

ELDER LIVING

Seneca Nation Area Office for the Aging



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Director's Update

Nya:wëh Sgëno:

Spring is just around the corner, Yay! I hope you all have received a call and a message from me on our new message platform from Blooming Health and NYS Office for the Aging. This new messaging system is not the same as the group messaging platform from Emergency Management; they are two different systems. Our messages will remind you of upcoming events happening at our sites, any important notices, any closures, or information on the services that you have with us at AOA. If you haven't received a message or a call, please let us know so we can add you to our list so you receive these important messages.

Upcoming Closures:

- **Allegany Elder Center (3644 Administrative Drive)**, will be closed on **Friday, March 7, 1p-7p** for an Employee in-service day. Meals and services will still be provided that day.
- **Cattaraugus Wini Kettle Elder Center (28 Thomas Indian School Drive)**, will be closed on **Friday, March 14, at noon**, and remain closed through the weekend (**March 15-16**) for the floors to be stripped, cleaned, and waxed, and for the carpets to be cleaned. The center will reopen **Monday, March 17** for regular business hours.

As always, if you need any assistance or would like to participate in any of our activities or events, give us a call.

Ësgögë' ae' - I'll see you again.

Bethany Lay

FREE In-Person Legal Assistance @ AOA

With Thomas Warren,
Center for Elder Law &
Justice

March 28th

****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.



Upcoming Seneca Elder Events

One (1) month prior to each show: sign-up sheets for shows for elders will be available.

One (1) week prior to each show: numbers are turned in to the casino. If you have a change of plans, please cancel before 1 week prior to show.

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

*NOTE: Guests are not guaranteed – they are only accommodated after all elder tickets.

Day of the show: please arrive 2 hours prior to the show for the buffet at the casinos.

Guest Cost

March:

N/A Mardi Gras Bingo Tues. Mar. 4, 2025 1pm Seneca Niagara
\$47.50 Midland – The Get Lucky Tour Sat. Mar. 22, 2025 8pm Seneca Niagara
\$39.50 Carly Pearce Fri. Mar. 28, 2025 8pm Seneca Allegany

April:

\$20.00 Chippendales Thur. Apr. 3, 2025 8pm Seneca Niagara
\$27.50 Englebert Humperdink Sat. Apr. 5, 2025 8pm Seneca Niagara
\$62.50 Dwight Yoakam / The Mavericks Sat. Apr. 12, 2025 7pm Seneca Allegany
\$27.50 All Star Boxing Fri. Apr. 18, 2025 7pm Seneca Niagara
\$57.50 Darius Rucker Fri. Aug. 1, 2025 7pm Seneca Niagara



Free Income Tax Prep for Elders!

Cattaraugus:

United Way of N. Chaut. Co.:

- Silver Creek - Anderson Lee Library
888.696.9211
- Fredonia - SUNY Fredonia
888.696.9211
- Dunkirk - 626 Central Ave
888.696.9211

BUFFALO:

- First Baptist Church - 15 Pine St.
888.696.9211
- Autumnwood Senior Center -
1800 Clinton St. 716.316.7323

Volunteer Income Tax Assistance



Allegany:

United Way of S. Chaut. Co.:

- Olean
 1. John J. Ash Community Center 716.376.5670
 2. United Way (online) 716.372.3620
- Jamestown
 1. United Way 208 Pine St. 888.696.9211
 2. Library - 509 Cherry St. 888.696.9211

Call each location to book an appointment today!

CALL YOUR LOCAL AOA OFFICE FOR MORE DETAILS:

Catt: 716.532.5777

Alleg.: 716.945.8990



ONÖHSAGWË:DE'
CULTURAL CENTER

Conversations & Coffee

Join us every Monday for
Coffee & Open Discussion
@ the Onöhsagwë:de'
Cultural Center!
Light refreshments available.

Every Monday
Feb. 24th - May 19th
10 a.m. - 12 p.m.



Seneca-Iroquois National Museum
82 W Hetzel Street Salamanca, NY 14779 716-945-1760

HEALTHY LIVING FOR YOUR BRAIN AND BODY

TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Tuesday, March 11
11am

Join us at the
Allegany Elders Center!

Visit alz.org/CRF to explore additional education programs in your area.

This program is supported in-part by a grant from the New York State Department of Health

 **ALZHEIMER'S
ASSOCIATION**

Western New York Chapter



Seneca Nation Area Office for the Aging

Consumer Directed Personal Assistant Services

The Seneca Nation AOA is able to provide Consumer Directed personal assistant services to qualified Elders through a partnership with Western New York Independent Living. Consumer Directed service allows you to become the supervisor for your own personal assistant services. You can hire who you like (subject to some restrictions), train them in areas important to you, and supervise their work on a daily basis. Tasks are not as limited as they are in a traditional care aide plan.

