Director's Update

Sgē:nō! Hope everyone had a safe Happy New Year and are off to healthy start!

1st a reminder: Please be vigilant about scams. Do not give your personal information over the phone, do not say yes. We know these scammers call you constantly, just tell them kindly to please take you off their call list. If you have questions about Medicaid, Medicare, part a, b, c., call our Options Counselor Briana Snyder, or Seneca Health patient benefits if you are being seen there for any concerns you may have.

Also, a reminder that you can now register for your annuities for this year 2024, we will keep reminding you, so you are not last minute.

Ja:goh and stay safe!

Ēsgögē’ ae’ - I’ll see you again.
Bethany Lay
Services

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

With Thomas Warren. Center for Elder Law & Justice Friday, January 19th

**Appointments required**

To make an appointment:
• Call Tina Law in Catt. at (716)532-5777
• Call Bridgette John in Allegany at (716)945-8990
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.

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.
Don’t Fall for Medicare Scams

Unlike Original Medicare, Medicare Part C and Part D are administered, marketed, and sold by private insurance companies. The Centers for Medicare & Medicaid Services (CMS) has guidelines for marketing Medicare Part C and Part D insurance that protect beneficiaries from manipulative and deceptive sales and enrollment tactics. Plan sponsors and their representatives, including agents and brokers, must follow strict guidelines when they wish to market to beneficiaries. A fundamental principle is that marketing cannot be conducted under the guise of education.

Report potential Medicare marketing violations and/or misleading marketing if:

- You receive an unsolicited phone call from a company you have no prior relationship with
- A company represents itself as coming from or sent by Medicare, Social Security, or Medicaid
- You receive information such as leaflets, flyers, door hangers, etc., on your car or at your residence from a company you did not have an appointment with
- An agent initiates a discussion about other insurance products, such as life insurance annuities, during a visit or meeting about a Part C or Part D Medicare product
- An agent returns uninvited to your residence after missing an appointment with them earlier
- You signed up for a plan after being told by a company that certain prescriptions or services were covered, but after reviewing your EOB, you found they were not covered by the plan and you received a bill instead
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.

**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

**+LIVE+** Saturday, March 2nd 7 p.m. Seneca Allegany Event Center

**STYX** Saturday, March 23rd 8 p.m. Seneca Niagara Event Center
The Seneca Nation AOA is able to provide consumer-directed personal assistant services to qualified Elders through a partnership with Western New York Independent Living. This consumer-directed service, called “Taking Control”, allows you to become the supervisor for your own personal assistant services. You can hire who you like (subject to some restrictions), train them in areas important to you, and supervise their work on a daily basis. Tasks are not as limited as they are in a traditional care aide plan. If a personal assistant does not work well for you, you can replace them. Assistants are employed and paid by Western New York Independent Living.

Who can I hire?
If accepted into the consumer directed “Taking Control” program you can hire almost anyone to be your personal assistant. The only people that are ineligible to provide the service (and get paid for it) are the consumer’s spouse or designated representative. Any other adult relative of the consumer who does not reside with the consumer or any adult relative who resides with the consumer because of the amount of care the consumer requires is eligible.

What tasks can I receive assistance with?
Some of the tasks include, but are not limited to:
- Bathing
- Getting in and out of bed/wheelchair
- Toileting
- Eating and drinking
- Cooking
- Cleaning
- Personal errands
- Taking medication

"Taking Control gives me the opportunity to schedule my own life, to decide for myself when I should get out of bed or have a meal. And hiring my own personal care attendants means I know who’s coming into my home everyday, and that gives me peace of mind."
- John, Taking Control Consumer

To find out if you or your loved one qualify for “Taking Control” please contact AOA Case Managers:
Cattaraugus – Shantel Burning (716) 532-5777
Allegany – Theresa Redeye (716) 945-8414
Elder Center Activities

**Wini Kettle Senior Center:**

**Mondays**- Potluck & Bingo @ 5pm  
**Tuesdays**- Card Club @ 10am  
Women’s Pool 1/9 @ 1pm  
Shuffleboard 1/16 & 1/30 @ 1pm  
Co-ed Pool 1/23 @ 1pm  
**Wednesdays**- Pool @ 10am 1/3, 1/10, 1/17  
Workout with Andrea @ 1pm  
Seasonal craft 1/31 @ 2pm  
**Thursdays**- Cornhole @ 1pm  1/4 & 1/18  
Quarter bingo @ 1pm  1/11 & 1/25  
**Fridays**- Card Club @ 10am  
**Sundays**- Quarter Bingo @ 2pm

