

ELDER LIVING

Seneca Nation Area Office for the Aging



AOA and SNI
Offices are
CLOSED
September 7th & 18th

Director's Update:
Nya:wëh S'geno!

September is here already! Another month flew by! Here are some important dates to remember:

September 4, SN Offices and AOA buildings closing at **noon**. Clinics will remain open. Home Delivered Meals will still be sent out.

September 7, SN Offices, Buildings, SN Health Systems (Clinics) closed Labor Day Holiday

September 12 and 13, Fall Festival on the Cattaraugus Territory, also fyi, SN Council has been changed to September 19 in Allegany.

September 18, SN Offices, Buildings, and Health Systems will be closed for Ogwe'o:weh Day

Please make sure you call in prescriptions and do banking if using SN Credit Union.

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

Ėsgögë'ae',
Bethany Lay, Director
Jennifer Whiteman, Deputy Director

FREE In-Person Legal Assistance @ AOA

*With F. Alex Fehrman
Center for Elder Law &
Justice*

Date:

September 28th

****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 the show
- b. Sign-ups are collected **2 weeks prior** to the 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, Elders will be texted specifying the 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 the scheduled event.

Guest Cost

\$68.75	Whiskey Myers Friday, Oct 9 th at 8pm SAC
\$30.25	Legacy Fighting Alliance Fri. Oct 30 th @6:30pm SNC
\$46.75	Ron White (comedian) Sat Nov 7 th @8pm SNC
\$73.00	Chicago Saturday Nov 14 th at 8pm at SAC
\$55.00	Indigenous Fashion Show Sat Nov 21 st @7pm SNC

Upcoming Trips/Activities:

September 27th Potluck Picnic at Letchworth. AOA

buses leave the centers around 10-10:30am

Note: Murder Mystery Train Tour (Buff, Catt., Jamestown Scenic Railway in Hamburg, NY) is postponed until spring

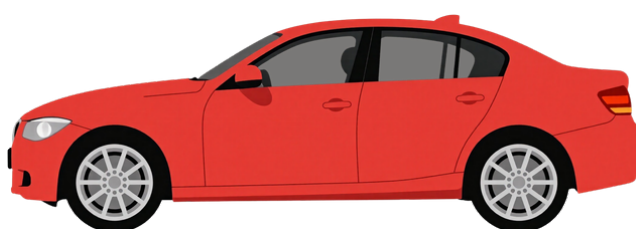




Be a Part of the Change with Us

Volunteers Needed

**Trip Reimbursement &
Mileage**



We are looking for volunteers to help us with driving our Elders.

We Need Help With

- | | |
|--|---|
| ☐ Taking them to medical appointments | ☐ Pharmacy |
| ☐ Supermarkets/stores | ☐ Elder Center |
| ☐ Social Events | ☐ Clinic |
| | ☐ Other personal etc |

Eligibility

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

**For more information, contact Carly Bucktooth @
716-945-8414 ext 3627**

Catt elders joined Allegany elders for a potluck picnic, horseshoes and cornhole July 31st & Aug 28th



The days were full of competitive fun & hilarious commentary



Keep an eye out for a new date in September!





Safety Tips

Elders Health Newsletter

Fall Prevention

September 2026



Every 11 seconds an older adult is treated in the emergency room for a fall. The mindset of “it won’t happen to me” is common, but **more than 1 in 4 older adults fall every year.** The risk of falling and fall related problems rises with age, but many falls can be prevented. That is why being proactive about fall prevention is important! As you age, things like your eyesight, reflexes, and hearing are not as sharp as when you were younger, leading to falls. Certain conditions like diabetes, heart disease, or problems with your nerves can affect your balance and lead to falls. Balance can also be affected by rushed movements and certain medications. The more medications you take, the higher the risk of having a fall. Below are six tips that can help you prevent falls. Other ways to prioritize fall prevention or to assess your risk can be discussed with your primary care provider at: **(716) 532-5582 (Cattaraugus) or (716) 945-5894 (Allegany).**

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors

Stand up slowly to avoid dizziness

Do strength and balance exercises

Get your vision and hearing checked regularly

Use a cane or walker if you need more stability

Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



Finding a good balance and exercise program can help you improve your balance, strength, and flexibility. Getting yearly vision and hearing tests are also key to keeping you on your feet. Be sure to keep areas in your home well lit and free of hazards such as clutter, loose rugs, and trailing electrical or phone cords. Don't be afraid to ask for help when taking these steps to stay safe. Falls are **not** a normal part of aging.

