



# ELDER LIVING

Seneca Nation Area Office for the Aging

*Remember  
the Removal:  
Sat. Sept. 28*

*Residential  
School  
Healing Walk:  
Mon. Sept. 30*



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## Director's Update

Nya:wëh Sgeno!

Can you believe it's September? I hope everyone's gardens did well and you have a bountiful harvest!

Reminder: The Fall Festival is September 13-15, so get your entries in! More dates to remember: Thomas Indian School Reunion, Saturday, September 21st, at the Wini Kettle Sr. Center, 11 am-2 pm; all are welcome; the Remember the Removal, Saturday, September 28th in Steamburg and the Every Child Matters Event on Monday, September 30th, 5-7 pm. It is a busy month, and we hope to catch you at one of the events; it's always nice to visit with one another.

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

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

*SNI & AOA Offices  
Closed:*

*9/2 -Labor Day*

*9/20 -Ogwe'o:weh Day*

# FREE In-Person Legal Assistance @ AOA

With **Thomas Warren**,  
Center for Elder Law &  
Justice

**Date:**

**Septmeber 6th**

**\*\*Appointments required\*\***

To make an appointment:

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

## 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.

### Wini Kettle Senior Center

**Weekdays** from 12 – 1 pm.

Please call for reservations by 3pm the day prior: 716-532-5777.

### Seneca Allegany Elders Center

**Tuesdays and Thursdays**

from 12 – 1 pm.

Please call for reservations by 3pm the day prior: 716-945-8414.



# Upcoming Seneca Elder Events



## UPCOMING SENECA ELDER EVENTS

Sign-up sheets for shows will be available **1 MONTH** prior to the event. Numbers are turned into 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** \*Note: Guests are not guaranteed, they are only accommodated after all Elders tickets. Please arrive 2 hours prior to the show for the buffet at the casinos.

Guest  
Cost

**\$27** **Shawshank Redemption-Erie Playhouse Friday, Sept. 13<sup>th</sup> 7:30pm**  
*Limited transportation available from AOA*

**NA** **Disco Bingo-Tuesday, Sept. 17<sup>th</sup> 1pm Seneca Allegany Event Center**  
*Bus ONLY-transportation available from AOA*

**\$20** **Music of George Jones & Tammy Wynette Saturday, Sept. 21<sup>st</sup> 7-9pm**  
*Gowanda Hollywood Theater-Limited transportation available from AOA*

**\$44** **Peter Frampton Saturday, Sept. 21<sup>st</sup> 7pm Seneca Niagara Outdoor**

**\$79** **Some Like It Hot Tuesday, Sept. 24<sup>th</sup> 7:30pm Shea's Theater Bus available from AOA**

**\$17** **Fall Foliage Train Ride Saturday, Sept. 28<sup>th</sup> 11am Gowanda Bus available from AOA**

**\$25** **Sugar Ray w/ Special guest Tonic Saturday, September 28<sup>th</sup> 8pm Seneca Niagara**

**\$23** **Rocky Horror Picture Show Saturday, Oct. 5<sup>th</sup> 8pm Seneca Niagara**

**\$43** **Paul Anka Friday, October 11<sup>th</sup> 8pm Seneca Niagara Event Center**

**\$44** **George Thorogood & The Destroyers Saturday, Oct. 26<sup>th</sup> 7pm Seneca Allegany**

**\$40** **Carly Pearce Friday, March 28<sup>th</sup> 8pm Seneca Allegany Event Center**

**Allegany AOA (716)945-8990**

**Cattaraugus AOA (716)532-5777**



THE  
**SHAWSHANK**  
REDEMPTION

# Summer Elder Event





# FALL FESTIVAL

September 13th, 14th & 15th



**Saylor Building Grounds**  
12861 Route 438 Irving, N.Y 14081

For more information please contact Trudy Jackson @ 532-3341 x 5130



**2024**  
**REMEMBER**  
**THE**  
**REMOVAL**  
**WALK/RUN 5K**

**ALLEGANY COMMUNITY CENTER**  
**SEPTEMBER 1, 2024**

**REGISTRATION OPENS 9:30AM**  
**WALK/RUN BEGINS 10:00AM**

**DOOR PRIZES!**

**GIVE A WAY!**

*THIS IS NOT THE MAIN Remember the Removal event  
The main event is scheduled for September 28, 2024 in Steamburg  
THIS IS A KICKOFF EVENT SPONSORED BY THE 2024 RTR COMMITTEE*

**FOR MORE INFORMATION CALL 716-945-1790 X3064 OR EMAIL [RTR@SNI.ORG](mailto:RTR@SNI.ORG)**

# EVERY CHILD MATTERS

## Remembrance & Community Healing Walk

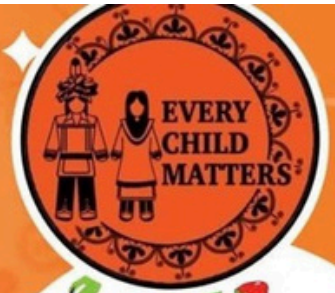
September 30, 2024

5PM-7PM

Sully Huff Heritage Center  
12857 Route 438, Irving

Everyone is Welcome!

