

May 2026

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 Sgé:nö' I am thankful you are well.

Spring is finally here—*Gëgwidekneh!* (The air is changing, and Mother Earth is warming once again.)

Join us **May 7th, 2026** from 2–6pm at Cattaraugus Seneca Fire for our Elders Dance. Come on down and have some fun.

On Sunday, **May 10th**, we will be celebrating our beloved *No'yeh's* and *Akso:d's*! We wish everyone a beautiful and joy-filled day.

It's also the season of *Hadeyë:twas*—planting time! We hope you've had a chance to start your gardens, whether with vegetables, flowers, or both.

Please take note of our upcoming **closings** this month:

- **Friday, May 15** in observance of *Onondowa'ga'* (State) Day
- **Monday, May 25** for Memorial Day

Be sure to call in and pick up your prescriptions ahead of time if needed.

As always, if you need assistance, want to join in any of our events or activities, or have suggestions, don't hesitate to reach out.

Until next time...

Ĕsgögë' ae' - I'll see you again.

Bethany Lay & Jennifer Whiteman

AOA and
SNI Offices
are
CLOSED
Friday May
15th &
Monday
May 25th

Self-Care for Caregivers

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 ext. 3622, Cattaraugus (716) 532-5777 ext. 5503

Caregiver Respite

Are you a caregiver and need time to be able to get things done or just take a break?

There are respite options that are available to you-

- **There is day respite available in both Gowanda and Olean provided through Total Senior Care.**
- **There is also overnight respite available, pending bed availability, at Gowanda Nursing Home and Rehab and Eden Heights of Olean. Overnight respite is a minimum of 3 days, no more than 7 days.**

To find out more information please reach out to Briana Snyder at (716)945-8991

FREE In-Person Legal Assistance @ AOA

With Frederick Fehrman,
Center for Elder Law &
Justice

May 29th

Appointments required



To make an appointment:

- Call **Deanna Luke** in Catt. at (716)532-5777
- Call **Samantha Smith** in Allegany at (716)945-8414

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

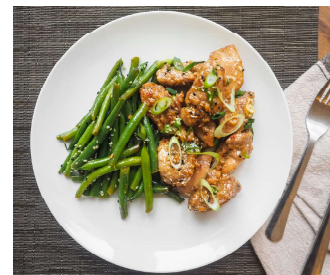
from 12 – 1 pm.

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

One (1) month prior to each show: sign-up sheets for shows for elders will be available.

One (1) week prior to each show: numbers are turned in to the casino. If you have a change of plans, please cancel before 1 week prior to show.

GUEST TICKET MUST BE PAID FOR AT LEAST ONE WEEK PRIOR TO SHOW.

*NOTE: Guests are not guaranteed – they are only accommodated after all elder tickets.

Please make arrangements with Patty Brisley to pick up tickets before the show.

Announcement from the Seneca Allegany Casino – the Thunder Mountain Buffet is scheduled for renovations beginning May 10th and will continue through September. We have been informed that there will be a ‘small buffet’ up in The Café, where elders can utilize the vouchers that come with the concert ticket orders.

Guest Cost

- \$55.00** Brantley Gilbert Sat. May 16, 2026 8pm Seneca Niagara
- \$27.50** Legacy Fighting Sat. May 22, 2026 6:30pm Seneca Allegany
- \$13.10** Drag me to BINGO! Thurs. May 28, 2026 7pm Seneca Niagara
- \$13.10** Drag me to BINGO! Sat. June 6, 2026 7pm Seneca Allegany
- \$68.75** Teresa Caputo Fri. June 13, 2026 7pm Seneca Allegany
- \$30.25** Lance Burton (Magician) Sat. Aug. 1, 2026 8 pm Seneca Niagara
- \$71.50** Deep Purple & Kansas Sat. Aug 22, 2026 8 pm Seneca Allegany



happy Mother's day

On this Mother's Day, we take a moment to honor and give thanks to all mothers, grandmothers, aunts, and the women who care for and guide our families and community. Your love, strength, and wisdom shape the generations before and after you.

You are the first teachers, the steady voices, and the hearts that hold families together. Through your care, our traditions, values, and stories continue to live on.

