

Dayogëhö:je' (Summer is coming)
June 2026



ELDER LIVING

Seneca Nation Area Office for the Aging



ha' nih
father

hakso:d
grandfather

hakno'seh
Uncle

Director's Update

Nya:wëh Sgë:nö'

First, **Happy Father's Day** on June 21st to all the Ha'nih's, Hakso:d's! I hope you have a wonderful day celebrating with your loved ones. June is also Elder Abuse Awareness Month, with **World Elder Abuse Awareness** observed on June 15th. We have a variety of events lined up this month, and we encourage you to come. Our big event is the Elder Resource Fair, where you can learn about various resources available to Elders and Caregivers. We hope you can attend!

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

Ësgögë' ae', Bethany Lay, Director

**AOA and SNI Offices are
CLOSED**

**Monday, June 15th for SNI President's Day
and Friday June, 19th for Juneteenth Day.**



FREE In-Person Legal Assistance @ AOA

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

Date:
June 26

****Appointments required****

To make an appointment:

- Call Samantha Smith in Allegany 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.





HAPPY
RETIREMENT



TINA

Tinas Retirement Celebration



Upcoming Seneca Elder Events

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.

GUEST TICKET MUST BE PAID FOR AT LEAST 1 WEEK PRIOR TO SHOW

Please arrive 2 hours prior to the show for the buffet at the casinos

Guest

Cost

\$13.10 Drag me to BINGO! Sat. June 6, 2026 7pm Seneca Allegany

\$68.75 Teresa Caputo Fri. June 13, 2026 7pm Seneca Allegany

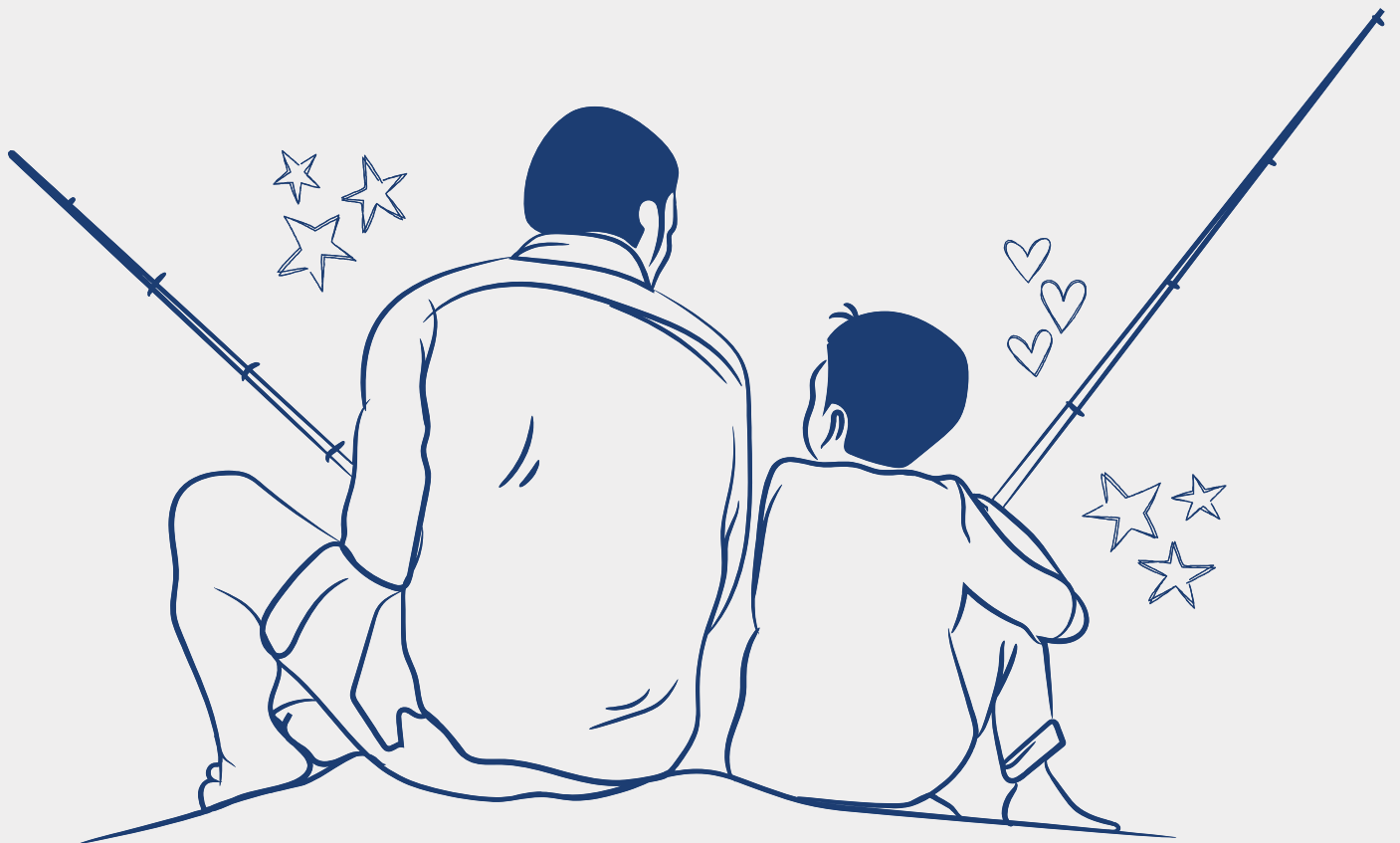
\$30.25 Lance Burton (Magician), Sat. Aug. 1, 2026 8 pm Seneca Niagara

