



ELDER LIVING

Seneca Nation Area Office for the Aging



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Director's Update

Nya:wëh Sgë:nö'

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!

Ėsgögë' 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

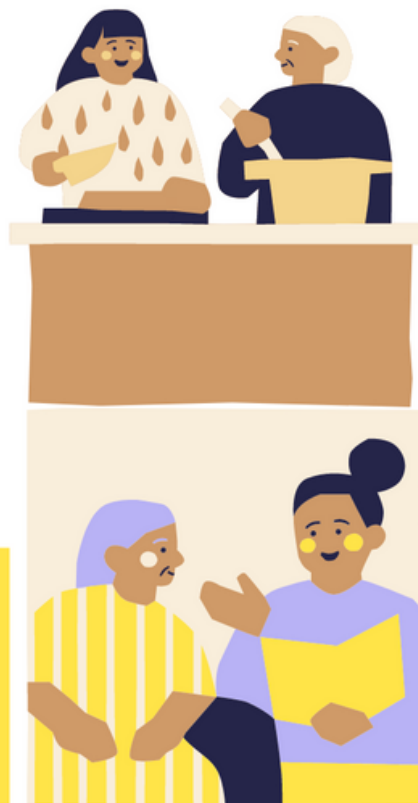
Weekdays from 12 - 1 pm.

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



PERSONAL CARE & RESPITE CARE

**Now available through
Seneca Nation AOA!**



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

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

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.

Upcoming Seneca Elder Events



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.

JODECI - 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.



Elder Center Activities

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.



Shuffleboard



Pool Tournaments



Seasonal Crafts

Allegany Elders Center Activities

LRC Game: Every Monday, 11am-Noon

Crochet Class with Enola: Every Tuesday 3-5pm. 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.



New Crochet Class



LRC Mondays



New Pool Table!

Beauty Secrets for the New Year

By: Audrey Hepburn "Beauty Secrets," published in a Dear Abby column

Submitted by Cara Leta Brooks



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.

NEW YEAR'S EVE WORD SCRAMBLE

1. JYRUAAN _____

2. ANLAREDC _____

3. BRCLEAEET _____

4. NOTCUDONW _____

5. HDNITGIM _____

January 2023



AOA Bus Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All trips depart Allegany at 1:15pm & Cattaraugus at 1pm, unless otherwise noted.</p>	<p>2 <u>SITE CLOSED</u> <u>HAPPY NEW YEAR</u></p>	<p>3 <u>Alleg:</u> Tops Olean, NY <u>Catt:</u> Local Shopping</p>	<p>4 <u>Alleg:</u> Cuba Cheese <u>Catt:</u> Walmart</p>	<p>5 <u>Alleg:</u> Scenic Ride Bemus Point <u>Catt:</u> <u>Big Lots</u> Collins, NY</p>	<p>6 <u>Alleg:</u> National Comedy Center \$26 Admission <u>DEPART @ 10AM</u> <u>Catt:</u> Local Fish Fry</p>	<p>7</p>
<p>PLEASE SIGN UP BY 9AM THE DAY OF</p>	<p>9 <u>Alleg:</u> Petsmart Jamestown, NY <u>Catt:</u> Local Banking</p>	<p>10 <u>Alleg:</u> Paper Factory Olean, NY <u>Catt:</u> Salamanca Antique Mall</p>	<p>11 <u>Alleg:</u> Walmart & Aldi's Bradford, PA <u>Catt:</u> Walmart</p>	<p>12 <u>Alleg:</u> Brigiotta's Market <u>Catt:</u> Joanne Fabrics</p>	<p>13 <u>Alleg:</u> Fish Fry Steamburg Fire Hall <u>DEPART @ 4PM</u> <u>Catt:</u> Buffalo Creek Casino</p>	<p>14</p>
<p>15</p>	<p>16 <u>Alleg:</u> Reid's Food Barn <u>Catt:</u> Riders Choice</p>	<p>17 <u>Alleg:</u> Lakewood Cinema 8 <u>Catt:</u> Savers</p>	<p>18 <u>Alleg:</u> Riders Choice Open for suggestions <u>Catt:</u> Walmart</p>	<p>19 <u>Alleg:</u> Runnings Jamestown, NY <u>Catt:</u> Allegany AOA</p>	<p>20 <u>Alleg:</u> Home Depot Olean, NY <u>Catt:</u> Fiesta Bamba</p>	<p>21</p>
<p>22</p>	<p>23 <u>Alleg:</u> Chautauqua Mall <u>Catt:</u> Riders Choice</p>	<p>24 <u>Alleg:</u> Ollies & KFC Olean, NY <u>Catt:</u> Michael's Craft Store</p>	<p>25 <u>Alleg:</u> Olive Garden <u>DEPART @ 3:30</u> Jamestown, NY <u>Catt:</u> Walmart</p>	<p>26 <u>Alleg:</u> Big Lots Bradford, PA <u>Catt:</u></p>	<p>27 <u>Alleg:</u> <u>STOMP @</u> Shea's, Dinner first <u>DEPART @ 4PM</u> <u>Catt:</u> <u>STOMP</u></p>	<p>28</p>
<p>29</p>	<p>30 <u>Alleg:</u> Jo-Ann Fabrics Olean, NY <u>Catt:</u> Local Banking</p>	<p>31 <u>Alleg:</u> Wegmans Jamestown, NY <u>Catt:</u> Olive Garden Hamburg, NY</p>				

