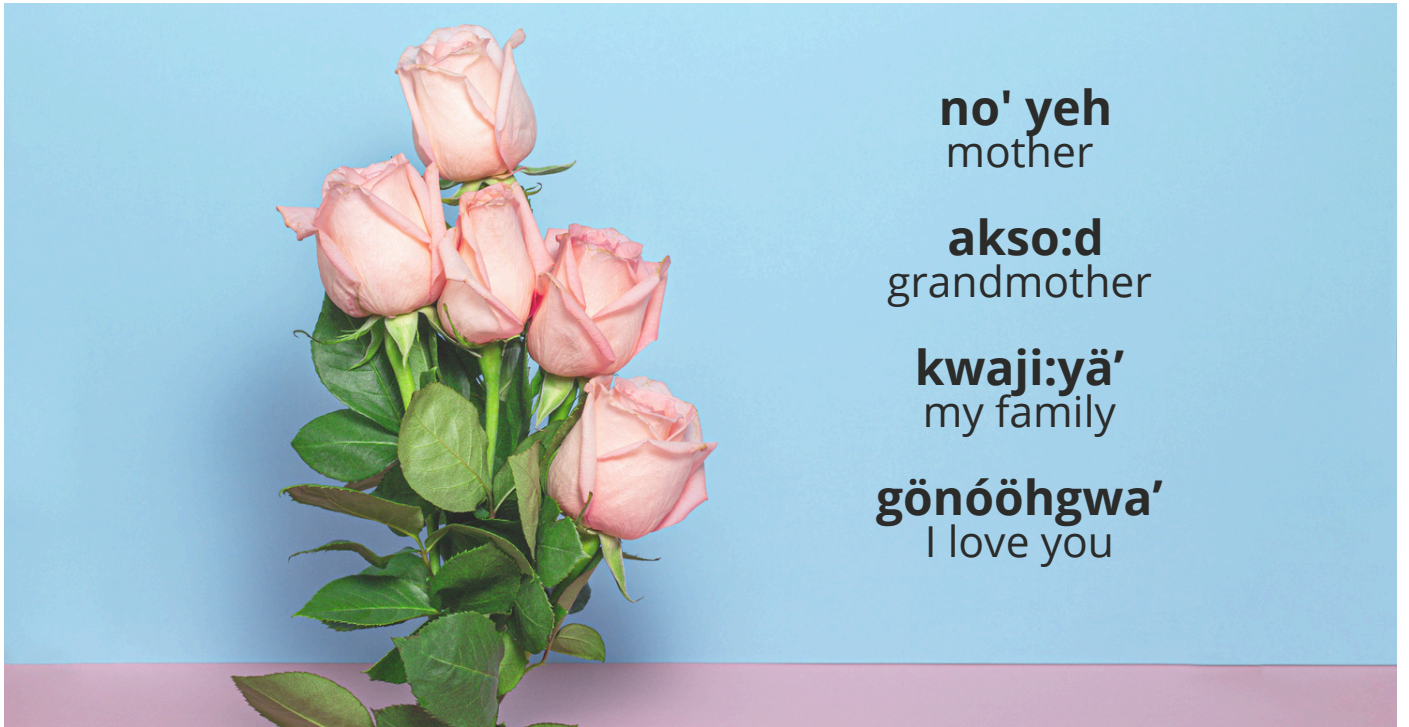


May 2024

ELDER LIVING

Seneca Nation Area Office for the Aging



no' yeh
mother

akso:d
grandmother

kwaji:yä'
my family

gönóöhgwa'
I love you

Director's Update

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

Finally warmer weather is here! Gëgwidekneh, (Spring or the air changes, it will get warm on Mother Earth Again)

Sunday May 12, will be when we celebrate our No'yeh's and Akso:d's! We hope you all have a wonderful day.

It's time for Hadeyë:twas, planting and hope you all have put in your gardens with vegetables or flowers.

This month please take note of our closings: Friday May, 17th for Onondowa'ga' (State) Day and Monday May 27th for Memorial Day. Please remember to call in and pick up your prescriptions for those closing days.

If you need our assistance or would like to participate in any of our activities/events or have suggestions as well please don't hesitate to contact us. Until next time...

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

AOA and SNI
Offices are
CLOSED
Friday May 17th &
Monday May 27th

Self-Care for Caregivers

Self-Care is the conscious practice of looking after one's own wellbeing on a personal, professional, and organizational level. There is no one-size-fits-all strategy. Self-care is intentional, practical, restorative and very important to the well-being of a caregiver.

