

O'nó't'ah (all the peepers )  
April 2023

# ELDER LIVING

Seneca Nation Area Office for the Aging



**AOA and SNI  
Offices are  
CLOSED  
Friday April 7  
for Unity Day**



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## Director's Update

Nya:wëh Sgë:nö'

March was another busy month at AOA. We hosted several events, BINGO, craft classes and programs for Elders. The Cattaraugus and Allegany AOA Pool Teams continue to host monthly pool tournaments and they continue to grow. Pool is life here at AOA!

This month we start an exciting new series with the Alzheimer's Association. Our first program is the 10 Warning Signs of Alzheimer's. Programs will be held monthly at each Elder Center. More information can be found inside this issue.

If you need assistance or would like to participate in any of our activities and events, please don't hesitate to contact us. Stay safe!

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

# FREE In-Person Legal Assistance @ AOA

With Thomas Warren,  
Center for Elder Law &  
Justice

**April 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  
10:30AM-7PM



## **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**

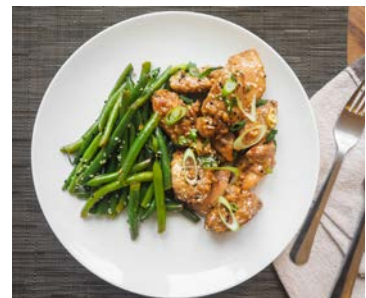
from 12 - 1 pm.

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.



## MONTHLY ALZHEIMER'S SERIES AT SENECA NATION AOA



FREE EDUCATION PROGRAM

# 10 Warning Signs of Alzheimer's

ALZHEIMER'S  ASSOCIATION®

The warning signs of Alzheimer's disease are often dismissed as the side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, learn the 10 Warning Signs of Alzheimer's disease, separate myth from reality, and hear directly from people impacted by Alzheimer's.

**Allegany Elders Center**  
**Tuesday April 11**  
**10-11am**

3644 Administrative Dr. Salamanca, NY  
(716) 945-8414

**Wini Kettle Senior Center**  
**Wednesday April 12**  
**10-11am**

28 Thomas Indian School Dr. Irving, NY  
(716) 532-5777

To register call **800.272.3900**

**MAY & JUNE PROGRAM INFORMATION COMING SOON!**



# Elders Tax Assistance Update

Due to the ongoing COVID-19 pandemic, FREE tax assistance for Elders this year will be by appointment only at the IRS Volunteer Income Tax Assistance (VITA) and Tax Counseling programs listed below.

## **Allegany Territory:**

United Way of S. Chautauqua County  
Rural Outreach  
208 Pine Street  
Jamestown, N.Y.  
Call 888-696-9211 for an  
appointment

United Way of S. Chautauqua  
County- Prendergast Library  
509 Cherry St.  
Jamestown, NY 14701  
Call 888-696-9211 for an  
appointment

United Way of Cattaraugus County  
Only online services at  
[www.myfreetaxes.com](http://www.myfreetaxes.com)  
Olean, N.Y.  
(716) 372-3620

John J Ash Community Center  
AARP  
112 N Barry St, Olean, NY 14760  
Call (716) 376-5670 for an  
appointment

## **Buffalo Area:**

First Shiloh Baptist Church  
15 Pine Street  
Buffalo, NY 14204  
Call 888-696-9211 for an  
appointment

Autumnwood Senior Center  
1800 Clinton Street  
Buffalo, NY 14206  
Call 716-316-7323 for an  
appointment.

## **Cattaraugus Territory:**

United Way of N. Chautauqua  
County-Anderson Lee Library  
43 Main Street, Silver Creek, N.Y.  
Call 888-696-9211 for an  
appointment

United Way of N. Chautauqua  
County-SUNY Fredonia  
214 Central Ave., Dunkirk, N.Y.  
Call 888-696-9211 for an  
appointment

United Way of N. Chautauqua – Central Ave.  
626 Central Ave., Dunkirk, N.Y.  
Call 888-696-9211 for an appointment

## Tax Assistance, Continued:

**APRIL**

**TAX DEADLINE**

**18**  
**2023**

If you are a member of AARP, there are several locations:

AARP West Seneca, 4620 Seneca St.  
716-675-9288 call for appt.

