



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

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

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In May we honor and celebrate our mothers and grandmothers, our life-givers and life-carriers. We also take time this month to remember and raise awareness for all Missing and Murdered Indigenous Women. More information on Mothers Day events at AOA and MMIW events can be found inside.

The return of spring brings brighter days and new opportunities to see our Elders and community. Last month we held a ham distribution for Elders and a drive through dinner at the Community Fair. We sent home Easter gifts to Home Delivered Meal Recipients and enjoyed seeing many new faces at our Elder Centers for activities and meals.

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

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

AOA and SNI
Offices are
CLOSED
Friday May 20th &
Monday May 30th

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, Cattaraugus (716) 532-5777

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



UPCOMING EVENTS

Mothers Day BINGO & Photo Shoot

Thurs. May 5th @ 1pm
Winnie Kettle Senior Center

Come join us for bingo (ages 60+) & stop by our photo booth to take a free photo with your mom, grandma, etc.. !!

Bingo will start at 1pm
Picture booth will be set up 1-3pm



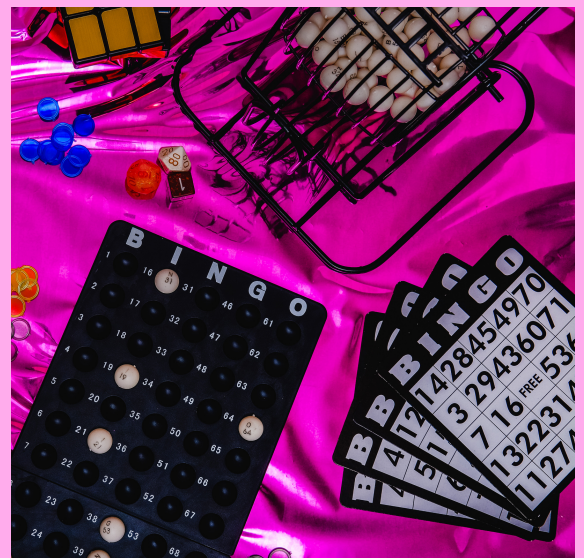
Due to covid restrictions bingo spots will be limited
Please call Raven or Bruce to
RSVP: 716- 532-5777

Mothers Day BINGO

Thurs. May 5th @ 1pm
Allegany Elders Center

Come join us for bingo (ages 60+)
Bingo will start at 1pm

Due to covid restrictions bingo spots will be limited
Please call Nancy or Dorsie to
RSVP: 716- 945-8414



Allegany Elders Center Hours

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

Wini Kettle Senior Center Hours

MON-FRI
8AM-7PM
Sat-SUN
10AM-5PM

Upcoming Seneca Elder Events



Friday, May 13 - All Star Boxing at Seneca Niagara Casino at 7 p.m. Sign-up sheet is out now.

Saturday, May 21 - The Highway Men Live at Seneca Allegany Casino at 7 p.m. Sign-up sheet is out now.

Friday, May 28 - Terry Fator at Seneca Niagara Casino at 8 p.m. Sign-up sheet is out now.

Saturday, June 18 - Tyler Henry, The Hollywood Medium, at Seneca Niagara Casino at 8 p.m. Sign-up sheet will be out 5/18.

Saturday, June 25 - Rick Springfield at Seneca Allegany Casino at 8 p.m. Sign-up sheet will be out 5/25.

Saturday, June 25 @ 6PM- Buffalo Bisons Game Suite! Sign-up Sheet is out now.

Reminder: Entertainment Guidelines

- Tickets available to enrolled Seneca Elders only.
- Elders need to physically sign themselves up in person at AOA.
- Elders must notify AOA of any cancellations at least 24 hours prior to event.
- Assistants may be put on the waitlist pending all Enrolled Seneca Elders are accommodated.
- Please remember to include your phone number when signing up.
- There is a minimum of 10 people to attend a show.

For more information, please call: Irma Cortes at (716) 532-5777 ext. 5513.

Monthly In-Person Legal Assistance

With Lee Redeye

****Appointments required****

To make an appointment:

- Call Deanna Luke in Cattaraugus at (716)532-5777
- Call Bridgette John in Allegany at (716)945-8990
- Or, feel free to contact the lawyer, Lee Redeye, directly at (716) 853-5100 ext. 1382



SECOND COVID-19 Boosters Available!

COVID-19 boosters for Individuals aged 50 years and older at least
4 months after receipt of a first booster dose



UPCOMING COVID-19 VACCINE CLINICS



Tuesday, May 3rd at CIRHC
8:30 AM - 3:00 PM

Wednesday, May 4th at LRJHC
8:30 AM - 3:00 PM

CHECK YOUR ELIGIBILITY FOR A BOOSTER SHOT TODAY!

For an appointment at the
Community Health & Wellness
Center (Cattaraugus Territory,
Irving) please call Kim Bradley at
716-532-5582

For an appointment at the
Lionel R. John Health Center
(Allegany Territory,
Salamanca) please call Teri
Cowles at 716-945-5894



PROTECT THE COMMUNITY AND YOURSELF

New Cups, Bags & Shirts

AOA recently ordered travel mugs, shirts and reusable shopping
bags to promote COVID-19 vaccines and boosters.

Give us a call or stop by if you'd like one.

Elder Center Activities

Wini Kettle Senior Center Activities

Men's Pool League: Every Monday at 9am.

Women's Pool: Tues. May 3rd & May 17th @1pm.

BINGO: Thurs. May 5th, 19th and 26th @ 1pm.

Gardening: Wed. May 4th @ 1pm.

Card Club: Tues. May 10th, 17th and 24th @ 10am.

Towel Animals: Wed. May 11th @ 1pm.

Paint Class: Wed. May 18th @ 1pm.

POTLUCK: Mon. May 23rd @5pm.

Shuffleboard Tournament: Tues. May 24th @ 1pm.

Co-Ed Pool Tournament: May 25th at 1pm



Towel animal activity.

Allegany Elders Center Activities

Seneca Language: Every Tuesday from 11:30am-12:30pm

Card Making Class: Every Wednesday from 11am-1pm.

BINGO: Every Thursday from 1-3pm.

Birdfeeder Craft: Mon. May 2 and Tues. May 3 from 1-3pm.

Mothers Day Tile Art: Wed. May 4th from 2-4pm, Sat. May 7 from 12-2pm.

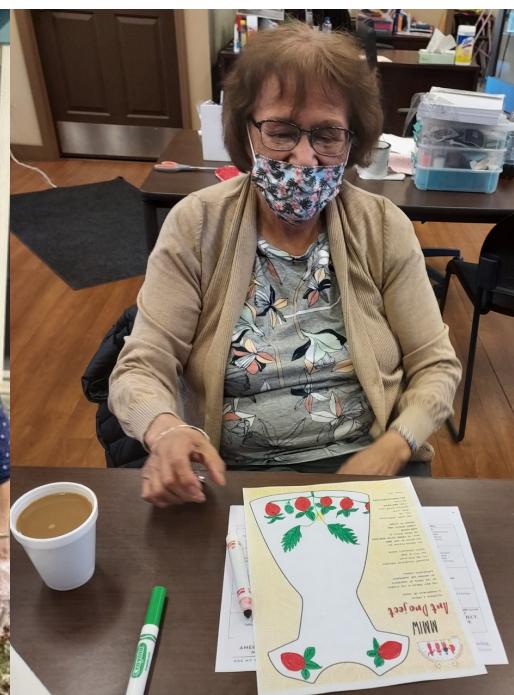
Paint Doll Signs: Fri. May 6 from 11am-1pm, Wed. May 11 from 2-4pm, Sat. May 21 from 12-2pm, Wed. May 25 from 2-4pm, Fri May 27 from 2-4pm.

Plant Hanger: Fri. May 13 from 2-4pm.

Sew Felt Strawberry: Mon. May 16 from 1-3pm, Tues. May 17 from 2-4pm.



Felt Strawberry Craft.





MMIW Community Social

Featuring Old Bridge

Thursday May 5th, 2022

Cattaraugus Community Ctr

12767 Route 438 Irving, NY 14081

Schedule of events

4:30 PM Doors Open / Dinner

5:30 PM Community Social

7:30 PM Closing / Candle Light Vigil

Brought to you by: Crime Victim Services,
Connecting Communities in Action,
Child & Family Services,
and the Erie County Sheriff's Office.

Contact:

716.532.8339

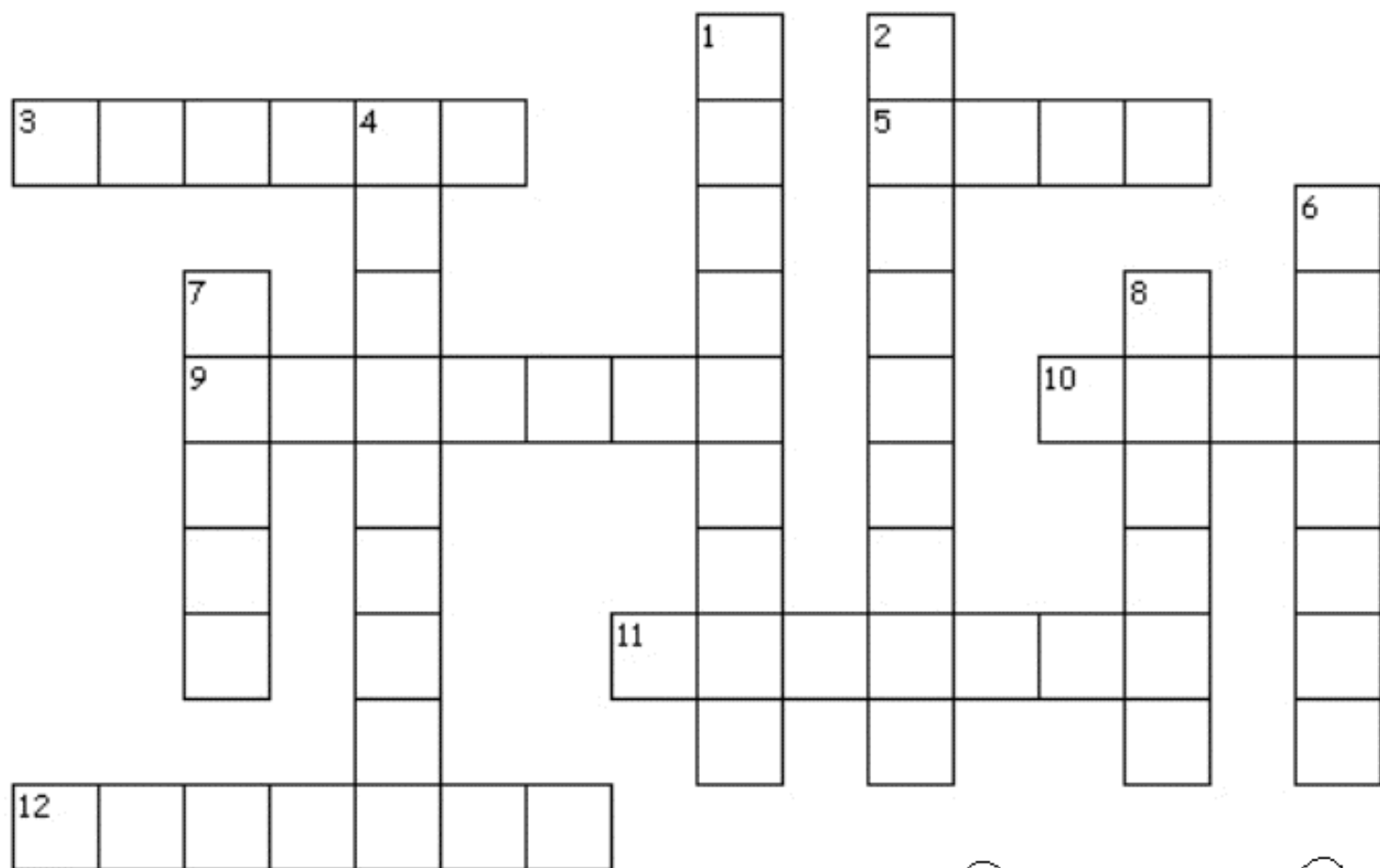
SNCVServices@sni.org

SHOW YOUR SUPPORT...WEAR RED MAY 5TH

MMIW- Missing & Murdered Indigenous Women

7- Ja:dak

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!

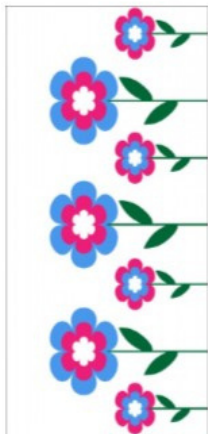
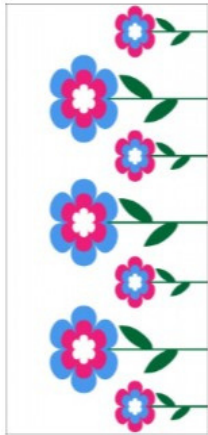
Down

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!