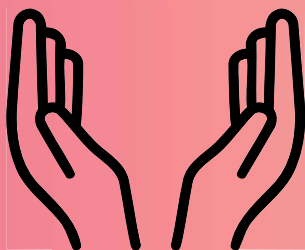
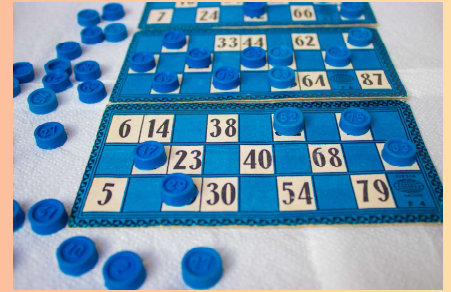
Today, and every day, we recognize all that you do often quietly, always with love.

Nya:wëh

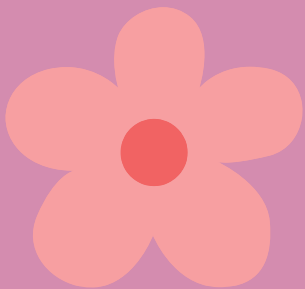


Community Bingo with AOA!

Community members joined in during Fair Week to learn about caregiving resources, share experiences, and connect through a fun, interactive game.



Painting with Lyle Logan at the Allegany Senior Center



MMIP DAY OF AWARENESS

EVENING OF REMEMBRANCE AND HEALING

TUESDAY MAY 5TH 2026

Wear RED as we honor
Missing & Murdered
Indigenous People and stand
together for our relatives.



Where: Cattaraugus Health and
Wellness Center
Time: 5pm-8pm

Join us for a shared meal as we
gather as a community and
begin the evening in a
supportive, grounding way.

Why We Wear Red:

We wear red to honor our
missing and murdered relatives
and stand together in strength,
visibility, and remembrance

MMIP

Move at your own pace through gentle, healing spaces
designed to support reflection and remembrance:

Journaling Station:

Quiet space to write,
reflect, and honor
loved ones. Bring
items you'd like: a
picture, journal
entry, or meaningful
objects

Reflection Stations:

Red Dresses, facts,
and soft prompts
woven into the
journaling
experiences.

Community Exhibit Area:

Featuring the Nation-
to-Nation Ribbon
Skirt Exchange,
photos, and share
items connected to
journaling and
remembrance

Guided Painting Sign-Up:

Healing through art
with simple,
supportive prompts
(limited space)

Support Services & Resources

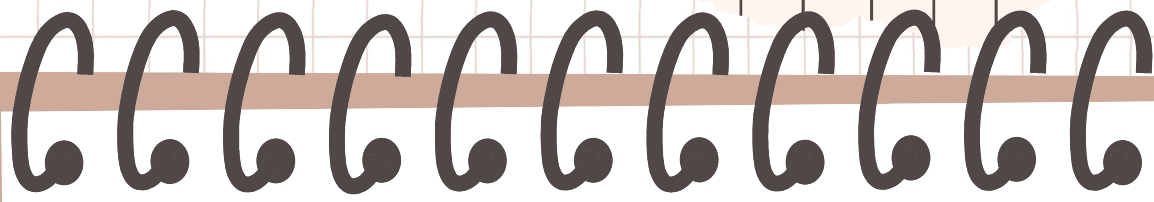
Indigenous helpers and support staff are available during the evening. You are welcome to talk with someone, take a break, or participate at your own pace. Your well-being matters.

**For more information contact Xaivera Jimerson,
Community Wellness and Outreach Specialist (716) 682-0237**

Hosted by SNI Human Services Division



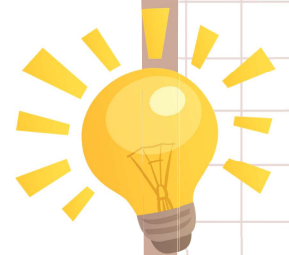
This project is supported by Grant Number 25PKNYFVPS from the office of Family Violence Prevention and Services within the Administration for Children and Families, a division of the U.S Department of Health and Human Services. Neither the Administration for Children and Families nor any of its components operate, control are responsible for, or necessarily endorse this material (including, without limitation, its content, technical infrastructure, and policies, and any services or tools provided). The opinions, findings, conclusions, and recommendations expressed are those of the author(s) and do not necessarily reflect the views of the Administration for Children and Families and the Office of Family Violence Prevention and Services



