

DECEMBER 2025

ELDER LIVING

Area Office for the Aging



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Directors Update

Nya:wëh Sgë:nö'

December is upon us already, and hope you all enjoyed your Thanksgiving. We hope to see you all at the Elder Holiday Party on Tuesday, December 9th, 11am - 3pm at the Seneca Allegany Casino sponsored by your SNI Executives and Councilors.

Here are just a few dates to remember this month:

All SNI Offices and Buildings will be closed on **December 4th**, SNI Birthday

Elders Xmas Party **December 9th**.

Allegany Alzheimer's Program **December 18th**.

All SNI Offices and Buildings will closed for ½ day **December 24th**,

Closed December 25th

December 26th

Closed for ½ day on December 31st

Closed January Jan. 1st.

And Closed on Friday Jan. 2nd.

Please plan accordingly and get your prescriptions filled.

We hope you stay warm and Enjoy your Holidays.

Bethany Lay, Director and Jennifer Whiteman,
Deputy Director

SNI Offices &
AOA Closed

Dec. 4th, 25th, 26th
and

½ Day on 24th & 31st

FREE In-Person Legal Assistance @ AOA

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

Date:
December 19th

Appointments required

To make an appointment:

- 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.



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

\$22.50	Broadway's Rock of Ages Sat, January 24 th 8pm, SNC Event Center
\$57.50	Tesla Sat, January 31 st 8pm SAC Event Center
\$35.00	Temptations & The Four Tops Sat, February 14 th 8pm, SNC Event Center



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 2025-2026 Regular HEAP benefit opens November 17, 2025. 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.

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.

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.

Medicare Annual Enrollment Period October 15 – December 7

With the Medicare open enrollment period beginning on October 15, we encourage Medicare beneficiaries to choose carefully between traditional Medicare and joining a private Medicare Advantage plan. This is particularly important, as consumer marketing protections have been reduced and public promotions of Medicare Advantage are increasing – including on TV and in the mail. Here are some pros and cons regarding traditional Medicare and Medicare Advantage to consider:

Traditional Medicare allows access to all doctors, health care providers, hospitals and facilities that accept Medicare nation-wide.

- All people in traditional Medicare have access to similar benefits, which are available to them wherever they are around the country
- People in traditional Medicare usually do not require prior authorization to see specialists
- People with traditional Medicare can choose whatever Medicare prescription drug plan best serves their needs
- People with traditional Medicare often have better access to home health care, nursing homes, and rehabilitation
- People with traditional Medicare often need to purchase a “Medigap” policy to pay for Medicare cost-sharing.
- Lower-income people can get help paying for Medicare cost-sharing

Medicare Advantage plans are private plans, like HMOs. They usually limit your choice of doctors, health care providers, hospitals, and facilities to a “network” of certain providers within your local geographic area. (Unless the needed care is an emergency or “urgent.”)

- Medicare Advantage plans can cut doctors and other health care providers from the plan network during the year
- Medicare Advantage requires “prior authorization” from the MA plan for many health care services
- Medicare Advantage often includes a prescription drug plan and some additional “supplemental” benefits such as help with dental care, gym memberships, and other benefits for some participants
- Medicare Advantage cost-sharing can be less than traditional Medicare, and MA plans are required to have a cap on out-of-pocket expenses. However, they also sometimes include co-pays not in traditional Medicare (for example – for home health care).
- Lower-income people can get help paying for Medicare cost-sharing

*information from Centers for Medicare Advocacy

For further information please reach out to Briana Snyder, Options Counselor (716)945-8991



2025

Elder's Holiday Party



Tuesday December 9th

11:00 a.m. - 3:00 p.m.

GET READY TO JINGLE AND MINGLE!

PLEASE JOIN US FOR A MOTOWN HOLIDAY PARTY AT
THE SENECA ALLEGANY RESORT & CASINO
EVENT CENTER

REGISTRATION BEGINS AT 10:00 A.M.

DOORS OPEN AT 10:30 A.M.

EVENT IS 11:00 A.M. - 3:00 P.M.

RSVP & BUS TRANSPORTATION

PLEASE CALL 716-945-8414 BY NOVEMBER 25TH

DRESS IN YOUR MOST DAZZLING MOTOWN INSPIRED
HOLIDAY ATTIRE FOR A CHANCE TO WIN A PRIZE!

