



ELDER LIVING

Seneca Nation Area Office for the Aging



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Director's Update

Nya:wëh Sgë:nö'

Happy New Year to you and your families. We hope that you are safe and well. As you are probably aware, the Seneca Nation and surrounding communities have seen an increase in COVID cases following the holidays. New safety measures have been put into place including a 30 Day Pause on public gatherings. More information can be found inside this issue.

Earlier this month the Seneca Nation distributed COVID testing kits to the community. If you are an elder and did not receive a testing kit, we have a limited supply remaining. Please call our offices if you have not received a testing kit.

COVID booster shots and flu vaccines are now widely available. I urge you to get yourself fully vaccinated, continue wearing your mask in public and call your primary care doctor if you experience any COVID or flu-like symptoms.

You are important to us and to your community. Please take care of yourselves and be safe this winter. We look forward to seeing you soon!

Bethany Lay



30 Day Pause on Public Gatherings

The Seneca Nation recently announced a 30 Day Pause on public gatherings of three or more people. Therefore AOA Elder Center activities are on hold until the 30 day pause expires. Our Elder Centers are still open for congregate dining:

Daily from noon-1pm at the Wini Kettle Senior Center.

Thursdays from noon-1pm at the Seneca Allegany Elders Center.

Please remember to call by 3:00pm the day prior to make a meal reservation:

Allegany Territory, 716-945-8414

Cattaraugus Territory, 716-532-5777

*COVID safety protocols are still in place, including masks wearing for all, temperature checks, and social distancing.
If you do not feel well, please stay home.*

Upcoming In-Person Legal Assistance:

Jan. 27th - Appointments available with lawyer Alex Fehrman

Feb 11th - Appointments available with lawyer Lee Redeye

Free In-Person Legal Assistance for Any On-Territory Elders (not dependent on enrollment status): With lawyer Alex Fehrman from the Center for Elder Law & Justice (CELJ.) Morning Appointments @ Allegany AOA. Afternoon Appointments @ Cattaraugus AOA. To make an appointment, please call Tina Law in Cattaraugus at (716)532-5777 or Bridgette John in Allegany at (716)945-8990. OR, feel free to contact the lawyer, Alex Fehrman, directly at (716) 853-3087 ext. 242.

Free In-Person Estate Planning & Will Preparation for Enrolled Seneca Elders: With lawyer Lee Redeye from Lippes Mathias Wexler Friedman LLP. Morning Appointments @ Allegany AOA. Afternoon Appointments @ Cattaraugus AOA. To make an appointment, please call Tina Law in Cattaraugus at (716)532-5777 or Bridgette John in Allegany at (716)945-8990. OR, feel free to contact the lawyer, Lee Redeye, directly at (716) 853-5100 ext. 1382



Upcoming Elder Entertainment: ✨

- **Country Singer, Jake Owen** at Seneca Niagara Casino Saturday, February 12 at 8 p.m.
- **Legacy Fighting Alliance** (MMA-Mixed Martial Arts) at Seneca Niagara Casino Friday, February 25 at 6 p.m.
- **The Terry Bradshaw Show** at Seneca Allegany Casino Saturday, March 5 at 8 p.m. Sign up sheet will be out on Friday February 4th.
- **Seneca Fight Night-Bare Knuckle Championship** (MMA) at Seneca Allegany Casino Saturday, March 12 at 7 p.m. Sign up sheet will be out on Friday, February 11th.
- **Smokey Robinson** at Seneca Niagara Falls Casino Friday, March 18 at 8 p.m. Sign-up sheet will be out on Friday, February 18th.
- **The Temptations & The Four Tops** at Seneca Niagara Falls Casino Friday, April 22 at 8 p.m. Sign -up sheet will be out Friday, March 18th.

