Monthly In-Person Legal Assistance @ AOA

With Thomas Warren,
Center for Elder Law &
Justice

February 23, 2024

****Appointments required****



To make an appointment:

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

Allegany Elders Center Hours

MON-FRI
8:30AM-7PM
SAT-SUN
9:00AM-2PM

Wini Kettle Senior Center Hours

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

CAREGIVER SUPPORT

Add More Joy to Your Life

<https://caregiver.com>

Being a caregiver of a loved one can take a toll on you physically and emotionally, especially when it comes to your joy. Here are some tips to help you add more joy to your life as a caregiver.

Create a joyful journal. Journaling is a safe place to write our innermost thoughts. A joyous or funny memory of your loved one, a joyous event that happened in the world, some upbeat lyrics to a song you love, or an inspirational quote.

Write a joyful mantra to post on your computer or refrigerator to say each morning. Mantra's can encourage you to stay positive and in a joyous mood during those times when you are feeling low spirited.

Celebrate. Find ways to celebrate. Buy flowers, treat yourself to an "Off day" by getting friends and family on board so that you can have date night with your spouse, or a spa day or a day out golfing. Buy something inexpensive for yourself like a coffee mug or t-shirt with a humorous or quirky saying.

FEBRUARY 16TH IS NATIONAL CAREGIVER DAY

For more information on Caregiver Resources and Powerful Tools for Caregivers classes, please contact Briana Snyder at 716-532-5777.



Exercise always boots your mood. Although it may be difficult to find time to exercise as a caretaker it is essential self-care for your well-being. Take a walk, put on an exercise DVD, or turn on music and dance.

Be joyous around your loved one. Even if your loved one isn't responsive talk joyously to him or her. Recall funny memories of past times, tell jokes, put on a comical or inspirational movie or sitcom for your loved one. Your loved one is much more than the disease he or she has and you are so much more than a caretaker.

Cultivate gratitude. Many research studies have shown that gratitude is associated with greater happiness. As caretakers you may feel hard-pressed to feel grateful during this time in your life as you care for an incapacitated loved one. In the midst of caretaking you have to purposely look for things, occasions, and signs to counter those emotions so they won't weigh you down.

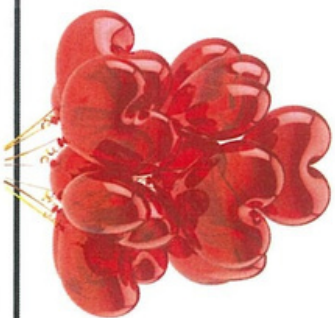
Gönóöhgwá'

I love you

February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Allegany Senior Center 3644 Administration Drive Salamanca, NY 14779</p>	<p>Any questions please Feel free to call Stephanie or Dorsie @ 716-945-8990</p>	<p>HOURS Monday—Friday 8:30am-7pm Saturday-Sunday 9am-2pm</p>	<p>CALENDAR IS SUBJECT TO CHANGE</p>	<p>1 9-10 Coffee Social 12-3 Lunch Snack Bingo B I N G O</p>	<p>2 9-10 Coffee Social 1:30 Seneca Lang.</p>	<p>3 9-10 Coffee Social 11-1 LRC game</p>
<p>4 9-10 Coffee Social 11-1 Sunday Matinee</p>	<p>5 9-10 Coffee Social 11-2 POOL 2-4 Rainbow Sand Art Terrarium</p>	<p>6 9-10 Coffee Social 12-1 Lunch 1-2 Healthy Hearts- "Education" 2-4 Paint w/Karlene</p>	<p>7 9-10 Coffee Social 11-1 Card Class 3-5 Scrabble</p>	<p>8 9-10 Coffee Social 12-3 Lunch Essential Bingo B I N G O</p>	<p>9 9-10 Coffee Social 1:30 Seneca Lang.</p>	<p>10 9-10 Coffee Social 11-1 Open Pool</p>
<p>11 9-10 Coffee Social 11-1 Open Pool</p>	<p>12 9-10 Coffee Social 11-2 POOL 2-4 Rainbow Sand Art Terrarium</p>	<p>13 9-10 Coffee Social 12-1 Lunch 1-2 Healthy Hearts- "Healthy Meals"</p>	<p>14 9-10 Coffee Social 11-1 Card Class 2-4 Open Pool</p>	<p>15 9-10 Coffee Social 12-3 Lunch Cash Bingo B I N G O</p>	<p>16 9-10 Coffee Social 1:30 Seneca Lang. Make an OJO</p>	<p>17 9-10 Coffee Social 11-1 LRC game</p>
<p>18 9-10 Coffee Social 11-1 Sunday Matinee</p>	<p>19 9-10 Coffee Social 11-2 POOL</p>	<p>20 9-10 Coffee Social 12-1 Lunch 1-2 Healthy Hearts "Exercise"</p>	<p>21 9-10 Coffee Social 11-1 Card Class 3-5 Scrabble</p>	<p>22 9-10 Coffee Social 12-3 Lunch Dirty Bingo B I N G O</p>	<p>23 9-10 Coffee Social 12-3 POT LUCK "Chicken -n- Biscuits"</p>	<p>24 9-10 Coffee Social 11-1 Make an OJO</p>
<p>25 9-10 Coffee Social 11-1 Open Pool</p>	<p>26 9-10 Coffee Social 11-2 POOL</p>	<p>27 9-10 Coffee Social 12-1 Lunch 1-2 Healthy Hearts- "Stress Busters"</p>	<p>28 9-10 Coffee Social 11-1 Card Class 2-4 Open Pool</p>	<p>29 9-10 Coffee Social 12-3 Lunch Snack Bingo B I N G O</p>	<p>POT LUCK EVERY LAST FRIDAY OF THE MONTH</p>	<p>Rainbow Sand Art Terrarium</p>