Summer Elder's Event

The annual **Elder's Summer Bash** held August 25th & 27th was themed Retro Beach Party. It was a huge success. Elders had a great time enjoying live music, delicious food and each others company. The games, door prizes and emcee were a hit as always!



Seneca Nation AOA

Presents:

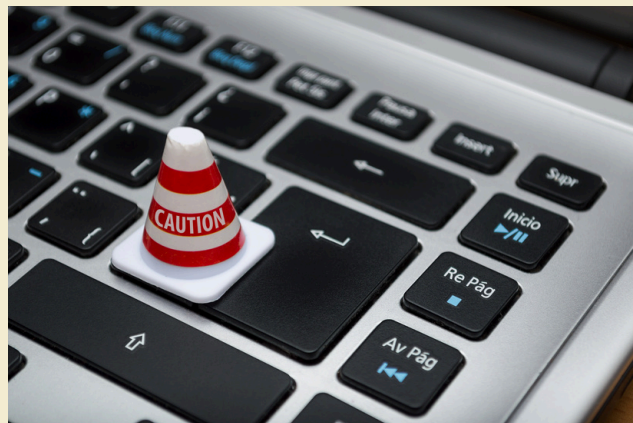
Online Safety



September 30th, 2026 @11am
Wini Kettle Senior Center

Join us for an Online Safety Presentation

Today's criminals use the internet & artificial intelligence (AI) in ways that make scams harder to spot. We break it down step by step, highlight basic online terms, how AI works, common scams, and practical strategies to stay safe online.



If you have any questions please contact Carly Bucktooth at 716-945-8414 ext. 3627

8-Degyö'

Seneca Nation AOA Presents



**September 24th, 2026 @11am
Allegany Elder Center**

**Join us for SCAMO to learn about the latest scams and
how to avoid them in a fun, familiar format! It's just like
Bingo!**



**Financial exploitation is on the rise, and education remains our
most powerful tool to protect older adults. While scams may
constantly evolve, our commitment to empowering community
stays the same.**

If you have any questions please contact Carly Bucktooth at 716-945-8414 ext. 3627

Happy 61st Anniversary Michael & Shirley Jimerson



Michael & Shirley Jimerson married on August 6th, 1965 in the village of Northway, Alaska after meeting at Haskell in Lawrence, Kansas. On Aug. 6th, 2026, AOA had the honor of sharing the 61st anniversary day for Shirley and Mike, regulars at the Alleg. elders center.

Puzzle answers: Across: 6. Jamboree 8. Gathering 9. Juggler 11. Festival
Down: 1. Lemonade 2. Popcorn 3. Laughter 4. Fairgrounds 5. Revelry
7. Midway 10. Parade



**STEPS TO
SAFETY™**
PREVENT FIRE & FALLS AT HOME

8 STEPS FOR FIRE PREVENTION

Follow these 8 steps to help prevent fires at home. Learn more at nfpa.org/stepstosafety.

- 1 If you smoke, smoke outside.** Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand, and never throw them in plants or mulch. Never smoke in bed. Never smoke if oxygen is used in the home.
- 2 Give space heaters space.** Keep them at least 3 feet (1 meter) away from anything that can burn—including you. Shut off and unplug heaters when you leave the room or go to bed. Plug heaters directly into a wall outlet and never into an extension cord or power strip.
- 3 Stay in the kitchen when frying food and cooking on the stove top.** If you leave the kitchen, even for a short time, turn off the burner. Use a timer when cooking. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication. Do not cook when taking new medication until you know how it will affect you. Wear tight-fitting or short sleeves when cooking. Use oven mitts to handle hot pans. Use lightweight manageable pans.
- 4 If your clothes catch fire: stop, drop, and roll.** Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. If you use a wheelchair, scooter, or other device and can get to the floor, lock the device before getting out and then roll until the flames are out. If you are a bystander, use a rug or blanket to help extinguish the flames. Use cool water for 3–5 minutes to cool the burn. Get medical help right away.
- 5 Smoke and carbon monoxide alarms save lives.** Install smoke alarms on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, have interconnected alarms, so when one sounds, they all sound. Have someone test your smoke alarms once a month by pushing the test button. Replace any that are 10 years old or older. If you or someone in your home is deaf or hard of hearing, use bed shaker and strobe light alerts that work with your smoke alarm. Install carbon monoxide alarms outside each sleeping area and on every level of the home.
- 6 Plan and practice your escape from fire and smoke.** If possible, plan two ways out of every room in your home and two ways out of your home. Make sure windows and doors open easily. If the smoke alarm sounds, get outside and stay outside.
- 7 Know your local emergency number.** It may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone. In case of a medical emergency, keep family and contact names and numbers by the phone.
- 8 Plan your escape for your abilities.** Have a landline or a cell phone with a charger near your bed to call for help if you are trapped by smoke or fire. Have your walker, cane, scooter, or wheelchair by your bed. Keep your glasses, phone, and flashlight near your bed to reach quickly in an emergency.