Elders Events at the Casino

Casino event sign-ups are out one month prior to the scheduled event. The Casino requires a head count one week prior to the show date, Elders are required to physically sign yourself up in person by then. Tickets are then purchased, no refunds for unused tickets. Therefore, we will be strongly adhering to the set guidelines for "no shows." Which reads as follows: "Elders must notify AOA of any cancellations at least 24 hours prior to an event. The exception will be for emergency situations or severe weather conditions. Elders who are not in compliance with the policy will be put on a waitlist for future events for a period of 3 months. A second offense will result in a loss of privileges for a period of 6 months."

As a reminder, assistant's may be put on the waitlist pending all Enrolled Seneca Elders are accommodated.

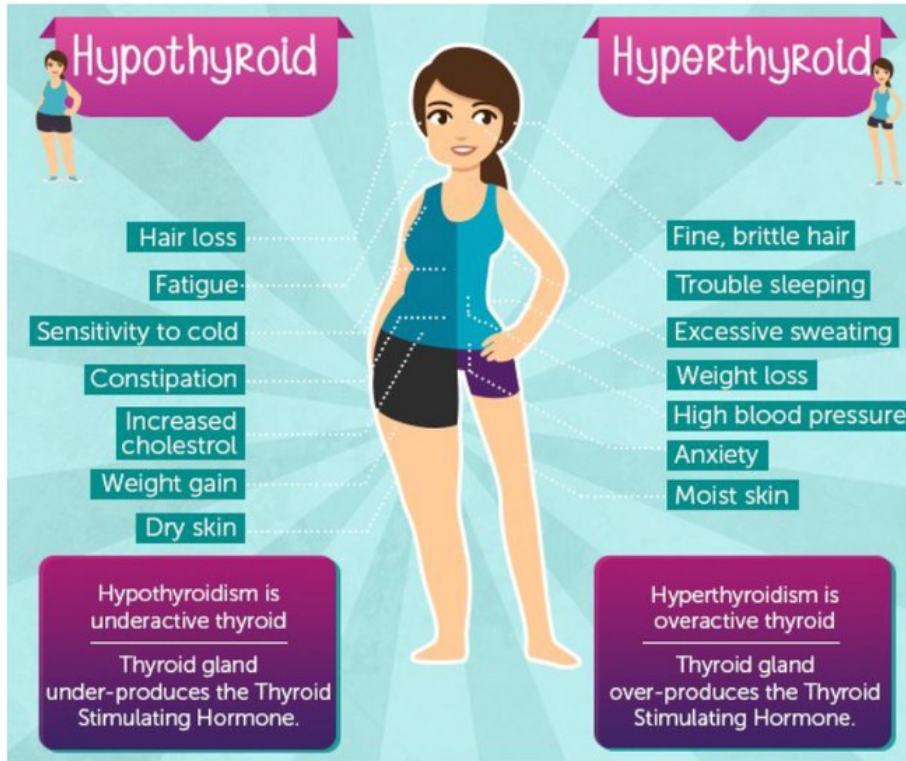
Please remember to include your phone numbers when signing up for events. We call to confirm or to advise of possible changes. There is a minimum of 10 people to attend a show. If the minimum amount is not met, the event will be cancelled.

Other Venue Events

Other events such as Shea's Theater, Sporting Events etc...are sometimes last minute and cannot be advertised due to time constraints. We recommend popping in to either AOA location to see what's happening as we have plenty of other services you could take advantage of. As for all shows, Elders will need to physically sign themselves up in person at either AOA location.

COMMUNITY HEALTH NEWSLETTER

Thyroid Awareness Month: January 2022



Hypothyroid

- Hair loss
- Fatigue
- Sensitivity to cold
- Constipation
- Increased cholesterol
- Weight gain
- Dry skin

Hypothyroidism is underactive thyroid

Thyroid gland under-produces the Thyroid Stimulating Hormone.

