

# ELDER LIVING

Seneca Nation Area Office for the Aging



## Director's Update

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Oàgaida:tòh

The path slants this way and that (as the sun melts the snow)

Nya:wèh Sgè:nö' I am thankful you are well.

Our offices have a supply of Home COVID Tests and PPE for Elders. If you are in need, please call AOA. Also, homebound or disabled Elders can make an appointment for a COVID test to be administered in their home by calling (716) 220-2442.

Spring is almost here and wahda' oshesda' (maple sap) will be flowing! We are looking forward to longer and warmer days. This month AOA resumed extended hours, including evenings and weekends. If you need assistance or would like to participate in any of our activities and events, please don't hesitate to contact us.

Ësgögè' ae' - I'll see you again.

Bethany Lay

# Elders Tax Assistance Update

Due to the ongoing COVID-19 pandemic, FREE tax assistance for Elders this year will be by appointment only at the IRS Volunteer Income Tax Assistance (VITA) and Tax Counseling programs listed below.

## **Buffalo Area:**

First Shiloh Baptist Church  
15 Pine Street  
Buffalo, NY 14204

Call 888-696-9211 for an appointment  
(Proof of Covid vaccination required)

Autumnwood Senior Center  
1800 Clinton Street  
Buffalo, NY 14206  
Call 716-316-7323 for an appointment.

## **Cattaraugus Territory:**

United Way of N. Chautauqua County-  
Anderson Lee Library , 43 Main Street, Silver  
Creek, N.Y. Call 888-696-9211 for an  
appointment.  
(Proof of Covid vaccination required)

United Way of N. Chautauqua County-  
SUNY Fredonia, 214 Central Ave., Dunkirk,  
N.Y. Call 888-696-9211 for an appointment.  
(Proof of Covid vaccination required)

United Way of N. Chautauqua – Central Ave.  
626 Central Ave., Dunkirk, N.Y.  
Call 888-696-9211 for an appointment.  
(Proof of Covid vaccination required)



## **Allegany Territory:**

United Way of S. Chautauqua County-  
Rural Outreach, 208 Pine Street,  
Jamestown, NY

Call 888-696-9211 for an appointment  
(Proof of Covid vaccination required)

United Way of S. Chautauqua County-  
Prendergast Library, 509 Cherry St.  
Jamestown, NY 14701  
Call 888-696-9211 for an appointment.  
(Proof of Covid vaccination required)

United Way of Cattaraugus County  
Only online services at  
[www.myfreetaxes.com](http://www.myfreetaxes.com)  
Olean, N.Y. (716) 372-3620

John J Ash Community Center AARP  
112 N Barry St, Olean, NY 14760  
Call (716) 376-5670 for an appointment  
(Proof of Covid vaccination required)





# UPDATED ELDER CENTER HOURS

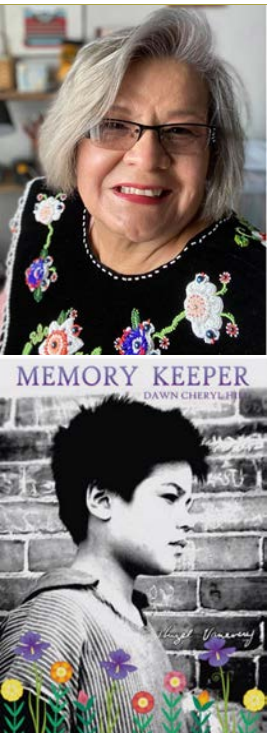


## Wini Kettle Senior Center Hours:

Monday: 8am-6pm  
Tuesday: 8am-6pm  
Wednesday: 8am-6pm  
Thursday: 8am-6pm  
Friday: 8am-4pm  
Saturday: 9am-5pm  
Sunday: Closed

## Allegany Elders Center Hours:

Monday: 8:30am-7pm  
Tuesday: 8:30am-7pm  
Wednesday: 8:30am-7pm  
Thursday: 8:30am-7pm  
Friday: 8:30am-7pm  
Saturday: 10am-3pm  
Sunday: 10am-3pm



## Virtual Presentation by Author Dawn Hill

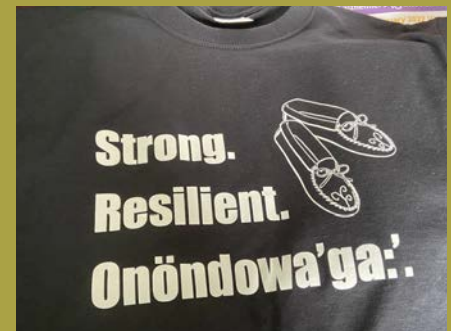
**When:** Monday, March 14th from 12:30-1:30pm

**Where:** Allegany & Cattaraugus AOA

**What:** Dawn will discuss how descendants of residential school survivors can use writing and land-based practices as tools for healing from trauma. She will share excerpts from her 2021 memoir *Memory Keeper*.