Join us in creating awareness, understanding, & healing of the intergenerational impact of Indian Boarding Schools on our communities.



Walk the former Thomas Indian Residential School grounds in Irving, NY

WEAR ORANGE FOR #ORANGESHIRTDAY SEPT. 30TH

- Welcome Remarks
- Light refreshments
- Moment of Silence
- Walk TIS grounds
- Community Dinner
- ECM gift giveaway



For more information, call:  
Seneca Nation Crime Victim Services  
(716) 532-8339

ALZHEIMERS SERIES AT SENECA NATION AOA

# Understanding Alzheimers and Dementia



The Seneca Nation AOA and Alzheimer’s Association is coordinating together to hold a introductory course on Alzheimers at both Elder centers. This course covers basic information on the difference between Alzheimers and dementia, stages, risk factors, research, and FDA-approved treatments.



<p><b>Catt Elder Center</b> <b>Tuesday, September 10th</b> <b>12:30-1:30pm</b></p> <p>28 Thomas Indian School Dr, Irving, NY 716-532-5777</p>	<p><b>Allegany Elders Center</b> <b>Thursday, September 12th</b> <b>11:00am-12:00pm</b></p> <p>3644 Administration Dr. Salamanca, NY (716) 945-8414</p>
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# 10 WAYS TO LOVE YOUR BRAIN



**START NOW.** It's never too late or too early to incorporate healthy habits.



## BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



## HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



## BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



## FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



## STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

## HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



## BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

## FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



## TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

## CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

alzheimer's association®

THE BRAINS BEHIND SAVING YOURS!

# September 2024 Menu

Seneca Nation Area Office for the Aging

O'wēdē:da't – Monday	Swēda:dih – Tuesday	Ha'dewēdāh – Wednesday	Éyóhē'tgeh – Thursday	Wēda:k'ah – Friday
2 <b>CLOSED</b>	3 Spaghetti & Meat Sauce With a Tossed Salad Slice of Italian Bread Cinnamon Pears	4 Beef Stroganoff with Noodles Roasted Brussel Sprouts and Carrots Whole Wheat Roll Orange Slices	5 Grilled Chicken Caesar Wrap With Broccoli salad Baked Potato Chips And an Orange for dessert	6 Spinach Sausage Rigatoni Served with Broccoli and Cauliflower a Dinner Roll Fresh Pears for dessert
9 Vegetable Pizza Served with a Side Salad, roasted Brussels Sprouts and Fruited Jell-O	10 Ham & Scalloped potatoes Steamed Broccoli Side Salad Pear Crisp	11 Roasted Stuffed Pepper With a Harvest Salad A side of Strawberries Ice cream for dessert	12 <b>TRADITIONAL</b> Butternut Squash Soup Served with Side Pork And a Biscuit Melon & whipped topping	13 Salisbury Steak & Gravy Over brown rice Roasted Cauliflower Apple Crumble
16 Ranch Chicken Served with Peas and Carrots And Brown rice Mandarin oranges	17 Beef Tacos Lettuce, Tomato, Onion, Sour Cream, & Salsa Pinto Beans Coleslaw Fresh Melon	18 Crispy Breaded Fish Fillet Apple Cabbage Salad Boiled Baby Red Potatoes Peanut Butter Chocolate Rice Krispy Treat for dessert	19 <b>BIRTHDAY</b> Creamed Chicken over Biscuits, Mashed Potatoes, Side Salad, Pear and Birthday Cake for dessert	20 <b>CLOSED</b>
23 Macaroni & Cheese With Zucchini & Squash Blend Stewed Tomatoes And Peach Crisp	24 Chicken Salsa Rice Bake With a side of Red bell pepper sticks and Hummus Grapes, and A Brownie for dessert	25 <b>BRUNCH</b> Scrambled Eggs, Sausage Hashbrowns, V8 Pumpkin Muffin and a small banana	26 Boiled Dinner With Corned Beef, Cabbage, Rutabaga, Potatoes & Carrots Biscuit And Cantaloupe for dessert	27 BBQ Pulled Pork on a Bun With French Fries, Roasted Broccoli and Cauliflower, And a Nectarine and Apple for dessert
30 Toasted Tuna Melt Sandwich ½ Baked Potato Carrot Raisin Salad Grapes & Oranges				<b>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.</b>

There is one thing Alzheimer's cannot take away, and that is love. Love is not a memory – it's a feeling that resides in your heart & soul.