Aurora Senior Center, 101 King St Ste A, East Aurora  
716-652-7934 call for appt.

Valley Community Association, 93 Leddy St, Buffalo  
716-823-4707 Ext 3 call for appt.

John Duke Senior Center 1201 Hyde Park Blvd,  
Niagara Falls  
716-297-9324 call for appt.

## Upcoming Seneca Elder Events



**TESLA-TIME TO ROCK-** Saturday, April 15th at 8 p.m. Seneca Niagara

**Comedian Jeff Foxworthy-** Saturday, April 22nd Seneca Allegany

**Travis Tritt-** Saturday, May 20th 8 p.m. Seneca Allegany Event Center

**Gary Levox (of Rascal Flatts) -** Saturday, May 27th 8 p.m. Seneca Niagara

**38 Special -** Saturday, June 17th 8 p.m. Seneca Niagara

**REO Speedwagon -** Saturday, June 24th 7 p.m. Seneca Allegany

**Comedian Ken Jeong-** Saturday, Sept.16th 8 p.m. Seneca Niagara

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. Please arrive 2 hours prior to show for buffet and no later than 30 minutes prior. Be sure you will be attending when you sign-up as there has been an increase of last-minute cancellations, resulting in a waste of Elder entertainment funds. Nya:weh!

# April Health & Wellness Classes

## Qigong Classes at Wini Kettle Senior Center



Classes held every  
Wednesday in April from  
1:30pm-2:15pm  
Walk-ins are welcome!

Join us in this introductory class on the ancient Chinese system of coordinated physical postures, movement, breathing techniques and meditation designed to promote health, spirituality, and physical fitness. Designed for all fitness levels. Dress comfortably. Classes taught by certified teacher and Exercise Specialist, Andrea Spako.

Contact Raven Lay at 716-532-5777 for further questions.

## Chair Yoga at Allegany Elders Center

Classes held every Monday in  
April from 11am-noon  
Walk-ins are welcome!



You are one yoga class away from a good mood!

Chair yoga is a gentle form in which you can either sit, lean or hold onto a chair while doing postures to offer additional support. Chair yoga is for accessible to everyone and every body! All fitness levels welcome. Dress comfortably. Improves balance, flexibility, muscle tone, and mood.

Instructor: Andrea Spako, 200 hour Certified Yoga Teacher



# NY Connects

Your Link to Long Term Services and Supports

NY Connects links individuals to long term services and supports regardless of payment source; whether it be private pay, public or a combination of both. Through the provision of free, comprehensive, objective information and assistance about long term services and supports, NY Connects empowers individuals and families to identify available services and supports and choose what will best meet their needs at home, in the community, and as necessary, in residential or institutional settings.

Connect to long term services and supports in your community:

- Personal care services
- Education and counseling
- Health and wellness
- Behavioral health supports and services
- Intellectual/developmental disability supports and services
- Social supports

Three ways to connect to reach NY connects:

1. By phone. Call 1-800-342-9871. Interpretation and translation services are free. Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.
2. Online. Visit our website: [www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)
3. In-person. To find the NY Connects office near you, call our toll-free number, visit our website, or see the address below.

**Your local NY Connects representative:**

**Briana Snyder, Options Counselor**

**Phone: (716)945-8991      Email: [Briana.Snyder@sni.org](mailto:Briana.Snyder@sni.org)**

Seneca Nation Area Office for the Aging

Wini Kettle Senior Center

28 Thomas Indian School Drive

# Elder Center Activities

## Wini Kettle Senior Center Activities

Pot Luck & BINGO: EVERY MONDAY @ 5pm

Mens Pool: EVERY MONDAY @ 9am

Card Club: EVERY TUESDAY & FRIDAY @ 10am

Exercise Class: EVERY WEDNESDAY from 1:30pm

Easter BINGO & Bonnet Contest: Thurs. 4/6 @ 1pm

Shuffleboard: Tues. 4/11 & 4/25 @ 1pm

Quarter BINGO: Thurs. 4/13 @ 1pm

Allegany @ Catt Pool Tournament: Tues. 4/18 @1pm

Prize BINGO: Thurs. 4/20 @1pm

Women's Pool Tournament: Thurs. 4/27 @ 1pm

For more information, call Raven or Bruce at (716)532-5777.



