

ELDER LIVING

Seneca Nation Area Office for the Aging



Director's Update

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Please note:
AOA & SNI
Offices are
closed
Monday July
4th.

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

Last month we held our first annual Elders Resource Fair and it was a huge success. We had over 200 Elders and caregivers attend and over 30 different organizations and departments sharing information and resources for Elders. Nya:wëh to everyone who attended, donated and helped make the event successful.

Summer is officially here and we are excited to announce that Farmers Market coupons will be arriving this month. Once they arrive, eligible elders will be able to pick them up at AOA or have them mailed to their home. Also this month, Andrea Spako from Seneca Health will be providing Better Balance classes, a program to help prevent falls and keep Elders safe.

We look forward to seeing you soon! Have a safe and happy July.

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

2022 Elder Resource Fair



Elder Resource Fair

The first annual AOA Elder Resource Fair was held June 21st at the Seneca Fire Hall on the Cattaraugus Territory. Over 200 Elders and caregivers attended and gained a wealth of information from over 30 different organizations and departments, including:

- Alzheimer's Association of WNY
- Lifespan
- Center for Indigenous Cancer Services
- Center for Elder Law & Justice
- Lake Shore Family Center
- New Me Massage
- Connecting Communities in Action
- Erie County Sheriffs Office
- Azalia's Juicery
- Catt. County Dept. of Aging
- Western New York Independent Living,
- Legal Assistance of WNY
- Chautauqua County Office for Aging Services
- Kalos Health
- Behavioral Health Unit, Seneca Health
- Care Collaboration Unit, Seneca Health
- SNI Surrogates Court
- SNI Emergency Management
- HOPE/Diabetes Unit, Seneca Health
- Medical Unit , Seneca Health
- Exercise Specialist, Seneca Health
- Patient Benefits, Seneca Health
- SNI AOA/NY Connects
- SNI Crime Victim Services
- SNI Clerk's Office
- Child & Family Services, Seneca Health
- Native Connections, Seneca Health
- Seneca Media & Communications
- Dental Unit, Seneca Health
- Health Educator, Seneca Health
- SNI EMS



**Nya:wëh to all
who attended!!**

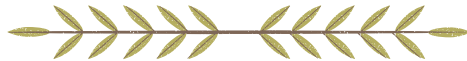
Monthly In-Person Legal Assistance



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



COMING SOON! Farmers Market Coupons

The Senior Farmers' Market Nutrition Program provides seniors with checks worth \$4 each to buy produce at farmers' markets. Fresh fruits and vegetables can be purchased with checks at farmers' markets during the summer and fall. The program runs until November 30.

Am I eligible?

Eligibility is based on age and income; participants must be 60 years or older and have an income less than or equal to 185% of the federal poverty level.

What Next?

Once AOA receives the coupons they will be available for pick-up at our Elder Centers or can be mailed to your home. If you have any questions, please call AOA.



Allegany Elders Center Hours

MON-FRI
8:30AM-7PM
SAT-SUN
10:00AM-3PM

Wini Kettle Senior Center Hours

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

Upcoming Seneca Elder Events



Friday, July 8th at 8 p.m. - Singer Elle King at Seneca Niagara Casino. Sign-ups currently available.

Saturday, July 30th at 8 p.m. - Comedian Ron White at Seneca Allegany Casino. Sign-up sheet will be out 6/30.

Friday, August 5th at 8 p.m. - Little Big Town at Seneca Allegany Casino (Outdoor Event) Sign-up sheet will be out 7/5.

Saturday, August 6th at 8 p.m. - Sammy Hagar & The Circle at Seneca Allegany Casino (Outdoor Event) Sign-up sheet will be out 7/6.

Friday, August 19th at 7 p.m. - LFA MMA Fights at Seneca Niagara Casino Sign-up sheet will be out 7/19

Friday, August 26th at 8 p.m. - Lionel Richie at Seneca Niagara Casino (Outdoor Event) Sign-up sheet will be out 7/26.

Saturday, August 27th at 8 p.m. - Lynyrd Skynyrd at Seneca Niagara Casino (Outdoor Event) Sign-up sheet will be out 7/27.

Wednesday, September 7th at 8 p.m. - STAIN'D at Seneca Niagara Casino Sign-up sheet will be out 8/5.

