

DECEMBER 2023

ELDER LIVING

Area Office for the Aging



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SNI Offices &
AOA Closed
Dec. 4th,
19th & 25th

Directors Update

Nya:wëh Sgë:nö'

Winter sure came in a hurry and we hope that you are staying safe and warm. We hope to see you all at the Annual Christmas Luncheon on, Monday, December 11, at the Allegany Casino sponsored by the SNI Executives, it's always so nice to see everyone visiting and catching up with all your friends and family. Many Nya:wëh's to everyone who helps put this event together for you. Please see inside for upcoming closing dates. Please take care of yourselves, check on others and be safe this winter. Have a safe and happy holiday,

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



Monthly In-Person Legal Assistance @ AOA

With Thomas Warren,
Center for Elder Law & Justice
4th Friday of Every Month
Appointments required

To make an appointment:

- Call Tina Law in Catt.
at (716)532-5777
- Call Bridgette John in
Allegany at (716)945-8990



OAKS
Barber Shop

**WE'RE
EXCITED TO
ANNOUNCE
WE OFFER
ELDERLY
HOME
SERVICES!**

Please call to make an
appointment @ 716-261-8621

63 Main Street
Salamanca, NY 14779

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HEAP Assistance

The Home Energy Assistance Program (HEAP) helps low-income people pay the cost of heating their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.

The 2023-2024 Regular HEAP benefit opens November 1, 2023. Eligibility and benefits are based on income, household size, the primary heating source, and the presence of a household member who is under age 6, age 60 or older or permanently disabled.

For more information or assistance applying for HEAP, please contact Briana Snyder, AOA Options Counselor, at (716) 532-5777, ext 3624.

Preparing for Winter



Fall is a beautiful time of year, but seasons change quickly! We want to make sure that our Elders are prepared for winter and aware of the services available to help them stay safe.

Snow Plowing

During the winter months the Seneca Nation DPW may be able to provide snow plowing for eligible Elders on-territory. Please remember that DPW's first priority is clearing parking lots and walkways at SNI facilities. After SNI sites are cleared, work begins to plow driveways for Seneca Elders/Disabled members that have requested service. DPW makes every effort to schedule early plowing for those eligible who need to be able to get out of their driveways for dialysis, chemotherapy, etc.

Cattaraugus Elders: To apply for snow-plowing through SNI DPW, please contact Lindsey Cooper, AOA Senior Support Specialist, at (716) 532-5777 ext. 5504.

Allegany Elders: To apply for snowplowing through SNI DPW, please contact Allegany DPW at (716) 945-5441.

Medicare's Open Enrollment is October 15 – December 7, 2023

Medicare allows health and drug plans to make changes regarding their cost and coverage and allows for those plans to update their networks of providers and pharmacies.

During Open Enrollment, Medicare beneficiaries can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. Any applicable changes will have an effective date of January 1, 2024.

What You Can Do

- Change from Original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to Original Medicare
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
 - Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage
 - Join a Medicare Prescription Drug Plan
- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan
- Drop your Medicare prescription drug coverage completely

Individuals enrolled in a health or prescription drug plan should review materials their plan sends, such as the 'Evidence of Coverage' (EOC) and 'Annual Notice of Change' (ANOC). If the individual believes their current plan will still be offered and will meet their needs for the upcoming year, they don't need to change their health or prescription plan.

For further information and assistance regarding your Medicare coverage, please contact Briana Snyder, Seneca Nation AOA Options Counselor at 716-945-8991.



Upcoming Activities @ Elder Centers

Wini Kettle Senior Center:

Monday 12/18- Cornhole practice @ 1pm

Potluck & BINGO @ 5pm

Tuesdays- Card Club @ 10am

Women's Shuffleboard 12/5 @ 1pm

Women's Pool 12/12 @ 1pm

Wednesdays- Seasonal Craft @ 1pm

12/27 LRC Tournament @ 1pm

Thursdays- Quarter Bingo 12/7 @ 1pm

12/14 Gingerbread Decorating Contest

12/21 Ugly sweater contest & Bingo @ 1pm

Fridays- Card Club @ 10am

Saturdays- Christmas movie & snacks @ 1pm

Sundays- Bingo @ 2pm

HOURS

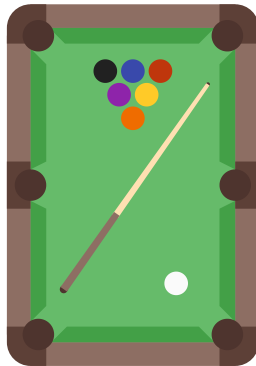
Monday-Friday

8AM-7PM

Saturday &

Sunday

10:30-7PM



HOURS

Monday-Friday

8:30AM-7:00PM

Saturday & Sunday

9:00AM-2:00PM

Seneca Allegany Elders Center:

Everyday- Coffee Social 9-10am_

Mondays- Nutrition Education 12/4, 12/18 11am

Adult Coloring 1-3pm

Movie Night 4-6 pm

Open pool 12/11 5-7pm

Tuesdays- Lunch 12-1pm

Puzzle time-1-3pm

Open Pool 5-7pm

Wednesdays- Card Class 11am-1pm

Board Games 2-4pm

Open Pool 5-7pm

Thursdays- Lunch & BINGO 12-3pm

Scrabble 3-5pm

Open Pool 5-7pm

Fridays- Seneca Language 11am-12pm

Christmas bulbs 12/1, 12/8, 12/15 2-4pm

Card Games 12/22, 12/29 2-4pm

Open Pool 5-7pm

Saturdays- Open Pool 11am-1pm

Sundays- New Year's breakfast 9am-12pm

Open Pool 11am-1pm



UPCOMING SENECA ELDER EVENTS

Sign-up sheets for shows are 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.