February 2024

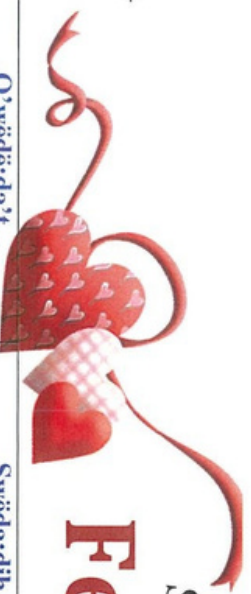




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	CALENDAR IS SUBJECT TO CHANGE			1 LOCAL	2 RIDER'S CHOICE	3
4	5 RIDER'S CHOICE	6 LOCAL	7  WALMART BRADFORD	8 LOCAL	9 RIDER'S CHOICE	10
11	12 RIDER'S CHOICE	13 LOCAL	14  LOCAL	15 LOCAL	16 RIDER'S CHOICE	17
18	19 RIDER'S CHOICE	20 LOCAL	21  WEGMAN'S JAMESTOWN	22 LOCAL	23 RIDER'S CHOICE	24  BUFFALO BANDITS GAME
25	26 RIDER'S CHOICE	27 LOCAL	28  QUICKS GOOD STUFF CHEAP OLLIE'S OLEAN	29 LOCAL		

FEBRUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Seasonal Craft 1pm	2 Card Club 10am	3 LCR tournament 2pm
4 Quarter Bingo 2pm	5 Potluck & BINGO 5pm	6 Card Club 10am Woman's Pool 1pm	7 Work out with Andrea 1pm	8 Quarter BINGO 1pm	9 Card Club 10am	10 LCR tournament 2pm
11 Quarter Bingo 2pm	12 Potluck & BINGO 5pm	13 Card Club 10am Seasonal Craft 1pm	14 Valentines Shuffle Board tournament! 1pm	15 Prize BINGO 1pm	16 Card Club 10am	17 LCR tournament 2pm
18 Quarter Bingo 2pm	19 Potluck & BINGO 5pm	20 Card Club 10am Corn Hole Tournament 1pm	21 Work out with Andrea 1pm	22 Quarter BINGO 1pm	23 Card Club 10am	24 LCR tournament 2pm
25 Quarter Bingo 2pm	26 Potluck & BINGO 5pm	27 Card Club 10am Seasonal Craft 1pm	28 Work out with Andrea 1pm	29 Prize BINGO 1pm		

