

# ELDER LIVING

Seneca Nation Area Office for the Aging



**FARMERS MARKET  
COUPONS  
AVAILABLE!**



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## Director's Update

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

This month we have a variety of events lined up, and we encourage you to come. Our big event is the Elder Resource Fair, where you can learn about various resources available to Elders and Caregivers.

We hope you can attend!

We are excited to announce that Farmers Market coupons are now available at AOA. Elders can pick them up at AOA or have them mailed to their home.

Don't forget to mark your calendars - The Seneca Elder Summer Event is August 14th at the Seneca Allegany Casino. We hope to see you there!

If you need assistance or would like to participate in any of our activities and events or have suggestions, please don't hesitate to contact us.

Stay Cool! Stay hydrated!

Ësgögë' ae' - I'll see you again.  
Bethany Lay

**AOA and SNI  
Offices are  
CLOSED, July 4th & 5th  
and July 12th**

# Monthly In-Person Legal Assistance



With Thomas Warren,  
Center for Elder Law & Justice  
4th Friday of Every Month  
\*\*Appointments required\*\*

To make an appointment:

- Call Tina Law in Cattaraugus at (716)532-5777
- Call Bridgette John in Allegany at (716)945-8990

## **Allegany Elders Center Hours**

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



## **Wini Kettle Senior Center Hours**

MON-FRI  
8AM-6PM  
SAT-SUN  
11AM-3PM

# 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.

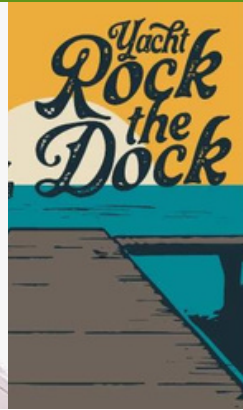
### **Wini Kettle Senior Center**

**Weekdays** from 12 – 1 pm.

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



# 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.

**GUEST TICKET MUST BE PAID FOR AT LEAST 1 WEEK PRIOR TO SHOW**

**Please arrive 2 hours prior to the show for the buffet at the casinos**

## Guest Cost

- \$48 Donny Osmond-** Saturday, July 13th 8 p.m. Seneca Niagara
- \$38 Yacht Rock the Dock Christopher Cross, Ambrosia & Friends-** Saturday, July 20th 8 p.m. Seneca Niagara Event Center
- \$43 Cinderella's Tom Keifer with special guests-Winger & Lita Ford-** Saturday, July 27th 7 p.m. Seneca Allegany Event Center
- \$20 Comedian Fortune Feimster-** Saturday, July 27th 8 p.m. Niagara
- \$43 Legacy Fighting Alliance-** Friday, August 2nd 7 p.m. Seneca Allegany
- \$38 Trey Songz-** Saturday, August 9th 8 p.m. Seneca Niagara Event Center
- \$44 Peter Frampton-** Saturday, September 21st 7 p.m. Niagara Outdoor
- \$25 Sugar Ray w/ guest Tonic-** Saturday, September 28th 8 p.m. Niagara

SENECA NATION AOA

# Elder Resource Fair

Wednesday, July 10th

Cattaraugus  
Seneca Fire Hall

10 AM - 2 PM

Info & Giveaways  
Community Resources  
Dance Performance  
Lunch Provided  
Photo Booth  
Door Prize Drawings

For more information,  
call Seneca Nation AOA:  
(716) 532-5777



Elder Abuse Awareness Event

*\*For Elders age 60 & up and their caregivers*

# Seneca Nation AOA

## FARMERS MARKET COUPONS !

Starting **07/01/2024**, coupon booklets may be picked up at the **Allegany Elder Center** or the **Wini-Kettle Senior Center**.

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### Eligibility:

- 60 Years of Age or older; AND
- Monthly income is at or below:
  - \$2,322/month (One-Person Household)
  - \$3,152/month (two-Person Household); or
  - \$3,981/Month (three-Person Household)

### Rules:

- Proxies may pick-up vouchers on behalf of Elder provided Elder has signed a statement designating that individual as proxy. (*Available at the AOA*) A valid Power of Attorney
- may sign for checks and pick up books on behalf of an Elder. Booklet of five (5) \$5.00 checks worth \$25.00.
- 
- For use at authorized vendors and farm stands participating in the program, and not at grocery stores.
- Used to buy locally grown fresh fruits and vegetables.
- Look for the brightly colored Farmers Market sign saying "We Gladly Accept Farmers' Market Checks".
- Checks cannot be used after 11/30/2024.
- Checks are worth \$5.00. Farmers will not give change.
- Coupons may be redeemed by caregivers.

