

JULY 2026

ELDER LIVING

Seneca Nation Area Office for the Aging



**FARMERS MARKET
COUPONS
AVAILABLE SOON!**



Director's Update

Nya:wëh Sgëno

We hope you're staying cool and hydrated—summer is officially here!

Remember, the Allegany Community Center, the Cattaraugus Community Center, and AOA sites are great places to cool off during these warmer days. We hope you're enjoying the long-awaited summer weather!

Farmer's Market Coupons will be available soon

We will be **closed**:

- **All day on July 3**
- **All day on July 4**

If you need assistance or would like to join any of our activities at the Centers, please don't hesitate to give us a call.

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

**Both AOA Offices are
CLOSED,
July 3rd and July 4th, 2026.**

FREE In-Person Legal Assistance @ AOA

With **Fredrick Furhman**,
Center for Elder Law &
Justice

Date:
July 31st

****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-4PM

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

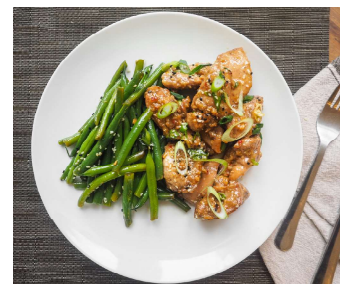
from 12 – 1 pm.

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

Please abide by the following guidelines for concert tickets:

- a. Sign-up Sheets are posted at each AOA site near the Front Desk 30 days prior to show
- b. Sign-ups are collected 2 weeks prior to scheduled event
- c. A 'confirmation call' will be made to you to ensure you are still able to attend
- d. 3-4 days before the event, the elders will be texted specifying date and location to distribute the tickets to the elders. The tickets for the Alleg. elders will be distributed at the Alleg. AOA office, the tickets for the Catt. elders will be distributed at the Catt. AOA office
- e. 'Guest Tickets' (aka '+1 Tickets') are made available only after sign-ups are tallied and there are leftover tickets – in this case, your guest will be required to pay the cost at either AOA site one week prior to scheduled event.

Guest Cost

\$30.25	Lance Burton Sat. August 1st, 2026 8pm Seneca Niagara
\$52.25	Jo Koy Live Sat. Aug 8, 2026 7pm Seneca Niagara
\$42.50	Gary Allen & Rodney Atkins Fri. Aug. 21, 2026 7:30pm Seneca Allegany
\$71.50	Deep Purple & Kansas Sat, Aug 22 8pm Seneca Allegany- Outdoor
\$65.88	Lady A Fri Aug, 28, 2026. at 8pm Seneca Niagara



Seneca Nation AOA Elder Resource Fair



We held our Annual Elder Resource Fair this June in honor of Elder Abuse Awareness Month. There was information and community resources available. Speaker presentations, door prize drawings and lunch provided. It was a great turnout and love to see our Elders show up!



Employee Highlights

**We would like to welcome the
following to the team**

**Nancy Schenandoah has moved to
the Activity Coordinator Position**

**Rikki Johns is now the Senior
Support Specialist**

**Carly Bucktooth is now the
Outreach Coordinator!**

Welcome aboard!



COMING
SOON!

KEEP AN EYE OUT FOR FARMERS MARKET COUPONS.

We should be receiving them any day now.

The season kicks off on July 1st., with a \$25.00 booklet containing \$5.00 coupons.

Elders will be able to request them online as usual once the link is up and running, and in-person distributions will also be available at the Elder Centers.

We will hand out the booklets until they are gone or until 9/30, whichever comes first. Coupons must be used by 11/30



Join us for

A shuffleboard tournament
on July 14th, 2026 @ 1pm at the
Wini-Kettle Senior Center

and a

Potluck and Horseshoe
Tournament
July 31, 2026 at 1 pm at the Allegany
Elder Center

**If you have any questions or would
like to sign up please call 716-532-
5777 or 716-945-8414**

HOME SAFETY TIPS

- Install lighting upgrades for porches.
- Keep doors and windows locked—even if it's just for a minute.
- Install door peepholes
- Do not answer the door for people you don't know
- Keep a spare key with a trusted neighbor.
- Turn outdoor lights on in the evening; floodlights are used to ensure effective illumination.
- House number is displayed clearly so police and other emergency vehicles can find your home if needed.