Why is Self-Care Important?

- Strengthens connections & relationships
- Helps maintain balance
- Prevents burnout and promotes energy
- Enhances self-confidence and self-awareness
- Taking care of yourself is also taking care of your loved ones!

Practical Tips:

- Set boundaries & Recognize that you are a caregiver
- Get to know yourself! Find what works for you.
- Make a plan with those you trust
- Be consistent!
- Commit to saying NO.

Administration for Community Living



For information on Caregiver Support and Resources, please contact AOA:
Allegany (716) 945-8414 ext. 3622, Cattaraugus (716) 532-5777 ext. 5503

SENECA NATION
CRIME VICTIM SERVICES

Have you been a victim of a crime?

We can help

24 HR Advocacy	Compensation Assistance
Emergency Shelter Services	Healing Groups
Transportation	Talking Circles
Court Accompaniment	Supportive Services
Therapy	

24 Hour Hotline (716) 532-8185

Locations:

Allegany- SAAB floor 3, Suite 329

Cattaraugus- 12 Thomas Indian School Drive

Please Call/Email for support 24/7

716-532-8339 Ext. 5087

SNCVServices@sni.org

2-Dekni:h

FREE In-Person Legal Assistance @ AOA

With Thomas Warren,
Center for Elder Law &
Justice

May 23rd

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-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

\$38 All Star Boxing- Friday, May 10th 7 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.

\$63 Big & Rich w/ Gretchen Wilson- Saturday, May 25th 8 p.m. Allegany

\$48 Justin Moore- Saturday, June 15th 8 p.m. Seneca Niagara

\$18 Australia's Thunder from Down Under- Sat., June 29 7p.m. Allegany

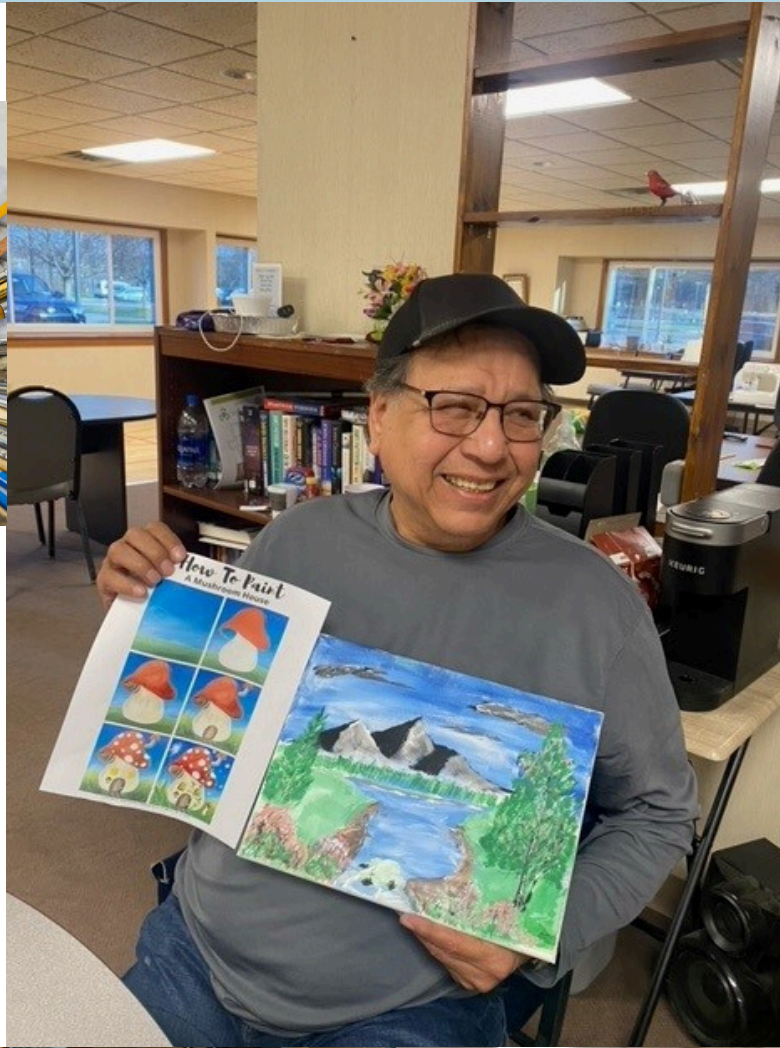
\$48 Donny Osmond Saturday, July 13th 8 p.m. Seneca Niagara

\$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 Fortune Feimster Saturday, July 27th 8 p.m. Seneca Niagara

Paint Night!