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



Cirque Musica Holiday Wonderland Friday, December 8th 2 p.m. Seneca Niagara
Holiday Luncheon Monday, December 11th 11 a.m. Seneca Allegany Event Center
Sara Evans Saturday, December 16th 7 p.m. Seneca Allegany Event Center
Buffalo Bills Game (Lottery, limited seats) December 31st 1 p.m. game
Kool & the Gang Saturday, January 27th 8 p.m. Seneca Niagara Event Center
Brantley Gilbert Saturday, February 10th 7 p.m. Seneca Allegany Event Center
Legacy Fight Alliance Friday, February 23rd 7 p.m. Seneca Niagara Event Center



DECEMBER 2023 Menu



Monday

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

4

SITE CLOSED

SNI Birthday

11

Spaghetti and Meat Sauce
Side Green Salad
Bread Stick
Vanilla Pudding with Fruit

18

Cheeseburger with Lettuce, Onion, Tomato
Potato Wedges
Clementine and Grapes

25

SITE CLOSED

Christmas Day

Tuesday

Please enjoy a ½ pint of milk served with each meal!

5

Stuffed Shells, served with Green Beans, Bread Stick, and an Orange

12

Salisbury steak & gravy over brown rice, roasted cauliflower, oranges & pineapple

19

SITE CLOSED

** Cold meal delivered 12/18 23 **

26

** Frozen Meal delivered 12/22/23 **

Wednesday



6

Ranch Chicken
Wild Rice Blend Pilaf, Brussels Sprouts, and Fruit Cocktail

13

Grilled BBQ Chicken, Butter Beans, Sweet Potato Wedges, Wheat Roll
Cinnamon pears

20

BRUNCH 10 am

Oatmeal with Toast and Peanut Butter, Banana, Clementine, and a V8

27

Chicken Vegetable Noodle Soup, Tuna Melt, and Fruited Jell-O

Thursday

7

TRADITIONAL
Green Bean Soup, Frybread, Fruit Crisp And Fruit Juice

14

CHRISTMAS & BIRTHDAY
Ham & Pineapple, Green Bean Casserole, Glazed Carrots, Biscuit and Raspberry Sherbert

21

Beef and Onions
Served with Parsley Potatoes
Sautéed Spinach, a Roll, and a slice of Zucchini Bread

28

Bison Stew, Corn Bread, Garden Salad and a Fruit Cup

Friday

1

Chicken Broccoli Rice bake, Side salad, and Apple Slices

8

Northern Bean and Ham Soup, Side Salad, Biscuit, and Cinnamon Pears

15

Pork Chop with Gravy, Roasted Potatoes, Steamed Peas, a Wheat Roll, and Cantaloupe

22

Turkey Lasagna served with a Green Salad, Dinner Roll, and Peach Crisp

29

Crispy Fish Fillet, Sweet Potato Fries, Coleslaw and Ambrosia

Can Processed Food Be Healthy?



There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

74% of consumers prefer less sodium in processed foods.

Almost **50%** of consumers have tried to eat fewer processed foods.



What do you need to know?



Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



Highly processed foods are manufactured with ingredients that are not typically used in cooking.

1 Choose healthier processed foods.

By one recent estimate **highly processed foods** contribute

50% of the calories & 90% of added sugars in the American diet

It's important to:

- Read food labels.
- Look for the **Heart-Check mark** on packaged foods.
- Make healthier choices when eating out.



2 Seek healthier alternatives to highly processed foods.



Cook more meals at home.



Swap highly processed foods with less processed options.



Try fruits and vegetables from the produce aisle, the farmer's market, or your own garden.

3 Watch out for sneaky sodium.

Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

Shake your sodium habit.

Most of the sodium we eat comes from **PROCESSED, PREPACKAGED, AND RESTAURANT FOODS.**



letters to the food companies and restaurants

more than 29,000

4 Take your food into your own hands

@ American Heart Association advocates have written that provide processed foods, asking that healthier options be made available.

ou can too! Join our growing community, take action, get helpful tips



Answers to word mix-up:

1. Rudolph
2. Christmas
3. Stockings
4. Hanukah
5. Tree Lights
6. Black Friday
7. Wrapping Paper
8. Cookies
9. Holiday Party
10. Santa Claus
11. Sleigh Rides
12. Snowman
13. Mistletoe
14. Yuletide Log
15. Candy Cane
16. Roasted Chestnuts





December Trips



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 LOCAL	2
3	4 NATION CLOSED FOR NATIONS BIRTHDAY	5 LOCAL	6 BRADFORD WALMERT	7 LOCAL	8 CIRQUE MUSICA HOLIDAY SHOW	9
10	11 ELDERS CHRISTMAS LUNCHEON	12 LOCAL	13 OLEAN OLLIES	14 LOCAL	15 LOCAL	16
17	18 LOCAL	19 EMPLOYEE CHRISTMAS PARTY	20	21 LOCAL	22	23
24	25 NATION CLOSED FOR CHRISTMAS	26 LOCAL	27 OLEAN WALMART	28 LOCAL	29 LOCAL	30



holly jolly
MIX-UP

Unscramble the holiday words... *most right word!*

1. PULRDOH _____

2. MHCISTARS _____

3. GSTKCNOIS _____

4. UHANKHA _____

5. ERTE GISHTL _____

6. KBLCA DFYRIA _____

7. PGNIWRPA RPEAP _____

8. ECOIKSO _____

9. YLOHDIA YPRTA _____

10. ANSTA UALCS _____

11. EGSLIH IDRES _____

12. WNMSOAN _____

13. EISMOETLT _____

14. EYDEIULT GLO _____

15. YCNAD EANC _____

16. AROSDET TSNCHTSUE _____

ANSWERS ON PAGE 8