Allegany Senior Center  
3644 Administration Drive  
Salamanca, NY 14779  
716-945-8990

Any questions please feel free to call  
Stephanie

CALENDAR is subject to change!!


HOU

Monday-Friday  
8:30am-7pm

Saturday & Sunday  
9am-2pm

# September 2024

# Allegany AOA Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9am Coffee Social 11am Open Pool	 <p>Potluck Dinner Monday 8/30/24 "Meatloaf"</p>	3 9am Coffee Social 12pm LUNCH 1pm Board Games 4pm Open Pool	4 9am Coffee Social 11am Card Class 1pm Puzzle Time 4pm Open Pool	5 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Pool	6 9am Coffee Social 11am Scrabble 1pm Seneca Lang. 4pm Open Pool	7 9am Coffee Social 11am Adult Coloring
8 9am Coffee Social 11am Open Pool	9 9am Coffee Social 11am Open Pool 1pm Horseshoe 4pm Mon. Matinee	10 9am Coffee Social 12pm LUNCH 1pm Board Games 4pm Open Pool	11 9am Coffee Social 11am Card Class 1pm Puzzle Time 4pm Open Pool	12 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Pool	13 9am Coffee Social 11am Scrabble 1pm Seneca Lang. 4pm Open Pool	14 9am Coffee Social 11am Adult Coloring
15 9am Coffee Social 11am Open Pool	16 9am Coffee Social 11am Open Pool 1pm Horseshoe 4pm Mon. Matinee	17 9am Coffee Social 12pm LUNCH 1pm Board Games 4pm Open Pool	18 9am Coffee Social 11am Card Class 1pm Puzzle Time 4pm Open Pool	19 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Pool	20 SNI CLOSED Ogwe'o:weh Day	21 9am Coffee Social 11am Adult Coloring
22 9am Coffee Social 11am Open Pool	23 9am Coffee Social 11am Open Pool 1pm Horseshoe 4pm Mon. Matinee	24 9am Coffee Social 12pm LUNCH 1pm Board Games 4pm Open Pool	25 9am Coffee Social 11am Card Class 1pm Puzzle Time 4pm Open Pool	26 9am Coffee Social 12pm LUNCH 1pm BINGO 4pm Open Pool	27 9am Coffee Social 11am Scrabble 1pm Seneca Lang. 4pm Open Pool	28 9am Coffee Social 11am Adult Coloring
29 9am Coffee Social 11am Open Pool	30 9am Coffee Social 11am Open Pool 1pm POT LUCK 4PM Mon. Matinee					

# SEPTEMBER 2024

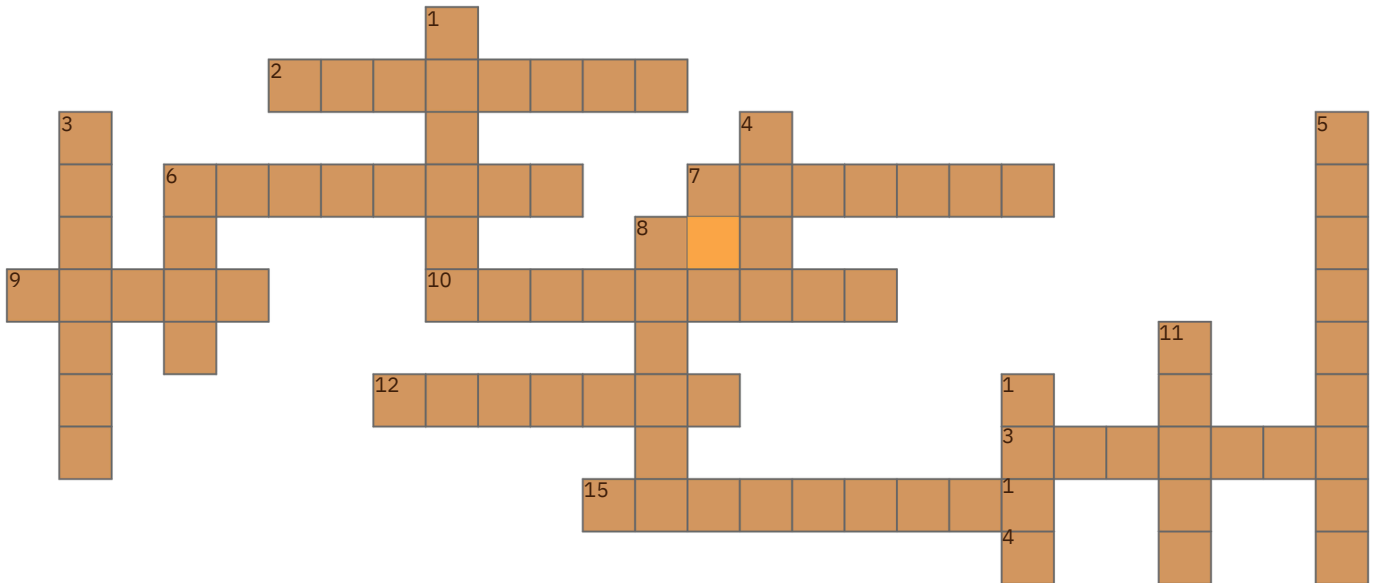
## AOA ACTIVITIES @ the Winl Kettle senior center

Phone # 532-5777

SUN	MON	TUE	WED	THU	FRI	SAT
BINGO 1PM 1	<b>CLOSED</b> 2	POOL TOURNAMENT 1PM FLOAT DECORATING 3	WALKING 9AM WALMART 1PM AQUA CLASS 4PM 4	RUMMIKUB 10AM BINGO 1PM MOVIE AFTER BINGO 5	WALKING 9AM CARD CLUB 10AM CORNHOLE 1PM WORK ON THE FLOAT 6	SEWING 10AM 7
BINGO 1PM 8	WALKING 9AM MENS POOL 9:30AM POTLUCK 5PM BINGO 9	CARD CLUB 10AM CORNHUSK BRAIDING BASKETS WITH BERNADETTE SCOTT 4PM-6PM 10	WALKING 9AM WALMART 1PM BORAD GAMES 1PM AQUA CLASS 4PM 11	RUMMIKUB 10AM BINGO 1PM MOVIE AFTER BINGO 12	WALKING 9AM CARD CLUB 10AM SHUFFLEBOARD 1PM LAST DAY TO WORK ON FLOAT 13	SEWING 10AM 14
BINGO 1PM 15	WALKING 9AM MENS POOL 9:30AM POTLUCK 5PM BINGO 16	CARD CLUB 10AM MOVIE 1PM PAINTING 4PM 17	WALKING 9AM WALMART 1PM BOARD GAMES 1PM AQUA CLASS 4PM 18	RUMMIKUB 10AM BINGO 1PM(WHITE ELEPHANT) MOVIE AFTER BINGO 19	<b>CLOSED</b> 20	SEWING 10AM 21
BINGO 1PM 22	WALKING 9AM MENS POOL 9:30AM POTLUCK 5PM BINGO 23	CARD CLUB 10M MOVIE 1PM CRAFT NIGHT 24	WALKING 9AM WALMART 1PM BOARD GAMES 1PM AQUA CLASS 4PM 25	RUMMIKUB 10AM BINGO 1PM W/ALLEGANY IN CATT MOVIE AFTER BINGO 26	WALKING 9AM CARD CLUB 10AM SHUFFLEBOARD 1PM CRAFT NIGHT 27	SEWING 10AM 28
BINGO 1PM 29	WALKING 9AM MENS POOL 9:30AM POTLUCK 5PM BINGO 30					

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Autumn Crossword



## ACROSS

- 2. Last month of Autumn
- 6. An organized day or period of celebration.
- 7. The process or period of gathering in crops.
- 9. A variety of this fruit is marketed as "Autumn Glory"
- 10. Likes to store and eat nuts
- 12. Spring, Summer, Fall, Winter are the four .....
- 14. Another Autumn month
- 15. First month of Autumn

## DOWN

- 1. What falls from a tree in Autumn.
- 3. You can use it to make a pie or for carving
- 4. You can gather fallen leaves with this
- 5. Used to scare the crows from fields
- 6. Another name for Autumn
- 8. Autumn leaves color
- 11. Fruit of the oak tree
- 13. Vegetable that grows in stalks

ORANGE	RAKE	ACORN	APPLE
SCARECROW	FALL	FESTIVAL	HARVEST
OCTOBER	PUMPKIN	SEPTEMBER	NOVEMBER
SEASONS	CORN	LEAVES	SQUIRRELS