Seneca Nation
Area Office
for the Aging

ELDERS CENTER TRIP SUGGESTIONS & COMMENTS

Date: _____

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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JOIN US FOR AN EVENING OF REMEMBRANCE AND SUPPORT

**MISSING & MURDERED
INDIGENOUS PEOPLE
AWARENESS SOCIAL**

MMIP

MAY 6, 2024

WEAR RED



CATTARAUGUS COMMUNITY CENTER

**DOORS OPEN
@ 5PM**

**DINNER
@ 5:30PM**

**SOCIAL
@ 6PM**

Moment of silence to Honor those Lost

Performance by Hoops of Hope and Resilience

Nation to Nation MMIW Ribbon Skirt Exchange

Social with the Newtown Singers

Dinner sponsored by Seneca Nation Council Office



FOR MORE INFO CONTACT: SENECA NATION CRIME VICTIM SERVICES

(716) 532-8339

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



May 2024

Bus Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  Walmart-Bradford	2 RIDER'S CHOICE	3 LOCAL SHOPPING	4
5	6 LOCAL SHOPPING	7 RIDER'S CHOICE	8  Aldi-Olean	9 RIDER'S CHOICE	10 World's Largest Yard Sale Hamburg Fairgrounds	11
12	13 LOCAL SHOPPING	14 RIDER'S CHOICE	15 Wegmans Wegmans-Jamestown	16 RIDER'S CHOICE	17 LOCAL SHOPPING	18
19	20 LOCAL SHOPPING	21 RIDER'S CHOICE	22 BIG LOTS! Big Lots-Bradford	23 RIDER'S CHOICE	24 LOCAL SHOPPING	25
26	27 LOCAL SHOPPING	28 RIDER'S CHOICE	29  Walmart-Olean	30 RIDER'S CHOICE	31 LOCAL SHOPPING	

Catt AOA Activities

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Quarter BINGO 1pm	6 Potluck & BINGO 5pm	7 Card Club 10am Shuffle Board 1pm	8 Seasonal Craft 1pm	9 Mother's Day Plant BINGO 1pm	10 Card Club 10am	11 Movies & snacks 12pm
12 Mother's Day	13 Potluck & BINGO 5pm	14 Card Club 10am Woman's pool 1pm	14 Gardening 1pm	16 Quarter BINGO 1pm	17 Card Club 10am	18 Movies & snacks 12pm
19 Quarter BINGO 1pm	20 Potluck & BINGO 5pm	21 Card Club 10am	22 Gardening 1pm	23 Board Games 1pm	24 Card Club 10am	25 Movies & snacks 12pm
26	27 Potluck & BINGO 5pm	28 Card Club 10am Cornhole 1pm	29 Seasonal Craft 1pm	30 Quarter BINGO 1pm	31 Card Club 10am	

Allegany AOA Activities

May 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 9-10 Coffee Social 11-1 Open Pool	6 9-10 Coffee Social 11-12 Adult Coloring 1-3 Mon Matinee 4-6 Open Pool	7 9-10 Coffee Social 12-1 Lunch 1-3 Board Games 4-6 Open Pool	8 9-10 Coffee Social 11-1 Card Class 1-3 Puzzle Time 4-6 Open Pool	9 9-10 Coffee Social 12-1 Lunch 1-3 Bingo 4-6 Open Pool	10 9-10 Coffee Social 11-1 Adult Coloring 1:30 Seneca Lang. 4-6 Open Pool	11 9-10 Coffee Social 11-1 Open Pool
12 9-10 Coffee Social 11-1 Open Pool	13 9-10 Coffee Social 11-12 Adult Coloring 1-3 Mon Matinee 4-6 Open Pool	14 9-10 Coffee Social 12-1 Lunch 1-3 Board Games 4-6 Open Pool	15 9-10 Coffee Social 11-1 Card Class 1-3 Puzzle Time 4-6 Open Pool	16 9-10 Coffee Social 12-1 Lunch 1-3 Bingo 4-6 Open Pool	17 SNI CLOSED Onondowa'ga (State) Day	18 9-10 Coffee Social 11-1 Open Pool
19 9-10 Coffee Social 11-1 Open Pool	20 9-10 Coffee Social 11-12 Adult Coloring 1-3 Pot Luck 4-6 Open Pool	21 9-10 Coffee Social 12-1 Lunch 1-3 Board Games 4-6 Open Pool	22 9-10 Coffee Social 11-1 Card Class 1-3 Puzzle Time 4-6 Open Pool	23 9-10 Coffee Social 12-1 Lunch 1-3 Bingo 4-6 Open Pool	24 9-10 Coffee Social 11-1 Adult Coloring 1:30 Seneca Lang. 4-6 Open Pool	25 9-10 Coffee Social 11-1 Open Pool
26 9-10 Coffee Social 11-1 Open Pool	27 SNI CLOSED 	28 9-10 Coffee Social 12-1 Lunch 1-3 Board Games 4-6 Open Pool	29 9-10 Coffee Social 11-1 Card Class 1-3 Puzzle Time 4-6 Open Pool	30 9-10 Coffee Social 12-1 Lunch 1-3 Bingo 4-6 Open Pool	31 9-10 Coffee Social 11-1 Adult Coloring 1:30 Seneca Lang. 4-6 Open Pool	