\$71.50 Deep Purple & Kansas Sat. Aug 22, 2026 8 pm Seneca Allegany

\$65.88 Lady A Fri. Aug 28, 2026 8pm. Seneca Niagara



HAPPY FATHER'S DAY



A FATHER'S LOVE

A FATHER'S HANDS ARE STRONG AND
KIND,
WITH STEADY LOVE THAT STANDS
THROUGH TIME.

HE TEACHES, GUIDES, AND HELPS US
GROW,
THROUGH QUIET STRENGTH HE OFTEN
SHOWS.

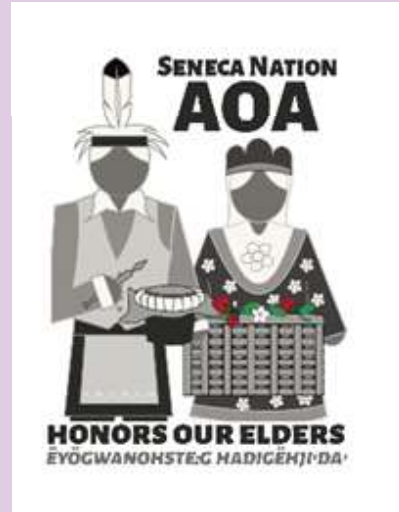
WITH EVERY LAUGH, WITH EVERY CHEER,
HE GIVES US COMFORT YEAR BY YEAR.
THROUGH EVERY CHALLENGE, BIG OR
SMALL,

A FATHER'S LOVE CAN CONQUER ALL.
TODAY WE THANK THE DADS WE KNOW,
FOR ALL THE WAYS THEY HELP US GROW.

**HAPPY FATHER'S DAY
WITH LOVE AND APPRECIATION FOR ALL
YOU DO.**

SENECA NATION AOA

Elders Resource Fair



WEDNESDAY
JUNE 10TH
A.C.C
10AM - 2PM

&

WEDNESDAY
JUNE 24TH
C.C.C
10AM - 2PM

Info & Giveaways
Wellness & Safety
Community Resources
Lunch Provided
Door Prize Drawings!

SCAN QR CODE TO REGISTER
TO BE A VENDOR



FOR MORE INFORMATION CALL
SENECA NATION AOA
716-532-5777

WEAR PURPLE FOR ELDER ABUSE AWARENESS DAY

♥ MONDAY, JUNE 15TH ♥

JOIN US IN WEARING PURPLE TO RAISE AWARENESS AND SHOW SUPPORT FOR THE SAFETY, DIGNITY, AND RESPECT OF OUR ELDERS.

PURPLE REPRESENTS JUSTICE, DIGNITY, AND COURAGE AS WE STAND TOGETHER AGAINST ELDER ABUSE, NEGLECT, AND EXPLOITATION.

LET'S HONOR AND PROTECT THE WISDOM OF OUR ELDERS BY SHOWING OUR COMMUNITY SUPPORT.

PROTECTING OUR ELDERS, PRESERVING OUR FUTURE.