Who can I hire?

If accepted into the Consumer Directed program you can hire almost anyone to be your personal assistant. The only people that are ineligible to provide the service (and get paid for it) are the consumer's spouse or designated representative. Any other adult relative of the consumer who does not reside with the consumer or any adult relative who resides with the consumer because of the amount of care the consumer requires is eligible.

What tasks can I receive assistance with?

Some of the tasks include, but are not limited to:

- Bathing
- Getting in and out of bed/wheelchair
- Toileting
- Eating and drinking
- Cooking
- Cleaning
- Personal errands
- Taking medication



To find out if you or your loved one qualify for Consumer Directed Services, please contact AOA Case Managers:
Cattaraugus - Shantel Burning (716) 532-5777
Allegany - Teresa Redeye (716) 945-8414



Are you a caregiver?

A Caregiver is defined as a family member or friend, professional or volunteer that tends to the needs or concerns of a person with short term or long-term limitations due to illness, injury or disability.

Allegany Caregiver Support Group

Please join us for a Caregiver support group.

When: Every first Thursday of the month

Time: 1:30pm -3:30pm

Where: Lionel R. John Health Center, The blue room
142

If you are caring for an Elder, respite care can be provided at the Elders Center. If the Elder is homebound, please contact our case manager as soon as possible.

Teresa at 716-945-8990

If you have any questions about the group, please contact Briana Snyder at 716-532-5777



Are you a caregiver?

A Caregiver is defined as a family member or friend, professional or volunteer that tends to the needs or concerns of a person with short term or long-term limitations due to illness, injury or disability.

Catt Caregiver Support Group

Please join us for a Caregiver support group.

When: Every first Wednesday of the month

Time: 1:30pm -3:30pm

Where: Cattaraugus Health and Wellness Center,
Grand room

If you are caring for an Elder, respite care can be provided at the Elders Center. If the Elder is homebound, please contact our case manager as soon as possible.


Shantel at 716-532-5777

If you have any questions about the group, please contact
Briana Snyder at 716-532-5777

March 2025 Menu

Seneca Nation Area Office for the Aging

Lunch Menu

O'wèdè:da't – Monday	Swèda:dih – Tuesday	Ha'dewèdàèh – Wednesday	Ëyóhè'tgeh – Thursday	Wèda:k'ah – Friday
3 Sloppy Joes on a Whole Wheat Roll Green Beans Baked French Fries Peaches	4 Tuna Noodle Casserole Peas and Carrots Apple Cabbage Salad Orange	5 Beef Chili w/cheese Garden Salad Fruit Salad Corn Muffin	6 Chicken Vegetable Noodle Soup Tuna Melt Fruited Jell-O	7 Tomato Basil Tortellini with Cannellini Beans, Dinner Roll Italian Blend Mixed Vegetables Fruited Jell-O
10 Italian Sausage Hoagie with Sautéed Peppers & Onions Baked Sweet Potato Fresh Fruit	11 Butternut Squash Soup Grilled Cheese Sandwich Carrot Sticks and Pear Slices	12 Spaghetti & Meat Sauce Dinner Roll, Garden Salad and Apple Crisp	13 Corned Beef Dinner Rye Bread Pear-Lime Gelatin Salad 	14 Lasagna Florentine Green Salad, Dinner Roll, Peanut Butter Cookie and Banana
17 Macaroni & Cheese With stewed tomatoes Spinach Cling Peaches	18 Salisbury Steak & Gravy over Seasoned Brown Rice Roasted Cauliflower and Broccoli, with Apple and Pineapple Chunks for dessert	19 Split Pea Soup Ham & Swiss Sandwich and Ambrosia	20 TRADITIONAL MEAL Bison Stew Biscuit, Cucumber Salad and an Orange	21 Ham & Scalloped potatoes Green Beans Tossed Salad Cherry Crisp
24 Stuffed Shells Served with Roasted Brussels Sprouts, a Breadstick, and Mixed Fruit Cup	25 Philly Cheese Steak Hoagie Roll Potato Wedges and Green Beans Fresh Orange	26 BRUNCH Blueberry Pancakes Canadian Bacon V8, Yogurt Parfait with Berries	27 BIRTHDAY PARTY Turkey, Dumplings, Gravy, Roasted Carrots with Birthday Cake and Apple Slices	28 Parmesan Chicken with Penne Pasta Steamed Broccoli and Cauliflower Peach Crisp
<p>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</p> <p>*Menu is subject to change*</p> <p>Please enjoy a ½ pint of milk served with each meal!</p>				

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

What healthy habits are you cultivating?