**Alternatively, you may request your Farmers Market Coupons by filling out our online form.**

**<https://form.jotform.com/241714950712151>**

*Coupons will be mailed to you. Allow 2-3 business days for processing.*



For More information  
contact us at:

Cattaraugus Territory: 716-532-5777  
Allegany Territory: 716-945-8414



THE SENECA NATION IS HOSTING THE

# **WORLD INDIGENOUS SUICIDE PREVENTION CONFERENCE**

**MONDAY, JULY 22-24TH**

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**AT THE SENECA NIAGARA RESORT & CASINO**

FOR MORE INFORMATION OR IF YOU'RE INTERESTED IN ATTENDING  
PLEASE SEE ANY AOA STAFF MEMBER OR CALL IRMA AT (716)577-4705



ALL ARE WELCOME!

**Saturday**  
Gates @ 10am  
Grand Entry @ 1pm

**Sunday**  
Gates @ 10am  
Grand Entry @ 12pm

senecapowwow.org

# July 20 & 21

## Seneca Allegany Resort and Casino Event Center

### Admission

#### Daily

Youth (ages 5-17): \$5  
Elders (ages 60+): \$5  
Adults (18-59): \$10

#### Weekend

Youth (ages 5-17): \$10  
Elders (ages 60+): \$10  
Adults (18-59): \$15

**Veterans & Children ages 0 to 4 FREE**

### Dancer/Singer Registration

Friday 6-8pm, Saturday 10am-12:30pm

#### **SAT** Onöhsagwë:de' Cultural Center Cultural Revitalization Tent **SUN**

Brennen Johns	10AM-2PM
- Traditional Pottery Making	
Michael Galban	10AM-2PM
- Making Moose Hair False Embroidered 'Notas'	
Edde Knibloe	10AM-4PM
- Buffalo Maritime Center, Wooden Paddle Shaping	
Jocelyn Jones	10AM-2PM
- Plant Knowledge	
Lyle Logan	11AM-5PM
- Painting Demonstrations	
Samantha Jacobs	12:30 PM-4:30PM
- Moose Hair Tufting	
Leeora White	12PM-4PM
- Storytelling	



Brennen Johns	10AM-2PM
- Traditional Pottery Making	
Michael Galban	10AM-2PM
- Making Moose Hair False Embroidered 'Notas'	
Jocelyn Jones	10AM-2PM
- Plant Knowledge	
Penelope Minner	10AM-2PM
- Black Ash Basketry	
Holly John	10AM-2PM
- Black Ash Basketry	
Lyle Logan	11AM-5PM
- Painting Demonstrations	
Samantha Jacobs	12:30 PM-4:30PM
- Moose Hair Tufting	

Smoking/Vaping in Designated Areas ONLY

Drug & Alcohol Free Event

No Dogs, Pets, or Bicycles

# WE WOULD LIKE TO KNOW

If you plan to attend the NYS Fair Indian Day, Friday August 30th, 2024

Please Answer to following Questions

When was the last time you attended the state fair? \_\_\_\_\_

Would you like to attend the State Fair this year? YES NO

Do you have trouble walking for long periods? YES NO

If you attended the State fair with AOA, would you need the use of a power mobility scooter? YES NO

Please keep an eye out for sign-ups for the NYS Fair in July!



If you have any questions regarding this survey please contact  
Brittany Seneca at (716) 532-5777 ext. 5501





Seneca Nation  
Area Office  
for the Aging

**ELDERS CENTER TRIP SUGGESTIONS & COMMENTS**

Date: \_\_\_\_\_

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**Please call or mail in trip suggestions at least one month in advance. Please include date and time of event.**

**Cattaraugus is limited to six riders until cdl position is filled.**

Seneca Allegany Elder Center 3644 Administration Drive Salamanca, NY 14779 716-945-8414	Wini Kettle AOA 28 Thomas Indian School Dr. Irving, NY 14181 716-532-5777
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# LOOKING FOR SUGGESTIONS!



**Above is a picture of the outdoor space designated for Elders. This is outside the Allegany Elders Center. We are looking for input on how our Elders would like to see the space utilized! Also, Input is welcome on the style of the pavillion that will be across from AOA for public use. Such as gazebo, grills, square or rectangular, etc. *Please take a look and submit your suggestions.***

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Thank you

Save  
The  
Date

The Summer Elder Event will  
be on Wednesday, August  
14th, 2024

@ Allegany Casino Event  
Center from 11am-3pm

RSVP Deadline: August 2nd

More details to come soon  
with a flyer and invites!



