Director's Update

Nya:wēh Sgē:nō’
Happy New Year to you and your families. We hope that you are safe and well. Welcome to our three new staff members in Cattaraugus!

At the end of this Newsletter is a voluntary registration form for on-territory Elders to complete. The information will help the Seneca Nation assist Elders in the event of an emergency. Completed forms can be returned to either AOA office.

Blizzard boxes will be available at both AOA's January 19th. The boxes contain a three-day supply of food for use when regular AOA meals and deliveries are canceled due to weather.

Please take care of yourselves and be safe this winter. We look forward to seeing you soon!

Ēsgögē’ ae’ - I'll see you again.
Bethany Lay
Welcome New AOA Staff!

Rusty Redeye  
CDL Driver  
Cattaraugus AOA

Roy Isaac  
Driver  
Cattaraugus AOA

Elana Halftown  
Personal Care Aide II  
Cattaraugus AOA

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.
The Seneca Nation AOA is now able to provide expanded personal care services to qualifying Elders on the Cattaraugus and Allegany territories. Both offices employ a Respite Worker and Personal Care Aide to serve qualifying Elders on-territory:

- **Respite Workers** provide services like shopping assistance, essential errands, friendly visiting, meal preparation or supervision to temporarily relieve the Elder’s caregiver.
- **Personal Care Aides** are able to provide the services listed above as well as bathing, dressing, grooming, toileting and transferring.

To be eligible for respite or personal care:
- You must be an Elder (60+)
- Live on the Cattaraugus or Allegany territories
- Have cognitive or physical limitations (determined through an in-home assessment with AOA case managers)

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

**ALLEGANy - TERESA REDEYE (716) 945-8414**
**CATTARAUGUS - SHANTEL BURNING (716) 532-5777**
Blizzard Boxes—available January 19th!

Blizzard boxes will be ready January 19th. 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 after January 19th. 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

January 20th

**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.
You are invited!

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

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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.
Comedian Tracy Morgan LIVE - Friday, January 21st 8 p.m. Seneca Niagara Event Center

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

Native American Night Bandits Game - Saturday, February 4th 7:30pm. Key Bank Center.

JOODECI - Saturday, February 10th 8 p.m. Seneca Niagara Event Center

Lonestar - Saturday, February 11th 8 p.m. Seneca Allegany Event Center

Travis Tritt - Saturday, May 20th 8 p.m. Seneca Allegany Event Center

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

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.

Nya:weh to:

Seneca Health Prevention and Child & Family teams for the lovely cards and gifts for Allegany Elders.

Lakeshore High School ACE Club for the homemade ornaments for Cattaraugus Elders.
Wini Kettle Senior Center Activities

Pot Luck & BINGO: EVERY MONDAY@ 5pm.
Mens Pool: EVERY MONDAY @ 9am.
Card Club: EVERY TUESDAY & FRIDAY @ 10am.
Exercise Class: EVERY WEDNESDAY from 1-2pm
Shuffleboard: Tues. 1/10 & 1/24 @ 1pm.
Women's Pool Tournament: EVERY MONDAY@ 1pm.
Quarter BINGO: Thurs. 1/12 & 1/26 @ 1pm.
Seasonal Craft: Tues. 1/17 & 1/31 @1pm.

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

Allegany Elders Center Activities

LRC Game: Every Monday, 11am-Noon
Crochet Class with Enola: Every Tuesday 3pm. Some supplies provided.
Card Making Class: Every Wednesday, 11am-1pm
BINGO: EVERY Thursday @1pm
Seneca Language: Every Friday, 11am-12pm
Marbling Paint: Fri. 1/6 & 1/13, 2-4pm
Sticker Mosaics: Fri. 1/20 & 1/27, 2-4pm
Create a Mosaic: Sun. 1/24, 2-4pm

For more information call Stephanie & Dorsie at (716) 945-8990.
For attractive lips, speak words of kindness.
For lovely eyes, seek out the good in people.
For a slim figure, share your food with the hungry.
For beautiful hair, let a child run his fingers through it once a day.
For poise, walk with the knowledge you never walk alone.

We leave you a tradition of the future.
The tender loving care of human beings will never become obsolete.
People, even more than things, have to be restored, renewed, revived, reclaimed, redeemed and redeemed and redeemed.

Never throw anyone away.
Remember, if you ever need a helping hand, you'll find one at the end of your arm.

