



ELDER LIVING

Seneca Nation Area Office for the Aging

HAPPY NEW YEAR
2024

Director's Update

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

Inside this issue:

Services: 2
Snow/HEAP: 3
Scam alert: 4
Entertainment: 5
Taking control: 6
Activities: 7
Recipe: 8
AOA trips: 9
Menu: 10
Food for thought: 11
Puzzle: 12

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!

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

Services



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



Snow Removal for Seneca Elders



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.

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.





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





Taking Control - Consumer Directed Personal Assistant Services

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

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

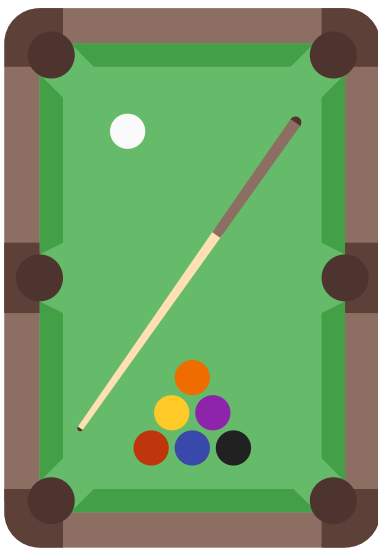
Quarter bingo @ 1pm 1/11 & 1/25

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 Gakwi:yo:h Farms

Ogá'öh ~ It tastes good



JANUARY 2024

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 SNI CLOSED	2 SNI CLOSED	3  TARGET JAMESTOWN	4 LOCAL	5 RIDER'S CHOICE	6
7	8 RIDER'S CHOICE	9 LOCAL	10  OLLIE'S BARGAIN GOOD STUFF CHEAP 17 OLEAN	11 LOCAL	12 RIDER'S CHOICE	13
14	15 RIDER'S CHOICE	16 LOCAL	 MARSHALL'S OLEAN	18 LOCAL	19 RIDER'S CHOICE	20
21	22 RIDER'S CHOICE	23 TUESDAY MATINEE LAKEWOOD JAMESTOWN	24  Walmart 31 BRADFORD	25 LOCAL	26 RIDER'S CHOICE	27
28	29 RIDER'S CHOICE	30 LOCAL	 Wegmans JAMESTOWN			





January 2024 Menu

Seneca Nation Area Office for the Aging

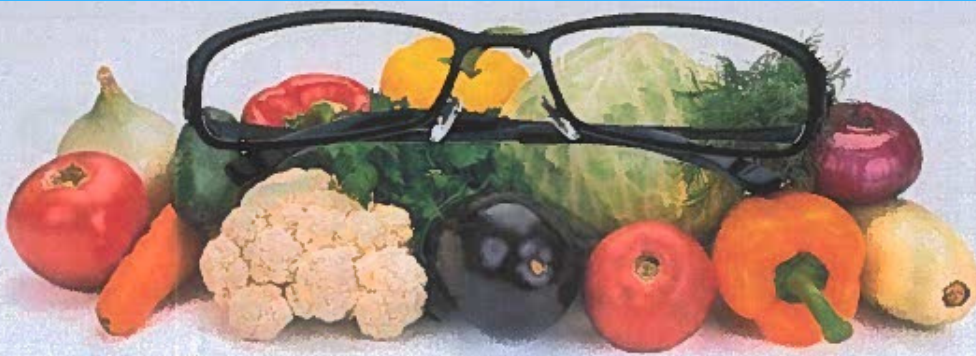


O'wēdē:da't – Monday	Swēda:diḥ – Tuesday	Ha'dewēdāch – Wednesday	Ēyóhē'tgeh – Thursday	Wēda:k'ah – Friday
1  SNI CLOSED	2 SNI CLOSED **Frozen Meal Sent 12/29**	3 Beef Goulash Served with Roasted Brussels Sprouts, a Garden Salad, Warm Cinnamon Peaches	4 Pork Roast with Gravy Whole Wheat Roll Carrots, Onions, Zucchini Sweet Potato Fruit	5 Breaded Fish Sandwich on Bun w/tartar sauce Potato Wedges Coleslaw Banana
8 Cabbage and Kielbasa Soup Crackers Oatmeal Cookie Apple and Orange	9 BBQ Pulled pork with Whole Wheat Roll French Fries Peas and Carrots Fruited Jell-O	10 Stuffed Shells Served with Green Beans Dinner roll Grape and Pineapple Fruit Medley	11 TRADITIONAL MEAL White Bean Sandwich with Side Pork Sweet Potatoes Fruit Crisp	12 Chicken Salad Sandwich on Whole Wheat Bread w/lettuce leaf Corn Chowder Fruit Medley
15 Salisbury Steak with Gravy Over Noodles Steamed Cauliflower and Spinach Fruit Salad	16 Ham & Scalloped potatoes Steamed Broccoli Garden Salad Pear Crisp	17 Roasted Italian Sausage With Sauteed Peppers and Onions on a bun, Baked Beans, Potato Salad Fruit Jell-O	18 BIRTHDAY PARTY Roasted Turkey Served with Mashed Potatoes and Gravy, Carrots & Peas Healthy Chocolate Cake	19 Tuna Casserole with Steamed Peas and Carrots, Whole Wheat Roll, Apple Cabbage Salad Mandarin Orange
22 Spaghetti & Meat Sauce Garden Salad Italian Bread Slice Cinnamon Peaches	23 White Chicken Chili Cornbread Vanilla Pudding and Berries	24 BRUNCH French Toast with Cinnamon Cream Cheese Topping, Bacon Greek Yogurt, Peaches, and Pears	25 Teriyaki Pork Chop Served with Brown Rice Broccoli Apple Salad Lime Jell-O	26 Tuna Melt Carrot Sticks, Red Pepper Slices And an Apple
29 Macaroni & Cheese With stewed tomatoes Steamed Broccoli Apple Crisp	30 Stuffed Chicken Breasts with Gravy Served with Rice, Peas Fruit Cup	31 Liver and Onions Baked Potato Roasted Zucchini Apple Crumble	Menu is subject to change Please enjoy a ½ pint 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.