If you are interested in receiving a Ring camera, please call 716-532-5777 or 716-945-8414



Seneca Nation Environmental Protection
204 Thomas Indian School Ext.
Irving, NY 14081
(716)682-0233



Hours of Operation



Monday - Thursday

7:30am - 5:30pm

3rd Saturday of the Month

(6/27, 7/18, 8/15 & 9/19)

8:00am - 12:00pm.



Fridays - Hauling dumpsters to designated disposal sites

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



Seneca Nation Transfer Station
204 Thomas Indian School Ext.
Irving, NY 14081
(716)682-0233



Temporary Closing Notice

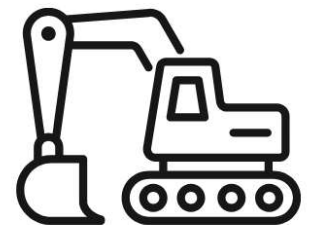


July 6th - July 10th 2026
Monday - Friday



In a continuing effort to improve services to our community the Transfer Station Staff is scheduled for:

Heavy Equipment Operation Training.



We apologize for any inconvenience this may cause.

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



LEGAL SERVICES

Come learn about wills, power of attorneys, trusts, executors, etc.

Meet Alex Fehrman, Supervising Attorney and his team who come to each Elders Center once per month to provide legal consultation for elders.

Surrogate Judge Luana Jimerson will be present to share information about the role of Surrogates Court.

WHEN: Tues. July 14th, 1:00 p.m.

WHERE: Catt. AOA Center

For more info, please call:

Patti Brisley, Senior Advocate 716.257.0263



Honor Dance Friday, July, 17th after Grand Entry at 5:00 p.m.

Friends, Family, and Community please join us in Song and Dance at this year's Seneca Nation Veterans Powwow as New York State Senator Borrello Honors Councillor Tina Abrams as the 57th District's 2026 New York State Senate Woman of Distinction

The New York State Senate Women of Distinction program is an annual award established in 1998 to honor local women who have made significant contributions to their communities through leadership, volunteerism, and service. Each state senator selects one exemplary woman from their district. Councillor Tina Abrams is the first Indigenous woman to be selected as a New York State Senate Woman of Distinction, a historic first for the program.

Honor Song and Dance led by Alan Dowdy





Microsoft Excel Class

Hosted by. Training & Employment Resource Center

July 16th 2pm-3:30pm

TERC will be hosting a computer class on learning how to use Excel.

