

# ELDER LIVING

Seneca Nation Area Office for the Aging



Paint Class with Lyle Logan at Allegany Elders Center.

## Director's Update

Nya:wëh Sgë:nö'

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Spring is almost here and wahda' oshesda' (maple sap) will be flowing. We are looking forward to longer and warmer days. Our activities staff has been busy coordinating new and fun events and activities at our Elder Centers. We have weekly exercise classes, monthly pool tournaments between the territories, and craft classes like painting and cornhusk doll making. We hope to see you at our Elder Centers soon!

If you need assistance or would like to participate in any of our activities and events, please don't hesitate to contact us.

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

# FREE In-Person Legal Assistance @ AOA

With Thomas Warren,  
Center for Elder Law &  
Justice

**March 24th**

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

To make an appointment:

- Call Tina Law in Catt.  
at (716)532-5777
- Call Bridgette John in  
Allegany at (716)945-8414

## Allegany Elders Center Hours

MON-FRI  
8:30AM-7PM  
SAT-SUN  
10:30AM-7PM



## Wini Kettle Senior Center Hours

MON-FRI  
8AM-7PM  
SAT-SUN  
10:30-7PM

## 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.

### **Wini Kettle Senior Center**

**Weekdays** from 12 – 1 pm.

Please call for reservations by 3pm  
the day prior: 716-532-5777.

### **Seneca Allegany Elders Center**

**Tuesdays and Thursdays**

from 12 – 1 pm.

Please call for reservations by 3pm  
the day prior: 716-945-8414.



# BRUNCH REMINDER: HOME DELIVERED MEALS



The Seneca Nation AOA utilizes reusable containers for its home-delivered meal program. Deliveries typically take place 1 hour earlier on days that brunch is served,

Please ensure that your reusable containers are rinsed and ready for your driver to pick up  
**by 9am on brunch days.**

**March Brunch Day: Wed. March 29**

To find out if you are eligible for Home Delivered Meals, please call  
AOA Case Managers:

Allegany AOA Teresa Redeye (716) 945-8414  
Cattaraugus Territory Shantel Burning (716) 532-5777

## Are You a Caregiver?

A family caregiver can be someone caring for a spouse or parent, an extended family member, or even a friend or neighbor. Do you provide someone help with:

- Communicating with health care professionals?
- Advocating on their behalf with providers or agencies?
- Transportation to medical appointments?
- Purchasing or organizing medications?
- Monitoring their medical condition?
- Getting in and out of beds or chairs?
- Getting dressed?
- Bathing or showering?
- Grocery or other shopping?
- Housework?
- Preparing meals?
- Managing finances?



If you answered “yes” to any of the examples listed above, you are a caregiver! Caregiving involves time, commitment and sacrifice. You are not alone and there are resources to help.

Please feel free to take the free Caregiver Assessment at:  
<https://senecanationaoa.tailoredcare.com/>





# 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.

## **Allegany Territory:**

United Way of S. Chautauqua County  
Rural Outreach  
208 Pine Street  
Jamestown, N.Y.  
Call 888-696-9211 for an appointment

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

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

## **Buffalo Area:**

First Shiloh Baptist Church  
15 Pine Street  
Buffalo, NY 14204  
Call 888-696-9211 for an appointment

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

United Way of N. Chautauqua County-SUNY Fredonia  
214 Central Ave., Dunkirk, N.Y.  
Call 888-696-9211 for an appointment

United Way of N. Chautauqua – Central Ave.  
626 Central Ave., Dunkirk, N.Y.  
Call 888-696-9211 for an appointment



## Tax Assistance, Continued:



If you are a member of AARP, there are several locations:

AARP West Seneca, 4620 Seneca St.  
716-675-9288 call for appt.

Aurora Senior Center, 101 King St Ste A, East Aurora  
716-652-7934 call for appt.

Valley Community Association, 93 Leddy St, Buffalo  
716-823-4707 Ext 3 call for appt.

John Duke Senior Center 1201 Hyde Park Blvd,  
Niagara Falls  
716-297-9324 call for appt.