***ENROLLED SENECA ELDERS MAY
BRING ONE GUEST PER HOUSEHOLD**

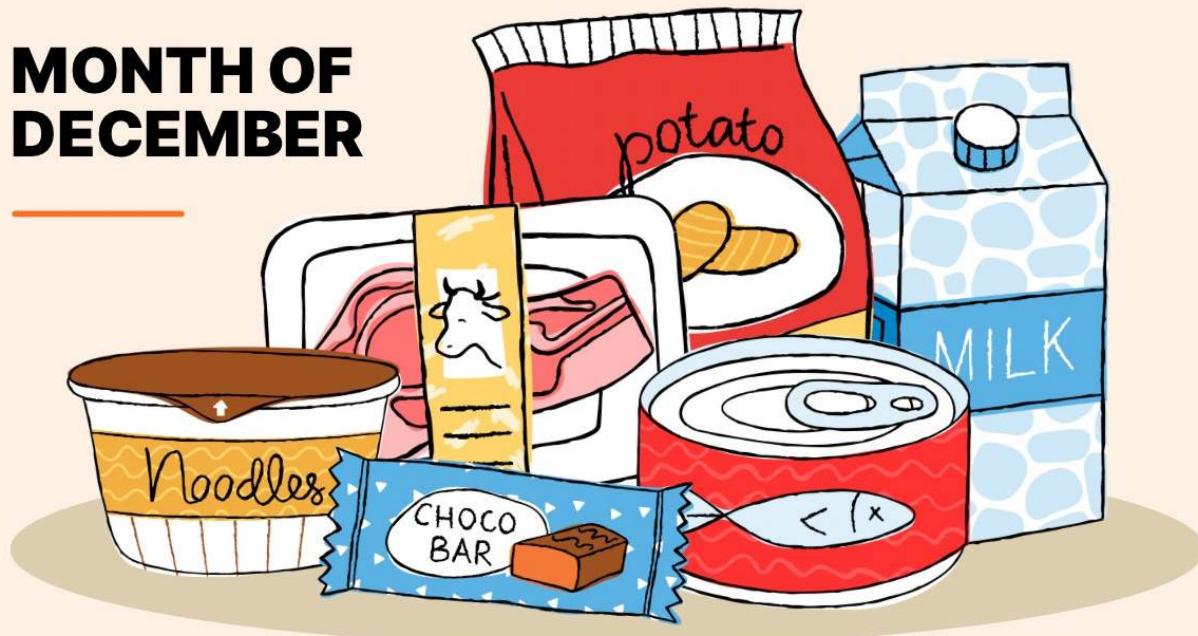


SENECA NATION TRIBAL ADVOCATE OFFICES

Supporting needs across our territories

FOOD DRIVE

**MONTH OF
DECEMBER**



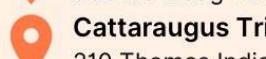
We are excited to announce our Community Food Drive across all 3 territories, where we come together as a community to make a positive impact on the lives of those facing food insecurity.

DROP-OFF LOCATIONS



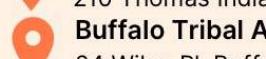
Allegany Tribal Advocate

983 RC Hoag Dr. Salamanca, NY 14779



Cattaraugus Tribal Advocate

210 Thomas Indian School Dr. Irving, NY 14081



Buffalo Tribal Advocate

24 Wiley Pl. Buffalo, NY 14207

ITEMS NEEDED

NON-EXPIRED

- Canned Fruits & Vegetables
- Meats
- Non-Perishables
- Dry Cereals

For More Information :

Lynn George (716)945-2655 ext. 7901

Kerry Kennedy (716)532-1028 ext. 5055

Tahlia Stafford (716)845-6304 ext. 7915



**We are here to help if you are facing difficulties
due to the pause in SNAP, WIC, and LIHEAP benefits
during the government shutdown**



Our entire Seneca Nation program team is here and ready to support you during this time. If your benefits have been impacted by the federal government shutdown and you need assistance related to food security and/or heating assistance, we can help. If you need assistance, please reach out immediately to the following programs:

Tribal Advocate (Cattaraugus)

Director Kerry Kennedy | phone: 716.244.1648 | email: kerry.kennedy@sni.org

Tribal Advocate (Allegany)

Director Lynn George | phone: 716.945.2655 or (cell) 716-801-1382 | email: l.george@sni.org

Tribal Advocate (Buffalo)