# JULY 2024 Menu

Seneca Nation Area Office for the Aging

O'wëdë:da't – Monday	Swëda:dih – Tuesday	Ha'dewädääh - Wednesday	Ëyóhé'tgeh – Thursday	Wëda:k'ah – Friday
1 Macaroni & Cheese Stewed Tomatoes Zucchini & Squash Blend Fresh Peaches and Blueberries	2 Sloppy Joe on a bun With Buttered Corn and Potato salad Fresh fruit for dessert	3 Crispy Breaded White Fish Fillet Healthy Coleslaw Boiled Baby Red Potatoes Fresh fruit	4 <b>Closed</b> 	5 <b>Extra Meal</b> delivered on 7/3
8 2 Hot Ham and Cheese Sliders Served with Roasted Carrots and Brussels Sprouts Fresh Grapes and an Apple for dessert	9 Chicken Fettuccine Alfredo Served with Broccoli and Cauliflower, a Dinner Roll and Fruited Jell-O	10 Italian Sausage Hoagie Sautéed peppers & onions Baked Beans, Potato Salad Carrot Sticks Blueberries and Peaches	11 <b>TRADITIONAL MEAL</b> Indian Taco served with Lettuce, Tomato, Onion, Cheese, salsa, and low-fat sour cream Strawberry Fruit Salad	12 <b>Extra Meal</b> delivered on 7/11
15 Philly Steak & Cheese Sliders Cauliflower Polonaise Sunshine Salad	16 Spaghetti Squash Noodle Bake served with Tomato & Cucumber Salad, a Dinner Roll Banana with peanut butter	17 Spaghetti & meat sauce Roasted Zucchini, Tossed Salad, Italian Bread Slice Apricots	18 <b>BIRTHDAY PARTY!</b> BBQ Chicken Leg Quarter Roasted Sweet Potatoes, Spinach, Biscuit and Healthy Cheesecake served with Blueberries and Peaches	19 Creamy Italian Sausage Pasta Garden Salad and Roll Watermelon and Cantaloupe
22 Cheese Tortellini w/Tomato Basil Sauce and Whole Wheat Breadstick, Spinach Salad, California Veggie Blend Fresh Orange	23 Ranch Chicken Broccoli Apple Salad Dinner roll Fruited Jell-O	24 <b>BRUNCH</b> Egg, Ham, Cheese, and Veggie Casserole, Wheat Roll, Roasted Home Fries Orange Slices and a small Banana	25 <b>SUMMER BBQ</b> Hot Dog on a Bun, Baked Beans, Summer Corn Salad, Watermelon and Fresh Raspberries Italian Ice	26 Fish & Chips Coleslaw Roll Fruit Yogurt Parfait
29 Cheeseburger with lettuce, tomato, and onion on the side Sweet Potato Wedges, Holiday Salad, and Sliced Pears	30 Grilled Chicken Strawberry Poppyseed Salad, Carrots Sticks and Red Pepper Slices with Hummus, Dinner roll Ice cream	31 Pepperoni & Vegetable Pizza Served with a Side Salad Fresh Peaches for dessert	Please enjoy a ½ pint of milk served with each meal! <b>MENU IS SUBJECT TO CHANGE</b>	
<p><b>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 before the meal.</b></p>				

Live in each season as it passes: breathe the air, drink the drink, taste the fruit."

# AOA Bus Trips

# July 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LOCAL SHOPPING	2 RIDER'S CHOICE	3 LOCAL SHOPPING	4 SNI CLOSED SOVEREIGNTY DAY	5 RIDER'S CHOICE	6
7	8 LOCAL SHOPPING	9 RIDER'S CHOICE	10 WALMART BRADFORD	11 LOCAL SHOPPING	12 RIDER'S CHOICE	13
14	15 LOCAL SHOPPING	16 RIDER'S CHOICE	17 TOP'S OLEAN	18 LOCAL SHOPPING	19 RIDER'S CHOICE	20
21	22 LOCAL SHOPPING	23 RIDER'S CHOICE	24 BIG LOTS BRADFORD	25 LOCAL SHOPPING	26 BUFFALO CREEK CASINO DEPARTURE 11AM	27
28	29 LOCAL SHOPPING	30 RIDER'S CHOICE	31 WEGMAN'S JAMESTOWN			

Allegany Senior Center  
3644 Administration Drive  
Salamanca, NY 14779  
716-945-8990

Any questions please feel free to call  
Stephanie John or Dorsie Bluesky  
CALENDAR IS SUBJECT TO CHANGE!