January 2023 Menu

Seneca Nation Area Office for the Aging



Monday	Tuesday	Wednesday	Thursday	Friday
 CLOSED National Glaucoma Awareness Month	3 Beef Goulash Served with Roasted Cauliflower And Peaches for dessert	4 Roasted Italian Sausage with roll Baked Beans Potato Salad Fruit Jell-O	5 Pork Roast Whole Wheat Roll Carrots, Onions, Zucchini Sweet Potato Fruit	6 Breaded Fish Sandwich on Bun w/tartar sauce Potato Wedges Coleslaw Fruit
9 Cabbage and Kielbasa Soup Whole Wheat Roll Oatmeal Cookie Mandarin Oranges	10 BBQ Pulled pork French Fries Peas Fruited Jell-O	11 Stuffed Shells Served with Green Beans Dinner roll Diced Cantaloupe	12 TRADITIONAL MEAL White Bean Sandwich with Side Pork Sweet Potatoes Fruit Crisp	13 Broiled Fish Steamed Cauliflower, and Carrots Macaroni Salad Dinner Roll Fruit Cocktail
16 Salisbury Steak with Gravy Over Noodles Spinach Fruit Salad	17 Ham & Scalloped potatoes Steamed Broccoli Pear Crisp	18 Macaroni & Cheese With Stewed Tomatoes and Spinach, a Waldorf Salad, and Oatmeal Cookie	19 Teriyaki Pork Chop Served with Brown Rice Broccoli Apple Salad Lime Jell-O	20 Chicken Salad Sandwich on Whole Wheat Bread w/lettuce leaf Corn Chowder Fruit Medley
23 Spaghetti & Meat Sauce Garden Salad Italian Bread Slice Cinnamon Peaches	24 White Chicken Chili Crackers Cabbage Apple Ambrosia	25 BRUNCH French Toast with Cinnamon Cream Cheese Topping Yogurt with Peaches	26 BIRTHDAY PARTY Roasted Turkey Served with Mashed Potatoes and Gravy, Carrots & Peas Healthy Chocolate Cake	27 Liver and Onions Baked Potato Roasted Zucchini Apple Crumble
30 Tuna Melt Peas Mandarin Oranges Lemon Glazed Cupcake	31 Stuffed Chicken Breasts with Gravy Served with Rice, Peas Fruit Cup		Menu is subject to change Please enjoy a ½ pint milk served with each meal	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.

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

Holiday Photos



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

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? _____