## Upcoming Seneca Elder Events



**Comedian Jay Leno**- Saturday, March 18th 7 p.m. Seneca Allegany  
**Legacy Fighting Alliance MMA**- Friday, March 24th 7 p.m. Seneca Niagara  
**TESLA-TIME TO ROCK**- Saturday, April 15th at 8 p.m. Seneca Niagara  
**Comedian Jeff Foxworthy**- Saturday, April 22nd Seneca Allegany  
**Travis Tritt**- Saturday, May 20th 8 p.m. Seneca Allegany Event Center  
**Gary Levox (of Rascal Flatts)** - Saturday, May 27th 8 p.m. Seneca Niagara  
**Comedian Ken Jeong**- Saturday, Sept.16th 8 p.m. Seneca Niagara

Sign-up sheets for shows will be 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 show for buffet and no later than 30 minutes prior. Be sure you will be attending when you sign-up as there has been an increase of last-minute cancellations, resulting in a waste of Elder entertainment funds. Nya:weh!

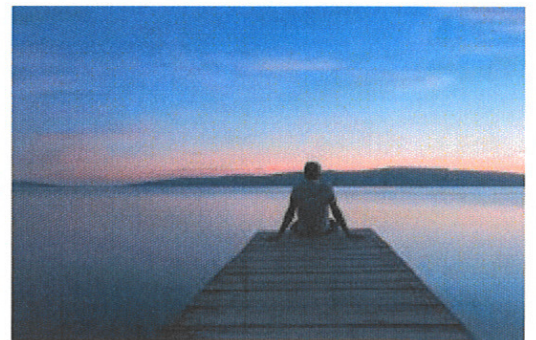


# Stress Management Class at Allegany AOA

## RELAX & RESTORE

STRESS MANAGEMENT TOOLS

FREE  
CLASSES AT  
AOA!



Join us for the month of March to learn ways on how you can reduce stress in your life and lead a more mindful life. You will learn how stress effects your brain and body. You will practice methods that have been proven to create a happier and healthier life, such as mindfulness, movement, journaling, coloring, self-care and meditation. Caregivers are encouraged to attend also.

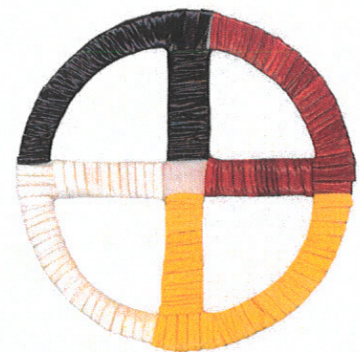
Walk-ins welcome!

Your instructor: Andrea Spako, SNHS Exercise Specialist

Classes held every  
Monday in March  
11:00am-12:00pm

Seneca Allegany Elder Center  
Allegany Territory  
3655 Administration Drive  
Salamanca, NY 14779

Contact Stephanie John at  
716-945-8414 for further  
questions.





# Chair Yoga Class at Cattaraugus AOA



## CHAIR YOGA CLASSES AT AOA!

**You are one yoga class away from a good mood!**

Chair yoga is a gentle form in which you can either sit, lean or hold onto a chair while doing postures to offer additional support. Chair yoga is for accessible to everyone and every body!

**EVERY WEDNESDAY  
1:30-2:15PM IN  
MARCH**

**ALL FITNESS LEVELS  
WELCOME**

**DRESS  
COMFORTABLY**

**IMPROVES  
BALANCE,  
FLEXIBILITY,  
MUSCLE TONE, AND  
MOOD**

**INSTRUCTOR:  
ANDREA SPAKO,  
200 HOUR  
CERTIFIED YOGA  
TEACHER**

**WINI KETTLE SENIOR  
CENTER**

28 Thomas Indian School Dr.  
Irving, NY 14081

716-532-5777

Call Raven Lay if you need  
more information

7- Ja:dak



# Elder Center Activities



Valentine's BINGO at Lakeshore Family Center



Catt. @ Allegany Pool Tournament

## Wini Kettle Senior Center Activities

Pot Luck & BINGO: EVERY MONDAY@ 5pm.

Mens Pool: EVERY MONDAY @ 9am.

Card Club: EVERY TUESDAY & FRIDAY @ 10am.

Exercise Class: EVERY WEDNESDAY from 1:30pm.

Shuffleboard: Tues. 3/14 & 3/28 @ 1pm.

Allegany @ Catt Pool Tournament: Tues. 3/21 @1pm.

Quarter BINGO: Thurs. 3/9 & 3/16 @ 1pm.

Prize BINGO: Thurs. 3/23 @1pm.

Seasonal Craft: Thurs 3/30 @1pm.

Women's Pool Tournament: Fri. 3/31 @ 1pm.