**WEAR YOUR PURPLE SHIRTS, RIBBONS, HATS,
OR ACCESSORIES AND HELP SPREAD
AWARENESS THROUGHOUT OUR
COMMUNITY!**

ELDER ABUSE CAN HAPPEN IN MANY FORMS, INCLUDING:

PHYSICAL ABUSE
EMOTIONAL OR VERBAL ABUSE
FINANCIAL EXPLOITATION
NEGLECT
ISOLATION

WARNING SIGNS MAY INCLUDE SUDDEN CHANGES IN BEHAVIOR, UNEXPLAINED INJURIES, POOR LIVING CONDITIONS, FEARFULNESS, OR UNUSUAL FINANCIAL ACTIVITY.

WE CAN ALL HELP PREVENT ELDER ABUSE BY:

CHECKING IN ON ELDERS REGULARLY
LISTENING WITH COMPASSION AND RESPECT
REPORTING CONCERNS WHEN SOMETHING DOES NOT SEEM RIGHT
SUPPORTING CAREGIVERS AND FAMILIES
PROMOTING DIGNITY, INCLUSION, AND KINDNESS

OUR ELDERS CARRY KNOWLEDGE, CULTURE, LANGUAGE, AND TRADITIONS THAT STRENGTHEN OUR COMMUNITIES. PROTECTING OUR ELDERS MEANS HONORING THE GENERATIONS WHO CAME BEFORE US.

IF YOU OR SOMEONE YOU KNOW MAY BE EXPERIENCING ELDER ABUSE, PLEASE REACH OUT TO A TRUSTED FAMILY MEMBER, COMMUNITY PROGRAM, HEALTHCARE PROVIDER, OR LOCAL AUTHORITIES FOR SUPPORT.

**“PROTECTING OUR ELDERS,
PRESERVING OUR FUTURE.”**

Are You a Caregiver?

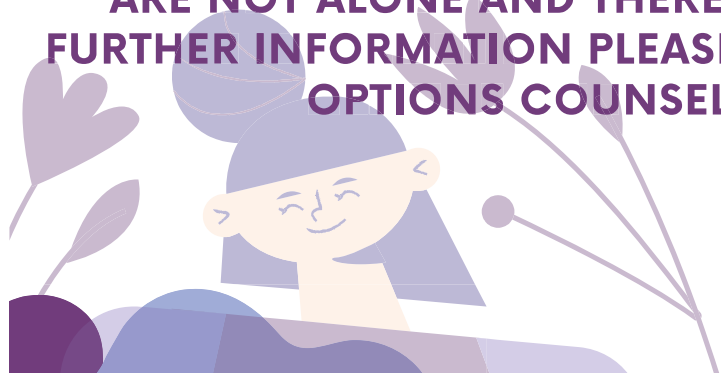


A FAMILY CAREGIVER CAN BE SOMEONE CARING FOR A SPOUSE OR PARENT, AN EXTENDED FAMILY MEMBER, OR EVEN A FRIEND OR NEIGHBOR. DO YOU PROVIDE SOMEONE HELP WITH:

- TRANSPORTATION TO MEDICAL APPOINTMENTS?
- PURCHASING OR ORGANIZING MEDICATIONS?
- MONITORING THEIR MEDICAL CONDITION?
- COMMUNICATING WITH HEALTH CARE PROFESSIONALS?
- ADVOCATING ON THEIR BEHALF WITH PROVIDERS OR AGENCIES?
- GETTING IN AND OUT OF BEDS OR CHAIRS?
 - GETTING DRESSED?
 - BATHING OR SHOWERING?
- GROCERY OR OTHER SHOPPING?
 - HOUSEWORK?
 - PREPARING MEALS?
 - MANAGING FINANCES?

IF YOU ANSWERED "YES" TO ANY OF THE EXAMPLES LISTED ABOVE, YOU ARE A CAREGIVER

CAREGIVING INVOLVES TIME, COMMITMENT AND SACRIFICE. YOU ARE NOT ALONE AND THERE ARE RESOURCES TO HELP. FOR FURTHER INFORMATION PLEASE REACH OUT TO BRIANA SNYDER, OPTIONS COUNSELOR AT (716)945-8991.