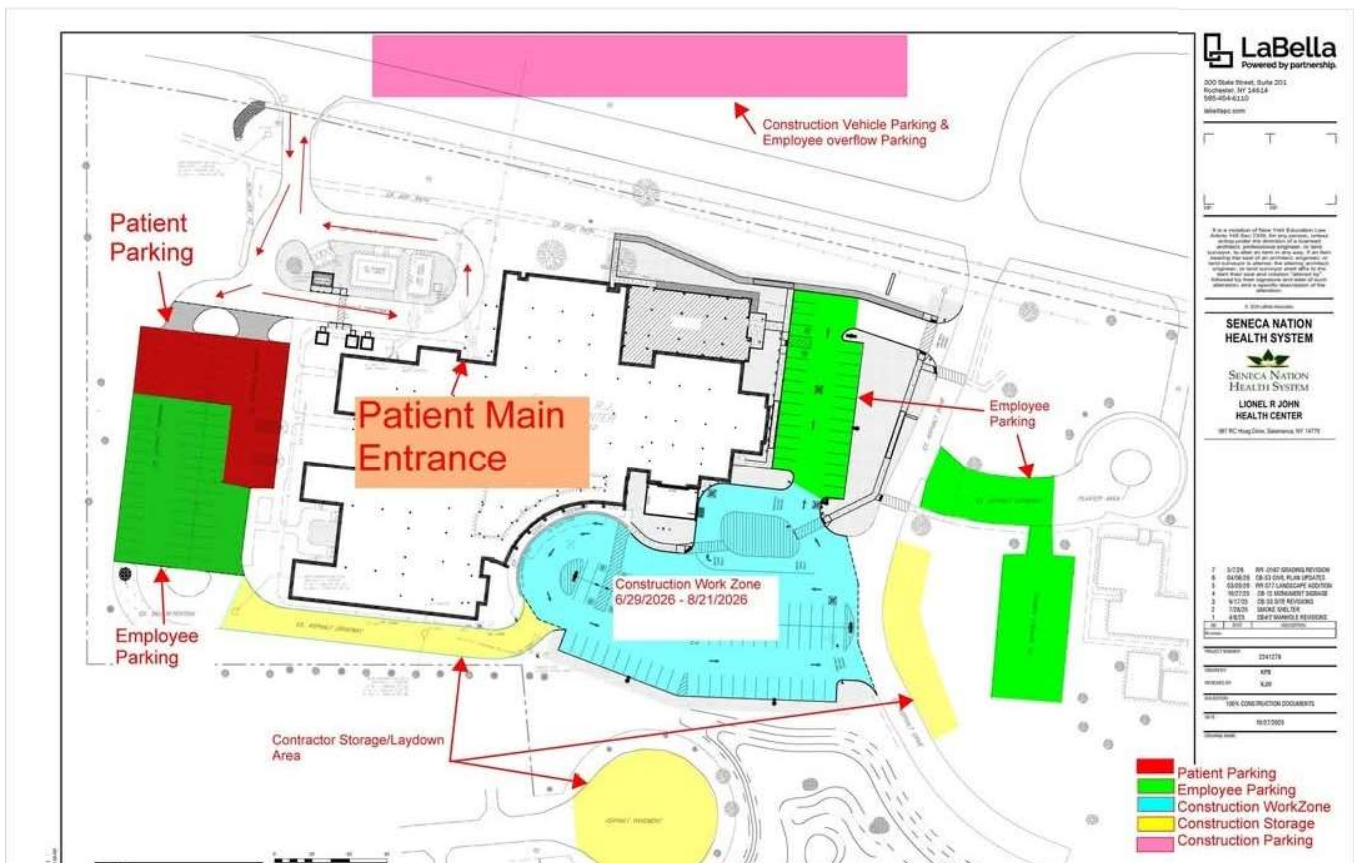
Open to everyone! Free Class!

Spots are limited, please RSVP 716-532-1033



Attention Seneca Nation Health System - LRJHC Patients and Employees: Beginning TODAY, June 29, 2026 the main entrance and the main parking lot of the LRJHC will be closed due to construction. The public entrance will be changed to the back entrance (off R.C. Hoag Drive).

Patient parking will be available in the rear parking lot. Please see the attached map for reference. Additional employee parking will be available in the new parking lot off Ohi:yo' Way, at the Seneca Strong lot and across RC Hoag Drive in Indian Park. The main entrance and parking lot is scheduled to reopen on October 21, 2026.