Hyperthyroid

- Fine, brittle hair
- Trouble sleeping
- Excessive sweating
- Weight loss
- High blood pressure
- Anxiety
- Moist skin

Hyperthyroidism is overactive thyroid

Thyroid gland over-produces the Thyroid Stimulating Hormone.

Thyroid medications need to be taken on an empty stomach and may interact with other medications, foods, herbs, and supplements.

Our SNHS Pharmacy is a great resource for questions about your medications!

Please stop by or call

716-532-8330 option #3

DID YOU KNOW?



1 in 10 people suffer from a Thyroid disorder



1 in 8 women will develop a thyroid disorder during her lifetime



JANUARY IS THYROID AWARENESS MONTH

Nutrients for a Happy Thyroid

Iodine ← Selenyum
L-Tyrosine ← Vitamin C




More than half of the people in America that suffer from a Thyroid disorder are undiagnosed



January 2022 AOA Bus Trips





Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Alleg. trips depart Jim-town @ 2:00pm unless otherwise noted.</i></p>	<p><i>Catt. trips depart Wini Kettle at 1pm unless otherwise noted.</i></p>	<p><i>Schedule is subject to change.</i></p>	<p><i>All passengers must be signed up by 9:00 the day of the trip</i></p>			
2	3	4	5	6	7	8
	<p><u>Alleg:</u> Cuba Gaming & Cheese Shop <u>Catt:</u> No Trip</p>	<p><u>Alleg:</u> Lakewood Cinema 8 <u>Catt:</u> Savers</p>	<p><u>Alleg:</u> Reid's Food Barn <u>Catt:</u> Walmart</p>	<p><u>Alleg:</u> Dunham's Sporting Goods <u>Catt:</u> Big Lots</p>	<p><u>Alleg:</u> Red Lobster <u>Depart @ 4:30</u> <u>Catt:</u> Fuji Grill</p>	
9	10	11	12	13	14	15
<p><u>Bills Game:</u> -Depart Catt. @ 10:30am -Depart Alleg/ @</p>	<p><u>Alleg:</u> Pet Smart <u>Catt:</u> Gabes</p>	<p><u>Alleg:</u> Target & Hobby Lobby <u>Catt:</u> Quaker Crossing</p>	<p><u>Alleg:</u> Paper Factory <u>Catt:</u> Wegmans</p>	<p><u>Alleg:</u> Aldi's / Wal-Mart <u>Catt:</u> Riders Choice</p>	<p><u>Alleg:</u> Scenic Ride Amish Country <u>Catt:</u> Sullivans</p>	
16	17	18	19	20	21	22
	<p><u>Alleg:</u> Lowe's <u>Catt:</u> Local Shopping</p>	<p><u>Alleg:</u> Wegman's <u>Catt:</u> Denny's</p>	<p><u>Alleg:</u> Beads Beads Beads <u>Catt:</u> Walmart</p>	<p><u>Alleg:</u> Good as New <u>Catt:</u> Joann Fabrics</p>	<p><u>Alleg:</u> TJ Maxx & Davidsons <u>Catt:</u> Buffalo Creek Casino</p>	
23	24	25	26	27	28	
	<p><u>Alleg:</u> Michael's & Johnny's Lunch Box <u>Catt:</u> Riders Choice</p>	<p><u>Alleg:</u> Tops <u>Catt:</u> Pasquales</p>	<p><u>Alleg:</u> Seneca Niagara Casino <u>Depart @ 10:am</u> <u>Catt:</u> Ollies</p>	<p><u>Alleg:</u> Runnings <u>Catt:</u> Local Banking (Gowanda)</p>	<p><u>Alleg:</u> Julie's Italian Restaurant <u>Depart @ 3:30</u> <u>Catt:</u> Scenic Ride</p>	