Shea's
710
Theatre



Sun.
Sept.
27th
show
begins
at 2:00
p.m.

Hair (musical)

Live performance that celebrates community, identity, politics, peace, and what it means to be a young person in a changing world.

Featuring classic hit songs such as "Aquarius", "Easy To Be Hard", and "Let The Sunshine In."

22 seats per bus - sign up @ local AOA center

**Stopping on the way to get brunch
(bring brunch money)**

Catt bus leaving center at 11:30 a.m.

Alleg bus leaving center at 11:00 a.m.

For more info, please call:
Patti Brisley, Senior Advocate at 716.257.0263



H.E.R.O PRESENTS



AKSO:D BRUNCH



SEPTEMBER 13TH 9-11AM

LET US HONOR YOU AND ALL YOU DO WITH
BRUNCH BEFORE FOOTBALL!!

ALLEGANY COMMUNITY CENTER MPR

13- Seh sga:e'

BUILDING BRAIN-HEALTHY HABITS

An education program presented by the Alzheimer's Association®



TIPS TO BUILD HEALTHY HABITS AND HELP PROTECT YOUR BRAIN

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older – even reducing your risk of cognitive decline and possibly dementia.

Join us to learn about:

- » Healthy habits for your brain, like exercising and eating right.
- » The brain-heart connection.
- » Why brain health is important at all ages.
- » Building your personalized action plan for brain-healthy habits.

Allegany Elder Center
Tuesday, September 22nd
11:30 AM

Wini Kettle Senior Center
Thursday, September 24th
11:30 AM
28 Thomas Indian School Drive

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

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

 **ALZHEIMER'S
ASSOCIATION**

Western New York Chapter

14 - Ge:ih sga:e'

Save the Date

September 23-24, 2026

9AM-5PM



FALL HEALING CONFERENCE

Seneca Allegany Resort & Casino | Salamanca, N.Y.

Harvesting Hope & Healing

**FREE
REGISTRATION**

Scan the QR Code
to Register and for
Conference Updates



OPEN TO THE HAUDENOSAUNEE COMMUNITY

We invite you to join in this culturally grounded, & spiritually uplifting space where Haudenosaunee people can gather to heal, learn, reconnect, and achieve personal growth.

**REGISTRATION DEADLINE:
SEPTEMBER 4, 2026 AT 4 P.M.**

Breakfast, Lunch & Refreshments Provided

Questions:

Email HealingConference@sni.org or
Call Christina Porter 716-945-1790 x3003



15- Wis sga:e'

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.

Contact Options Counselor Briana Snyder at (716)945-8991 if you have questions or would like more information

Wini Kettle Senior Center & Allegany Senior Center Garden Corner

**Në:gë:h näh ögwaëda' /ögwatgwë:ë'
–This is our garden**



Swing 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



17- Dza:dak sga:e'.

Wini Kettle Senior Center & Allegany Senior Center Garden Corner

Ojisö'dö:ta' gih awë'öhsa'
-Sunflowers

Hetgë:hgwa:h niyot'eohdonia:je'!
The plants are growing tall!



18- Degyö' sga:e'.



Fall Festival Save the Date

September 11th , 12th & 13th

Mark your calendars now and get ready to celebrate the Fall Festival.
Join us for a weekend of fun, delicious food, and great live music
for the whole family.

For more information , please contact
Trudy jackson (716) 532-0505 x5305

19- Johdö:h sga:e'.