For more information, call Raven or Bruce at (716)532-5777.

## Allegany Elders Center Activities

Stress Management w/ Andrea Spako: EVERY Mon. 11am-noon.

Movie Night: Every Monday @ 4pm.

Card Making Class: Every Wednesday, 11am-1pm

BINGO: EVERY Thursday @1pm

Seneca Language: Every Friday, 11am-12pm

Cornhusk Doll Class w/ Penny Minner: Fri. 3/3, 2-4pm.

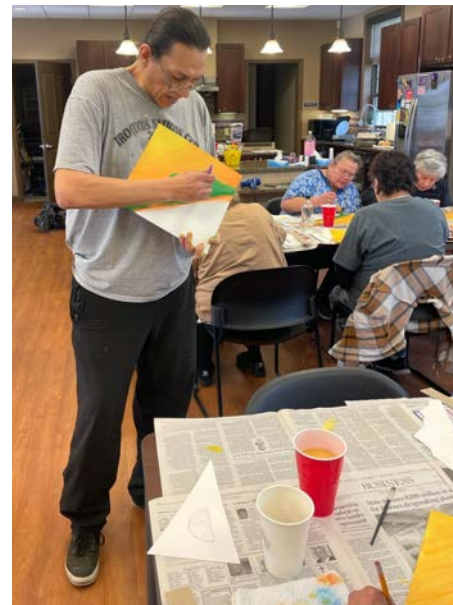
Catt. @ Allegany Pool: Tues. 3/7 @ 1pm

Spaghetti & Meatballs Pot Luck: Fri. 3/24, 2-4pm.

Easter Wreath: Sat. 3/25 & Fri. 3/31, 2-4pm.

For more information call Stephanie & Dorsie at (716) 945-8990.

Paint Class with Lyle Logan





# 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.*

9-Johdöh



# Enrolling in Medicaid or a Medicare Savings Program in New York

If you live in New York, you may be able to get assistance with your health care costs through a **Medicare Savings Program (MSP)** or **Medicaid**. MSPs, also known as Medicare Buy-In programs or Medicare Premium Payment Programs, help pay your Medicare costs if you have limited income. Medicaid is health coverage for certain people with limited income and assets.

## 1. Qualifying Individual (QI)

- Pays for your Part B premium
- May receive up to three months retroactive reimbursement for Part B premiums (Note: only for premiums paid up to three months before your MSP effective date, and within the same year of that effective date)
- You cannot have both QI and Medicaid

## 2. Qualified Medicare Beneficiary (QMB)

- Pays for Medicare premiums
- Providers are prohibited from charging you for Medicare cost-sharing (deductibles, coinsurance, and copayments). This means you should not be billed for any Medicare-covered services you receive from Original Medicare providers or providers in your Medicare Advantage Plan's network
- You can have both QMB and Medicaid

## 3. Medicaid

- Health coverage for certain people with limited income and assets
- For services covered by Medicare and Medicaid, Medicare will pay first and Medicaid may cover your Medicare cost-sharing, including coinsurance and copayments
- May cover services that Medicare does not, such as dental and/or vision
- You may also qualify for QMB, which will pay for your Part B premium
- To apply, contact your local Medicaid office
- If you need Medicaid coverage and your income is above the income guidelines, you may be eligible for the Medicaid spend-down. Contact your local Medicaid office for more information.

Note: If you receive a denial and are told that you do not qualify for an MSP, you have the right to request a fair hearing to challenge the decision.



## 2023 New York gross monthly income limits

## 2023 New York asset limits

Program	Individuals	Couples	Individuals	Couples
QI	\$2,280	\$3,077	No limit	No limit
QMB	\$1,697	\$2,288	No limit	No limit
Medicaid	\$1,697	\$2,288	\$28,133	\$37,902

These estimates are based on the 2023 federal poverty level (FPL), and include a standard \$20 disregard. You may qualify even if your income is slightly higher. Ask a Medicaid counselor about whether you can subtract certain expenses from your income.

Note: New York disregards/excludes the cost of certain health insurance premiums from your income. For example, if you are over the income limit for an MSP but pay a premium for a Medigap or other secondary health insurance, you may deduct the premium from your gross monthly income to qualify. Sometimes a portion of your Part D premium can also be deducted from your income. The Part B premium (\$164.90) deducted from your Social Security award) cannot be used as a disregard.