Elders Health Newsletter

Brain Health

June 2026



Similar to the rest of the body, the brain changes with age. Normal aging causes subtle declines, mainly in processing speed and attention. This is how quickly your brain takes in, interprets, and responds to information. Abnormal aging leads to problems with thinking, problem-solving, and motor skills, which can increase the risk of falls, tremors, and difficulty with daily tasks. While genetics play a role, environmental and lifestyle factors also affect brain health and can often be managed or improved. Being informed on brain health can help you incorporate ways to take control of your cognitive future and reduce the risk of developing dementia related conditions.

What is brain health?

Brain health refers to how well a person's brain functions across several areas.


Motor function
Controlling movements and balance

Sensory function
Seeing, hearing, tasting, and smelling


Tactile function
Feeling and responding to sensations of touch, including pressure, pain, and temperature

Cognitive health
Thinking, learning, and remembering

Emotional function
Interpreting and responding to emotions



Learn more about keeping your brain healthy as you age: www.nia.nih.gov/brain-health



Conditions like Alzheimer's and related dementias can cause changes beyond normal aging. Alzheimer's disease is the most common type of dementia. **About 1 in 9 people over the age of 65 have Alzheimer's. The risk doubles every 5 years after age 65.** Some risk factors are non-modifiable like age, genetics, and family history. Some modifiable factors include diet, physical activity, sleep, and smoking. Feel free to talk with your medical provider about ways to support your brain health at:

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

Ways to help support brain health

Stimulate your Mind



Try out new and challenging activities that you enjoy. Try journaling and writing about your day or experiences.

Nourish Yourself



Your body needs high-grade fuel. Try to limit processed and packaged foods, especially those high in carbs and sugars. Berries are great for brain health!

Be mindful of your health



Keep up with recommended screenings and manage chronic conditions. Try to find a physical activity you enjoy and dedicate 30 minutes a day to it.



Seneca Nation
Area Office
for the Aging

ELDERS CENTER TRIP SUGGESTIONS & COMMENTS

Date: _____

**Please call or mail in trip suggestions at least
one month in advance. Please include date
and time of event.**

Seneca Allegany Elder Center 3644 Administration Drive Salamanca, NY 14779 716-945-8414	Wini Kettle AOA 28 Thomas Indian School Dr. Irving, NY 14181 716-532-5777
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Brain Health Bingo

Supporting Brain Health in Our Community

Everyone deserves a life with the healthiest brain possible, and we can all take action to help protect our brain health. Join us for Bingo to learn important information about brain-healthy actions we should all build into our routines to benefit our brains.

It's never too early—or too late—to start prioritizing brain health. Refreshments and prizes will be available for registrants!

**Tuesday, June 30
11am-1pm**

**Lionel R. John Health Center
987 RC Hoag Drive,
Salamanca**

**Register with LuAnn
Jamieson 716-945-5894
Ext 3754**



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

SENECA NATION HUMAN RESOURCES TEAM & ROSWELL INDIGENOUS
HEALTH DEPARTMENT COLLABORATION

Social & Dinner

Join our team in this community event to bring awareness and knowledge of the effects of smoking and lung health.

June 1st
Social starts at 6 PM
Dinner Giveaway at 6:30
(while supplies last)
Cattaraugus Community
Center



Through the love of dancing and food lets share our personal knowledge, furthering the support of the health of our people and future generations.



SOCIAL DANCING, FREE DINNER,
AND RAFFLE.



DEPARTMENT OF
INDIGENOUS
CANCER HEALTH



SENECA NATION
ENVIRONMENTAL PROTECTION

PUBLIC NOTICE

Cattaraugus Community Members



This is a public notice to Cattaraugus community members, local farmers utilizing fields for planting this season will be applying manure that will cause a significant aroma in the air.

**Please be advised
the Environmental Department
is aware and will notify the community
with a notice of upcoming dates.**



Any questions, please contact (716) 532-2546

Wini Kettle Senior Center & Allegany Senior Center Garden Corner



Come by and check out our gardens!

Wini Kettle Senior Center:
28 Thomas Indian School Dr. Irving,
NY 14081

Allegany Senior Center:
3644 Administration Dr.
Salamanca, NY 14779

Ogwenyoh
ëshenegosä:h neh
ga yëtoh?

Can you help water
the garden?