Tribal Advocate Tahlia Stafford | phone: 716.845.6304 | email: Tahlia.Stafford@sni.org

USDA

Director JJ White | phone: 716.532.1028 | email: jjwhite@sni.org

AOA (Cattaraugus)

Director Beth Lay | phone: 716.532.5777 | email: blay@sni.org

AOA (Allegany)

Deputy Director Jennifer Whiteman | phone: 716.945.8414 | email: jennifer.whiteman@sni.org

Gakwi:yo:h Farms

Director Gerry Fisher | phone 716.532.4900, ext. 5063 or ext. 5016 | email: g.fisher@sni.org

As we navigate these challenges, the Tribal Advocate Programs are also accepting donations of venison, canned food, eggs, and other food staples to ensure that those who need it will continue to receive the food support they need at this critical time.

If you would like to donate, please call the Tribal Advocate Programs at the following:

Tribal Advocate (Cattaraugus) 716.244.1648

Tribal Advocate (Allegany) 716.945.2655

Tribal Advocate (Buffalo) 716.845.6304

We are here to help. Together, we are strong and resilient.

A collaborative event sponsored by various Seneca Nation Departments

December 2,
2025
Cattaraugus
Seneca Fire
Hall
9am-5pm

December 3,
2025
Allegany
Community
Center
9am-5pm

We Heal Together

HEALING CONFERENCE



Tom Porter

Mohawk, Spokesperson and
Spiritual Leader of the
Mohawk Community of
Kanatsiohareke



Albert Pooley

MSW, MPA, Hopi & Navajo,
Founder and President of
Native American Fatherhood
& Families Association



Healing is a shared responsibility
rooted in our relationships, our history, and
our commitment to one another.



Join us for a transformative day of healing & unity, featuring guest speakers Tom Porter and Albert Pooley. This gathering is a designated space to restore balance, strengthen community, and support the work ahead. Let's heal together because we heal together, through connection, culture, and care.

- Registration is required to attend - Reserve your spot!
- Open to the first 200 registrants per site
- Doors open to attendees at 8 am
- Breakfast & lunch served
- Healing info & resources for registered participants

Scan QR code to register



For questions, call 716-945-8413.

Holiday Vendor Day

December 5th 10am-2pm

William Seneca Building
Cafe'

(down stairs, elevators are available)

Stop in for your holiday
shopping, birthday gifts, or to
buy yourself something nice

WOULD YOU LIKE TO BE A VENDOR

Please call the Seneca Nation Clerks
office (716) 532-4900 to reserve a spot

* Bring your own 6 foot table and chairs *

** Maximum of two (2) tables **

William Seneca Building
12837 RTE 438 Irving, NY 14081





SENECA
STRONG

STRONGER TOGETHER: UNDERSTANDING ADDICTION SERIES

Hosted by Seneca Strong Family Peer Support.

Allegany

- December 9, 2025
- 5:30-7:30 PM
- Allegany Community Center

Cattaraugus

- December 11, 2025
- 5:30-7:30 PM
- Cattaraugus Community Center

Learn
Connect
Support
Recovery

Join us for an evening of education, conversation and community. Learn about addiction, recovery and prevention through interactive learning stations, Narcan demo, and family discussions.



Light dinner & refreshments provided
For more information contact 716-945-8413 or 716-582-0815

11- Sga:sgae'



**SENECA
ENERGY LLC**



Seneca Energy is offering a **FREE** program to connect to the Gas Distribution System for qualified applicants. Residents must apply before December 30, 2025. Fees will apply after the deadline.

If you are interested and have access to natural gas, you may also apply for the **Gas Conversion Program** which will provide up to \$4,000 to convert your appliances.

Contact us for an application at:

(716) 532 - 9221

219 T.I.S. Drive Extension or

wes.jackson@sni.org

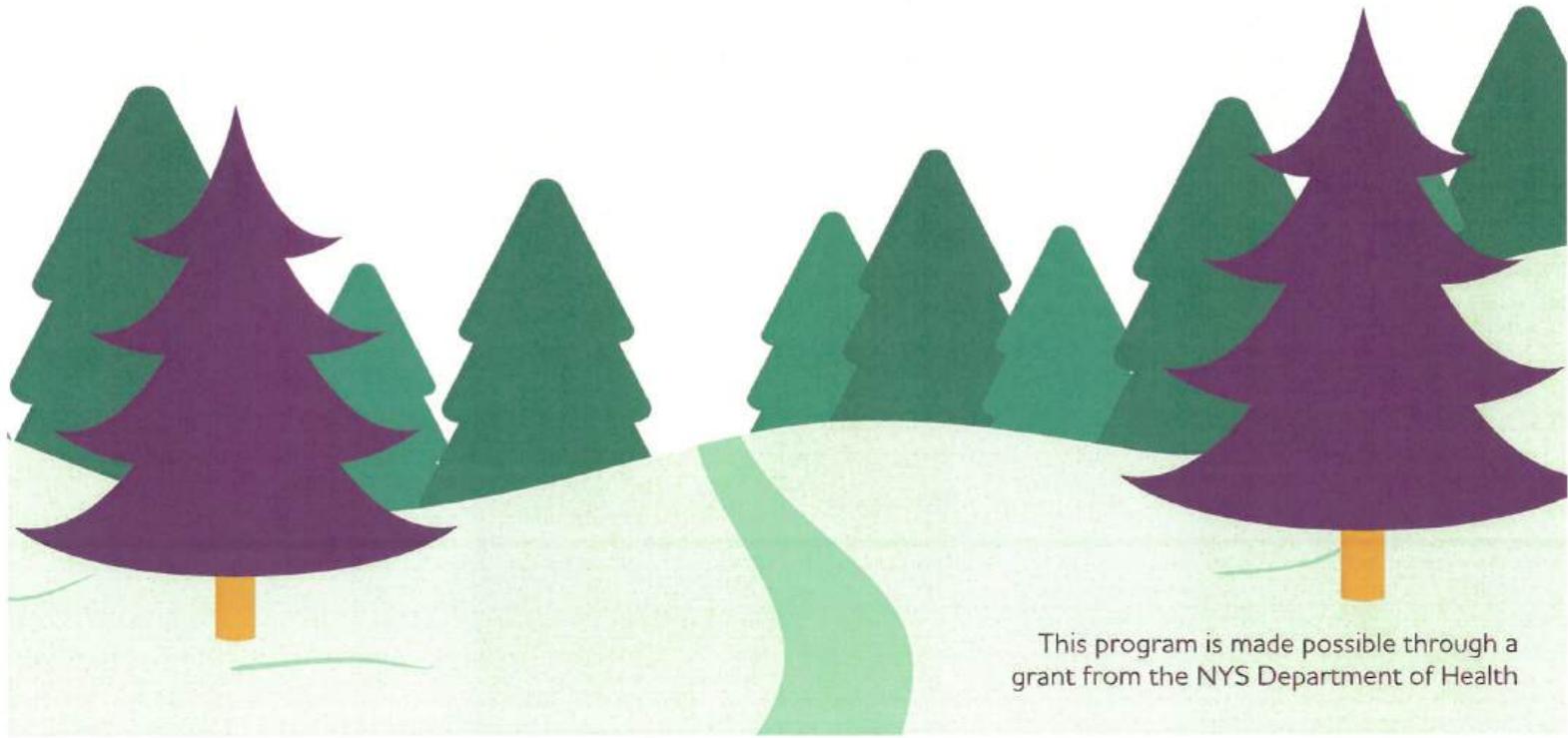


CAREGIVING THROUGH THE HOLIDAYS

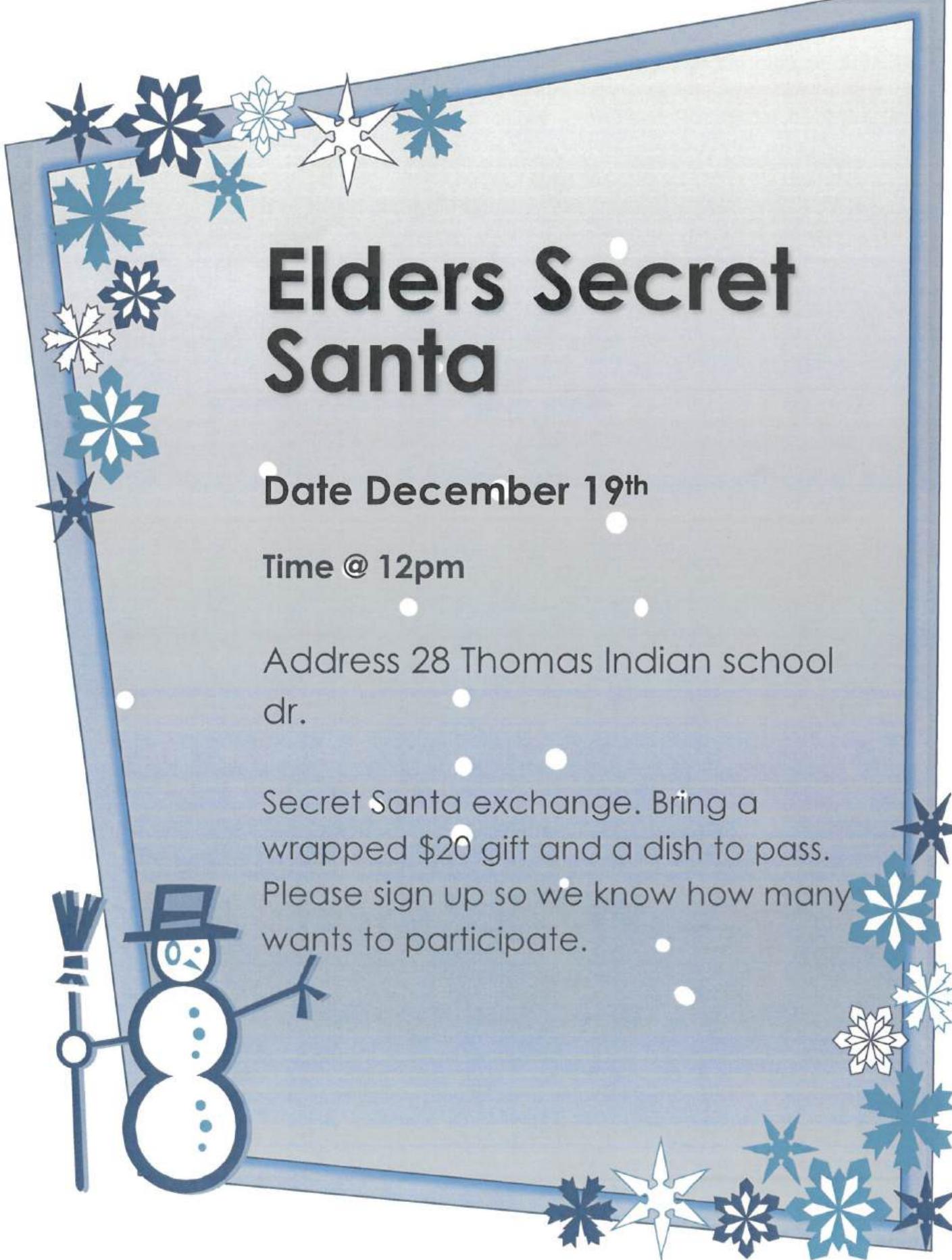
THUESDAY, DECEMBER 18
11:00 AM-12:00PM

Allegany Elder Center
3644 Administration Dr., Salamanca

When a loved one has dementia, the holidays can be both joyous and stressful. In this **free** program, we'll share practical tips to keep your gatherings peaceful and meaningful.



This program is made possible through a grant from the NYS Department of Health



Elders Secret Santa

Date December 19th

Time @ 12pm

Address 28 Thomas Indian school dr.

Secret Santa exchange. Bring a wrapped \$20 gift and a dish to pass.

Please sign up so we know how many wants to participate.



You're Invited!

Come exercise with us!



Friday,
December
12th at
12:30pm

Where: AOA Wini Kettle Senior Center – Cattaraugus Territory
Presented By: Tricia Williams CHWC Exercise Specialist and
Jessica Prior CTHC Community Health Nurse