Come Learn

Seneca Language

With Queenie Lay



Location: Wini Kettle

When: Every Tuesday starting May 5th

Time: 12:30 PM

at the

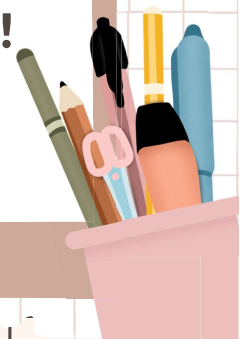
Wini- Kettle Senior Center starting

May 5th, 2026

at 12:30 pm

**Join us in learning and preserving our
language, culture, and traditions.**

All are welcome – no experience needed!





ALLEGANY CLERK'S OFFICE

VENDOR DAY

MAY 22ND, 2026

FROM 10 AM - 2 PM

AT THE SENECA ALLEGANY
ADMINISTRATION BUILDING
90 OHI:YO' WAY
SALAMANCA, NY 14779

**Food, Crafts,
Art, Beadwork**

For more information or to sign
up to be a vendor, please call
(716) 945-1790 ext. 3072

Save the Date

Seneca Nation AOA & Crime Victim
Services

Elders Resource Fair



JUNE 10TH, 2026 10AM- 2PM

ALLEGANY COMMUNITY CENTER

&

JUNE 24TH, 2026 10AM-2PM

CATTARAGUS COMMUNITY CENTER



Register Now and
Scan QR Code or
contact
Brittany Seneca at
716-577-4707



GET INVOLVED, GET SAFE

Prevent Financial Abuse



Millions of older Americans are financially abused every year. This can result in making it hard to pay your bills, buy food, or visit a doctor, and can make you feel betrayed, angry, and even ashamed. But financial abuse is not your fault. There are ways you can protect yourself and find help.

Tips to Protect Yourself

Check your financial statements often

Ask your bank about signing up for bank account alerts

Store financial materials in a locked drawer

Visit [FTC.gov](https://www.ftc.gov) to learn how to get a free annual credit report

Sometimes it is hard to recognize financial abuse, but here are some ways it can happen:



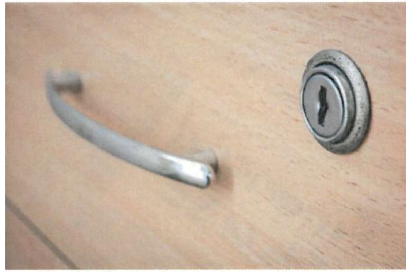
Taking your money, credit card, or property without permission

Forging a signature on a check or property title

Lying to you about why someone needs money

Misusing a power of attorney to benefit someone other than yourself

Pressuring you to change your will



GET INVOLVED, GET SAFE Prevent Financial Abuse

Plan for an Emergency to Stay Financially Safe



Talk to your family about your financial wishes so they know what you want and what their role will be in an emergency.



Keep a list of where important documents and valuables are kept, and provide it to someone you trust so they know where to find them in an emergency.



Consult with an attorney or someone you trust to help you prepare legal documents such as a power of attorney and a will.



Ask your bank or financial advisor about a “trusted contact authorization form” that allows the bank to contact someone you have identified in an emergency.



Find Help & Report Financial Abuse

If you feel you have been financially abused, report it immediately. If this is urgent, call **9-1-1**. Find your local adult protective services (APS) agency through the [Eldercare Locator](#) or by calling 1-800-677-1116.



Visit the Elder Justice Website
elderjustice.gov

DEPARTMENT OF JUSTICE
Elder Justice
INITIATIVE



ELDERS' ONLY DANCE

AN AFTERNOON TO CELEBRATE, DANCE & ENJOY!

Join us for an afternoon of music, dancing, BBQ dinner, laughter, great company.

Who will be our King and Queen?