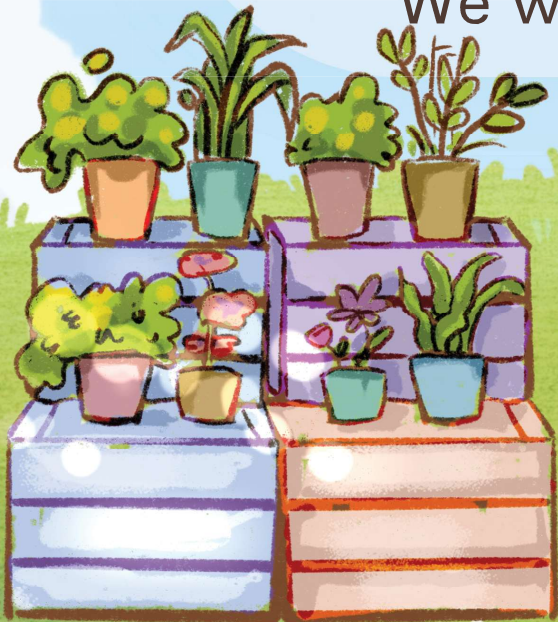


Wini Kettle Senior Center & Allegany Senior Center Garden Corner

Ogwenyoh dasgyëno:wö:s
ae:hni'eohdo:go'/ae:dwa'eohdo:go'?
Can you help me pull weeds?

Ëge'eohdo:go'
I will pull weeds out

Dogëh ëdwa:yëto'
We will garden together



Wënitšiyoh!
It's beautiful outside

Deyowëögä'wëö:je'
The flowers are
blooming

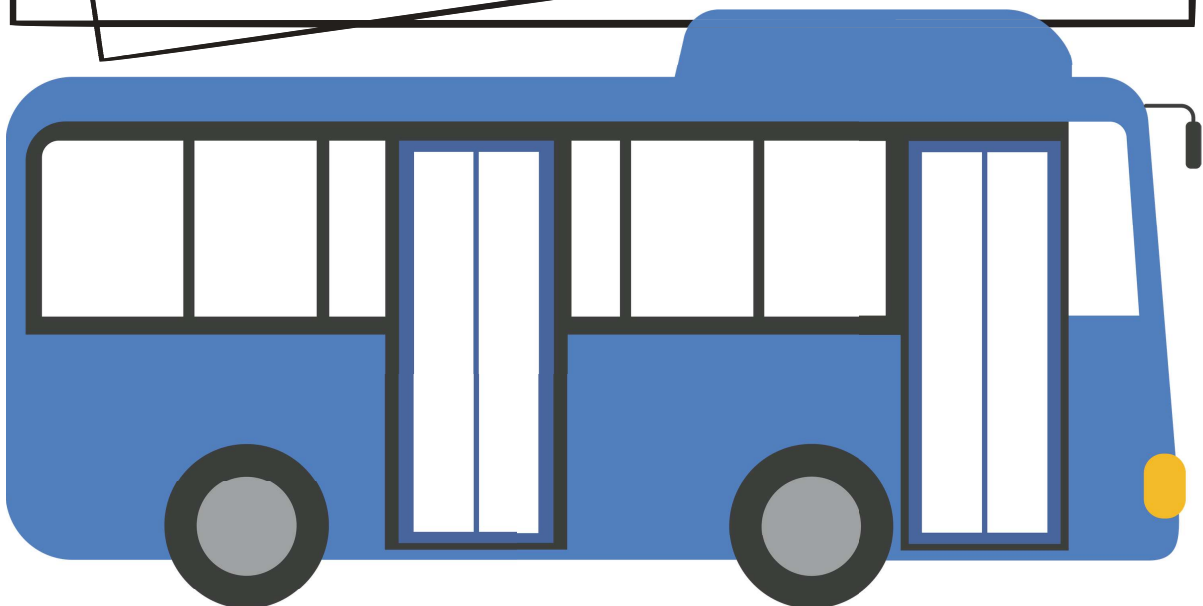
2026 Elders Dance



**Nya:wëh to all those that
came out. We look
forward to next years
dance!**

Unfortunately, there won't be any bus trips this month due to our current schedule.

Trips will be back in July. Keep an eye out for the July schedule on the 1st.