As you grow older, you'll discover that you have two hands:
One for helping yourself, the second for helping others.
You have great days still ahead of you.
May there be many of them.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All trips depart Allegany at 1:15pm &amp; Cattaraugus at 1pm, unless otherwise noted.</strong></td>
<td><strong>SITE CLOSED HAPPY NEW YEAR</strong></td>
<td><strong>Tops Olean, NY</strong></td>
<td><strong>Cuba Cheese</strong></td>
<td><strong>Scenic Ride Benno Point</strong></td>
<td><strong>National Comedy Center $26 Admission DEPART @ 10AM</strong></td>
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<td><strong>Catt: Local Shopping</strong></td>
<td><strong>Salamanca Antique Mall</strong></td>
<td><strong>Catt: Walmart</strong></td>
<td><strong>Big Lots Collins, NY</strong></td>
<td><strong>Catt: Local Fish Fry</strong></td>
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<td><strong>PLEASE SIGN UP BY 9AM THE DAY OF</strong></td>
<td><strong>Paper Factory Olean, NY</strong></td>
<td><strong>Walmart &amp; Aldi’s Bradford, PA</strong></td>
<td><strong>Wagner’s Market</strong></td>
<td><strong>Joanne Fabrics</strong></td>
<td><strong>Fish Fry Steamburg Fire Hall DEPART @ 4PM</strong></td>
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<tr>
<td><strong>Catt: Local Banking</strong></td>
<td><strong>Salamanca Antique Mall</strong></td>
<td><strong>Catt: Walmart</strong></td>
<td><strong>Catt: Joanne Fabrics</strong></td>
<td><strong>Buffalo Creek Casino</strong></td>
<td><strong>Catt: Buffalo Creek Casino</strong></td>
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<td><strong>16</strong></td>
<td><strong>Reid’s Food Barn</strong></td>
<td><strong>Lakewood Cinema 8</strong></td>
<td><strong>Riders Choice Open for suggestions</strong></td>
<td><strong>Runnings Jamestown, NY</strong></td>
<td><strong>Home Depot Olean, NY</strong></td>
<td><strong>Fiesta Bamba</strong></td>
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<td><strong>Catt: Riders Choice</strong></td>
<td><strong>Catt: Savers</strong></td>
<td><strong>Catt: Walmart</strong></td>
<td><strong>Catt: Allegany AOA</strong></td>
<td><strong>Catt: Fiesta Bamba</strong></td>
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<td><strong>22</strong></td>
<td><strong>Chautauqua Mall</strong></td>
<td><strong>Ollies &amp; KFC Olean, NY</strong></td>
<td><strong>Olive Garden DEPART @ 3:30 Jamestown, NY</strong></td>
<td><strong>Big Lots Bradford, PA</strong></td>
<td><strong>STOMP @ Shea’s. Dinner first DEPART @ 4PM</strong></td>
<td><strong>Catt: STOMP</strong></td>
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<tr>
<td><strong>Catt: Riders Choice</strong></td>
<td><strong>Catt: Michael’s Craft Store</strong></td>
<td><strong>Catt: Walmart</strong></td>
<td><strong>Catt: Olive Garden Hamburg, NY</strong></td>
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<td><strong>Catt: STOMP</strong></td>
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<td><strong>29</strong></td>
<td><strong>Jo-Ann Fabrics Olean, NY</strong></td>
<td><strong>Wegmans Jamestown, NY</strong></td>
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# January 2023 Menu

**Seneca Nation Area Office for the Aging**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>CLOSED</td>
<td><strong>3</strong> Beef Goulash</td>
<td><strong>4</strong> Roasted Italian Sausage with roll</td>
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<td></td>
<td>Served with Roasted Cauliflower And Peaches for dessert</td>
<td>Baked Beans</td>
<td>Pork Roast Whole Wheat Roll</td>
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<td></td>
<td></td>
<td>Potato Salad</td>
<td>Carrots, Onions, Zucchini</td>
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<td></td>
<td></td>
<td>Fruit Jell-O</td>
<td>Sweet Potato</td>
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<td></td>
<td></td>
<td></td>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>9</strong> Cabbage and Kielbasa Soup Whole Wheat Roll</td>
<td>BBQ Pulled pork French Fries Peas</td>
<td><strong>12</strong> TRADITIONAL MEAL White Bean Sandwich with Side Pork</td>
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<tr>
<td></td>
<td>Oatmeal Cookie</td>
<td>Peas</td>
<td>Dinner roll</td>
<td></td>
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<tr>
<td></td>
<td>Mandarin Oranges</td>
<td>Served with Green Beans</td>
<td>Sweet Potatoes</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Dinner roll</td>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td><strong>16</strong></td>
<td><strong>10</strong> BBQ Pulled pork</td>
<td><strong>11</strong> Stuffed Shells</td>
<td><strong>13</strong> Broiled Fish</td>
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<tr>
<td>Salisbury Steak with Gravy</td>
<td>Over Noodles Spinach</td>
<td>Served with Green Beans</td>
<td>Steamed Cauliflower, and Carrots</td>
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<tr>
<td></td>
<td>Noodles</td>
<td>Dinner roll</td>
<td>Macaroni Salad</td>
<td></td>
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<tr>
<td></td>
<td>Spinach</td>
<td>Sweet Potatoes</td>
<td>Dinner Roll</td>
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<tr>
<td></td>
<td>Fruit Salad</td>
<td>Fruit</td>
<td>Fruit Cocktail</td>
<td></td>
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<tr>
<td><strong>23</strong></td>
<td><strong>17</strong> Ham &amp; Scalloped potatoes</td>
<td><strong>18</strong> Macaroni &amp; Cheese</td>
<td><strong>20</strong> Chicken Salad Sandwich on Whole Wheat Bread w/lettuce leaf</td>
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<tr>
<td>Spaghetti &amp; Meat Sauce</td>
<td>Garden Salad Italian Bread Slice</td>
<td>With Stewed Tomatoes and Spinach, a Waldorf Salad, and Oatmeal Cookie</td>
<td>Served with Brown Rice Broccoli Apple Salad</td>
<td>Corn Chowder</td>
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<tr>
<td></td>
<td>Garden Salad</td>
<td></td>
<td>Lime Jell-O</td>
<td></td>
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<tr>
<td></td>
<td>Italian Bread Slice</td>
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<tr>
<td></td>
<td>Cinnamon Peaches</td>
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<tr>
<td><strong>25</strong></td>
<td><strong>24</strong> White Chicken Chili Cracker</td>
<td><strong>26</strong> BRUNCH French Toast with Cinnamon Cream Cheese Topping</td>
<td><strong>27</strong> Liver and Onions Baked Potato Apple Crumble</td>
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<tr>
<td></td>
<td>Cabbage Apple Ambrosia</td>
<td></td>
<td></td>
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<tr>
<td><strong>30</strong></td>
<td><strong>31</strong> Stuffed Chicken Breasts with Gravy</td>
<td><strong>30</strong> Tuna Melt Peas</td>
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<td></td>
<td>Served with Rice, Peas</td>
<td>Mandarin Oranges</td>
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<td></td>
<td>Fruit Cup</td>
<td>Lemon Glazed Cupcake</td>
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**Menu is subject to change**

Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.

*~ Edith Sitwell~*
Voluntary Registration for on-territory Elders.
To complete online, please go to: https://arcg.is/1i1TrK
Completed forms can be returned to either AOA office.

Voluntary Registration for Emergency Response
for Elders Residing on Territory

This registry is for full and part-time residents of Seneca Nation Allegany and Cattaraugus Territories, including the City of Salamanca, who may need additional assistance during an emergency. Special needs include but are not limited to: elders, disabilities, chronic conditions, special healthcare needs, and language barriers. The information that you provide may help responders meet your needs during an emergency. This information should be confirmed and updated annually.

By registering, I hereby consent and pre-authorize emergency response personnel to enter my home during search and rescue operations, if necessary, to assure my safety and welfare during an emergency or natural disaster.

1. Do you live on Territory? (Select one)
   □ Yes
   □ No (end of survey)

If you answered YES to above, please answer questions below.

2. Which Territory do you reside on? (Select one)
   □ Allegany
   □ Cattaraugus

Please Print
3. First Name: ________________________________

4. Last Name: ________________________________

5. Date of Birth: ________________________________

6. Physical Address
   Street Address: ________________________________
   Town: _______________________________________
   State: New York
   Zip Code: ____________________________________
7. Primary Phone (include area code): ________________________________

8. Would you like your phone number added to the Seneca Nation Emergency Management Regroup Messaging Service? (Check one)
   □ Yes
   □ No
   □ Already on

9. Are you on constant oxygen? (Check one)
   □ Yes
   □ No

10. Are you on dialysis? (Check one)
    □ Yes
    □ No

11. Do you have medication that requires refrigeration? (Check one)
    □ Yes
    □ No

12. Do you use any of the following mobility aids? (Check all that apply)
    □ Wheelchair
    □ Walker/Cane
    □ Assistive Animal
    □ Prosthesis
    □ None Used

**Sensory, Cognitive and Psychiatric Conditions**

13. Are you visually impaired? (Check one)
    □ Yes
    □ No

14. Are you legally blind? (Check one)
    □ Yes
    □ No

15. Are you hard of hearing? (Check one)
    □ Yes
    □ No

16. Do you have hearing aid(s)? (Check one)
    □ Yes
    □ No

17. Are you deaf? (Check one)
    □ Yes
    □ No

EM Elder Survey, December 2022
18. Do you have a seizure disorder? (Check one)
   □ Yes
   □ No

19. Are you non-verbal? (Check one)
   □ Yes
   □ No

20. Are you cognitively-developmentally delayed? (Check one)
   □ Yes
   □ No

21. Do you have autism spectrum disorder? (Check one)
   □ Yes
   □ No

22. Do you have Alzheimer’s/dementia? (Check one)
   □ Yes
   □ No

23. Do you have a psychiatric condition? (Check one)
   □ Yes
   □ No

**Evacuation Requirements**

24. If I must evacuate, I will go to: (Check one)
   □ Family
   □ Friend
   □ Shelter

25. Would you need assistance evacuating? (Check one)
   □ Yes
   □ No

26. Appropriate transportation type needed. (Check one)
   □ Standard Vehicle (Car, Bus)
   □ Wheelchair Capable
   □ Ambulance

27. Do you have pets? (Check one)
   □ Yes *(Go to Question 28)*
   □ No *(End of Survey)*

28. What type of pet?
   □ Cat   How many? __________
   □ Dog   How many? __________
   □ Other   What kind? __________ How many? __________