Allegany AOA Activities

Allegany Senior Center
3644 Administration Dr.
Salamanca, NY 14779
716-945-8990
Any questions please feel free to
Call: Stephanie John

Hours
Monday– Friday
8:30am–7:00pm
Saturday & Sunday
9:00am-2:00pm

March 2025

CALENDAR IS SUBJECT
TO CHANGE!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 2 9am Coffee Social 11am	 ST. PATRICK'S DAY March 17, 2025	4 9am Coffee Social 12pm LUNCH 1pm Rummikub 4pm Open Beading	5 9am Coffee Social 11am Card Class 1pm Scrabble 4pm Adult Coloring	 MARCH 20	7 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	8 9am Coffee Social 11am Card Game "I'm Perfect"
9 9am Coffee Social 11am	10 9am Coffee Social 11am Craft Time 1pm Yahtzee 4pm Mon. Matinee	11 9am Coffee Social 11am Alzheimer Mtg 12pm LUNCH 1pm Rummikub 4pm Open Beading	12 9am Coffee Social 11am Card Class 1pm Scrabble 4pm Adult Coloring	13 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Beading	14 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	15 9am Coffee Social 11am Card Game "I'm Perfect"
16 9am Coffee Social 11am	17 9am Coffee Social 11am Craft Time 1pm Yahtzee 4pm Mon. Matinee	18 9am Coffee Social 12pm LUNCH 1pm Rummikub 4pm Open Beading	19 9am Coffee Social 11am Card Class 1pm Scrabble 4pm Adult Coloring	20 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Beading	21 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	22 9am Coffee Social 11am Card Game "I'm Perfect"
23 9am Coffee Social 11am	24 9am Coffee Social 11am Craft Time 1pm POT LUCK 4pm Mon. Matinee	25 9am Coffee Social 12pm LUNCH 1pm Rummikub 4pm Open Beading	26 9am Coffee Social 11am Card Class 1pm Scrabble 4pm Adult Coloring	27 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Beading	28 9am Coffee Social 11am Card Games 1pm Seneca Lang. 4pm Adult Coloring	29 9am Coffee Social 11am Card Game "I'm Perfect"

March

2025

Catt. AOA Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Light lunch @ noon Co-ed pool tournament @1
2	3	4	5	6	7	8
Light lunch @ noon Bingo @ 1pm	Men's pool Potluck @ 5 Bingo @ 6	Cards @ 10am Quilting @ 2pm	Men's pool league Beading @ 3	Board games @ 10am White elephant bingo @ 1pm	Cards @ 10am After lunch work on any unfinished projects	Light lunch @ noon Co-ed pool tournament @1
9	10	11	12	13	14	15
Light lunch @ noon Bingo	Men's pool Potluck @ 5pm Bingo @ 6	Cards @ 10 am Sepsis education @ 12:30 Quilting @ 2pm	Men's pool league Beading @ 3	Boards games @ 10am Bingo @ 1pm	Cards @ 10am After lunch work on any unfinished projects	Light lunch @ noon Co-ed pool tournament @1
16	17	18	19	20	21	21
Light lunch @ noon Bingo	Men's pool Potluck @ 5pm Bingo @ 6	Cards @ 10am Quilting @ 2pm	Men's pool league Beading @ 3	Board games @ 10am White elephant bingo @ 1pm	Cards @ 10am After lunch work on any unfinished projects	Light lunch @ noon Co-ed pool tournament @1
23	24	25	26	27	28	29
Light lunch @ noon Bingo	Men's pool Potluck @ 5pm Bingo @ 6	Cards @ 10am Quilting @ 2pm	Men's pool league Beading @ 3	Boards games @ 10am Bingo @ 1pm	Cards @ 10am After lunch work on any unfinished projects	Light lunch @ noon Co-ed pool tournament @1
30	31					
Light lunch @ noon Bingo	Men's pool Potluck @ 5pm Bingo @ 6					



Catt. AOA Trips

BUS TRIPS

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	Mardi Gras Bingo 9:30am	4	5	6	8
			Wal-Mart 1pm	Riders Choice 1pm		
9	10	John Beards 1pm.	11	12	13	15
			Wal-Mart 1pm	Riders Choice 1pm	Fish Fry 3pm	
16	17		18	19	20	22
			Wal-Mart 1pm	Riders Choice 1pm		
23	24	25	26	27	28	29
		Regal Movies	Wal-Mart 1pm	Riders Choice 1pm	Buffalo Creek 1pm	
30	31					

****Schedule Subjected to change Sign Up at AOA**



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