Allegany Activity Schedule

HOURS

Monday—Friday
8:30am—7:00pm

Saturday & Sunday
9:00am—2:00PM

June 2026

Allegany Senior Center
3644 Administration Drive
Salamanca, N.Y. 14779
716-945-8990

Any QUESTIONS, please feel free to
contact: Stephanie or Patrick
CALENDAR is subject to
CHANGE!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7 9am Coffee Hour 11am	1 9am Coffee Hour 11am 1pm Scrabble	2 9am Coffee Hour 12pm LUNCH 1pm Rummikub Seneca Language	3 9am Coffee Hour 11am Card Class 4pm Movie Night	4 9am Coffee Hour 12pm LUNCH 1pm BINGO	5 9am Coffee Hour 11am 1pm Fish Fry (Order Out)	6 9am Coffee Hour 11am
14 9am Coffee Hour 11am Junk Journaling	8 9am Coffee Hour 11am 1pm Scrabble	9 9am Coffee Hour 12pm LUNCH 1pm Rummikub Seneca Language	10 9am Coffee Hour 11am Card Class 4pm Movie Night	11 9am Coffee Hour 12pm LUNCH 1pm BINGO	12 9am Coffee Hour 11am 1pm Fish Fry (Order Out)	13 9am Coffee Hour 11am Junk Journaling
21 9am Coffee Hour 11am	15 NATION CLOSED President's Day	16 9am Coffee Hour 11am Surrogate Mtg 12pm LUNCH 1pm Rummikub Seneca Lang.	17 9am Coffee Hour 11am Card Class 4pm Movie Night	18 9am Coffee Hour 12pm LUNCH 1pm BINGO	19 NATION CLOSED Juneteenth Day	20 9am Coffee Hour 11am
28 9am Coffee Hour 11am Corn Husk Wreath w/ Stephanie	22 9am Coffee Hour 11am 1pm Scrabble	23 9am Coffee Hour 11am Health Ed. 12pm LUNCH 1pm Rummikub Seneca Lang.	24 9am Coffee Hour 11am Card Class 4pm Movie Night	25 9am Coffee Hour 12pm LUNCH 1pm BINGO	26 9am Coffee Hour 11am Corn Husk Wreath w/ Stephanie	27 9am Coffee Hour 11am Corn Husk Wreath w/ Stephanie

Wini-Kettle Activity Schedule



June 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Mens Pool @ 10 Potluck@5pm(?) Bingo @ 6pm	2 Cards 10am	3 Mens Pool 9am Sewing 11am	4 Bingo @1-2:30 Finish activity @3	5 Cards @ 10am	6 Rummikub 1-3 Light Lunch @ 12	7 Bingo @1 Light lunch
8 Mens Pool @ 10 Potluck@5pm(?) Bingo @ 6pm	9 Cards 10am	10 Resource Fair (A)	11 Bingo @1-2:30 Finish activity @3	12 Cards @ 10am	13 Shuffle Board Light Lunch	14 Bingo @1 Light lunch
15 CLOSED	16 Cards 10am	17 Mens Pool 9am Sewing 11am	18 Bingo @1-2:30 Finish activity @3	19 CLOSED	20 Rummikub 1-3 Light Lunch @ 12	21 Bingo @1 Light lunch
22 Mens Pool @ 10 Potluck@5pm(?) Bingo @ 6pm	23 Cards 10am	24 Resource Fair (C)	25 Bingo @1-2:30 Finish activity @3	26 Cards @ 10am	27 Shuffle Board Light Lunch	28 Bingo @1 Light lunch
29 Mens Pool @ 10 Potluck@5pm(?) Bingo @ 6pm	30 Cards 10am	1 Notes	2	3	4	5
6	7	Notes	Potluck Meals: June 1st: Jambalaya June 8th: Hamburger/ Hot dogs June 22nd: Kabobs June 29th: Stuffed Peppers.			