To sign-up, please stop by AOA or call Melissa Shaw at (716) 532-5777.

## Free Shirt for Participants:



Light refreshments will be served.

## Monthly In-Person Legal Assistance

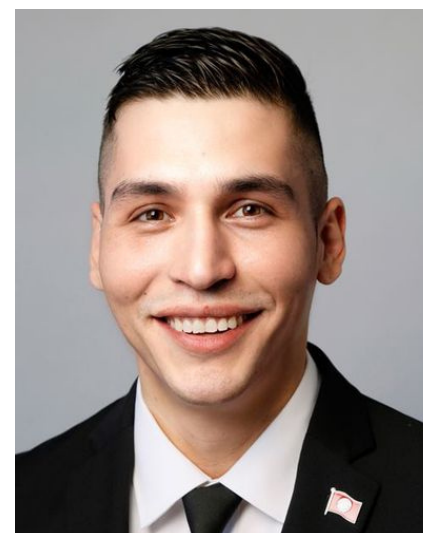
Friday, March 11th - with Lee Redeye

**\*\*Appointments required\*\***

Morning appointments are available in Allegany. Afternoon appointments are available in Cattaraugus.

To make an appointment:

- Call Tina Law in Cattaraugus at (716)532-5777
- Call Bridgette John in Allegany at (716)945-8990.
- Or, feel free to contact the lawyer, Lee Redeye, directly at (716) 853-5100 ext. 1382



Attorney Lee Redeye

# Upcoming Seneca Elder Events

Saturday, March 5 - **The Terry Bradshaw Show** at Seneca Allegany Casino at 8 p.m.  
Sign-up sheet will be out on Friday February 4th.

Saturday, March 12 - **Seneca Fight Night**-Bare Knuckle Championship (MMA) at Seneca Allegany Casino at 7 p.m. Sign up sheet will be out on Friday, February 11th.

Friday, March 18 - **Smokey Robinson** at Seneca Niagara Falls Casino at 8 p.m.  
Sign-up sheet will be out on Friday, February 18th.

Saturday, April 9th - **Martina McBride** at Seneca Allegany Casino at 8 p.m. Sign-up sheet will be out on Friday, March 4th.

Friday, April 22 - **The Temptations & The Four Tops** at Seneca Niagara Falls Casino at 8 p.m. Sign -up sheet will be out Friday, March 18th.



## Reminder: Entertainment Guidelines

- Tickets available to enrolled Seneca Elders only.
- Elders will need to physically sign themselves up in person at either AOA location.
- Elders must notify AOA of any cancellations at least 24 hours prior to an event.
- Assistants may be put on the waitlist pending all Enrolled Seneca Elders are accommodated.
- Please remember to include your phone number when signing up. We call to confirm or to advise of possible changes.
- There is a minimum of 10 people to attend a show. If the minimum amount is not met, the event will be cancelled.

**For more information, please call: Irma Cortes at (716) 532-5777 ext. 5513.**



# Maple Season at Gakwi:yo:h Farms

Deyëtinö:nyöh Ha'dewënö  
dë:nöde' Johehgöh

**We honor our relative life sustainers.**

Today, we carry on our way of life. The running of the sap in the maple tree is the first sign of the awakening of Mother Earth. We give thanks to the maple tree each year as it wakes up to begin a new cycle of life.



*Workers at a sugarbush on the Allegany Territory..*



*A tapped maple tree on the Cattaraugus Territory.*



*Workers clean the wood-fired evaporator.*

Maple Season is here and the Gakwi:yo:h Farms crew is hard at work collecting and processing sap from local maple trees for its maple syrup.