February 2024 Menu

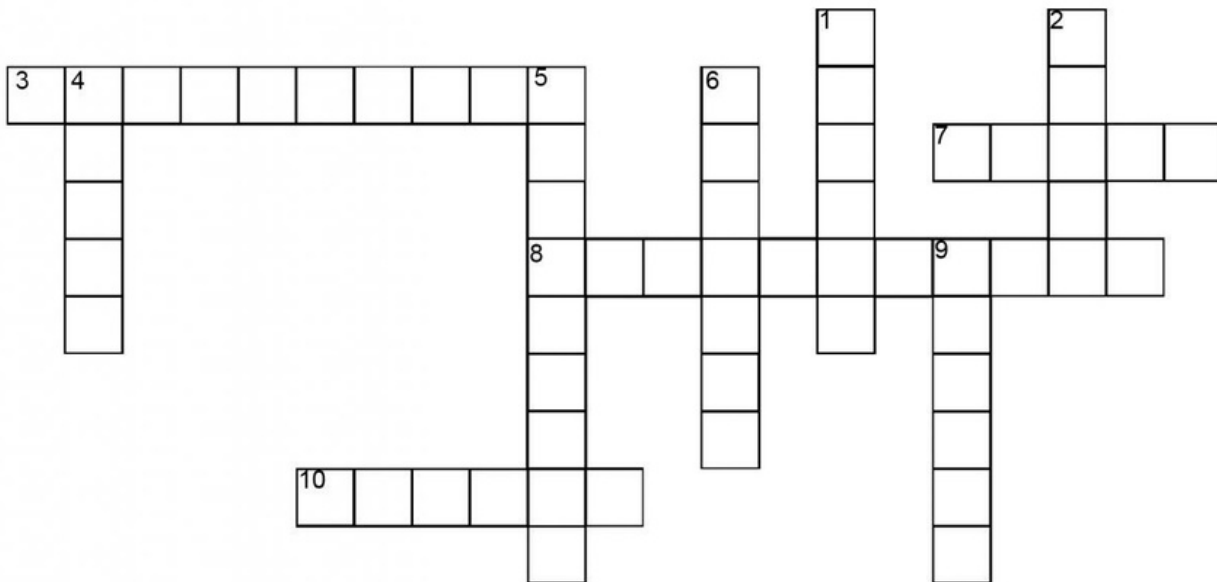


O'wēdē:da't – Monday	Swēda:dh – Tuesday	Ha'dewēdāch – Wednesday	Ëyóhē'tgēch – Thursday	Wēdā:k'ah – Friday
<p>In Allegany please call 716-945-8414 or in Cattaraugus please call 716-532-5777 to make a reservation or cancel a meal by 3:30 pm the day prior to the meal.</p>	<p>February 2nd is National Wear Red Day</p>	 <p>American Heart Association.</p>	<p>1 Philly Cheese Steak Sandwich Sweet Potato Wedges Green Beans, Cantaloupe Healthy Carrot Cake</p>	<p>2 Ranch Chicken Rice Pilaf Roasted Butternut Squash Tropical Fruit Cocktail</p> <p> WEAR RED DAY</p>
<p>5 Baked Ham and Cheese Sandwich With Roasted Brussel Sprouts Warm Cinnamon Applesauce Blueberry Bran Muffin</p>	<p>6 Crispy Fish with Red Potatoes Coleslaw Apple Slices and Orange</p>	<p>7 Chicken Noodle Soup Dinner Roll Garden Salad Cottage Cheese and Mandarin Oranges</p>	<p>8 TRADITIONAL MEAL. Traditional Iroquois Vegetable Soup with Side Pork Frybread, Beans Pumpkin Bar</p>	<p>9 Veggie Pizza Garden Salad with Spinach, Broccoli Florets, and Cucumber Cling Peaches with Cottage Cheese</p>
<p>12 Beef & Vegetable Soup Grilled Cheese Sandwich Orange</p>	<p>13 Chicken and Wild Rice Served with Broccoli and Carrots Apple Slices Peanut Butter Sugar Cookie</p>	<p>14 Salisbury Steak and Gravy over Seasoned Brown Rice Roasted Cauliflower Apple and Pineapple Chunks</p>	<p>15 BIRTHDAY PARTY Spaghetti Squash Lasagna, Dinner Roll, Garden Salad and Fruit Ambrosia</p>	<p>16 Macaroni & Cheese With stewed tomatoes Roasted Zucchini and Summer Squash Peach Crisp</p>
<p>19 Butternut Ravioli Served with Green Beans Bread Stick Apple Slices</p>	<p>20 Herbed Chicken Creamy Spinach Rice Mixed Vegetables Orange</p>	<p>21 BRUNCH Sausage, Egg & Cheese Casserole with Toast V8, Banana, and Berry Crisp</p>	<p>22 Beef Chili w/cheese Garden Salad with Spinach and Broccoli Florets Corn Muffin Fruit Cocktail</p>	<p>23 Cheeseburger with Lettuce, Tomato, and onion Baked Potato Wedges Clementine and Grapes</p>
<p>26 Spaghetti & Meat Sauce Garden Salad Bread Stick Fruit Crisp</p>	<p>27 BBQ Pulled Pork Hearty Wheat Roll Sweet Potato Coleslaw Fruit Cup</p>	<p>28 Turkey a la King Biscuit Broccoli, Cauliflower, Carrots Cling Peaches</p>	<p>29 Zuppa Toscana Bread Stick Side Salad Banana and Peanut Butter</p>	<p>*Menu is subject to change* Please enjoy a ½ pint milk served with each meal!</p>

“Keep your face always toward the sunshine – and shadows will fall behind you.”

— Walt Whitman

Healthy Heart Puzzle



Directions: solve this crossword puzzle and learn to keep your heart healthy for life!

Across

3. Eat lots of fruits and _____ to get many of the nutrients you need for good health.
7. Staying at a healthy weight, avoiding excess sodium, and getting enough regular exercise can help keep your _____ pressure right where it needs to be.
8. _____ fat is good for your heart, as long as you don't eat too much of it. It's in things like olive oil and fish.
10. Blood carries _____ to the heart.

Down

1. When fat, cholesterol, and other things build up in your bloodstream, they can form _____, which sticks to your artery walls and makes it harder for blood to move around.
2. When in doubt, choose _____ grains, which are great sources of heart-healthy fiber.
4. When you eat, choose foods that are full of nutrients, not _____ calories.
5. _____ fat is not good for your heart. You can find this kind of fat in full-fat dairy and fatty meats.
6. According to the American Heart Association, "Using ANY _____ product damages nearly EVERY organ in your body and can cause heart disease and cancer." Even "smokeless" versions cause damage.
9. Staying _____ every day with fun exercises will help keep your heart in tip-top shape.

Solutions:
1. plaque, 2. whole, 3. vegetables, 4. empty, 5. saturated, 6. tobacco, 7. blood, 8. unsaturated, 9. active, 10. oxygen