SENECA NATION HEALTH SYSTEM



DECEMBER 2025 Menu

Seneca Nation Area Office for the Aging



Lunch Menu

O'wëdë:da't – Monday	Swëdä:dih – Tuesday	Ha'dewëdä:ëh – Wednesday	Éyóhë'tgeh – Thursday	Wëda:k'ah – Friday
1 Stuffed Shells, served with Green Beans, Bread Stick, and an Orange	2 Chicken Broccoli Rice bake, Side salad, Green Beans, and Pear Crisp	3 Ranch Chicken Wild Rice Blend Pilaf, Brussels Sprouts, and Fruit Cocktail	4 SITE CLOSED SNI Birthday	5 Liver and Onions Served with Parsley Potatoes Sautéed Spinach, a Roll, an apple, and a slice of Zucchini Bread
8 Chicken Vegetable Noodle Soup, Tuna Melt, and Fruited Jell-O	9 Shepherd's Pie, Roasted Cauliflower, Dinner Roll, Oranges, and Grapes	10 Pork Loin with Gravy, Mashed Potatoes, Steamed Peas, and Tropical Fruit	11 <u>TRADITIONAL</u> Green Bean Soup, Biscuit, Beans, and Fruit Crisp	12 Crispy Fish Fillet, Sweet Potato Fries, Coleslaw and Ambrosia
15 Spaghetti and Meat Sauce Side Green Salad Bread Stick Vanilla Pudding with Fruit	16 Bison Stew, Corn Bread, Garden Salad and a Fruit Cup	17 Grilled BBQ Chicken, Butter Beans, Sweet Potato Wedges, Wheat Roll Cinnamon pears	18 CHRISTMAS & BIRTHDAY Ham Roasted Baby Red Potatoes, Garden Salad, Roasted Carrots, Apple Sauce and Raspberry Sherbert	19 Northern Bean and Ham Soup, Side Salad, Biscuit, and Peaches and Cottage Cheese
22 Philly Cheese Steak with grilled onions and peppers Roasted Brussel Sprouts Orange Slices	23 Turkey, a la King with Brown Rice, served with a Green Salad, Roasted Carrots, Dinner Roll, and Peach Crisp	24 <u>BRUNCH 10 am</u> Oatmeal with Toast and Peanut Butter, Banana, Clementine, and a V8	25 SITE CLOSED Christmas Day	26 ** Cold meal delivered 12/24/25 **
29 Cheeseburger with Lettuce, Onion, Tomato Potato Wedges Clementine and Grapes	30 Turkey Lasagna served with a Green Salad, Dinner Roll, and Peach Crisp	31 Beef Stroganoff with Noodles, Roasted Brussel Sprouts, Steamed Carrots Orange Slices	January 1 Site Closed Please enjoy a ½ pint of milk served with each meal!	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.

December 2025



Catt AOA Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool @10 finish projects @ 1 potluck @4 Rincon@5	1 Cards @10 Bills Zumbas @2pm	2 Pool @10 Beading/sewing @ 1 Board names @.3	3 Bingo @1 Sewing/beading @3	4 Cards @10am Beading/sewing @1	5 Cards @10am Beading/sewing @1	6 light lunch @ 12 Cornhole/shuffle board @1pm
Pool @10 finish projects @ 1 potluck @4 Rincon@5	8 Elder Xmas Party	9 Pool @10 Beading/sewing @ 1 Board names @.3	10 Bingo @1 Sewing/beading @3	11 Cards @10am Beading/sewing @1	12 Cards @10am Beading/sewing @1	13 light lunch @ 12 Cornhole/shuffle board @1pm
Pool @10 finish projects @ 1 potluck @4 Rincon@5	15 Silver creek Seneca class Coming	16 Pool @10 Beading/sewing @ 1 Board names @.3	17 Bingo @1 Sewing/beading @3	18 Cards @10am Beading/sewing @1 Board names @.3	19 Cards @10am Secret Santa party@12	20 light lunch @ 12 Cookies Making @1pm
Pool @10 finish projects @ 1 potluck @4 Rincon@5	22 Cards @10 Finished projects @1	23 Pool @10 Closed @12	24 Happy	25 Closed	26 Closed Holiday	27 light lunch @ 12 Cornhole/shuffle board @1pm
Pool @10 finish projects @ 1 potluck @4 Rincon@5	29 Cards @10 Finished projects @1	30 Pool @10 Closed @12	31 Happy	1 Closed Holiday	2 Closed Holiday	3 light lunch @ 12 Cornhole/shuffle board @1pm
Pool @10 finish projects @ 1 potluck @4 Bingo@5	5	6 Notes				4 light lunch Bingo @1pm
						5 Wini Kettle phone 716-532-5777 Ext: 5526 *activities is subject to change at any given time. *Question or concern please call the number provided. *

Catt AOA Trips

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Regal movie 2 1pm	Wal mart 1pm	3 Closed	4 Fish fry 330pm	5	6
7	8 No trip 9	Wal mart 1pm	10 Riders' choice 11 1pm	11 Mystery Lunch/Dinner 2pm	12	13
14	15 Wal mart 16 1pm	No trip 17	Riders' choice 18 1pm	Hobby lobby 19 1pm	20	
21	22 Wal Mart 1pm	No trip 24	closed 25	closed 26	27	
28	29 Wal mart 1pm	No trip 30	31			

TRIPS

Allegany Senior Center
3644 Administration Dr.
Salamanca, NY 14779
716-945-8990
Any questions please feel free
To call: Stephanie
CALENDAR is subject to
CHANGE!!