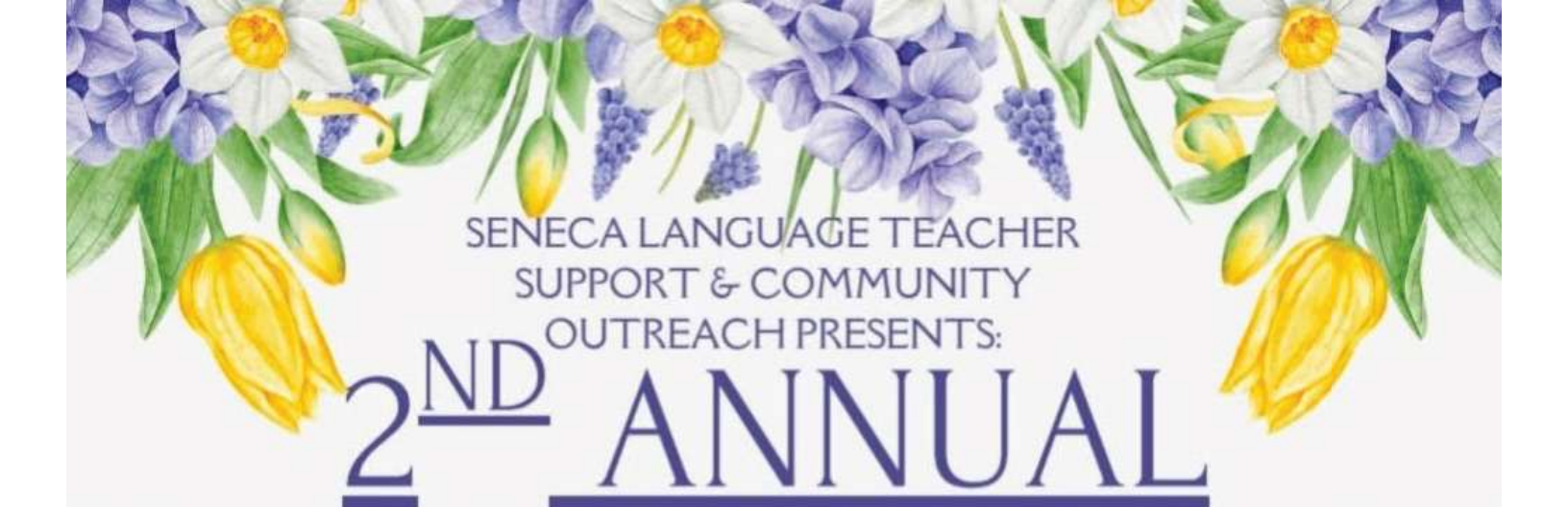
AT SENECA FIRE
12879 ROUTE 438, IRVING NY

*May 7th, 2026
2PM-6PM*

Allegany Elders: Limited transportation provided
Please call AOA at 716-945-8414

COME DRESSED TO IMPRESS IF YOU'D LIKE
BUT MOST IMPORTANTLY, JUST COME AS YOU
ARE AND HAVE FUN!

SENECA ELDERS WHO ARE CURRENTLY EMPLOYED BY SNI ARE ELIGIBLE TO USE ADMINISTRATIVE TIME TO ATTEND. PLEASE BE SURE TO FOLLOW THE PROPER PROCESS WITH YOUR SUPERVISOR FOR APPROVAL.



SENECA LANGUAGE TEACHER
SUPPORT & COMMUNITY
OUTREACH PRESENTS:

2ND ANNUAL SENECA LANGUAGE SUMMIT

TUESDAY, MAY 26TH &
WEDNESDAY, MAY 27TH

LOCATION: SENECA ALLEGANY RESORT &
CASINO - EVENT CENTER ENTRANCE

Join us to Stimulate Dialogue & Set Community Seneca
Language Goals

*For all Seneca Language Learners, Teachers, Speakers &
Community Members
(Seneca & English speakers are welcome)

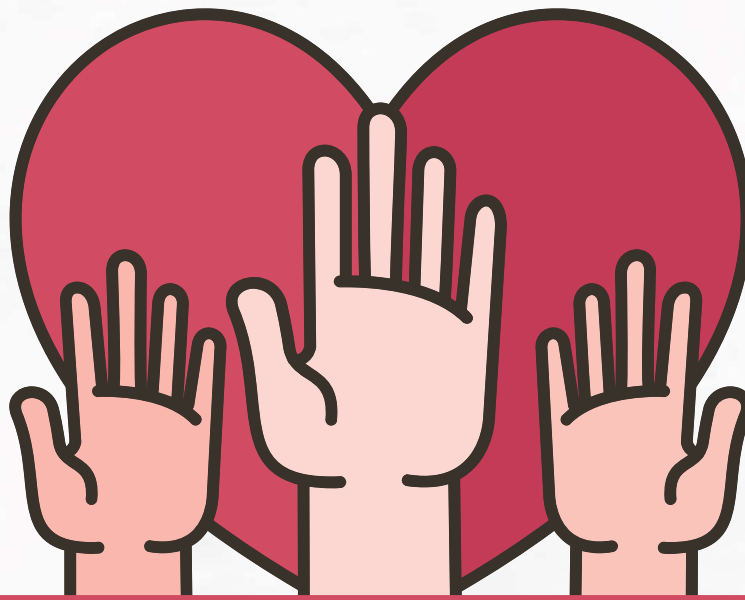
Please Scan QR Code
to Register for Event