JULY 2026 Menu



Seneca Nation Area Office for the Aging

O'wédé:da'í - Monday	Swéda:dih - Tuesday	Ha'dewédäch - Wednesday	E'vóhé'tgéh - Thursday	Wéda:k'ah - Friday
<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 before the meal.</p> <p>Hot Ham and Cheese Served with Roasted Carrots and Brussels Sprouts Fresh Grapes and an Apple for dessert</p>	<p>Please enjoy a ½ pint of milk served with each meal! MENU IS SUBJECT TO CHANGE</p> <p>7 Creamy Italian Sausage Pasta Garden Salad and Roll Watermelon and Cantaloupe</p>	<p>1 Sloppy Joe on a bun With Beets and Potato salad Fresh fruit for dessert</p> <p>8 Italian Sausage Hoagie Sautéed peppers & onions Baked Beans, Pota to Salad Carrot Sticks Blueberries and Peaches</p>	<p>2 JULY 4th BBQ Hot Dog Roast Baked Beans, Pasta Salad, and Watermelon and Apple Slices</p> <p>9 TRADITIONAL MEAL Indian Taco served with Beef, Beans Lettuce, Tomato, Onion, Cheese, salsa, and low-fat sour cream, Summer Squash, and Strawberry Fruit Salad</p>	<p>3 Closed</p> 
<p>13 Spaghetti & meat sauce Roasted Zucchini, Tossed Salad, Italian Bread Slice Fruited Jelly</p>	<p>14 Philly Steak & Cheese Sandwich Sweet Potato, Green Beans, and Cantaloupe</p>	<p>15 Ranch Chicken Broccoli Apple Salad Dinner roll Fruited Jell-O</p>	<p>16 BIRTHDAY PARTY! BBQ Chicken Leg Quarter Roasted Sweet Potatoes, Spinach, Biscuit and Healthy Cheesecake served with Blueberries and Peaches</p>	<p>17 Summer Cheeseburger Salad Dinner Roll Sliced Peppers with Hummus and Fresh Fruit</p>
<p>20 Cheese Tortellini w/Red Pepper Pesto and Whole Wheat Breadstick, Spinach Salad, California Veggie Blend Fresh Orange Slices</p>	<p>21 Spaghetti Squash Noodle Bake served with Tomato & Cucumber Salad, a Dinner Roll Banana with peanut butter</p>	<p>22 BRUNCH Egg, Ham, Cheese, and Veggie Casserole, Wheat Roll, Roasted Home Fries Orange Slices and a small Banana</p>	<p>23 SUMMER BBQ Hamburger with Cheese, Lettuce and Tomato, Summer Corn Salad, Cucumber Sticks, and Watermelon and Cantaloupe</p>	<p>24 Fish & C Coleslaw, Tan Roll, and Fresh Fruit</p>
<p>27 BBQ Pulled Pork Sandwich, French Fries, Holiday Salad, and Sliced Pears</p>	<p>28 Grilled Chicken, Strawberry Poppyseed Salad, Carrot Sticks, and Red Pepper Slices with Hummus, Dinner roll Ice cream</p>	<p>29 Vegetable Pizza Served with a Side Salad Fresh Peaches and Cottage Cheese for dessert</p>	<p>30 Macaroni & Cheese Stewed Tomatoes Zucchini & Squash Blend Orange Slices with Grapes</p>	<p>31 Crispy Breaded White Fish Fillet Healthy Coleslaw Boiled Baby Red Potatoes Fresh fruit</p>

Live in each season as it passes: breathe the air, drink the drink, taste the fruit."

Allegany Senior Center
3644 Administration Drive
Salamanca, NY 14779
716-945-8990

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

July 2026



HOURS

Monday—Friday
8:30am-7:00pm

Saturday & Sunday
9:00am-2:00pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 9am Coffee Hour 11am	6 9am Coffee Hour 11am 1pm Scrabble 4pm Monday Nite Movie	July 14, 2026 Trip to Cattaraugus AOA Center Lunch & Shuffle Board Leave at 10:30am	1 9am Coffee Hour 11am Card Class 1:30pm YANKEE'S VS TIGERS	2 9am Coffee Hour 12pm LUNCH 1pm BINGO	3 NATION CLOSED Sovereignty Day	4 9am Coffee Hour 11am
12 9am Coffee Hour 11am	13 9am Coffee Hour 11am 1pm Scrabble 4pm Monday Nite Movie	7 9am Coffee Hour 12pm LUNCH 1pm Rummikub/ Seneca Language	8 9am Coffee Hour 11am Card Class 1pm Pop-Up Pot Luck	9 9am Coffee Hour 11am SNAP Ed. 12pm LUNCH 1pm BINGO	10 9am Coffee Hour 11am 1pm Fish Fry (Order Out)	11 9am Coffee Hour 11am
19 9am Coffee Hour 11am	20 9am Coffee Hour 11am 1pm Scrabble 4pm Monday Nite Movie	14 9am Coffee Hour 12pm LUNCH 1pm Rummikub/ Seneca Language	15 9am Coffee Hour 11am Card Class 1pm	16 9am Coffee Hour 12pm LUNCH 1pm BINGO	17 9am Coffee Hour 11am 1pm Fish Fry (Order Out)	18 9am Coffee Hour 11am
26 9am Coffee Hour 11am	27 9am Coffee Hour 11am 1pm Scrabble 4pm Monday Nite Movie	28 9am Coffee Hour 12pm LUNCH 1pm Rummikub Seneca Language	22 9am Coffee Hour 11am Card Class 1:30pm YANKEE'S VS PIRATES	23 9am Coffee Hour 12pm LUNCH 1pm BINGO	24 9am Coffee Hour 11am 1pm Fish Fry (Order Out)	25 9am Coffee Hour 11am
			29 9am Coffee Hour 11am Card Class 1pm Pop-up Pot Luck	30 9am Coffee Hour 12pm LUNCH 1pm BINGO	31 9am Coffee Hour 12pm POT LUCK w/Cattaraugus AOA 1pm Horseshoes Tournament	