**HOURS**  
Monday-Friday  
8AM-7PM  
Saturday & Sunday  
10:30-7PM

**Seneca Allegany Elders Center:**

**Everyday**- Coffee Social 9-10am  
**Mondays**- Pool 9 ball 1/8 & 1/22 11am-2pm  
Pool 10 ball 1/15 & 1/29 11am-2pm  
**Tuesdays**- Lunch 12-1pm  
1/9 Setting Goals “MOTIVATION”-1-2pm  
1/16 Setting Goals “MEMORY” 1-2pm  
1/23 Setting Goals “BALANCE, FOCUS & EXERCISE” 1-2pm  
1/30 Wellness Hour “DIABETES & KIDNEY HEALTH” 1-2pm  
**Wednesdays**- Card Class 11am-1pm  
1/10 & 1/24 Scrabble 3-5pm  
**Thursdays**- Lunch & BINGO 12-3pm  
1/4 Hot Chocolate Social 3-4pm  
1/18 Alzheimer’s-Healthy Living for your Brain & Body 10-11am  
**Fridays**- Seneca Language 11am-12pm (No class on 1/26)  
1/26 Lunch with Billy Abrams “VENISON” 12-3pm  
**Saturdays**- 1/6 & 1/20 Pool 8 ball 11am-1pm  
1/13 Leather drum 11am-12:30pm  
1/27 Valentine project 11am-12:30pm  
**Sundays**- 1/7 & 1/21 Sunday matinee 11am-1pm

**HOURS**  
Monday-Friday  
8:30AM-7:00PM  
Saturday & Sunday  
9:00AM-2:00PM
Seneca White Corn No-Bake Energy Balls

Enrolled Seneca from the Cattaraugus Territory, Kaylena Bray shared this recipe, which was passed down to her by her parents, David and Wendy Bray. They’re both Seneca White Corn educators in New York State who share their knowledge at hands-on workshops hosted by universities, Native community centers and farms across the country. These no-bake energy balls get lots of staying power from a mix of oats and corn flour, peanut butter, coconut, dried fruit and mixed nuts. They’re easily customizable by changing up the dried fruit and nuts.

**Ingredients**
- 1 ½ cups quick oats
- 1 cup roasted white corn flour (see Tip)
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- ½ cup natural peanut butter
- ¼ cup unsweetened applesauce
- 2 tablespoons pure maple syrup
- 2 tablespoons water
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- ½ cup unsweetened coconut flakes, plus more for rolling
- ½ cup dried fruit, such as raisins and/or currants
- ½ cup unsalted roasted mixed chopped nuts, such as pecans, almonds, walnuts and/or hazelnuts

**Directions**
Line a baking sheet with parchment paper.

Combine oats, corn flour, cinnamon and salt in a medium bowl. Stir in peanut butter, applesauce, maple syrup, 2 tablespoons water, honey and vanilla. Gently stir in coconut flakes, dried fruit and nuts.

With clean hands, roll the mixture into 1-inch balls, using about 1 heaping tablespoon to make each. (If the mixture is too dry to roll, stir in 1 tablespoon water.) Roll in more coconut, if desired.

**Tip**
You can buy roasted white corn flour from Gakwiyo:h Farms

Ogá’öh ~ It tastes good
## Trip schedule

### JANUARY 2024

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<td><strong>TUESDAY MATINEE</strong>&lt;br&gt;<strong>LAKEWOOD JAMESTOWN</strong></td>
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<td><strong>Walmart</strong>&lt;br&gt;<strong>OLIVE’S OUTLET</strong>&lt;br&gt;<strong>GOOD STUFF CHEAP</strong>&lt;br&gt;<strong>OLEAN</strong>&lt;br&gt;<strong>OLEAN</strong>&lt;br&gt;<strong>OLEAN</strong>&lt;br&gt;<strong>OLEAN</strong></td>
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## January 2024 Menu