Registration Closes April 30th



8 hours of Admin
Time available
for SNI
Employees*





Volunteer Drivers

NEEDED

**A SIMPLE RIDE CAN MEAN
THE WORLD**

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 please contact
Jennifer Whiteman at 716-945-8414

Discover the Art of

 **POTTERY** 



MAKING

WITH CAMI JONES

Join our workshop and immerse yourself
in the art of pottery making.

May 11th & 12th, 2026

10am - 12pm

Wini-Kettle Senior Center

Stop in and sign up or call 716-532-5777

Elders Trips



On behalf of the elders, AOA would like to say nyaweh to the President's Office for sponsoring an afternoon out to the Knighthawks game on Apr. 19th for Native American Heritage Day. A charter bus was provided to pick up the elders in Allegany and Cattaraugus.

Also, nyaweh to SGC, who sponsored a night out for the elders to attend a Bandits game at Keybank arena on Sat. Apr. 11th.

On Sat. June 20th, the Council office is sponsoring a Bisons game for Native American Heritage Day.

At each of these venues, the elders are provided 40-seat suites with food and beverage bar.

Elders 60 y.o. and older watch for more fun times being planned!

**By Patti Brisley
Senior Advocate**



Seneca Nation Environmental Protection



Seneca Nation Transfer Station

The Seneca Nation Transfer Station will open in late May 2026 on the Cattaraugus Territory.

This new facility will provide a safe and convenient location for community members to dispose of waste and recyclables responsibly.

ACCEPTS: household items, construction debris, tires, mattresses, scrap metal, and electronics

NOT ACCEPTED: hazardous waste, propane tanks, automotive fluids, batteries, or food waste

Current fees are temporary until scales are installed
Tickets (\$20) must be purchased in advance at the Seneca One Stop – Irving location
No payment is accepted on-site

Hours of Operation:
Monday–Thursday: 7:30 AM – 5:30 PM
3rd Saturday of each month: 8:00 AM – 12:00 PM
Fridays: Closed for hauling and maintenance

This new facility will help protect our environment and manage waste responsibly.



Wini Kettle Senior Center & Allegany Senior Center Garden Corner

Want to help garden? Or
water our garden? Stop down
at the Senior Centers and
check out our gardens!



Wini Kettle Senior Center - Cattaraugus Territory

28 Thomas Indian School Dr.
Irving, NY 14081

Seneca Allegany Elder Center - Allegany Territory

3644 Administration Drive
Salamanca, NY 14779

!:s nāh ahö'öh sajenöwö'seh!

-You are so helpful!



Wini Kettle Senior Center & Allegany Senior Center Garden Corner

Dogëh ëdwa:yëto'

-We will garden together



Dogëh edwayëto' ögwaëda'

- We planted the garden together



Në:gë:h näh ögwaëda' /ögwatgwë:ë'

-This is our garden

**Ogwenyoh dasgya'dageha'
gaëdagö:h?**

-Can you help me in the garden?

**Ogwenyoh ëshenegosä:h neh
gayëtoh?**

-Can you help water the garden?





WISDOM CORNER

“AS THE EARTH AWAKENS IN MAY, SO DOES THE SPIRIT. OUR ROOTS REMAIN STRONG AND GROWING. LIKE THE TREES OF OUR HOMELANDS, WE STAND TALL, GROUNDED IN WHO WE ARE.

EACH NEW LEAF REMINDS US: LIFE CONTINUES, AND SO DOES OUR PURPOSE.

THE CREATOR GIVES US NEW DAYS, MAY WE GREET THEM WITH GRATITUDE.”