Syrup is available in pint and quart sizes and can be purchased at the Seneca One Stops in Irving and Allegany, the Seneca Allegany Casino, the Onöhsagwë:de' Cultural Center, and at the Farm (13594 Taylor Hollow Road, Collins, NY.)



For more information please call the Farm directly at (716)532-3194 or follow them on Facebook at [www.facebook.com/GakwiyoH Farms](http://www.facebook.com/GakwiyoH Farms).

*Photos and information provided by Gakwi:yo:h Farms.*



**33% of adults in the United States are at risk for kidney disease.  
That's 1 in 3 people.**

Kidney disease is a major public health concern. Kidney disease often goes undetected until it is very advanced. Unfortunately, this is when someone would need dialysis or a transplant. The key is to find kidney disease before the trouble starts. Regular testing for everyone is important, but it is especially important for people at risk.

Diabetes can cause kidney disease, also known as chronic kidney disease (CKD). The good news is that there is a lot you can do to prevent kidney problems, including keeping your blood sugar and blood pressure under control.

### Who is More Likely to Develop Kidney Disease?



Approximately 1 of 3 adults with diabetes and 1 of 5 adults with high blood pressure may have Chronic Kidney Disease.

In addition to diabetes and high blood pressure, other problems that put you at greater chance of kidney disease include: heart disease, obesity (being overweight), and a family history of CKD. Kidney infections and a physical injury can also cause kidney disease.

### How Will You Know If You Have Kidney Problems?



- Ask your doctor to test your blood and your pee. If the doctor finds protein (albumin) in your pee, it is a sign of the start of kidney disease caused by diabetes.
- Get tested yearly.
- Get tested more often if: Your test shows protein in your pee or; Your kidneys are not working as they usually do.

### What is the Best Way to Keep Your Kidneys Healthy?



- Keep your blood pressure below 140/90, or ask your doctor what the best blood pressure target is for you.
- Stay in your target cholesterol range.
- Eat foods lower in salt.
- Eat more fruits and vegetables.
- Stay active.
- Take your medications as directed.



# MARCH Activities 2022

## Allegany Elder Center Activities - March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Elder Center Hours:</b> <b>MON-FRI</b> <b>8:30AM-7:00PM</b> <b>SAT-SUN</b> <b>10AM-3PM</b>	For More Information Please Contact Nancy or Dorsie AT 716-945-8990	<b>1</b> 9-10 Coffee Hour 11:30-12:30 Seneca 1-3 Coloring 5-7 Leisure Time	<b>2</b> 9-10 Coffee Hour 11-1 CARD MAKING CLASS 2-4 Scrabble 5-7 Computer Room	<b>3</b> 9-10 Coffee Hour 12-1 LUNCH 1-3 BINGO 4-7 Computer Room	<b>4</b> 9-10 Coffee Hour 11-1 Coloring 2-4 ST. PAT'S MINI TILE ART 5-7 Leisure Time	<b>5</b> 10-11 Coffee Hour 12-2 Leisure Time
<b>6</b> 10-11 Coffee Hour 12-2 Computer Room	<b>7</b> 9-10 Coffee Hour 11-12 Coloring 1-3 Scrabble 5-7 Computer Room	<b>8</b> 9-10 Coffee Hour 11:30-12:30 Seneca 1-3 Puzzle Books 5-7 Leisure Time	<b>9</b> 9-10 Coffee Hour 11-1 CARD MAKING CLASS 2-4 ST. PAT'S PIN 5-7 Computer Room	<b>10</b> 9-10 Coffee Hour 12-1 LUNCH 1-3 BINGO 4-5 Leisure Time	<b>11</b> 9-10 Coffee Hour 11-1 Coloring 2-4 Scrabble 5-7 Computer Room	<b>12</b> 10-11 Coffee Hour 12-2 GAME OF DARTS
<b>13</b> <u>DAYLIGHT</u> <u>SAVINGS TIME</u> 10-11 Coffee Hour 12-2 Computer Room	<b>14</b> 9-10 Coffee Hour 11-12 Puzzle Books 1-5 Board Game 5-7 Computer Room	<b>15</b> 9-10 Coffee Hour 11:30-12:30 Seneca 2-4 Coloring 4-7 Leisure Time	<b>16</b> 9-10 Coffee Hour 11-1 CARD MAKING CLASS 2-4 Scrabble 4-7 Computer Room	HAPPY ST. PATRICK'S DAY 9-10 Coffee Hour 12-1 LUNCH 1-3 BINGO 4-7 Leisure Time	<b>18</b> 9-10 Coffee Hour 11-1 Coloring 2-4 PLANT HANGER 4-7 Computer Room	<b>19</b> 10-11 Coffee Hour 12-2 Leisure Time
<b>20</b> <u>HAPPY SPRING</u> 10-11 Coffee Hour 12-2 Computer Room	<b>21</b> 9-10 Coffee Hour 11-12 Coloring 1-3 Scrabble 5-7 Computer Room	<b>22</b> 9-10 Coffee Hour 11:30-12:30 Seneca 1-3 Puzzle Books 4-7 Leisure Time	<b>23</b> 9-10 Coffee Hour 11-1 CARD MAKING CLASS 2-4 Coloring 5-7 Computer Room	<b>24</b> 9-10 Coffee Hour 12-1 LUNCH 1-3 BINGO 4-7 Leisure Time	<b>25</b> 9-10 Coffee Hour 11-1 Coloring 2-4 WIND CHIMES 4-7 Computer Room	<b>26</b> 10-11 Coffee Hour 12-2 GAME OF DARTS
<b>27</b> 10-11 Coffee Hour 12-1:30	<b>28</b> 9-10 Coffee Hour 11-12 Coloring 1-4 Scrabble 4-7 Leisure Time	<b>29</b> 9-10 Coffee Hour 11:30-12:30 Seneca 1-3 Puzzle Books 4-7 Computer Room	<b>30</b> 9-10 Coffee Hour 11-1 CARD MAKING CLASS 3-4 Puzzle Books 5-7 Computer Room	<b>31</b> 9-10 Coffee Hour 12-1 LUNCH 1-3 BINGO 4-7 Leisure Time		SUBJECT TO CHANGE