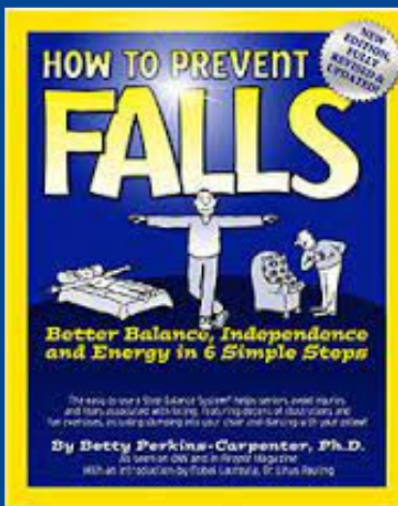
Saturday, October 29 at 8 p.m. - Amy Schumer at Seneca Allegany Casino. Sign-up sheet will be available 9/29.



Reminder: Entertainment Guidelines

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 for the remainder of the year. On average we have at least 4 unused tickets per event at an average cost of \$47/ticket that's \$188 per show that is being wasted.

Please be mindful of this when you sign-up. Nya:weh!



SIX STEPS TO BETTER BALANCE CLASSES AT AOA

This is an evidence-based program designed by Dr. Betty Perkins-Carpenter, also known as "America's Ambassador to Senior Fitness". These sessions are empowering fall prevention practices to help older adults improve balance, and reduce the serious risk of falls and injuries.

The classes will be conducted by Andrea Spako, SNHS Exercise Specialist, who will be offering a free book to go with the program as well as Veggie Bucks at each session attended.



CLASS SCHEDULE:

Allegany Elders Center
3644 Administrative Dr.
Salamanca, NY

- Mon. 7/11, 11am-noon
- Mon. 7/18, 11am-noon
- Mon. 7/25, 11am-noon
- Mon. 8/8, 11am-noon
- Mon. 8/15, 11am-noon
- Mon. 8/22, 11am-noon

Wini Kettle Senior Center
28 Thomas Indian School Dr.
Irving, NY

- Wed. 7/6, 1:30-2:30pm
- Wed. 7/13, 1:30-2:30pm
- Wed. 7/20, 1:30-2:30pm
- Wed. 7/27, 1:30-2:30pm
- Wed. 8/10, 1:30-2:30pm
- Wed. 8/17, 1:30-2:30pm

To Register: sign-up at AOA or call Alleg. (716) 945-8414 or Catt. (716) 532-5777



Seneca Nation
Area Office for the Aging

Powerful Tools FOR Caregivers

Caregiver Classes at Seneca Nation AOA

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

The classes give caregivers tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



In the class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues. *The Caregiver Helpbook* can be ordered as a resource at powerfultoolsforcaregivers.org

Find Powerful Tools for Caregivers classes:

For more information or to register, contact **Briana Snyder at (716)945-9881**. Class size is limited and pre-registration is required.

“After taking this class I am a more confident caregiver!

*Having tools to resolve problems is a definite advantage in becoming
a better caregiver and a happier, wiser, healthier me...and a healthier ‘us!’”*

- PTC Class Participant

Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.

Karen's Delicious Banana Bread Recipe

Cream together:

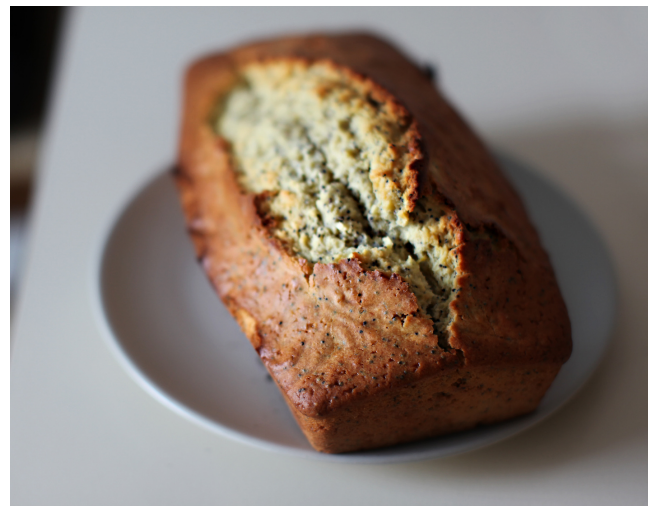
- 1/2 c. shortening or butter
- 2 eggs
- 1/2 c. white sugar
- 1/2 c. brown sugar

Add:

- 1 tsp. baking soda
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 1/2 cups of flour
- 4 ripe mashed bananas

Add:

- 1/3 c. milk
- optional - 1 c. chopped walnuts



**Bake @ 350 degrees for 1 hour.
Test with a toothpick.**



New AOA Staff



Harlan Henhawk, Jr.
Food Service Worker
Cattaraugus AOA



Bruce Brant
Activities Leader
Cattaraugus AOA



Nicole Cooper
Food Service Worker
Allegany AOA



July 16 & 17

Grand Entry @ noon both days
526 Broad Street, Salamanca, NY

Elder Center Activities

Wini Kettle Senior Center Activities

Nutrition Class: Tues. 7/5, 7/12, 7/19, 7/26 @1:30pm.

Fall Prevention Class: Wed. 7/6, 7/13, 7/20, 7/27 @ 1:30pm.

Card Club: Tues. 7/5, 7/12, 7/19, 7/26 @ 10am.

Shuffleboard: Fri. 7/8 & 7/29 @ 1pm.

Seasonal Craft: Thurs. 7/21 & 7/28 @ 1pm.

Mens Pool: Mon. 7/11, 7/18, 7/25 @ 9am.

Women's Pool Tournament: Fri. 7/15 @ 1pm.

Co-Ed Pool Tournament: Fri. 7/22 @1pm.

BINGO: Thurs. 7/7, 7/14 @ 1pm.

Pot Luck: Mon. 7/25 @ 5pm.

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

Allegany Elders Center Activities

Paint Wooden Dolls- Fri. 7/1 & 7/8, 2-4pm. Sat. 7/30, 12-2pm.

Seneca Language: Every Tues. 11am-12pm.

Card Making Class: Every Wed. 11am-1pm.

BINGO: Every Thurs. 1-3pm.

Birdfeeder Craft: Mon. 7/25 & Tues. 7/26 2-4pm

Mosaic Stepping Stone: Fri. 7/22, 7/29, 2-4pm.

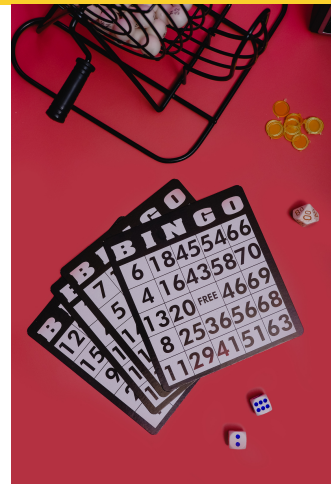
Plant Hanger: Fri. 7/15, 2-4pm. Sun 7/17, 12-2pm.

For more information call Nancy or Dorsie at (716) 945-8990.

Allegany AOA Garden Update:

Allegany AOA received several donations of plants for our garden at the Jimtown Center from the community, and we did plant them as they came in. There is still a little room left if anyone would like to plant anything specific. We did receive several donations – tomato, strawberry, and pepper plants. We would like to thank our garden volunteers, Bridgette John and Christine Krueller for their work cultivating this year's garden. It was a lot of work, but the anticipated results will be enjoyed by all. The beneficiaries of the garden will be our Elders if they would like fresh produce for their table.

If anyone would like to donate their services to help with the weeding or raking, or provide gardening advice, they are welcome to come over any time! Your assistance is not mandatory – our efforts will be enjoyed by all.



Volunteers
Welcome!



AOA JULY TRIPS


AOA Bus Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ALL PASSANGERS MUST SIGN UP BY 9:00AM THE DAY OF THE TRIP	All trips depart Allegany Elder Center @ 2pm and Wini Kettle at 1pm, unless otherwise noted.	CAPACITY IS LIMITED			<u>1</u> <u>Alleg:</u> Pet Smart Jamestown, NY <u>Catt:</u> Scenic Ride	<u>2</u>
<u>3</u>	<u>4</u> <u>SITE CLOSED</u>	<u>5</u> <u>Alleg:</u> Tops Olean, NY <u>Catt:</u> Goode's Restaurant	<u>6</u> <u>Alleg:</u> Seneca Niagara Casino <u>DEPART @</u> <u>10:am</u> <u>Catt:</u> Walmart	<u>7</u> <u>Alleg:</u> Lowe's Springville, NY <u>Catt:</u> Riders Choice	<u>8</u> <u>Alleg:</u> Cabana Sam's <u>DEPART @ 2:30</u> <u>Irving, NY</u> <u>Catt:</u> JoAnn Fabric	<u>9</u>
<u>10</u>	<u>11</u> <u>Alleg:</u> Runnings Jamestown, NY <u>Catt:</u> Home Depot	<u>12</u> <u>Alleg:</u> Buffalo Food Truck Tuesday <u>DEPART @ 3:45</u> BYOChair!! <u>Catt:</u> Olive Garden	<u>13</u> <u>Alleg:</u> Irving Fire Hall BINGO <u>DEPART @ 5:15</u> <u>Catt:</u> Walmart	<u>14</u> <u>Alleg:</u> Brigiotta's Jamestown, NY <u>Catt:</u> Quaker Crossing	<u>15</u> <u>Alleg:</u> Marilla Country Store <u>Catt:</u> Scenic Ride	<u>16</u>
<u>17</u>	<u>18</u> <u>Alleg:</u> Reid's Food Barn, Olean, NY <u>Catt:</u> Lowes	<u>19</u> <u>Alleg:</u> Lakewood Cinema <u>Catt:</u> Savers	<u>20</u> <u>Alleg:</u> Vidler's East Aroura, NY <u>Catt:</u> Walmart	<u>21</u> <u>Alleg:</u> Peaches N Cream Randolph, NY <u>Catt:</u> Local Shopping	<u>22</u> <u>Alleg:</u> Bemus Point Stow Ferry Ride <u>DEPART @ 3:00</u> Cost is a donation <u>Catt:</u> Local Banking	<u>23</u> <u>Alleg:</u> Ganondagan Music & Arts Festival <u>DEPART @ 10:am</u> Free Admission
<u>24</u>	<u>25</u> <u>Alleg:</u> Pleasant Valley Greenhouse Olean, NY <u>Catt:</u> Riders Choice	<u>26</u> <u>Alleg:</u> Wegman's Jamestown, NY <u>Catt:</u> Mckinley Mall Area	<u>27</u> <u>Alleg:</u> Taste of Orchard Park <u>DEPART @ 4:30</u> Free Admission <u>Catt:</u> Walmart	<u>28</u> <u>Alleg:</u> Hobby Lobby Blasdel <u>Catt:</u> Big Lots	<u>29</u> <u>Alleg:</u> Buffalo Irish Festival <u>DEPART@3:30</u> \$10.00 Admission <u>Catt:</u> Red Lobster	<u>30</u>



JULY 2022 Menu

Seneca Nation Area Office for the Aging

<u>O'wēdē:da't</u> – Monday	<u>Swēda:dih</u> – Tuesday	<u>Ha'dewēdāēh</u> - Wednesday	<u>Éyohē'tgeh</u> – Thursday	<u>Wēda:k'ah</u> – Friday
In Allegany please call 716-945-8414 or in Cattaraugus please call 716-532-5777 to make a reservation or cancel a meal by 9:30 am the day before the meal.	Please enjoy a ½ pint of milk served with each meal! MENU IS SUBJECT TO CHANGE			1 JULY 4th BBQ Hot Dog on a Bun, Baked Beans, Summer Corn Salad, Watermelon
4 <u>CLOSED</u> 	5 Pepperoni & Vegetable Pizza Served with a Side Salad Cinnamon peaches for dessert	6 BBQ Pulled Pork Sandwich French Fries Peas Oatmeal Cookie	7 <u>TRADITIONAL MEAL</u> Indian Taco served with Lettuce, Tomato, Onion, Cheese, salsa, and low-fat sour cream Strawberry Fruit Salad	8 Spaghetti & meat sauce Tossed salad Roll Cinnamon Pears
11 Sausage Rigatoni Broccoli Roll Chocolate pudding	12 Crispy Breaded White Fish Fillet Herbed Summer Squash Boiled Baby Red Potatoes Fresh fruit	13 Fettuccine Alfredo Served with Mixed Veg. Medley, and a Dinner Roll Chocolate Chip Cookie for dessert	14 <u>BIRTHDAY PARTY!</u> BBQ Chicken Leg Quarter Roasted Red Potatoes, Spinach, Biscuit and Healthy Strawberry Cheesecake	15 Philly Steak & Cheese Sliders Steamed Carrots Fresh Fruit
18 Grilled Chicken Strawberry Poppyseed Salad Dinner roll Ice cream	19 Tuna casserole Peas Mandarin Oranges Oatmeal Raisin Cookie	20 Hot ham and cheese sliders Served with Green Beans Brownie	21 Cheeseburger with lettuce, tomato, and onion on the side Fruit cup Chocolate pudding	22 Italian Sausage Hoagie Sautéed peppers & onions Fresh Melon
25 Macaroni & Cheese Stewed Tomatoes Zucchini & Squash Blend Cinnamon pears	26 <u>BRUNCH</u> Western Breakfast Scramble With Cornbread And Grape Juice	27 Ranch Chicken Broccoli salad Dinner roll Jello	28 Sloppy Joe on a bun With Buttered Corn and Potato salad Fresh fruit for dessert	29 Spaghetti Squash Noodle Bake served with Tomato & Cucumber Salad, a Dinner Roll Banana with peanut butter

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

– Henry David Thoreau–



Summer

Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.