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 NIACIN IN WILD SALMON HELP REDUCE THE RISK OF CATARACTS.

2 CARROTS



DON'T BELIEVE THE HYPE - CARROTS ARE STILL GREAT FOR EYE HEALTH. CARROTS ARE NOT ONLY RICH IN BETA CAROTENE (VITAMIN A) WHICH HELP PREVENT BLINDNESS, THEY HELPED ALLIES DEFEAT THE NAZIS.

3 EGGS



AND BY EGGS WE MEAN EGG YOLKS. BEFORE YOU ROLL YOUR EYES, THE LUTEIN AND ZEAXANTHIN IN YOLKS PROTECT AGAINST VISION LOSS. INDULGE IN MODERATION (NO MORE THAN 4 PER WEEK) AND YOU'LL BE JUST FINE.

4 SPINACH & KALE



SPINACH & KALE DOES YOUR BODY AND EYES GOOD. IF YOLKS AREN'T YOUR THING, ONE 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 THEM, ROAST THEM, OR THROW THEM IN A SOUP, THIS VITAMIN C TRIFECTA KEEP YOUR EYES FEELING YOUNG AND HEALTHY WHILE HELPING PROTECT AGAINST AMD AND CATARACTS.

6 SWEET POTATOES



BETA CAROTENE, WE MEET AGAIN. JUST LIKE CARROTS, SWEET POTATOES ARE GOOD FOR YOUR EYES...AND THE SOUL. JUST ADD A LITTLE AGAVE/A LITTLE CINNAMON AND SIMPLY MASH AND ENJOY.

7 ORANGES



ANOTHER VITAMIN C POWERHOUSE, ORANGES BRING YOU THAT MUCH CLOSER TO EYE-TOPIA. VITAMIN C IS ESSENTIAL TO EYE HEALTH AND PROTECTS FROM OXIDATIVE STRESS-- WHEN POSSIBLE, SUBSTITUTE ITS SUGARY NO PULP COUNTERPART WITH LIME, A REAL ORANGE.

8 OYSTERS



FOR THOSE WITH A MORE ADVENTUROUS PALETTE, 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 MOST VITAMIN- AND MINERAL-RICH PART OF THE WHEAT KERNEL. IT CONTAINS OMEGA-3 FATTY ACIDS, ZINC, VITAMIN E, A FULL INVENTORY OF NUTRITION-Y-GOODNESS. WHATEVER YOUR MOTIVE, JUST ADD IT TO YOUR DIET AND... THANK US LATER.



HAPPY NEW YEAR

I	G	C	W	Z	N	Q	M	N	S	A	I	G	K	L
N	X	C	O	R	O	O	L	J	S	E	E	B	C	C
I	P	Z	H	N	B	Y	I	I	A	Q	I	G	H	L
J	A	N	C	E	F	C	M	S	W	N	A	B	Z	O
I	R	N	N	F	E	E	O	I	E	F	U	Y	T	C
T	T	O	A	K	Y	R	T	U	D	M	D	A	Z	K
Y	Y	I	N	H	E	S	S	T	N	N	A	M	R	B
G	O	A	L	S	V	Y	T	M	I	T	I	K	Y	Y
R	E	S	O	L	U	T	I	O	N	L	D	G	E	O
W	I	C	E	L	E	B	R	A	T	E	Q	O	H	R
G	D	G	W	E	F	T	D	K	S	I	V	H	W	T
C	G	Q	F	L	U	U	U	K	O	N	D	C	V	N
H	T	P	H	G	A	Q	W	A	N	M	M	S	W	C
Q	S	P	A	R	K	L	E	S	C	J	A	W	I	S
K	P	N	Y	S	W	H	T	H	M	A	O	W	L	S

CELEBRATE
GOALS
JANUARY
COUNTDOWN

CONFETTI
NOISEMAKER
PARTY
MIDNIGHT

RESOLUTION
CLOCK
CHEERS
SPARKLES