## Allegany Elders Center Activities

Chair Yoga w/ Andrea Spako: Every Mon. 11am-noon

Movie Night: Every Mon. @ 4pm

Card Making Class: Every Wed., 11am-1pm

Crochet Class w/ Enola Pierce: Every Wed. 2-4pm

BINGO: EVERY Thurs. @1pm

Seneca Language: Every Fri. 11am-12pm

Brunch: Sun. 4/2, 1-3pm

Catt. @ Allegany Pool: Tues. April 4/4 @ 1pm

Garden Stone: 4/11, 2-4pm

Puzzle Race: Fri. 4/14, 1-3pm

Ham Pot Luck: Fri. 4/21, 2-4pm

Key Chain Making: Sat. 4/22, 2-4pm

Climate Change Conversation: Thurs. 4/27, 12:30pm

For more information call Stephanie & Dorsie at (716) 945-8990.



**Every Monday**

**4/6 - The Secret:**

**Dare to Dream**

**4/10 - Devotion**

**4/20 - Shotgun Wedding**

**4/27 - Ambulance**





# 2023 CATTARAUGUS TERRITORY COMMUNITY FAIR APRIL 3rd - APRIL 6th, 2023



## MONDAY 4/3

Department Sponsor(s): The Education Department & Seneca Strong

9AM	Clinic Ponds	Fishing Derby hosted by Seneca Strong
9AM	CCC	Education Scholastic Book Fair (all week. contact Education for details)
12PM		Education Lunch : Taco in a Bag
1-4PM	CCC	Education "Spring Break Carnival"
2PM	CCC	Bike Run w/ Free Bike Drawings
5PM - til gone	CCC	Camacho Café Drive thru dinner

## TUESDAY 4/4

Department Sponsor(s): CCC + Department Awareness Day

8:30am	CCC	5K Bunny Run
9am - 3pm	CCC Arena	Department Awareness Day
9:30am	ECLC	Chris Johnson Magic Show
11am	ECLC	Chris Johnson Magic Show
11am	CCC	Easter Goodie Bag Giveaway ( preregister @ CCC front desk )
11:30am	CCC	Child and Family Hawk Creek Presentation
12:30pm	CCC Concession	One Stop Lunch
1pm	CCC	Basketball Skills (Ages 11 - Under )
2pm	CCC	Child and Family Hawk Creek Presentation
3pm	CCC	Football Challenge Punt Pass & Kick
	CCC	Triathlon
5pm	CCC	Lax Skills
6pm	CCC	Basketball Skills (Ages 12 & up)
6pm	CCC	Community Dinner Sponsored by the One Stop

## WEDNESDAY 4/5

9:45am	ECLC	Child Abuse Awareness Walk
11:30 - 12:30pm	CCC	Lunch (hosted by TERC)
12:30 - 2pm	CCC	Social and Cake Walk
1pm - 4pm	The Sully	Outdoor Traditional Cooking Demo (Hosted by Seneca Language Immersion)
5pm	CCC	Drive Thru Weidner's dinner
6:30	GOWANDA HOLLYWOOD THEATER	'HOP' Movie Night at the Hollywood Theater in Gowanda hosted by ECLC

## THURSDAY 4/5

9am - 2pm		Community Clean Up (No Contest. Lunch & Door Prizes for participants <b>ONLY</b> )
11am	Library	Kids Paint Activity (Ages 5 - 12   Limit Lunch for 25 participants <b>ONLY</b> ) 48 Goodie Bags Available for open age children
11am	CCC	Vendor Day Awareness Day
12pm	CCC	Lunch Coyote Café

Schedule is subject to change.

All Lunch and Dinners served while supplies last.

For More Information Please Call 716 - 532 - 3341

# Seneca Elders Easter Drive-Thru Giveaway



**\$25 Walmart gift card, 1 per household  
For enrolled on-Territory Elders**

Monday, April 3rd & Tuesday, April 4th from 10 a.m.-2 p.m.

At the Jimtown AOA & Wini Kettle Sr. Center

Buffalo and surrounding area will be handled by the Buffalo office.

Contact is Ramona Marion (716) 845-6304

Questions or more information call Deanna or Irma at (716) 532-5777



*Save the Date*



**MMIW Awareness Event**

**May 5<sup>th</sup>, 2023 5:30-8:30pm**




**Allegany Community Center**  
3677 Administration Dr. Salamanca, NY

For more information please contact:  
716.532.8339 ext. 5087 or [SNCVServices@sni.org](mailto:SNCVServices@sni.org)

# April Allegany Trip Schedule

\*\*No Cattaraugus Trips this month\*\*

## Allegany AOA APRIL TRIPS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ALL TRIPS DEPART @ 1PM UNLESS OTHERWISE NOTED	Please call 945-8414 Or Come in to sign up					
	3 Local Banking & Shopping	4 Pool Touney CATT. @ ALL. <b>DEPART @ 12:PM</b>	5 Wal-Mart	6 Riders Choice	7 No Trip Scheduled	
	10 Local Banking & Shopping	11 MOVIES <b>Depart @ 12:PM</b> Lakewood Cinema 8	12 Wal-Mart	13 Riders Choice	14 Red Lobster	
	17 Local Banking & Shopping	18 Pool Touney ALL. @ CATT. <b>DEPART @ 12:PM</b> <b>NO Bus Car Pooling</b>	19 Wal-Mart	20 Riders Choice	21 Local Shopping	
	24 Local Banking & Shopping	25 Big Lots Bradford, PA	26 Wal-Mart	27 Riders Choice	28 Millcreek Mall <b>DEPART @ 11:PM</b>	

# April 2023 Menu

Seneca Nation Area Office for the Aging



## April Menu

O'wédé:da't – Monday	Swéda:dih – Tuesday	Ha'dewédááh – Wednesday	Ëyóhé'tgeh – Thursday	Wéda:k'ah – Friday
3 Hot Roast Beef Sandwich with Gravy Cauliflower Chocolate Pudding	4 Chicken Fajita With Lettuce & Tomato & Sour Cream Confetti Corn Chocolate Chip Cookie	5 Vegetable Pizza Side Salad Oatmeal Raisin	6 Shepard's Pie Carrot Raisin Salad Fruit cup	7 <b>CLOSED</b>
10 Macaroni & Cheese Stewed Tomatoes with spinach Blueberries Vanilla Pudding	11 Chiavetta's Marinated Chicken Coleslaw Baked Beans Brownie	12 Stuffed Shells Served with Green Beans Dinner roll Fruit Cup	13 <b>TRADITIONAL MEAL</b> Wild Onion Soup Salad Bar, Biscuit A side of cottage cheese and Fruit Salad <i>(*Meal is subject to the availability of wild onions)</i>	14 Breaded Fish Coleslaw Potato Wedges Fruit Parfait
17 Tomato Soup & Grilled Cheese Sandwich Fruit and Yogurt Parfait	18 Hot ham and cheese sandwich Served with Green Beans Mini pretzels Fruit Cup	19 Soup Sampler Day Side Salad, Biscuit Pumpkin Muffins	20 <b>BIRTHDAY PARTY</b> Ham & Scalloped potatoes Steamed Broccoli Strawberry Poke Cake	21 Lasagna Florentine Green Salad Dinner Roll Peanut Butter Cookie
24 Tuna Melt on Whole Wheat Bread Peas Mandarin Oranges Fig Newtons	25 Chicken Noodle Casserole Roasted Brussel Sprouts Lemon Cake	26 <b>BRUNCH</b> Ham & Cheese Frittata Berry Compote Lemon Muffin	27 Beef Burrito with lettuce, cheese, tomato and sour cream Refried Beans Steamed Rice Peaches with Cream	28 Goulash With Cauliflower Side Salad Chocolate Pudding
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>*Menu is subject to change*</b>  Please enjoy a ½ pint milk served with each meal!	 APRIL IS NATIONAL <b>CHILD ABUSE</b> PREVENTION MONTH		

Spring won't let me stay in this house any longer! I must get out and breathe the air **deeply** again.

Gustav Mahler