July 2026

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All trips are subject to change.	Please make sure to bring money for the trips.	Trips are scheduled to leave about 1:30 unless otherwise noted.	1	2	3 CLOSED	4
	6 Rider's Choice 	7	8 2	9	10	11
	13	14	15	16 Local Shopping 	17 Twist and Scoops Great Valley Leave @2	18
	20 Rider's Choice 	21 Larkin Square Leave @ 3:30	22	23	24	25
	27	28	29 Hamburg Leave @ 10 	30 Local Shopping 	31	

Catt AOA Activities

July 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	1 Mens Pool 9am Sewing 11am	2 Bingo @1-2:30 Finish activity @3	3 CLOSED	4 CLOSED	5 Bingo @1 Light lunch
6 Mens Pool @ 10 Pottluck@5pm(?) Bingo @ 6pm	7 Cards 10am	8 Mens Pool 9am Sewing 11am	16 Bingo @1-2:30 Finish activity @3	10 Cards @ 10am	11 Shuffle Board Light Lunch	12 Bingo @1 Light lunch
13 Mens Pool @ 10 Pottluck@5pm(?) Bingo @ 6pm	14 Cards 10am Legal Services Presentation 1pm	15 Mens Pool 9am Sewing 11am	16 Bingo @1-2:30 Finish activity @3	17 Cards @ 10am	18 Rummikub 1-3 Light Lunch @ 12	
20 Mens Pool @ 10 Pottluck@5pm(?) Bingo @ 6pm	21 Cards 10am Shuffleboard Tourn 1pm - Catt	22 Mens Pool 9am Sewing 11am	23 Bingo @1-2:30 Finish activity @3	24 Cards @ 10am	25 Shuffle Board Light Lunch	26 Bingo @1 Light lunch
27 Mens Pool @ 10 Pottluck@5pm(?) Bingo @ 6pm	28 Cards 10am	29 Mens Pool 9am Sewing 11am	30 Bingo @1-2:30 Finish activity @3	31 Cards @ 10am Horseshoe Tourn 1pm Alleg.	1	2
3	4	Notes				

Wini- Kettle Senior Center activities are subject to change. Please call if you have any questions regarding any activity at 716-532-5777

July 2026

Wini- Kettle Trips

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
			Walmart @ 1pm	Riders Choice	Connors Hotdog 2pm	
5	6	7	8	9	10	11
	NO TRIP	Savers 1pm	Walmart @ 1pm	NO TRIP	NO TRIP	
12	13	14	15	16	17	18
	NO TRIP	NO TRIP	Bingo Event	Farmers Market	Fish Fry @ 3:30pm	
19	20	21	22	23	24	25
	NO TRIP	Movies 1pm	Auction/ Walmart @ 1pm	Riders Choice	Buffalo Creek Casino 11am	
26	27	28	29	30	31	1
	NO TRIP	Bowling 1pm	Walmart @ 1pm	Riders Choice	Local Shopping	

Notes: Wini- kettle Senior Center trips are subject to change. If you have any questions, please call 716-532-5777.

Positive Aging

Age is not a barrier to success. You can achieve anything you set your mind to, no matter how old you are.

You're never too old to set a new goal.

Keep making memories.

Every day is a gift.



The best is yet to come.