January 2022 Menu

Seneca Nation Area Office for the Aging



Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey Salad on Croissant w/leffuce leaf Corn Chowder Crackers Fruit Medley	4 Beef Goulash Served with Roasted Cauliflower Garden Salad And Peach Cobbler for dessert	5 Tuna Melt Peas Mandarin Oranges Lemon Glazed Cupcake	6 Pork Roast Wax Beans Sweet Potatoes Fruit	7 Breaded Fish Sandwich on Bun w/tartar sauce Potato Wedges Coleslaw Fruit
10 Beef & Vegetable Soup Garden Salad Whole Wheat Roll Mandarin Oranges	11 BBQ Pulled pork French Fries Peas Oatmeal Cookie	12 Meatloaf with Gravy Mashed Potatoes, Mixed Vegetables Angel Cake w/berries	13 TRADITIONAL MEAL White Bean Sandwich with Side Pork Sweet Potatoes Fruit Crisp	14 Broiled Fish Mixed Vegetables Dinner Roll Cookie
17 Spaghetti & Meatballs Garden Salad Italian Bread Slice Cinnamon Peaches	18 Ham & Scalloped potatoes Steamed Broccoli Pear Crisp	19 Macaroni & Cheese With stewed tomatoes Blueberries Vanilla Pudding	20 Oven baked Pork Chop Served with Applesauce And steamed Carrots Dinner Roll	21 Salisbury Steak with Gravy Over Noodles Spinach Apple Crumble
24 Stuffed Shells Served with Green Beans Dinner roll Chocolate pudding	25 BRUNCH French Toast with Cinnamon Cream Cheese Topping Yogurt Peaches	26 White Chicken Chili Crackers Cabbage Apple Salad Ambrosia	27 BIRTHDAY PARTY Roasted Turkey Served with roasted Potatoes, Carrots & Peas Chocolate Cake	28 Beef Stroganoff Served with Noodles and roasted Brussels Sprouts and Orange Slices
31 Roasted Hot Dog Baked Beans Potato Salad Garden Salad Fruit Jell-O	 National Glaucoma Awareness Month		Menu is subject to change Please enjoy a ½ pint 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 9:30am the day prior to the meal.

Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire:
 it is the time for home.

~ Edith Sitwell

FOR THE NEXT SEVEN GENERATIONS

The "For the Next Seven Generations" Project is an attempt to memorialize the knowledge, wisdom, and experiences of our elders to help guide future generations of Senecas. Your lifetime of experience has taught you many lessons and we would ask for your generosity in sharing your wisdom with our Nation. The end result of this Project will be a book that compiles all of the answers to the question below.

Please take notice that your responses will be publicly distributed, so if you are not comfortable with your response, or your identifying information (name, age, and territory), being made public, please feel free to submit your answer anonymously. You will have an opportunity to review your answer prior to this Project being made publicly available by contact the number below. If the book is sold, all proceeds from such sale will be divided equally between the Cattaraugus AOA and the Allegany AOA. By submitting your answer to the question below, you are authorizing the "For the Next Seven Generations" Project to use your answer and make it publicly available.

There is no minimum or maximum length for your response, so please feel free to respond as you see fit. Our goal is to have all responses compiled by January 31, 2022. If you have any questions or concerns about this Project, you can contact Lee M. Redeye at (716) 560-7744.

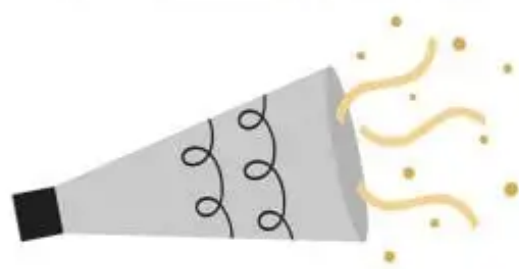
The question we would like you to answer is:

What advice would you give to the next seven generations?

Name: _____ Age: _____ Territory: _____

ANSWER:

HAPPY NEW YEAR!



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

Countdown
 Confetti
 Midnight
 Balloons

Celebration
 Fireworks
 January
 Happy



New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers

