



ELDER LIVING

Seneca Nation Area Office for the Aging



SNI Offices &
AOA Closed
January 19th

Director's Update

Nya:wëh sgëgo!

Happy New Year! We hope you all had a safe, happy, and warm Holiday Season! You will probably read this after the new year, but just a few dates to notify you of upcoming closures:

- **January 1 and 2**, all SN offices and buildings are **closed**.
- **January 19**, all SN offices and buildings will be **closed** for the MLK observance.

Please plan accordingly and get your prescriptions filled.

With colder temperatures upon us, our plumbing vendors shared a few simple tips to help prevent frozen pipes and furnace issues:

- Let faucets drip during extreme cold
- Keep cupboard doors open so pipes stay warm
- Top off propane for your furnace
- Change thermostat batteries and furnace filters
- Keep outdoor exhaust pipes clear of snow

These quick steps can often prevent a service call. And don't forget to change the batteries in your smoke alarms and carbon monoxide detectors to keep your home safe this winter.

If you would like to receive notifications (or not) from our automated messaging system at Blooming Health, please call your AOA office, and we will add you to the list (or remove you).

We are still taking volunteers for our Transportation program. If interested, please contact Emily Nephew at the Allegany AOA 716-945-8990.

As always, if you would like to participate in any of our events or activities, need assistance, or have suggestions, please don't hesitate to call.

Nya:wëh!

Bethany Lay, Director

Jennifer Whiteman, Deputy Director

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FREE In-Person Legal Assistance @ AOA

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

Date:
January 30th

Appointments required

To make an appointment:

- Call Allegany AOA at (716)945-8414
- Call Deanna Luke 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

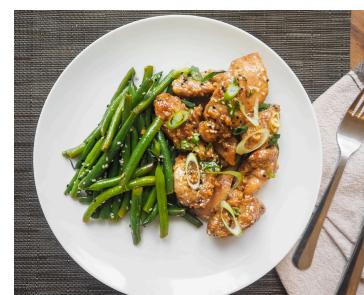
Weekdays from 12 - 1 pm.
Please call for reservations by 3pm the day prior: 716-945-8414.

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.

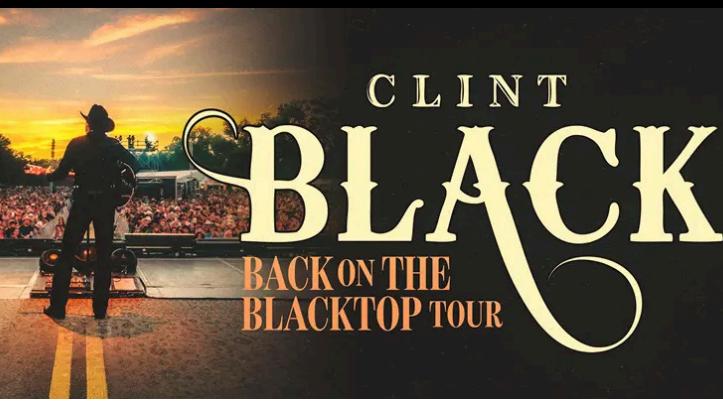
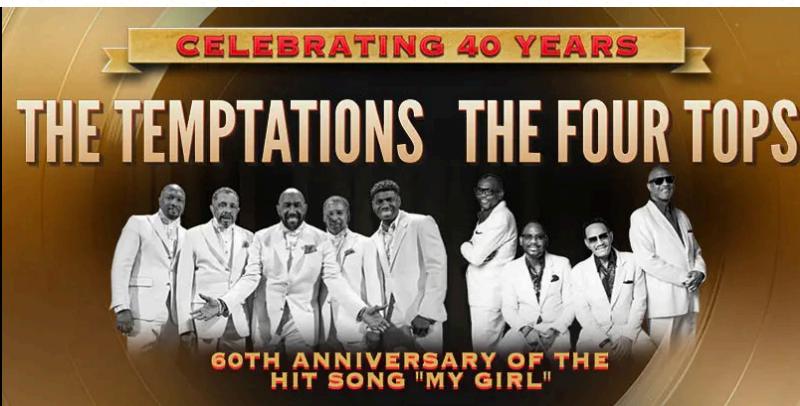


Upcoming Seneca Elder Events

Upcoming Concerts/Events @ Seneca Niagara and Seneca Allegany Resort * Casinos:

DATE	TIME	SHOWS and TRIPS	LOCATION	+1 Cost:
Sat. 1/24	8 pm	Broadway's Rock of Ages (80's rock cover bands)	SNC	\$22.50
Sat. 1/31	8 pm	Tesla (80's rock and roll)	SAC	\$57.50
Sat. 2/14	8 pm	Temptations & The Four Tops	SNC	\$35.00
Sat. 3/21	8 pm	Jay Leno and Arsenio Hall (comedians)	SNC	\$42.50
Fri. 3/27	7 pm	Morgan Jay: The Goofy Guy Tour (comedian)	SAC	\$52.25
Sat. 4/4	8 pm	Cheap Trick: All Washed Up tour	SNC	\$41.25
Sat. 4/11	8 pm	Clint Black: Back on the Blacktop Tour (country)	SAC	\$46.75
Sat. 5/2	8 pm	Grand Funk Railroad (70's rock)	SAC	\$44.00
Sat. 6/3	7 pm	Theresa Caputo (medium)	SAC	\$68.75

- 'Guest Tickets' (aka '+1 Tickets') are made available only after sign-ups are tallied and there are leftover tickets
- "Aide" tickets require medical note by a doctor showing you require someone to accompany you.
- If you do not cancel within 24 hours, you will be ineligible to sign up for 30 days
- NOTE: There are shows at both casinos that AOA did not purchase – elders are welcome to purchase at the tribal rate (50%) at The Garden Nook at Seneca Niagara Casino and at The Gift Shop at Seneca Allegany Casino.





2026 Resolution

This year I will...

Places to visit:

Send happy mail to:

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

New hobbies to try:

Foods to try:

Good deeds to do:

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

Declutter:

Habits to break:

Exercise:

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____





EXERCISE & HEALTH



As you age, physical activity can help you with movement, strength, and mental sharpness. Staying active helps you maintain healthy body weight, reduces stress, and improves sleep quality and moods. Staying active also helps you have healthy bones, **reduces your risk for dementia, depression, heart disease, stroke, and diabetes**. It can reduce the risk of falling and some cancers. Older adults should be as physically active as their abilities and conditions allow. Aerobic, muscle-strengthening, stretching, and balance activities are recommended. As always, be sure to listen to your body when exercising and be safe. If you're interested in becoming more active, feel free to talk with your medical provider about exercise services within the Seneca Nation Health System at 716-532-5582 (Cattaraugus Territory) or 716-945-5894 (Allegany Territory).

Types of Exercises you can try



Aerobic



Aerobic exercises improve the health of your heart & lungs. This type of exercise includes walking, dancing, bicycling, and even house work like vacuuming, mopping, and taking the stairs. Aim to do this **30 minutes a day** or 150 mins a week.

Muscle Strengthening



Muscle Strengthening exercises can help you stay independent and prevent fall-related injuries. This can include chair exercises such as sit to stands. Leg raises, squats, and arm circles also help strengthen muscles. Aim to do this **2 times a week**.

Balance



Balance exercises help prevent falls and can improve stability. This type of exercise can include heel to toe walks, yoga, and walking backwards or sideways. Aim for **3 sessions of balance exercises a week**.

FALL PREVENTION IS JUST AS IMPORTANT.
HERE ARE 4 THINGS YOU CAN DO:

Speak Up



Have feet and eyes checked



Keep Moving



Make the Home Safe & free of clutter



HEALTHY LIVING FOR YOUR BRAIN AND BODY

TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. We'll provide hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Tuesday, January 6
12:30-1:30pm**

**Wini Kettle Elder Center
28 Thomas Indian School
Drive, Irving**

Register at bit.ly/AlzIrvingJAN06 or
call our free 24/7 Helpline at
800.272.3900

Visit alz.org/CRF to explore additional
caregiver education programs in your area.



Western New York Chapter

This program is supported in part by a grant from the New York State Department of Health



FIND HEALING IN TOGETHERNESS

PARENT/CAREGIVER SUPPORT GROUP

A facilitator-led support group offering information and open conversation. We'll share guidance and create space for discussion around:

- ♥ Supporting children with diverse abilities and needs
- ♥ Navigating behavioral challenges with care
- ♥ Addressing bullying and fostering resilience
- ♥ Building inclusive, supportive communities

No Registration Needed

- First Wednesday of every month
- Starting January 7th, 2026
- 6:00pm to 7:30pm
- Cattaraugus Community Center (CCC) in the MPR
- Childcare & food available



For more information: contact Family Support Services 716-532-4035

KEEP THE HEAT ON WITH HEAP



Home Energy Assistance Program (HEAP) helps low-income New Yorkers pay for their energy bills. If your bills are more than you can handle, HEAP may be able to help you heat your home.

You can register through the Tribal Advocacy office on November 1st. It will be a first come first serve basis.

To find out when HEAP benefits are available during the year, visit otda.ny.gov or call Tribal Advocate 716-532-1028

Check your eligibility for a range of benefits and apply for HEAP at myBenefits.ny.gov





Seneca Energy is offering a **FREE** program to connect to the Gas Distribution System for qualified applicants. Residents must apply before December 30, 2025. Fees will apply after the deadline.

If you are interested and have access to natural gas, you may also apply for the **Gas Conversion Program** which will provide up to \$4,000 to convert your appliances.

Contact us for an application at:

(716) 532 - 9221
219 T.I.S. Drive Extension or
wes.jackson@sni.org



VOLUNTEER DRIVERS NEEDED

A Simple Ride Can Mean the World

Become a volunteer driver and help our Elders get to appointments, pick up groceries, and stay connected.
Mileage + stipend provided

Eligibility

- 21 years of age
- Valid NYS Drivers License
- Pass a criminal background check
- Safe Driving Record
- & more

Free Training

- AAA Driver Improvement
- CPR/First Aid Cert
- Passenger Assistance
- Vehicle Orientation Training

For more information, contact Emily Nephew
at 716-945-8414 ext 3627



January 2026 Menu

Seneca Nation Area Office for the Aging

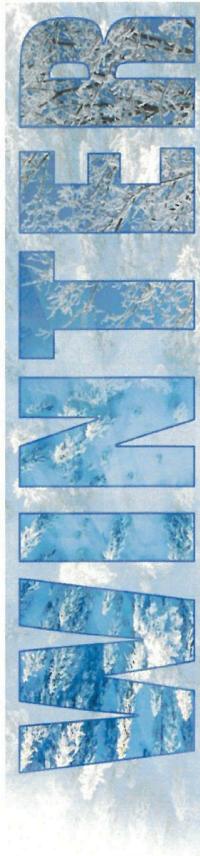
O'wëdë:da't – Monday	Swëda:dih – Tuesday	Ha'dewëdääh – Wednesday	Eyóhë'tgeh – Thursday	Wëda:k'ah – Friday
In Allegany please call 716-945-8414 or in Cattaraugus please call 716-532-5777 to make a reservation or cancel a meal by 3:30 pm the day prior to the meal.	Menu is subject to change Please enjoy a 1/2 pint milk served with each meal		SNI CLOSED *** Cold Meal Sent 12/31 ***	SNI CLOSED **Frozen Meal Sent 12/31**
5 Stuffed Shells Served with Green Beans Breadstick Fruit Cocktail	6 Pork Roast with Gravy Whole Wheat Roll Carrots, Onions, Zucchini Red Potato Fruit	7 Cabbage and Kielbasa Soup Crackers Oatmeal Cookie Grapes and Orange Slices	8 Teriyaki Pork Chop Served with Brown Rice Broccoli Apple Salad Fruited Jell-O	9 Chicken Salad Sandwich on Whole Wheat Bread w/lettuce leaf Corn Chowder Fruit Medley
12 Salisbury Steak with Gravy Over Noodles Steamed Cauliflower and Spinach Fruit and Yogurt Parfait	13 Ham and scalloped potatoes Steamed Broccoli Garden Salad Pear Crisp	14 Roasted Italian Sausage With Sauteed Peppers and Onions on a bun, Baked Beans, Potato Salad Carrot Sticks and Fruited Jell-O	15 TRADITIONAL MEAL White Bean Sandwich with Side Pork Red Potatoes Fruit Crisp	16 Tuna Casserole with Steamed Peas and Carrots, Whole Wheat Roll, Apple Cabbage Salad Mandarin Orange
19 CLOSED MLK Day	20 White Chicken Chili Cornbread Vanilla Pudding and Berries	21 BBQ Pulled pork with Whole Wheat Roll French Fries Peas and Carrots Fruited Jell-O	22 BIRTHDAY PARTY Roasted Turkey Served with Mashed Potatoes and Gravy, Carrots & Peas Healthy Chocolate Cake Orange Slices	23 Sloppy Joe Mixed Vegetables, Yogurt and Berry Parfait
26 Macaroni & Cheese With stewed tomatoes Steamed Broccoli Apple Crisp	27 Stuffed Chicken Breasts with Gravy Served with Rice, Peas, and Carrots Fruit Cup	28 BRUNCH French Toast with Cinnamon Cream Cheese Topping, Bacon, V8 Greek Yogurt, Peaches, and Pears	29 Beef Goulash Served with Roasted Brussels Sprouts, a Garden Salad, Warm Cinnamon Peaches Pears	30 Philly Cheese Steak, Hoagie Roll, Potato Wedges, and Green Beans Fresh Orange



Glaucoma is called "the sneak thief of sight" because it has no symptoms, and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing. **Protect your sight, get checked for glaucoma.**

January 2026

Wini Kettle Building Phone #716-532-5777



Catt AOA Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3	4
		Half day	closed			
5	Cards at 10am Alzheimer @12:30 Rincon @5	6	7	8	9	10
Men Pool @ 10am Lifespan @12:30 potluck @4 Rincon @5	Pool @10 Beading/sewing @1 Board games @3	Pool @10am Beading/sewing @1 Board games @3	Bingo @ 1pm finish products @3	Cards @10am Beading/sewing @1	light lunch Finish project Board games	light lunch Bingo @1pm
12	Cards @10 Finished projects @1	13	14	15	16	17
mens pool 10am Potluck @4pm Bingo @ 5	mens pool at 10am Painting with Lyle Logan @ 1-3:30	Bingo @1 Hobby lobby	Bingo @1 Ribbon jacket making @3	Cards @10am Beading/sewing @1	light lunch Finish project Board games	light lunch Bingo @1pm
19	20	21	22	23	24	25
Closed	Cards @10 Finished projects @1	Pool @10 Beading/sewing @1 Board games @3	Bingo @1 Ribbon jacket making @3	Cards @10am finish projects @1	light lunch Finish project Board games	light lunch Bingo @1pm
26	27	28	29	30	31	1
Pool @10 finish projects @ 1 potluck @4 Rincon @5	Cards @10 Zuba Painting Class @2pm	Pool @10 Beading/sewing @1 Board games @3	Bingo @1 Sewing/beading @3	Cards @10am Beading/sewing @1	light lunch Finish project Board games	light lunch Bingo @1pm
2	3	Notes				
Pool @10 finish projects @ 1 potluck @4 Rincon @5	Cards @10 Finished projects @1					