Catt AOA Activities



May 2026

Wini Kettle Building Phone #716-532-5777

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mens Pool @ 10 Potluck@5pm(?) Bingo @ 6pm	Cards 10am	Mens Pool 9am Sewing 11am	Bingo @1-2:30 Finish activity @3	Cards @ 10am	Rummikub 1-3 Light Lunch @ 12	3
4 Mens Pool @ 10 Potluck@5pm(?) Bingo @ 6pm	5 Cards 10am Cinco De Mayo Mothers day Pin making	6 Mens Pool 9am Sewing 11am	7 Elders Ball 2-6pm	8 Cards @ 10am Bone Health & Exercise @12:30	9 Shuffle Board Light Lunch	10 Mother's Day
11 Mens Pool @ 10 Potluck@5pm(?) Bingo @ 6pm	12 Cards 10am	13 Mens Pool 9am Sewing 11am	14 Bingo @1-2:30 Finish activity @3 Health Ed.@1230	15 CLOSED Onondowa'ga:	16 Rummikub 1-3 Light Lunch @ 12	17
18 Mens Pool @ 10 Potluck@5pm(?) Bingo @ 6pm	19 Cards 10am	20 Mens Pool 9am Sewing 11am	21 Bingo @1-2:30 Finish activity @3	22 Cards @ 10am	23 Shuffle Board Light Lunch	24
25 CLOSED Memorial Day	26 Cards 10am	27 Mens Pool 9am Sewing 11am	28 Bingo @1-2:30 Finish activity @3	29 Cards @ 10am	30 Rummikub 1-3 Light Lunch @ 12	31
1 Mens Pool @ 10 Potluck@5pm(?) Bingo @ 6pm	2 Cards 10am	Potluck Menu 5/4: Chicken & biscuits 5/11: Chili 5/18: Pork Chops				

Catt AOA Trip Schedule

May 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26			29			
3	4	5	6	7	8	9
		Savers	Wal-mart @ 1pm	Elders Dance	Fiesta Bamba	
10	11	12	13	14	15	16
		Frostys Treats	Wal-mart @ 1pm	Riders Choice @ 1pm	CLOSED	
17	18	19	20	21	22	23
		Lowes	Wal-mart @ 1pm	Riders Choice @ 1pm	Conners Hot Dogs	
24	25	26	27	28	29	30
		Regal Movies	Wal-mart @ 1pm	Riders Choice @ 1pm	Buff Creek Casino	
31	1					

Notes

Allegany AOA Activities

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!!

May 2026

HOURS

Monday -Friday
8:30 am—7:00 pm

Saturday & Sunday
9:00 am—2:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 9am Coffee Hour 11am	4 9am Coffee Hour 11am Rummy 1pm Scrabble	5 9am Coffee Hour 12pm LUNCH 1pm Rummikub	6 9am Coffee Hour 11am Card Class 4pm Movie Night	7 9am Coffee Hour 12pm LUNCH 1pm Bingo	8 9am Coffee Hour 11am 1pm Fish Fry (order out)	9 9am Coffee Hour 11am Junk Journaling
10 9am Coffee Hour 11am "Brunch" Bring a DISH To pass	11 9am Coffee Hour 11am Rummy 1pm Scrabble	12 9am Coffee Hour 12pm LUNCH 1pm Rummikub	13 9am Coffee Hour 11am Card Class 4pm Movie Night	14 9am Coffee Hour 12pm LUNCH 1pm Bingo	15 NATION CLOSED Onondowa 'ga.' (State) Day	16 9am Coffee Hour 11am
17 YANKEE'S GAME SUBWAY SERIES 1:30pm	18 9am Coffee Hour 11am Rummy 1pm Watercolor Animal Constellation w/Patrick	19 9am Coffee Hour 11am Health Ed. "Luanne Jemison" 12pm LUNCH 1pm Watercolor	20 9am Coffee Hour 11am Card Class 1pm Watercolor 4pm Movie Night	21 9am Coffee Hour 12pm LUNCH 1pm Bingo	22 9am Coffee Hour 11am 1pm Fish Fry (order out)	23 9am Coffee Hour 11am Junk Journaling
24 9am Coffee Hour 11am "Sunday Matinee"	25 NATION CLOSED Memorial Day	26 9am Coffee Hour 12pm LUNCH 1pm Pool against Cattaraugus	27 9am Coffee Hour 11am Card Class 1pm Movie Night	28 9am Coffee Hour 12pm LUNCH 1pm Bingo	29 9am Coffee Hour 11am 1pm Horseshoe Tournament	30 9am Coffee Hour 11am
					1 9am Coffee Hour 11am 1pm	2 YANKEE'S GAME STAR WARS DAY! 1:30pm