# Wini Kettle Senior Center Activities - March 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Womans pool 1pm	2	3 St. Patrick's Day Wreath 1pm	4	5
6	7 men's pool 9am	8 Womans pool 1pm	9 Scrabble 1pm	10 Bingo 1pm	11	12
13	14 men's pool 9am	15 Womans pool 1pm	16 Scrabble 1pm	17 Shuffle Board 1pm	18	19
20	21 men's pool 9am	22 Womans pool 1pm	23 Scrabble 1pm	24 Bingo 1pm	25	26
27	28 Potluck 4pm	29 Easter Bunny Wreath 1pm	30 Easter Craft 1pm	31 Shuffle Board 1pm		



# AOA Trips March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Allegany Trips</i> Depart from <i>Jimtown</i> @ 2:00pm Daily</p>	<p><i>Cattaraugus Trips</i> Depart <i>Wini</i> <i>Kettle</i> at 1pm, unless otherwise noted.</p>	<p>1 Alleg: Paper Factory Olean, NY Catt: Regal Movies</p>	<p>2 Alleg: Pet Smart Jamestown, NY Catt: Walmart</p>	<p>3 Alleg: Lowe's Springville, NY Catt: Big Lots Collins, NY</p>	<p>4 Alleg: Scenic Ride Amish Country Catt: Fish Fry Depart @ 4pm</p>	<p>5</p>
<p>Please sign up by 8:00am the day of the trip</p>	<p>7 Alleg: Runnings Jamestown, NY Catt: Teds Hot Dogs</p>	<p>8 Alleg: Cuba Gaming &amp; Cheese Catt: Savers</p>	<p>9 Alleg: Beads, Beads, Beads, Irving, NY Catt: Walmart</p>	<p>10 Alleg: Reid's Food Barn, Olean, NY Catt: Hamburg Raceway</p>	<p>11 Alleg: Walmart Bradford, PA Catt: Fujji Grill</p>	<p>12</p>
<p>13</p>	<p>14 Alleg: Tops Olean, NY Catt: Gabe's</p>	<p>15 Alleg: Brigiotta's Market Catt: Quaker Crossing Plaza</p>	<p>16 Alleg: Big Lots &amp; Arby's Bradford, PA Catt: Wegmans</p>	<p>17 Alleg: Rider's Choice Catt: Riders Choice</p>	<p>18 Alleg: Johnny's Lunch Box Catt: Sullivans</p>	<p>19</p>
<p>20</p>	<p>21 Alleg: TJ, Maxx Jamestown, NY Catt: Local Shopping</p>	<p>22 Alleg: Out to Movies Lakewood Catt: Denny's</p>	<p>23 Alleg: Riders Choice Catt: Walmart</p>	<p>24 Alleg: Dunham's Sporting Goods Catt: Joann Fabrics</p>	<p>25 Alleg: Jo-Ann Fabrics Catt: Buffalo Creek</p>	<p>26</p>
<p>27</p>	<p>28 Alleg: Ollie's Olean, NY Catt: Riders Choice</p>	<p>29 Alleg: Wegman's Jamestown, NY Catt: Savers</p>	<p>30 Alleg: Aldi's Bradford, PA Catt: Wegmans</p>	<p>31 Alleg: Local Banking &amp; Shopping Catt: Olive Garden</p>		<p>SCHEDULE IS SUBJECT TO CHANGE</p>

# March 2022 Menu

## Seneca Nation Area Office for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Menu is subject to change*</b></p> <p>Please enjoy a ½ pint milk served with each meal!</p>	<p><b>1</b></p> <p>Vegetable Pizza Roasted Cauliflower Warm Cinnamon Applesauce</p>	<p><b>2</b></p> <p>Chicken Noodle Casserole Roasted Brussel Sprouts Lemon Cake</p>	<p><b>3</b></p> <p>Bean Soup Garden Salad Cornbread Peanut Butter Cookie</p>	<p><b>4</b></p> <p>Pasta Primavera Dinner Roll Roasted Butternut Squash Apple Crisp</p>
<p><b>7</b></p> <p>Spaghetti &amp; meat sauce Green Beans Bread Stick Chocolate Pudding</p>	<p><b>8</b></p> <p>Split Pea Soup Carrot Raisin Salad Dinner Roll Chocolate Chip Cookie</p>	<p><b>9</b></p> <p>Italian Sausage Hoagie with Sautéed Peppers &amp; Onions Served with Fresh Melon</p>	<p><b>10</b></p> <p><b>TRADITIONAL MEAL</b> Bison Stew Biscuit Rice Pudding</p>	<p><b>11</b></p> <p>Lasagna Florentine Green Salad Dinner Roll Strawberry Poke Cake</p>
<p><b>14</b></p> <p>Shell Macaroni &amp; Cheese With stewed tomatoes Green Beans Blueberries &amp; Yogurt</p>	<p><b>15</b></p> <p>Zuppa Toscana Bread Stick Chocolate Peanut Butter Cupcake</p>	<p><b>16</b></p> <p>Salisbury Steak &amp; Gravy over Seasoned Brown Rice Roasted Cauliflower Apple Crumble</p>	<p><b>17</b></p> <p>Comed Beef Dinner Rye Bread Pear-Lime Gelatin Salad</p>	<p><b>18</b></p> <p>Ham &amp; Scalloped potatoes Steamed Broccoli Pear Crisp</p>
<p><b>21</b></p> <p>Stuffed Shells Served with Green Beans Dinner roll Chocolate Pudding</p>	<p><b>22</b></p> <p>Liver &amp; Onions Roasted Red Potatoes Sautéed Spinach Applesauce Cake</p>	<p><b>23</b></p> <p>Chicken &amp; Dumpling Soup Dinner Roll Roasted Brussel Sprouts Oatmeal Raisin Cookies</p>	<p><b>24</b></p> <p><b>BIRTHDAY PARTY</b> Ham Dinner Mashed Potatoes &amp; Gravy Creamed Corn Confetti Birthday Cake</p>	<p><b>25</b></p> <p>Hamburger Soup Fluffy Biscuit Vanilla Greek Yogurt and Blueberries</p>
<p><b>28</b></p> <p>Sloppy Joes on a Whole Wheat Roll Baked French Fries Peaches</p>	<p><b>29</b></p> <p><b>BRUNCH</b> Banana Pancakes Oven-Baked Bacon Fruit and Yogurt Parfait</p>	<p><b>30</b></p> <p>Chicken Noodle Soup Dinner Roll Garden Salad Brownie</p>	<p><b>31</b></p> <p>Turkey a la King Biscuit Broccoli Ambrosia</p>	<p><b>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.</b></p>

March is National Nutrition Month  
– Celebrate the World of Flavors!

What healthy habits are you cultivating?