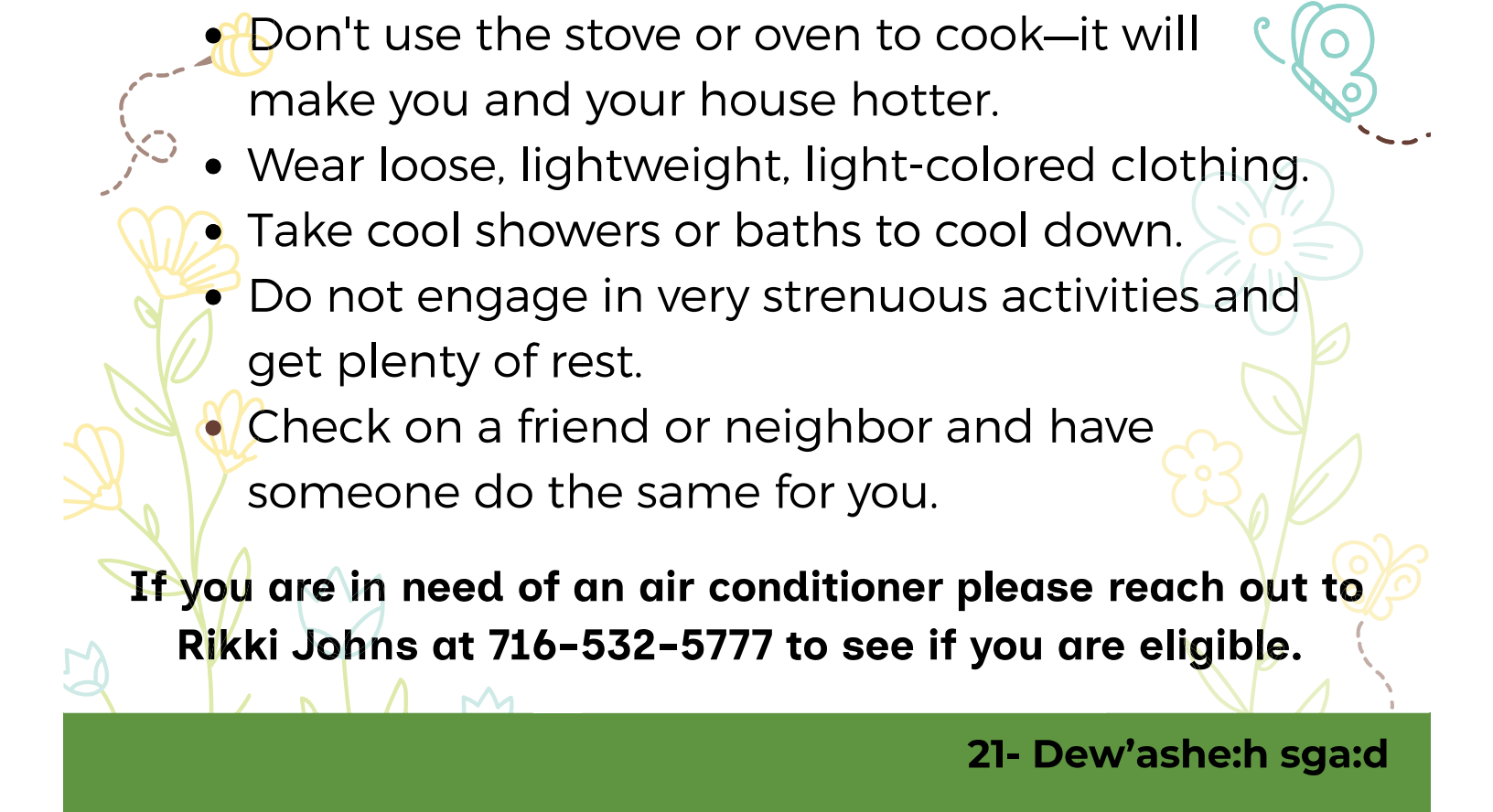


Embrace the journey.

The best is yet to come.



Stay safe on hot days

- Stay cool and stay hydrated.
 - Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
 - Do not rely on a fan as your main cooling source when it's really hot outside.
 - Drink more water than usual and don't wait until you're thirsty to drink. If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
 - Don't use the stove or oven to cook—it will make you and your house hotter.
 - Wear loose, lightweight, light-colored clothing.
 - Take cool showers or baths to cool down.
 - Do not engage in very strenuous activities and get plenty of rest.
 - Check on a friend or neighbor and have someone do the same for you.
- 

If you are in need of an air conditioner please reach out to Rikki Johns at 716-532-5777 to see if you are eligible.

