Director's Update
Nya:wëh Sgóno:

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.
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
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.**

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**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

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**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
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.

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.
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<td>Roasted Beef, Spinach, and Mushroom Pizza, Pavlova, Ice Cream</td>
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<td>Tuesday</td>
<td>West Indian Chicken, Brazilian Rice and Beans, Plantains, Sweet Potato Wedges</td>
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<td>Classic Meatballs, Parmigiana, Zuppa Toscana, Baked Zucchini and Summer Squash with Fresh Tomatoes, American &amp; Cheese</td>
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<td>Turkey a la King, Sweet Potato, and Green Beans, Creamy Mushroom Risotto, Broccoli and Cauliflower Soup</td>
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<td>Ham and Cheese Sandwich, Zuppa Toscana, Bread and Butter Crackers, Cappuccino</td>
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<td>Saturday</td>
<td>Breakfast Buffet, Eggs, Bacon, and Sausage, Pancakes, Croissants</td>
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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: