

ELDER LIVING

Seneca Nation Area Office for the Aging



Director's Update

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Nya:wëh Sgëno:

Hope everyone is staying warm as we look forward to the upcoming spring months. Spring is almost here and wahda' oshesda' (maple sap) will be flowing. We are looking forward to longer and warmer days.

We have a few new faces in the Cattaraugus Territory AOA. Welcome Brittany Seneca, Aging Services Planner; Andrea Gamble, Respite Care Provider and Arlene Redeye, Respite Care Provider-Floater.

We hope you enjoy the Month of March with St. Patrick's Day and then Easter on March 31st. Please look inside for upcoming events.

Until next month take care and remember if you need assistance or would like to participate in any of our activities please don't hesitate to contact us!

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

FREE In-Person Legal Assistance @ AOA

With Thomas Warren,
Center for Elder Law &
Justice

March 22nd

****Appointments required****

To make an appointment:

- Call Tina Law in Catt.
at (716)532-5777
- Call Bridgette John in
Allegany at (716)945-8414



Allegany Elders Center Hours

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



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.

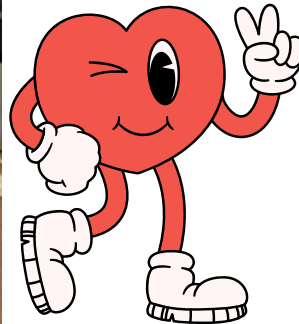


February Events

3 - Sēh



Painting with
Karlene!



ECLC Students stopped by Catt AOA and visited the Elders!



Happy
Valentines
Day



Tax Assistance:

2024 Elders Tax Assistance

FREE tax assistance for Elders this year will be by appointment only at the IRS Volunteer Income Tax Assistance (VITA) and Tax Counseling programs listed below.

Allegany Territory:

United Way of S. Chautauqua County Rural Outreach

208 Pine Street

Jamestown, N.Y.

Call 888-696-9211 for an appointment

United Way of S. Chautauqua County- Prendergast

509 Cherry St.

Jamestown, NY 14701

Call 888-696-9211 for an appointment

United Way of Cattaraugus County

Only online services at www.myfreetaxes.com

Olean, N.Y.

(716) 372-3620

John J Ash Community Center AARP

112 N Barry St, Olean, NY 14760

Call (716) 376-5670 for an appointment

Buffalo Area:

First Shiloh Baptist Church

15 Pine Street

Buffalo, NY 14204

Call 888-696-9211 for an appointment

Autumnwood Senior Center

1800 Clinton Street

Buffalo, NY 14206

Call 716-316-7323 for an appointment.

Cattaraugus Territory:

United Way of N. Chautauqua County-Anderson Lee Library

43 Main Street, Silver Creek, N.Y.

Call 888-696-9211 for an appointment

United Way of N. Chautauqua County-SUNY Fredonia

214 Central Ave., Dunkirk, N.Y.

Call 888-696-9211 for an appointment

United Way of N. Chautauqua – Central Ave.

626 Central Ave., Dunkirk, N.Y.

Call 888-696-9211 for an appointment

If you are a member of AARP, there are several locations:

AARP West Seneca, 4620 Seneca St. 716-675-9288 call for appt.

Aurora Senior Center, 101 King St Ste A, East Aurora 716-652-7934 call for appt.

Valley Community Association, 93 Leddy St, Buffalo 716-823-4707 Ext 3 call for appt.

John Duke Senior Center 1201 Hyde Park Blvd, Niagara Falls 716-297-9324 call for appt.



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.

Guest Cost

\$48 **+LIVE+-** Saturday, March 2nd 7 p.m. Seneca Allegany

\$48 **STYX-** Saturday, March 23rd 8 p.m. Seneca Niagara

\$48 **Scotty McCreery-** Saturday, April 13th 7 p.m. Seneca Allegany

\$33 **Nikki Glaser-** Saturday, April 20th 8 p.m. Seneca Niagara

\$25 **Wheel of Fortune-** Friday, May 24th 2 p.m. Seneca Niagara
Bus departs Allegany at 12 p.m. Cattaraugus at 12:30 p.m.

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

Wellness Hour Class at AOA



SENECA NATION
HEALTH SYSTEM

WELLNESS HOUR with Andrea

Every Tuesday @ 1:00–2:00 pm
Seneca Allegany Elder Center



MARCH TOPICS: NUTRITION MONTH

MARCH 5TH: DO THE DASH!

Introduction to the DASH diet plan and how to get started. You will understand how the DASH diet lowers your blood pressure, you will receive tools to adhere to the DASH Diet for the month of March.

MARCH 12TH: DASH DIET, WEEK 2

Follow up on starting the DASH, get new recipes, work with barriers, have one-to-one support and group support.

MARCH 19TH: DASH DIET, WEEK 3

Follow up with progress, talk about challenges, get new recipes, have one-to-one support as well as group support.

MARCH 26TH: DASH DIET, WEEK 4

Follow up on the DASH diet adherence, share your success with others, how to sustain healthy eating and monitoring. Follow up on initial measures.

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

AOA presents...

Safety Tips with Sheriff Brian Mohr

**Tuesday, April 23
at 1 p.m.**

**Wini Kettle Sr. Center
Cattaraugus Territory**

**Wednesday, April 24
at 5 p.m.**

**Allegany Sr. Center
in Jimtown**



Light refreshments and drawing for those in attendance

Questions or more information contact: Irma Cortes (716)532-5777



AOA will be distributing gift cards for Easter Tuesday, March 26 through Thursday, March 28 (10am-2pm) for on Territory and within clinic service area. (1 gift card per household) Buffalo office will distribute Buffalo and surrounding area.





MARCH 2024

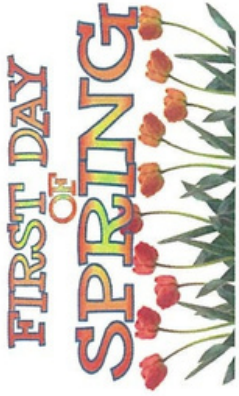
Allegany AOA Bus Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 RIDER'S CHOICE	2
3	4 RIDER'S CHOICE	5 LOCAL SHOPPING	6  WALMART OLEAN	7 LOCAL SHOPPING	8 BUFFALO HOME SHOW Admission \$12 Leave center @2pm	9
10	11 RIDER'S CHOICE	12 LOCAL SHOPPING	13  BIG LOTS BRADFORD	14 LOCAL SHOPPING	15 RIDER'S CHOICE	16
17	18 RIDER'S CHOICE	19 LOCAL SHOPPING	20  target JAMESTOWN	21 LOCAL SHOPPING	22 SPRINGTIME IN THE COUNTRY Admission \$8 Leave Center @2:30pm	23
24	25 RIDER'S CHOICE	26 LOCAL SHOPPING	27  TOPS OLEAN	28 LOCAL SHOPPING	29	30
31						

MARCH 17, 2024
ST. PATRICK'S DAY



MARCH 19, 2024



March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Allegany Senior Center 3644 Administration Drive Salamanca, NY 14779	Any questions please Feel free to call Stephanie or Dorsie @ 716-945-8990	HOURS Monday—Friday 8:30am—7pm Saturday—Sunday 9am—7pm	CALENDAR IS SUBJECT TO CHANGE		1 9-10 Coffee Social 11-12 Seneca Lang.	2 9-10 Coffee Social
3 9-10 Coffee Social	4 9-10 Coffee Social	5 9-10 Coffee Social 12-1 Lunch	6 9-10 Coffee Social 11-1 Card Class	7 9-10 Coffee Social 12-3 Lunch/Bingo	8 9-10 Coffee Social 11-12 Seneca Lang.	9 9-10 Coffee Social
10 9-10 Coffee Social	11 9-10 Coffee Social	12 9-10 Coffee Social 12-1 Lunch	13 9-10 Coffee Social 11-1 Card Class	14 9-10 Coffee Social 12-3 Lunch/Bingo	15 9-10 Coffee Social 11-12 Seneca Lang.	16 9-10 Coffee Social
17 9-10 Coffee Social	18 9-10 Coffee Social	19 9-10 Coffee Social 12-1 Lunch	20 9-10 Coffee Social 11-1 Card Class	21 9-10 Coffee Social 12-3 Lunch/Bingo	22 9-10 Coffee Social 11-12 Seneca Lang. 12-3 POT LUCK	23 9-10 Coffee Social
24 9-10 Coffee Social 31 9-10 Coffee Social	25 9-10 Coffee Social	26 9-10 Coffee Social 12-1 Lunch	27 9-10 Coffee Social 11-1 Card Class	28 9-10 Coffee Social 12-3 Lunch/Bingo	29 SNI CLOSED Unity Day	30 9-10 Coffee Social