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?

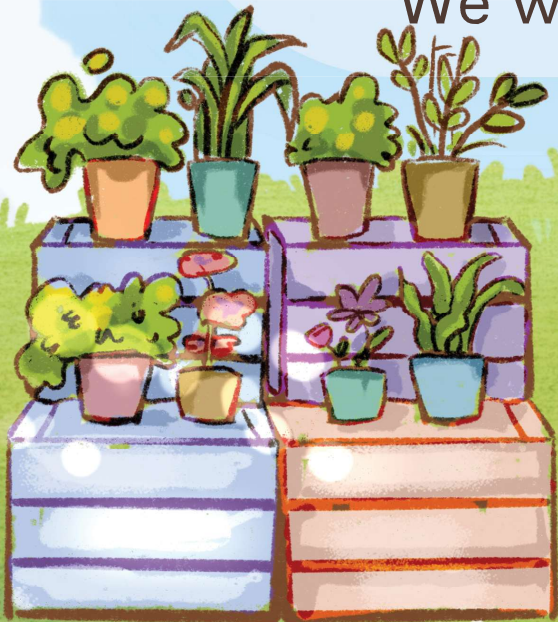


Wini Kettle Senior Center & Allegany Senior Center Garden Corner

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



Elders Health Newsletter Summer Heat Safety

JULY 2026



July tends to be the hottest month of the year in New York State. If you are going to be outside more often enjoying the nicer weather, it's important to find ways to beat the heat and protect yourself from heat-related illnesses. **Older adults and individuals with chronic medical conditions are at a higher risk of developing heat-related illnesses.** This is due to age-related physical changes in the body, chronic health conditions, and effects due to taking some medications. Be sure to watch for the following symptoms in the heat. If you have questions feel free to discuss them with your primary care provider at **(716) 532-5582 (Cattaraugus) or (716)945-5894 (Allegany).**

Dehydration

This is when you lose water in your body. **Symptoms include:** weakness, headache, muscle cramps, dizziness, confusion, or passing out. **How to treat:** Drink plenty of water or drinks that contain electrolytes since your body loses them when you're dehydrated.



Heat Syncope

This is fainting due to high temperatures. **Symptoms include:** Dizziness or fainting. **How to treat:** Lie down and put your feet up. Be sure to drink plenty of fluids and water.

Heat Exhaustion

This is a serious health problem caused by too much heat and dehydration. **Symptoms include:** heavy sweating, muscle cramps, weakness, cold/clammy skin, or a fast and weak pulse. **How to treat:** Move to a cool shady place and drink plenty of fluids. Call 911 if you don't feel better after moving and cooling down, or if you have high blood pressure or heart problems.



Heat Stroke



This is a very dangerous rise in body temperature. It can happen gradually over a few days, but it can be deadly. **Symptoms include:** Body temperature of 104 degrees or higher, headache, nausea, confusion, fast pulse, red, hot, dry skin, or passing out. **How to treat:** Call 911 immediately. Move to a cool shady place and loosen or remove heavy clothing. Douse yourself with cold water, apply cool cloths, and see if you can safely drink any fluids.

As you get older the sun's UV rays also affect you more. **Your skin gets thinner, making it easier to burn.** That's why it's important to **apply sunscreen 15 minutes before going outside**, and re-apply it every 2 hours. Aim to use an SPF of 30 or higher.

Ways to Stay Cool



Stay away from direct sun exposure as much as possible. When you can, wear looser and lighter colored clothing. Darker shades can absorb heat. Hats are also a way to keep cool!



Stay hydrated! Drink plenty of cool water or clear drinks. Stay away from alcohol or caffeine as it causes you to lose water in your body. Also be sure to wear your sunscreen on exposed skin!



Plan activities earlier in the day or when the sun is setting to stay cool. If you don't have air conditioning at home, you can visit places like the pool or community center to cool off. AOA can also help connect you with resources if you're in need.



Gardening

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

BED	GROW	SOIL
BUSHES	HOE	STEM
DEAD	LEAF	WATER
DIG	PLANT	WEEDS
DIRT	ROOT	WILT
FLOWER	ROSE	WORM
GARDEN	SEED	YARD