AOA Lunch Menu

May 2026 Menu

Seneca Nation Area Office for the Aging

O'wëdë:da't – Monday	Swëda:dih – Tuesday	Ha'dewëdääh – Wednesday	Ëyóhë'tgeh – Thursday	Wëda:k'ah – Friday
<p>Menu is subject to change</p> <p>Please enjoy a ½ pint of milk served with each meal!</p>	<p>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.</p>			
<p>4 Tomato Soup & Grilled Cheese Sandwich, Carrot & Celery Sticks, Pears and Vanilla Greek Yogurt</p>	<p>5 Tuna casserole with Peas and Carrots Garden Salad Mandarin Oranges and Apple Juice</p>	<p>6 Vegetable Pizza Side Salad, Fresh Broccoli with Ranch Dressing, Fruited Jell-O</p>	<p>7 MOTHERS DAY Meatloaf Mashed Potatoes & Gravy Garden Salad, Brussels Sprouts, Apple Slices Healthy Carrot Cake</p>	<p>8 Lasagna Florentine Green Salad Dinner Roll Oatmeal Raisin Cookie Banana</p>
<p>11 Macaroni & Cheese With stewed tomatoes Steamed spinach Blueberries Vanilla Pudding</p>	<p>12 Ranch Chicken Green Beans Brown Rice Fruit Cocktail for dessert</p>	<p>13 Turkey Chili Cornbread Cottage Cheese Fruited Jell-O</p>	<p>14 TRADITIONAL MEAL Indian Taco with lettuce, onions, salsa, sour cream Served with Roasted Summer Squashes and Strawberry Fruit Salad</p>	<p>15 CLOSED</p>
<p>18 Goulash With Cauliflower Side Salad Vanilla Pudding with Berries</p>	<p>19 Chiavetta's Marinated Chicken Coleslaw, Baked Beans, Dinner Roll, Carrot Sticks, and Grapes</p>	<p>20 Cheese Ravioli Served with Green Beans Bread Stick, Grapes Chocolate pudding</p>	<p>21 BIRTHDAY PARTY Turkey & Gravy Stuffing Sweet Potato, Apple Slices Birthday Cake</p>	<p>22 BRUNCH Oatmeal, Peanut Butter Toast, Clementine, Banana, & Vegetable Juice</p>
<p>25 CLOSED</p>	<p>26 Beef Burrito with lettuce, cheese, tomato, and sour cream Mixed Vegetables Peaches with Cream</p>	<p>27 Spaghetti Squash Noodle Bake Green Beans, Garlic Bread, For dessert - Fresh Fruit</p>	<p>28 Philly Cheese Steak Sandwich Cauliflower Polonaise and Fruited Jello</p>	<p>29 Salisbury Steak with Gravy, Baked Potato, Green Beans and Ambrosia</p>

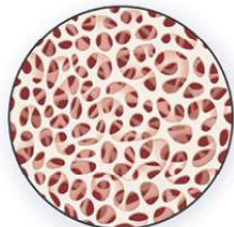
Life is like riding a bicycle. To keep your balance, you must keep moving.

Albert Einstein

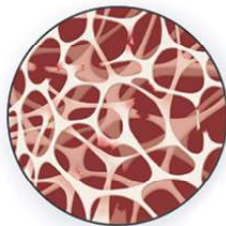


Bones help a lot with daily life. They help you sit, stand, bend, walk, and experience life. Your bones are made up of living cells and tissue that are always changing. As you age, the health of your bones play a large role in your well-being. A main component of bone health is bone density, which is an important indicator of how likely bones are to break. **After age 50, you start to lose bone faster than you can build it.** As you age, the honeycomb-like spaces within bone become larger and the outer walls become thinner. This changes the bone's architecture and causes bones to become weaker and more likely to fracture. Low bone density is known as osteopenia and when it goes undetected and untreated it can progress to osteoporosis, a disease that weakens your bones.