EVERY CHILD MATTERS

Remembrance & Community Healing Walk

Save the Date

SEPTEMBER 30, 2026

5PM-7PM

Sully/Saylor Area

Indian Residential Schools leave everlasting intergenerational impacts on our communities

EVERYONE is welcomed to join us in creating awareness, understanding, & healing together

**For more info, call Community Wellness Outreach
716-801-1690**



Welcome Remarks Light Refreshments Moment of Silence
Walk TIS Grounds ECM Giveaways To Go Dinners (while supplies last)

20- Dew'ashe:h

September 2026 Menu

Seneca Nation Area Office for the Aging

O'wēdē:da't - Monday	Swēda:dih - Tuesday	Ha'dewēdāh - Wednesday	Ėyóhē'tgeh - Thursday	Wēda:k'ah - Friday
1 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.	1 Spaghetti & Meat Sauce With a Tossed Salad Slice of Italian Bread Cinnamon Pears	2 Tuna Noodle Casserole Peas & Carrots Apple Cabbage Salad Cinnamon Peaches	3 Grilled Chicken Caesar Wrap With Broccoli salad Baked Potato Chips And an Orange for dessert	4 Salisbury Steak & Gravy Over brown rice Broccoli & Cauliflower Apple Crumble
7 CLOSED	8 Ham & Scalloped Potatoes Steamed Broccoli Side Salad Pear Crisp	9 Roasted Stuffed Pepper With a Harvest Salad A side of Strawberries Ice cream for dessert	10 TRADITIONAL Butternut Squash Soup Served with Side Pork, Pinto Beans, and a Biscuit Melon & whipped topping	11 Spinach Sausage Rigatoni Served with Broccoli and Cauliflower a Dinner Roll Cinnamon Pears for dessert
14 Ranch Chicken Served with Peas and Carrots And Brown rice Mandarin oranges	15 Beef Tacos Lettuce, Tomato, Onion, Sour Cream, & Salsa Pinto Beans, Coleslaw, and Fresh Melon	16 Crispy Breaded Fish Fillet Apple Cabbage Salad Boiled Baby Red Potatoes Peanut Butter Chocolate Rice Krispy Treat for dessert	17 Boiled Dinner With Ham, Cabbage, Rutabaga, Potatoes & Carrots Biscuit, Cantaloupe And Apple Crisp for dessert	18 CLOSED
21 Macaroni & Cheese With Zucchini & Squash Blend Stewed Tomatoes And Peach & Blueberries	22 Chicken Salsa Rice Bake With a side of Red bell pepper sticks and Hummus Grapes, and A Brownie for dessert	23 BRUNCH Scrambled Eggs, Sausage Hashbrowns, V8 Pumpkin Muffin and a small banana	24 BIRTHDAY Creamed Chicken over Biscuits, Mashed Potatoes, Side Salad, Pear and Birthday Cake for dessert	25 BBQ Pulled Pork on a Bun With French Fries, Roasted Broccoli, and Cauliflower, And a Nectarine and Apple for dessert
28 Beef Stroganoff with Noodles Roasted Brussel Sprouts and Carrots Whole Wheat Roll Orange Slices	29 Spaghetti Squash Lasagna served with Tomato Cucumber Salad, Dinner Roll, and a Banana with Peanut Butter	30 Vegetable Pizza Served with a Side Salad, Celery Sticks w/Ranch Dressing, and Fruited Jell-O	Please enjoy a ½ pint milk served with each meal!	

There is one thing Alzheimer's cannot take away, and that is love. Love is not a memory – it's a feeling that resides in your heart & soul.