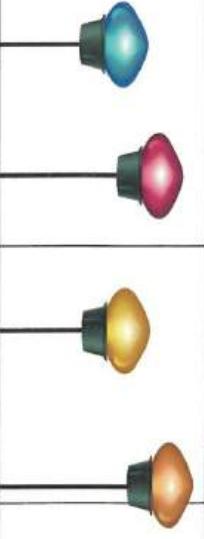
December 2025

HOURS

Monday—Friday
8:30am—7:00pm

Saturday & Sunday
9am—2:00pm

Allegany AOA Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1 9am Coffee Hour 11am Open Pool	2 9am Coffee Hour 12pm LUNCH 1pm Rummikub	3 9am Coffee Hour 11am Card Class	4 9am Coffee Hour 11am Scrabble 1pm Seneca Language	5 9am Coffee Hour 11am Junk Journal	6 9am Coffee Hour 11am Junk Journal	
7 Bills vs Cin 4:25pm Come Tailgate Watch the GAME	8 9am Coffee Hour 11am Open Pool	9 ELDER'S CHRISTMAS PARTY	10 9am Coffee Hour 11am Card Class	11 9am Coffee Hour 12pm LUNCH 1pm BINGO 2pm COOKIE EXCHANGE	12 9am Coffee Hour 11am Scrabble 1pm Seneca Language	13 9am Coffee Hour 11am Junk Journal
14 Bills vs NE 1pm Come Tailgate Watch the GAME	15 9am Coffee Hour 11am Open Pool	16 9am Coffee Hour 12pm LUNCH 1pm CVS Bingo	17 NATION EMPLOYEE CHRISTMAS PARTY	18 9am Coffee Hour 11am Alzheimer's 12pm LUNCH 1pm BINGO CHRISTMAS PARTY	19 9am Coffee Hour 11am Scrabble 1pm Seneca Language	20 9am Coffee Hour 11am Junk Journal
21 Bills vs Cle 1pm Come Tailgate Watch the GAME	22 9am Coffee Hour 11am Open Pool	23 9am Coffee Hour 12pm LUNCH 1pm Rummikub	24 1/2 DAY	25 NATION CLOSED CHRISTMAS DAY	26 NATION CLOSED CHRISTMAS DAY	27 9am Coffee Hour 11am Junk Journal
28 Bills vs Phi 4:25pm Come Tailgate Watch the GAME	29 9am Coffee Hour 11am Open Pool	30 9am Coffee Hour 12pm LUNCH 1pm Rummikub	31 1/2 DAY			

December 2025

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

Allegany AOA Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Bealls Bradford	2	3 Vidler's & Pasquale's Italian East Aurora Leave at 10	4 CLOSED	5 Local Shopping	6
7	8 Rider's Choice 	9	10 Runnings/Target Bob Evans Restaurant Jamestown Leave at 10	11 Local Shopping 	12	13
14	15 Rider's Choice 	16	17 Millcreek Mall/Ross & Golden Corral Leave at 10	18 Local Shopping 	19	20
21	22 Rider's Choice 	23	24 Local Shopping 	25 1/2 DAY CLOSED	26 CLOSED	27
28	29 Rider's Choice 	30	31 Local Shopping 	All trips are subject to change.	Please make sure to bring money for the trips.	Trips are sched- uled to leave about 1:30 unless otherwise noted.

Happy Holidays

December

CANDLE
 CANDY CANE
 CAROLS
 CHRISTMAS
 DECORATIONS
 EGgnog
 ELF ON A SHELF
 FIREPLACE
 FROSTY
 GINGERBREAD
 HANNUKAH
 HOLIDAY
 HOT CHOCOLATE
 ICICLE
 JINGLE BELLS
 MISTLETOE
 NUTCRACKER
 ORNAMENTS
 POINSETTIA
 PRESENTS
 REINDEER
 SANTA CLAUS
 SLEIGH
 SNOWFLAKE
 SNOWMAN
 STOCKING
 TINSEL
 UGLY SWEATER
 WINTER
 WREATH

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