# July 2024



## Allegany AOA Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>HOURS</b> Mon-Fri 8:30am-7pm Sat & Sun 9am-2pm	1 9-10 Coffee Social 11-1 Adult Coloring 1-3 Open Pool 4-6 Mon. Matinee	2 9-10 Coffee Social 12-1 Lunch 1-3 Board Games 4-6 Open Pool	3 9-10 Coffee Social 11-1 Card Class 1-3 Puzzle Time 4-6 Open Pool	4 <b>SNI</b> <b>CLOSED</b> <b>SOVEREIGNTY</b> <b>DAY</b>	5 9-10 Coffee Social 11-1 Scrabble 1:30 Seneca Lang. 4-6 Open Pool	6 9-10 Coffee Social 11-1 Adult Coloring
7 9-10 Coffee Social 11-1 Open Pool	8 9-10 Coffee Social 11-1 Adult Coloring 1-3 Open Pool 4-6 Mon. Matinee	9 9-10 Coffee Social 12-1 Lunch 1-3 Board Games 4-6 Open Pool	10 9-10 Coffee Social 11-1 Card Class 1-3 Puzzle Time 4-6 Open Pool	11 9-10 Coffee Social 12-1 Lunch 1-3 Bingo 4-6 Open Pool	12 9-10 Coffee Social 11-1 Scrabble 1:30 Seneca Lang 4-6 Open Pool	13 9-10 Coffee Social 11-1 Adult Coloring
14 9-10 Coffee Social 11-1 Open Pool	15 9-10 Coffee Social 11-1 Adult Coloring 1-3 Painting w/ "Karlene Familo" 4-6 Mon. Matinee	16 9-10 Coffee Social 12-1 Lunch 1-3 Board Games 4-6 Open Pool	17 9-10 Coffee Social 11-1 Card Class 1-3 Puzzle Time 4-6 Open Pool	18 9-10 Coffee Social 12-1 Lunch 1-3 Bingo 4-6 Open Pool	19 9-10 Coffee Social 11-1 Scrabble 1:30 Seneca Lang. 4-6 Open Pool	20 9-10 Coffee Social 11-1 Adult Coloring
21 9-10 Coffee Social 11-1 Open Pool	22 9-10 Coffee Social 11-1 Adult Coloring 1-3 Open Pool 4-6 Mon. Matinee	23 9-10 Coffee Social 12-1 Lunch 1-3 Board Games 4-6 Open Pool	24 9-10 Coffee Social 11-1 Card Class 1-3 Puzzle Time 4-6 Open Pool	25 9-10 Coffee Social 12-1 Lunch 1-3 Bingo 4-6 Open Pool	26 9-10 Coffee Social 11-1 Scrabble 1:30 Seneca Lang. 4-6 Open Pool	27 9-10 Coffee Social 11-1 Adult Coloring
28 9-10 Coffee Social 11-1 Open Pool	29 9-10 Coffee Social 11-1 Adult Coloring 1-3 POT LUCK "Lasagna" 4-6 Mon. Matinee	30 9-10 Coffee Social 12-1 Lunch 1-3 Board Games 4-6 Open Pool	31 9-10 Coffee Social 11-1 Card Class 1-3 Puzzle Time 4-6 Open Pool			

# Catt AOA Activities

# July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Walking program 9am WAL-MART TRIP 1:00	4 CLOSED	5 CLOSED	6 Movie 's & Snacks
7 Quarter Bingo 1pm	8 Walking Program 9am Potluck 5pm	9 CHRISTMAS IN JULY AT SENECA NIAGARA BUS LEAVES @ 10	10 RESOURCE FAIR AT FIREHALL 11-2	11 Quarter Bingo 1 pm	12 Card Club 10am	13 Movies & Snacks
14 Quarter Bingo 1pm	15 Walking Program 9am Potluck 5pm	16 Card Club 10am	17 Walking Program 9am WAL-MART TRIP 1:00PM	18 Quarter Bingo 1pm	19 Card Club 10am	20 Pow Wow trip
21 Quarter Bingo 1pm	22 Walking Program 9am Potluck 5pm	23 Card Club 10am	24 Walking Program 9am WAL-MART TRIP 1pm	25 Quarter Bingo 1pm	26 Card Club 10am	27 Movies & Snacks
28 Quarter Bingo 1pm	29 Walking Program 9am Potluck 5pm	30 Card Club 10am	31 Walking Program 9am Lunch & Learn with Parkinson's Found. Wal-mart trip 1pm			



# Gardening

B J E M L Z H E S O R N A W  
 V O R D X T U P G M Y I K O  
 H L Z I S C N J B E D F Q R  
 U X G R O W E A H K R A P M  
 Q D Y T N I D O L C S E E D  
 M H E J B F R G U P K L R X  
 Y P C A Y S A Z N I T V E J  
 E W K Q D M G B H O R F W U  
 L I O S T C E J O Y A P O N  
 G L Y W K U N R A D Q Z L I  
 P T O S E H S U B R M C F X  
 I Z N K R E L Q W A T E R O  
 M D I G U X D P E Y C H T B  
 R W T A F O V S Z N L Q J S

BED	GROW	SOIL
BUSHES	HOE	STEM
DEAD	LEAF	WATER
DIG	PLANT	WEEDS
DIRT	ROOT	WILT
FLOWER	ROSE	WORM
GARDEN	SEED	YARD