WORLD
ALZHEIMER'S DAY

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

Any QUESTIONS, please feel free to
contact: Stephanie or Patrick

CALENDAR IS SUBJECT TO
CHANGE

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

September 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9am Coffee Hour 12pm LUNCH 1pm Rummikub & Seneca Lang.	2 9am Coffee Hour 11am Card Class 4pm	3 9am Coffee Hour 12pm LUNCH 1pm BINGO	4 9am Coffee Hour 1pm Fish Fry (order out)	5 10am Coffee Hr. 11am
6 10am Coffee Hr. 11am	7 SNI CLOSED LABOR DAY	8 9am Coffee Hour 12pm LUNCH 1pm Rummikub & Seneca Lang.	9 9am Coffee Hour 11am Card Class 4pm	10 9am Coffee Hour 11am Health Ed. 12pm LUNCH 1pm BINGO	11 9am Coffee Hour 11am 4pm	12 10am Coffee Hr. 11am
13 12-1pm 1pm BILLS VS TEXANS (A)	14 9am Coffee Hour 11am 4pm	15 9am Coffee Hour 12pm LUNCH 1pm Rummikub & Seneca Lang.	16 9am Coffee Hour 11am Card Class 4pm	17 9am Coffee Hour 12pm LUNCH 1pm BINGO 8pm Bills vs Lions (H)	18 SNI CLOSED OGWE'O:WEH DAY	19 10am Coffee Hr. 11am
20 10am Coffee Hr. 11am	21 9am Coffee Hour 11am Cornhusk Wreath 4pm	22 9am Coffee Hour 11:30am Alzheimer's 12pm LUNCH 1pm Rummikub & Seneca Lang.	23 9am Coffee Hour 11am Card Class 4pm	24 9am Coffee Hour 11am Life Span 12pm LUNCH 1pm BINGO	25 9am Coffee Hour 1pm Fish Fry (order out)	26 10am Coffee Hr. 11am
27 12-1 1pm BILLS VS CHARGES (H)	28 9am Coffee Hour 11am 4pm	29 9am Coffee Hour 12pm LUNCH 1pm Rummikub & Seneca Lang.	30 9am Coffee Hour 11am Card Class 4pm	31 9am Coffee Hour 12pm LUNCH 1pm BINGO	9/11/26 TRIP TO C-AOA LUNCH & SHUFFLEBOARD	

September 2026

Allegany AOA Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1.	2 Walmart Wednesday OLEAN	3	4 Marshall's Ollie's Hobby Lobby OLEAN	5
6	7 CLOSED	8 Erie Zoo Leave @ 10 am	9 Walmart Wednesday BRADFORD	10	11 AOA-Catt. Shuffleboard & Lunch bus leaves at 10am	12
13	14 Local Shopping SALAMANCA SHOP LOCAL	15	16 Walmart Wednesday OLEAN	17	18 CLOSED	19
20	21 Local Shopping RANDOLPH SHOP LOCAL	22	23 Walmart Wednesday BRADFORD	24	25 Dunham's Bealls Shoe Dept. Dollar Tree BRADFORD	26
27	28 Local Shopping ELLICOTTVILLE SHOP LOCAL	29 Letchworth Park Bus leaves at 9am	30 Walmart Wednesday OLEAN	All trips are subject to change.	Please make sure to bring money for the trips.	Trips are scheduled to leave between 1:30 -2 unless otherwise noted.