March 2023

Catt. AOA Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1. Card Club 10am	2.
3. BINGO 2pm	4. Men's Pool 9am Potluck & BINGO 5pm	5. Card Club 10am Shuffle Board 1pm	6. Work out with Andrea 1pm	7. BINGO 1pm	8. Card Club 10am Diamond Art Coaster 1pm	9.
10. BINGO 2pm	11. Men's Pool 9am Potluck & BINGO 5pm	12. Card Club 10am Woman's pool 1pm	13. Work out with Andrea 1pm Seasonal Craft 2pm	14. BINGO 1pm	15. Card Club 10am Board Games 1pm	16.
17. BINGO 2pm	18. Men's Pool 9am Potluck & BINGO 5pm	19. Card Club 10am Shuffle Board 1pm	20. ECLC EASTER VISIT 10AM Work out with Andrea 1pm	21. BINGO 1pm	22. Card Club 10am Dip & Board Games 1pm	23.
24. BINGO 2pm	25. Men's Pool 9am Potluck & BINGO 5pm	26. Card Club 10am Corn Hole Tournament 1pm	27. Work out with Andrea 1pm Egg Coloring 2pm	28. Easter Egg BINGO 1pm	29. CLOSED	30. Sun. 31: Hoppy Easter!

March 2024 Menu

Seneca Nation Area Office for the Aging

O'wēdē-da't – Monday	Swēda:dih – Tuesday	Ha'dewēdāth – Wednesday	Īyóhē'tgeh – Thursday	Wēda:k'ah – Friday
Menu is subject to change Please enjoy a ½ pint of 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.			1 Tomato Basil Tortellini Dinner Roll Roasted Butternut Squash Fruited Jell-O
4 Italian Sausage Hoagie with Sautéed Peppers & Onions Baked Sweet Potato Cantaloup	5 Butternut Squash Soup Grilled Cheese Sandwich Carrot Sticks and Pear Slices	6 Spaghetti & meat sauce Dinner Roll, Garden Salad and Peach Crisp	7 TRADITIONAL MEAL Bison Stew Biscuit, Cucumber Tomato Salad and an Orange	8 Lasagna Florentine Green Salad Dinner Roll Peanut Butter Cookie
11 Macaroni & Cheese With stewed tomatoes Roasted Broccoli & Green Beans Cling Peaches Topped with Whipped Cream	12 Salisbury Steak & Gravy over Seasoned Brown Rice Roasted Cauliflower and Broccoli, with Apple and Pineapple Chunks for dessert	13 Split Pea Soup Ham & Swiss Sandwich and Ambrosia	14 Cornd Beef Dinner Rye Bread Pear-Lime Gelatin Salad	15 Ham & Scalloped potatoes Green Beans Tossed Salad Cherry Crisp
18 Stuffed Shells Served with Roasted Brussels Sprouts, a dinner roll, and Mixed Fruit Cup	19 Parmesan Chicken with Penne Pasta Steamed Broccoli and Cauliflower Peach Crisp	20 Beef Chili w/cheese Garden Salad Fruit Salad Corn Muffin on top of chili	21 BIRTHDAY PARTY Boiled Ham Dinner, Biscuit, Apple Slices, and Plug Cake	22 Philly Cheese Steak Hoagie Roll Potato Wedges and Green Beans Fresh Orange
25 Sloppy Joes on a Whole Wheat Roll Tossed Salad Baked French Fries Peaches	26 Tuna Noodle Casserole Peas and Carrots Apple Cabbage Salad Orange	27 BRUNCH Blueberry Pancakes Canadian Bacon Banana and Mandarin Orange Yogurt Parfait	28 Chicken Vegetable Noodle Soup Tuna Melt Fruited Jell-O	29 CLOSED UNITY DAY

March is National Nutrition Month
– Celebrate the World of Flavors!

What healthy habits are you cultivating?



Maple Season Word Search

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

drill
below
bucket
boiling

jug
above
tree
syrup

spicket
freezing
sap
maple