High bone density *Healthy*



Low bone density *Osteoporosis*



Anyone can develop osteoporosis but you **may have an increased risk if you:**

- Are a female post menopause
- Have a family history of osteoporosis
- Have a smaller body frame
- Don't get enough Vitamin D
- Smoke or use tobacco products
- Aren't physically active
- Regularly drink alcohol

Osteoporosis is diagnosed with your medical provider through a bone density test. They are sometimes referred to as DEXA Scans. It utilizes x-rays to measure your bone density and the strength of your bones. Checking for changes in your bone density is the best way to catch osteoporosis. If you would like to discuss more about bone health with your medical provider call:

716-532-5582 (Cattaraugus) or 716-945-5894 (Allegany)

Ways to support bone health include diet, exercise, and healthy lifestyle choices

Eat Bone-Healthy Foods



Make sure to get enough calcium, Vitamin D, and protein each day! Foods like leafy green vegetables, fish, lean meats, nuts, milk, and grains are great sources. Even going outside for a few minutes a day can help.

Exercise & Healthy Lifestyle

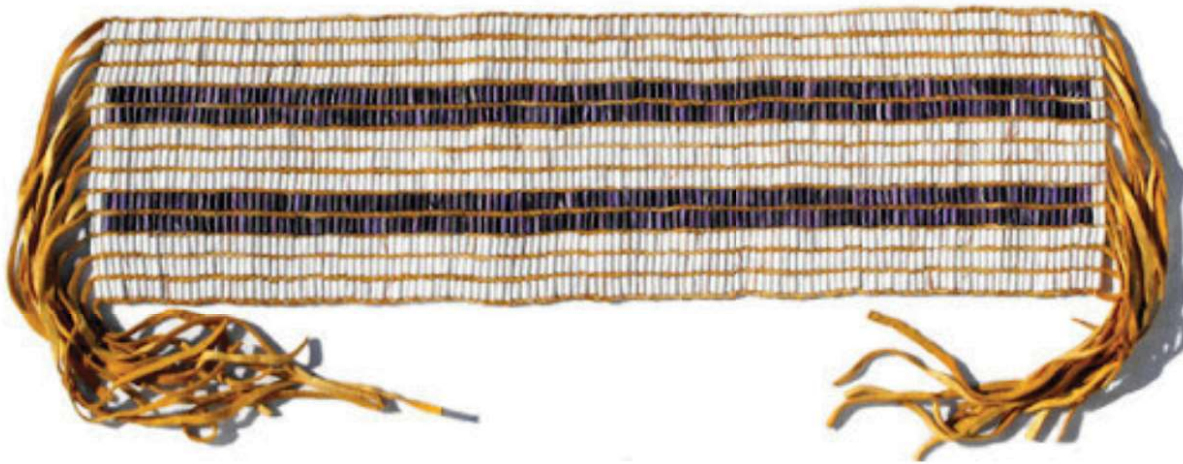


Bones that are commonly affected by osteoporosis include the wrist, spine, and hips. Weight-bearing exercises like strength training or walking can help build and strengthen bones.

**Traditional Knowledge Foundations
for Health and Healing**



**PRESENTATION SERIES
SESSION #3: GUSWENTA**



Join Health Educator LuAnn Jamieson for Session #3 of her presentation series. Learn about The Two Row Wampum: Remaining in our Canoe. Also enjoy a traditional food sample. If you have any questions, you can call LuAnn at 716-945-5894 ext. 3754



**Thursday, May 14th @ 12:30 PM
AOA-Wini Kettle Senior Center**



Announcements

If you would like to receive the newsletter by mail. Or if you would like to sign up for blooming health messages, please call

Brittany @ 716-577-4707.

Newsletters will be mailed the first of each month.



Happy Mothers Day



APPRECIATION

BEAUTIFUL

BREAKFAST

CANDY

CHARMING

COMFORT

DEVOTED

FLOWERS

FORGIVING

GIFTS

GUIDANCE

HUGS

JEWELRY

JOY

KISSES

LAUGHTER

LOVE

MATERNAL

MOM

MOTHER

NURTURE

PERFUME

PROTECTIVE

SHARE

TELEPHONE

TENDER

THE BEST

WARM

WISE

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.