Catt Activities

September 2026

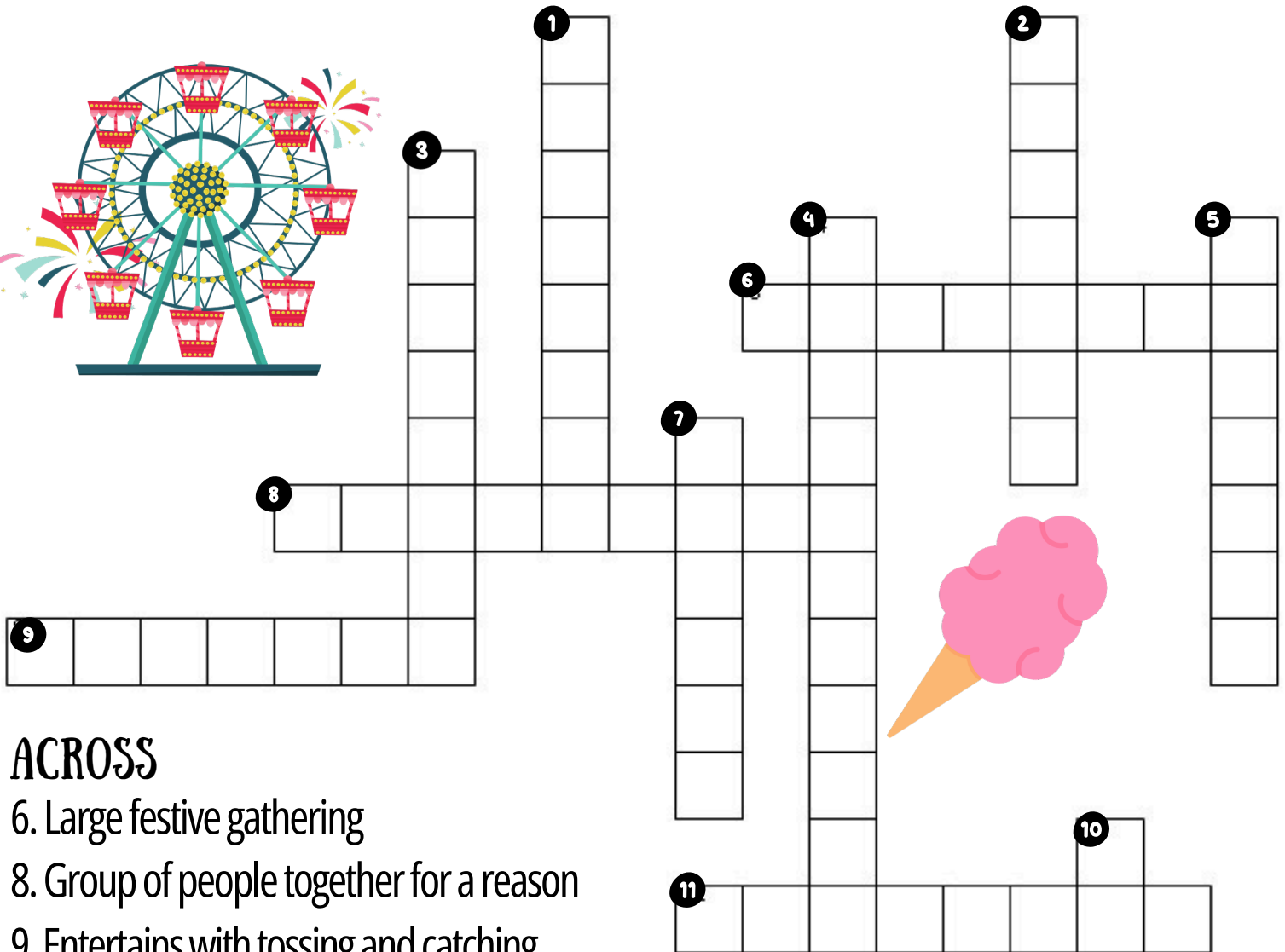
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1 Cards 10am Pottery 10-12	2 Mens Pool 9am Sewing 11am	3 Pottery 10-12 Bingo 1-2:30 Finish activity 3	4 Cards 10am	5 Shuffle Board Light Lunch	6 Light lunch Bingo 1pm
7 CLOSED	8 Cards 10am	9 Mens Pool 9am Sewing 11am	10 Bingo 1-2:30 Finish activity 3	11 Cards 10 am Shuffleboard with Allegany 1pm	12 Rummikub 1-3 Light Lunch	13 Light lunch Bingo 1pm
14 Mens Pool 10 am Potluck 5pm Bingo 6pm	15 Cards 10am	16 Mens Pool 9am Sewing 11am	17 Bingo 1-2:30 Finish activity 3	18 CLOSED	19 TIS Reunion 11-2 Shuffle Board Light Lunch	20 Light lunch Bingo 1pm
21 Mens Pool 10 Potluck 5pm Bingo 6pm	22 Cards 10am Pottery 10-12	23 Mens Pool 9am Sewing 11am	24 Pottery 10-12 Alzheimer Association 11:30 Bingo 1-2:30	25 Cards 10am	26 Rummikub 1-3 Light Lunch	27 Light lunch Bingo 1pm
28 Mens Pool 10 Potluck 5pm Bingo 6pm	29 Cards 10am Letchworth State Park	30 Mens Pool 9am Sewing 11am Lifespan 12	1 Bingo 1-2:30	2 Cards 10am	3 Rummikub 1-3 Light Lunch	4 Light lunch Bingo 1pm
5	6	Notes				

We will be having an exercise specialist joining us this month. Dates and times to be determined

Catt Trips

PUZZLE PAGE

CARNIVALS & FAIRS



ACROSS

- 6. Large festive gathering
- 8. Group of people together for a reason
- 9. Entertains with tossing and catching
- 11. Organized social event or series of events

DOWN

- 1. Sweet summer beverage
- 2. Tasty burst open seeds
- 3. Sound of amusement and glee
- 4. Large outside area used for public events. 5. Lively merrymaking
- 7. Middle location
- 10. Public procession



SEASONEDTIMES.COM