Wini Kettle phone 716-532-5777

Ext: 5526

*activities is subject to change at any given time. due to weather

*conditions

Pool @10
finished projects
@1

Pool @10
finish projects @ 1
potluck @4
Rincon @5

January 2026

Catt AOA Trips

Allegany Senior Center
 3644 Administration Drive
 Salamanca, NY 14779
 716-945-8990
 Any questions please feel free
 To call: Stephanie or Patrick
 Calendar is subject to
 CHANGE!!

January 2026

Allegany AOA Activities

HOURS

Monday—Friday
 8:30am—7:00pm
 Saturday & Sunday
 9:00am—2:00pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 9am Coffee Hour 11am	5 9am Coffee Hour 11am Open Pool 1pm SCRABBLE	6 9am Coffee Hour 11am LUNCH 1pm Rummikub	7 9am Coffee Hour 11am Card Class	1 NATION CLOSED NEW YEAR'S DAY	2 NATION CLOSED	3 9am Coffee Hour 11am
11 9am Coffee Hour 11am	12 9am Coffee Hour 11am Open Pool 1pm SCRABBLE	13 9am Coffee Hour 12pm LUNCH 1pm Rummikub	14 9am Coffee Hour 11am Rummikub	15 9am Coffee Hour 11am Card Class	16 9am Coffee Hour 11am <u>Health Ed.</u> 1pm LUNCH BINGO	17 9am Coffee Hour 11am
18 9am Coffee Hour 11am	19 NATION CLOSED MARTIN LUTHER KING DAY	20 9am Coffee Hour 12pm LUNCH 1pm Rummikub	21 9am Coffee Hour 11am Rummikub	22 9am Coffee Hour 12pm Card Class	23 9am Coffee Hour 11am LUNCH 1pm BINGO	24 9am Coffee Hour 11am
25 9am Coffee Hour 11am	26 9am Coffee Hour 11am Open Pool 1pm SCRABBLE	27 9am Coffee Hour 12pm LUNCH 1pm Rummikub	28 9am Coffee Hour 11am Rummikub	29 9am Coffee Hour 12pm Card Class	30 9am Coffee Hour 11am LUNCH 1pm BINGO	31 9am Coffee Hour 11am

Allegany AOA Trips

January 2026

Allegany AOA
3644 Administration Dr., Salamanca
716-945-8414

SUN	MON	TUE	WED	THU	FRI	SAT
<i>All trips are subject to change.</i>	<i>Please make sure to bring money for the trips.</i> <i>Trips are scheduled to leave about 1:30 unless otherwise noted.</i>					
4	5	6	7	8	9	10
	Rider's Choice 		Mama Jane's & Beals Plaza Bradford Leave @ 10 		Local Shopping 	
11	12	13	14	15	16	17
	Rider's Choice 		Hobby Lobby & Marshals Plaza Perkins Olean Leave @ 10 		Local Shopping 	
18	19	20	21	22	23	24
		CLOSED		Target/Runnings & Bob Evans Jamestown Leave @ 10 		
25	26	27	28	29	30	31
	Rider's Choice 		TJ Max/Walmart Julie's Pizzeria Springville Leave @ 10 			

HAPPY NEW YEAR!



WI HV VAX R N R Z GOALS AZ Y F
GR BKGZ TY Z I ZZ J Q COM P X B
MD MBT B KTP X NSL T KC X X WT
MI QCRA E Y WE NO Z JK SK R NH
LP DMV X PN Z J LO V Z VY D Z Q G
GPE XAX K O Q N COUNT DOW N I
F VZN DSS S MB P CY W VFT WF B N
TRSP SPARKL ERS H QT O J A D
PJ OLB Y VMS Y L N N N R C A F L I
YL PENS K ROWER 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
WI S CFS 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