**Seneca Nation Area Office for the Aging**

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<td>SNI CLOSED</td>
<td>SNI CLOSED <strong>Frozen Meal Seat 12/29</strong></td>
<td>Beef Goulash Served with Roasted Brussels Sprouts, a Garden Salad, Warm Cinnamon Peaches</td>
<td>Pork Roast with Gravy Whole Wheat Roll Carrots, Onions, Zucchini Sweet Potato Fruit</td>
<td>Breaded Fish Sandwich on Bun w/tartar sauce Potato Wedges Cole slaw Banana</td>
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<td>Cabbage and Kielbasa Soup Crackers Oatmeal Cookie Apple and Orange</td>
<td>BBQ Pulled pork with Whole Wheat Roll French Fries Peas and Carrots Fruited Jell-O</td>
<td>Stuffed Shells Served with Green Beans Dinner roll Grape and Pineapple Fruit Medley</td>
<td>TRADITIONAL MEAL White Bean Sandwich with Side Pork Sweet Potatoes Fruit Crisp</td>
<td>Chicken Salad Sandwich on Whole Wheat Bread w/lettuce leaf Corn Chowder Fruit Medley</td>
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<td>Salisbury Steak with Gravy Over Noodles Steamed Cauliflower and Spinach Fruit Salad</td>
<td>Ham &amp; Scalloped potatoes Steamed Broccoli Garden Salad Pear Crisp</td>
<td>Roasted Italian Sausage With Sautéed Peppers and Onions on a bun, Baked Beans, Potato Salad Fruit Jell-O</td>
<td>BIRTHDAY PARTY Roasted Turkey Served with Mashed Potatoes and Gravy, Carrots &amp; Peas Healthy Chocolate Cake</td>
<td>Tuna Casserole with Steamed Peas and Carrots, Whole Wheat Roll, Apple Cabbage Salad Mandarin Orange</td>
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<td>Spaghetti &amp; Meat Sauce Garden Salad Italian Bread Slice Cinnamon Peaches</td>
<td>White Chicken Chili Cornbread</td>
<td>BRUNCH French Toast with Cinnamon Cream Cheese Topping, Bacon Greek Yogurt, Peaches, and Pears</td>
<td>Teriyaki Pork Chop Served with Brown Rice Broccoli Apple Salad Lime Jell-O</td>
<td>Tuna Melt Carrot Sticks, Red Pepper Slices And an Apple</td>
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<td>Macaroni &amp; Cheese With stewed tomatoes Steamed Broccoli Apple Crisp</td>
<td>Stuffed Chicken Breasts with Gravy Served with Rice, Peas Fruit Cup</td>
<td>Liver and Onions Baked Potato Roasted Zucchini Apple Crumble</td>
<td>Menu is subject to change Please enjoy a ½ pint milk served with each meal</td>
<td>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.</td>
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Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: is the time for home.

~ Edith Sitwell
9 Foods You Want To Feed Your Hungry Eyes

1. Wild Salmon
Not to be confused with the farm raised stuff. Wild salmon dish out more omega-3 fatty acids that help you fight inflammation and the risk of macular degeneration. Not to mention the health 36 wild salmon help reduce the risk of carotenoids.

2. Carrots
Don't believe the hype - carrots take still great for eye health. Carrots are not only rich in beta carotene (vitamin A) which help prevent blindness, they helped allies defeat the paza.

3. Eggs
And by eggs we mean egg yolks. Before you roll your eyes, look at the lutein and zeaxanthin in your protect against vision loss. You'll be in moderation and more than 4 per week and you'll be just fine.

4. Spinach & Kale
Spinach & kale does your body and eyes good. If you ain't your thing, a cup of either veggie is packed with 20 milligrams of lutein and zeaxanthin. Spinach and kale have shown to reduce the risk of AMD and cataracts.

5. Bell Peppers, Broccoli and Brussels Sprouts
Whether you steam, roast them, or throw them in a soup, their vitamin C is crucial for healthy eyes. Bell peppers are high in vitamin C and healthy while helping protect against AMD and cataracts.

6. Sweet Potatoes
Sweet potatoes. We love them, right? Like carrots, sweet potatoes are good for your eyes and the skin. Just add a little cinnamon and you'll love it.

7. Oranges
Oranges are another vitamin C powerhouse. Oranges bring you that much closer to a EPA-free vitamin C is essential to the health and protects from oxidative stress. When possible, substitute it's sugar and pulp counterpart with a slice, a real orange.

8. Oysters
For those with a more adventurous palate, try adding oysters to the list of eye healthy foods. Oysters contain a high concentration of zinc that helps build up not just your eyes but your immune system too.

9. Wheat Germ
The jack of all trades, wheat germ is the best vitamin- and mineral- rich part of the whole kernel. It contains omega-3 fatty acids, zinc, vitamin E, and a full inventory of antioxidant goodness. Whatever your motto, just add it to your diet and thank us later.
HAPPY NEW YEAR

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TTOAKYRTUDMDAZK
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QSPARKLESJCWIS
KPNYSWTHTHMAOWLS

CELEBRATE
GOALS
JANUARY
COUNTDOWN

CONFETTI
NOISEMAKER
PARTY
MIDNIGHT

RESOLUTION
CLOCK
CHEERS
SPARKLES