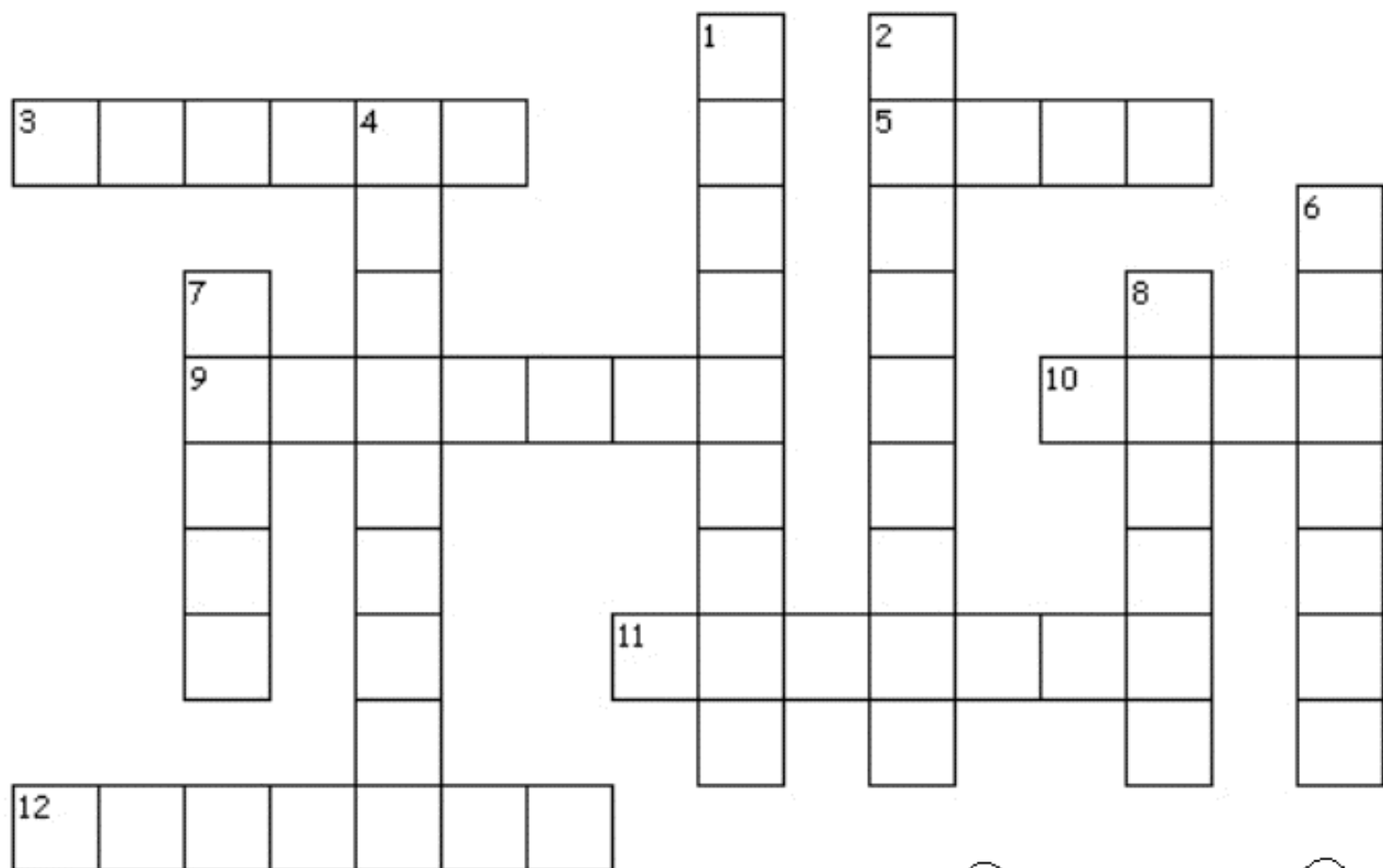
May 2024 Menu

Seneca Nation Area Office for the Aging

Lunch Menu

O'wē:da't – Monday	Swēda:dih – Tuesday	Ha'dewēdāéh – Wednesday	Éyóhé'tgeh – Thursday	Wēda:k'ah – Friday
<p>Please enjoy a ½ pint milk served with each meal! MENU IS SUBJECT TO CHANGE</p>	<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 9:30 am</p>	<p>1 Hot Ham & Cheese Slider Roasted Brussels Sprouts & Carrots Warm Cinnamon Applesauce Blueberry Bran Muffin</p>	<p>2 BBQ Chicken Drumsticks Coleslaw Baked Beans Oatmeal Cookie Grapes</p>	<p>3 Italian Herb Fish Corn Bread Sweet Potato Fries Cabbage Apple Salad Fruited Lemon Jell-O</p>
<p>6 Tomato Soup & Grilled Cheese Sandwich Pears and Vanilla Greek Yogurt Cucumber slices</p>	<p>7 Lasagna Florentine Green Salad Dinner Roll Apple Slices</p>	<p>8 Vegetable Pizza Side Salad Fruit cup</p>	<p>9 Philly Cheese Steak Sandwich Roasted Potato Wedges Beets Strawberry Shortcake</p>	<p>10 Tuna casserole with Peas and Carrots Garden Salad Mandarin Oranges</p>
<p>13 Macaroni & Cheese With stewed tomatoes Steamed spinach Blueberries Vanilla Pudding</p>	<p>14 Turkey Chili Cornbread Cottage Cheese with Peaches Fruited Jell-O</p>	<p>15 Ranch Chicken Green-Beans Brown Rice Fruit Cocktail for dessert Cauliflower & Broccoli Mix</p>	<p>16 TRADITIONAL MEAL Indian Taco with toppings Served with Roasted Summer Squashes and Strawberry Fruit Salad</p>	<p>17 SNI CLOSED, State Onodowa'ga' Day *Frozen meal*</p>