AOA Bus Trips

May 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Alleg. trips depart Elder Center @ 2pm Catt. trips depart Wini Kettle @ 1pm. Unless otherwise noted.	2 Alleg: Lowe's Springville, NY Catt: Gabe's Hamburg, NY	3 Alleg: Wegman's Jamestown, NY Catt: Savers Blasdell, NY	4 Alleg: Pet Smart Jamestown, NY Catt: NO TRIP	5 Alleg: Reid's Food Barn Catt: NO TRIP	6 Alleg: Nickel Restaurant DEPART @ 3:30 Catt: NO TRIP	7 Alleg: Erie County Fair Grounds World's Largest Yard Sale \$4.00 Admission DEPART @ 10AM
8	9 Alleg: Cuba Gaming & Cheese Shop Catt: Scenic Ride	10 Alleg: Lakewood Cinema 8 Catt: Home Depot Fredonia, NY	11 Alleg: Hobby Lobby Orchard Park, NY Catt: Walmart Hamburg, NY	12 Alleg: Tops/Aldi's Olean, NY Catt: Longhorn Steakhouse	13 Alleg: Scenic Ride Amish Trail Catt: Fiesta Bamba Springville, NY	14
15	16 Alleg: Strayer's Green House Catt: Target Orchard Park, NY	17 Alleg: Vidler's East Aurora, NY Catt: Riders Choice	18 Alleg: Beads Beads Beads Catt: Walmart Dunkirk, NY	19 Alleg: Olive Garden DEPART @ 3:30 Jamestown, NY Catt: Local Shopping	20 SITE CLOSED 	21
22	23 Alleg: Brigiotta's Jamestown, NY Catt: Outback Steakhouse Blasdell, NY	24 Alleg: RIDERS CHOICE Catt: Savers Blasdell, NY	25 Alleg: Buffalo Botanical Gardens \$12.50 Admission DEPART @ 10:AM Catt: Walmart Hamburg, NY	26 Alleg: Peaches N Cream Randolph, NY Catt: Local Banking	27 Alleg: Wal-Mart Olean, NY Catt: Buffalo Creek Casino	28
29	30 SITE CLOSED 	31 Catt: McKinley Mall Area	ALL PASSANGERS MUST BE SIGNED UP BY 9AM THE DAY OF TRIP			

May 2022 Menu

Seneca Nation Area Office for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese Ravioli Served with Green Beans Dinner roll Chocolate pudding	3 Shepard's Pie Honey Glazed Carrots Fruit cup	4 Hot ham and cheese sliders Served with Green Beans Brownie	5 MOTHERS DAY Meatloaf Mashed potatoes & gravy Salad Cake	6 BBQ Chicken Drumsticks Coleslaw Baked Beans Fig Newtons
9 Tomato Soup & Grilled Cheese Sandwich Fruit and Yogurt Parfait	10 Vegetable Pizza Side Salad Fruit cup	11 Tuna casserole with Peas Mandarin Oranges Oatmeal Raisin Cookie	12 Philly Cheese Steak Sandwich Roasted Potato Wedges Beets Healthy Carrot Cake	13 Lasagna Florentine Green Salad Dinner Roll Peanut Butter Cookie
16 Macaroni & Cheese With stewed tomatoes Steamed spinach Blueberries Vanilla Pudding	17 Turkey Chili Cornbread Raspberry Jello	18 Ranch Chicken Green Beans Rice Blueberries for dessert	19 TRADITIONAL MEAL Indian Taco with toppings Served with Roasted Summer Squashes and Strawberry Juice	20 Office Closed
23 Goulash With Cauliflower Side Salad Chocolate Pudding	24 BRUNCH Oatmeal, Peanut Butter Toast, Yogurt with Fresh Strawberry Slices, & Juice	25 Salisbury Steak with Gravy Over Noodles Spinach Apple Crumble	26 BIRTHDAY PARTY Turkey & Gravy Stuffing Sweet Potato Birthday Cake	27 Chivaretta's Marinated Chicken Coleslaw Baked Beans Fig Newtons
30 Office Closed	31 Beef Burrito with lettuce, cheese, tomato, and sour cream Mixed Vegetables Peaches with Cream		In Allegany please call 716-945-8414 or in Cattaraugus please call 716-532-5777 to make a reservation or cancel a meal by 9:30am	Please enjoy a ½ pint milk served with each meal! MENU IS SUBJECT TO CHANGE



Life is like riding a bicycle. To keep your balance, you must keep moving.

Albert Einstein

AGE MY WAY: MAY 2022