Wini-Kettle Trip Schedule

June 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
	NO TRIP	Regal Movies @ 1pm	Walmart @ 1pm	Riders Choice	Longhorns @ 2pm	
7	8	9	10	11	12	13
	NO TRIP	Savers	Resource Fair	Walmart @ 1 pm	Mystery Dinner @2pm	
14	15	16	17	18	19	20
	NO TRIP	NO TRIP	Walmart @ 1pm	Health Conference	Fish Fry @ 3:30pm	Bisons Game
21	22	23	24	25	26	27
	NO TRIP	Walmart @ 1pm	Resource Fair	Bison Billards Pool @1pm	Casino Buff Creek	
28	29	30	1	2	3	4
	NO TRIP					
5	6	Notes				

MENU



June 2026 Menu

Seneca Nation Area Office for the Aging



O'wëdë:da't – Monday	Swëda:diih – Tuesday	Ha'dewëdäch – Wednesday	Ëyóhë'tgeh – Thursday	Wëda:k'ah – Friday
1 Spaghetti & meat sauce Served with a tossed salad And Italian Bread Apricots for dessert	2 Roast pork with Gravy Served with a Dinner Roll and sides of Mashed Potatoes, Peas & Carrots, and Fresh Cantaloupe & Watermelon for dessert	3 Sloppy Joe on a bun With Buttered Corn and Potato salad Orange for dessert	4 Grilled Chicken Strawberry Poppyseed Salad Carrot Sticks & Red Pepper Sticks with Hummus, Dinner roll and Ice cream	5 Pepperoni & Vegetable Pizza Served with a Side Salad, Celery Sticks & Ranch Dressing, Fruited Jell-O for dessert
8 Ranch Chicken Served with sides of Green Beans And Brown rice Fruit Cup for dessert	9 Breaded Crispy Fish Filet Served with Sweet Potato Wedges And a side of Coleslaw Fresh fruit for dessert	10 Teriyaki Pork Served with Wild Rice Blend, Broccoli Apple Chop Lime Jell-O	11 FATHER'S DAY MEAL Chicken BBQ! Served with Broccoli Apple Salad, a Biscuit, and Strawberry Cake for dessert	12 Italian Sausage Sandwich with grilled onions and peppers Macaroni Salad, Steamed Vegetables, Cantaloupe, and Watermelon
15 CLOSED SNI PRESIDENT'S DAY	16 Crispy Chicken Fingers With Sweet Potato wedges, Celery and Carrot Sticks with Ranch Dressing, And Cinnamon Pears	17 Macaroni & Cheese Stewed Tomatoes Zucchini & Squash Blend Peaches and Blueberries	18 BIRTHDAY PARTY! Oven-baked Pork Chop Served with Applesauce Baked Potato, Steamed Spinach Dinner Roll Strawberry Angel Food Cake and Orange Sherbet for dessert	19 CLOSED JUNETEENTH
22 Stuffed Shells with Marinara Sauce Served with Garden Salad And a Breadstiek Fresh Fruit for dessert	23 Ham & Bean Soup Biscuit, Garden Salad Peaches & Cottage Cheese	24 BRUNCH Pancakes with Fresh Berry topping Greek Yogurt Bacon Low-Sodium V8	25 TRADITIONAL MEAL Green Bean Soup Bean Sandwich Watermelon Strawberry Juice	26 Chicken Fettuccine Alfredo Served with Broccoli and Cauliflower And a Dinner Roll Fruit Jell-O for dessert
29 Philly Steak & Cheese Sliders Sweet Potato Wedges Green Beans Fresh-out Cantaloupe	30 BBQ Chicken Drumsticks Butter Beans, Sweet Potato Wedges, Fresh Snap Peas, Pears		Please enjoy a ½ pint of milk served with each meal! MENU IS SUBJECT TO CHANGE	



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders

June 15, 2026 | Wear Purple to Support Awareness

Father's Day Word Search

Find the Father's Day words hidden below!

Words may go across, down, up, or diagonal.

FATHERDAYQWERTYU
LOVEMNBVCXZASDFG
ADVICEPOIUYTREWQ
UGRILLKJHGFD SAPO
GIFTSMNBVCXZLKJH
HUGSQWERTYUIOPAS
TIECARINGMNBVCXZ
ERFAMILYQWERTYUI
ROLEMODELPOIUYTR
BESTDADJOKESASDF
PROUDDADMNBVCXZA
SUPERHEROQWERTYU
LAUGHTERPOIUYTRE

- FATHERS DAY
- LOVE
- FAMILY
- PAPA
- HUGS
- CARING
- ROLEMODEL
- BESTDAD
- GIFTS
- SUNDAY
- GRILL
- KINDNESS
- ADVICE
- JOKES
- TIE
- PROUDDAD
- SUPERHERO
- LAUGHTER