<p>20 Goulash With Cauliflower Side Salad Vanilla Pudding with Berries</p>	<p>21 Chiavetta's Marinated Chicken Coleslaw, Baked Beans Dinner Roll Banana</p>	<p>22 Spaghetti Squash Noodle Bake Green Beans, Garlic Bread and Fresh Fruit</p>	<p>23 BIRTHDAY PARTY Turkey & Gravy Stuffing Sweet Potato Birthday Cake Apple Slices Carrots</p>	<p>24 BRUNCH Oatmeal, Peanut Butter, Toast, Yogurt with Fresh Strawberry Slices, & Vegetable Juice Celery Sticks</p>
<p>27 SNI CLOSED Memorial Day *Frozen meal*</p>	<p>28 Beef Burrito with lettuce, cheese, tomato, and sour cream Mixed Vegetables Vanilla Ice Cream Peaches</p>	<p>29 Chicken & Rice Casserole With Steamed Peas and Carrots Ambrosia for dessert</p>	<p>30 Cheese Ravioli Served with Green Beans Bread Stick Chocolate pudding Grapes</p>	<p>31 Salisbury Steak with Gravy Over Noodles Cauliflower and Carrots Fruit Cup</p>

Mother's Day Crossword



Across

3. Special meal between breakfast and lunch.
5. Tight squeeze.
9. Inspiring awe.
10. The feeling mom has for her children.
11. To help someone grow up.
12. A bouquet of these will make mom's day!

Down

1. Amazing or astonishing.
2. Mom's favourite cocoa indulgence.
4. To engage in festivities.
6. A gift.
7. Sweet treats.
8. The woman who loves you no matter what!