## Applying for a Medicare Savings Program

If you meet the income limits above and live in New York, the Medicare Rights Center can help you apply for a Medicare Savings Program. **Call 800-333-4114 for more information or to apply.** You can also contact your local Medicaid office (Department of Social Services) and ask for a copy of the application to mail in or apply in person. Call the Medicaid Helpline at 800-541-2831 to find your local Medicaid office.

Note: If you enroll in an MSP, you will also automatically get **Extra Help**, the federal program that helps pay your Medicare prescription drug (Part D) plan costs.

If you apply, you will be required to submit a signed application and copies of the following documents:

- Social Security card
- Medicare card
- Birth certificate, passport, or green card
- Proof of address (e.g., electric or phone bill)
- Proof of income (e.g., Social Security Administration award letter, income tax return, pay stub)

# Catt. AOA Trips March 2023

## AOA Bus Trips

**\*\* No Allegany Trips this month \*\***

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All trips depart Wini Kettle Building at 1PM, unless otherwise noted.	Please sign-up by 9am, day of trip.		1 Wal*Mart 1pm	2 Ollies-Dunkirk 1pm	3 7 Dragon buffet 1pm	4
5	6 Bank Local 1pm	7 Catt AOA to Alleghany AOA 12pm	8 Wal*Mart 1pm	9 Trader Joes 1pm	10 Olive Garden 1pm	11
12	13 Riders Choice 1pm	14 JoAnnes 1pm	15 Wal*Mart 1pm	16 Michaels/ Hamburg 1pm	17 Fish Fry 3pm	18
19	20 Riders Choice 1pm	21 Alleghany AOA to Catt AOA 12pm	22 Wal*Mart 1pm	23 Joannes/Hamburg 1pm	24 Casino Buff creek 1pm	25
26	27 Bank Local 1pm	28 Hobby Lobby 1pm	29 Wal*Mart 1pm	30 Big Lots/Dunkirk 1pm	31 Bison Billiards 1pm	



# March 2023 Menu

Seneca Nation Area Office for the Aging

O'wēdē:da't – Monday	Swēda:dih – Tuesday	Ha'dewēdāh – Wednesday	Ēyohē'tgeh – Thursday	Wēda:k'ah – Friday
<b>*Menu is subject to change*</b> Please enjoy a ½ pint of milk served with each meal!	<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>	<b>1</b> Chicken Salad Sandwich on Whole Wheat Bread w/lettuce leaf Corn Chowder Fruit Medley	<b>2</b> Bean Soup Garden Salad Cornbread Peanut Butter Cookie	<b>3</b> Tomato Basil Tortellini Dinner Roll Roasted Butternut Squash Fruited Jell-O
<b>6</b> Italian Sausage Hoagie with Sautéed Peppers & Onions Served with Fresh Fruit	<b>7</b> Butternut Squash Soup Fluffy Biscuit Beans with Side Pork Fruit Crisp	<b>8</b> Spaghetti & meat sauce Green Beans Bread Stick Chocolate Pudding	<b>9</b> <b>TRADITIONAL MEAL</b> Bison Stew Biscuit Rice Pudding	<b>10</b> Lasagna Florentine Green Salad Dinner Roll Strawberry Poke Cake
<b>13</b> Shell Macaroni & Cheese With stewed tomatoes Green Beans Blueberries & Yogurt	<b>14</b> Split Pea Soup Carrot Raisin Salad Dinner Roll Chocolate Chip Cookie	<b>15</b> Salisbury Steak & Gravy over Seasoned Brown Rice Roasted Cauliflower Apple Crumble	<b>16</b> Corned Beef Dinner Rye Bread Pear-Lime Gelatin Salad	<b>17</b> Ham & Scalloped potatoes Steamed Broccoli Pear Crisp
<b>20</b> Stuffed Shells Served with Green Beans Bread Stick Chocolate Pudding	<b>21</b> Parmesan Chicken with Penne Pasta Steamed Broccoli and Cauliflower Peach Crisp	<b>22</b> Beef Chili w/cheese Garden Salad Fruit Salad Corn Muffin on top of chili	<b>23</b> <b>BIRTHDAY PARTY</b> Ham Dinner Mashed Potatoes & Gravy Creamed Corn Confetti Birthday Cake	<b>24</b> Philly Cheese Steak Hoagie Roll Potato Wedges and Green Beans Fresh Orange
<b>27</b> Sloppy Joes on a Whole Wheat Roll Baked French Fries Peaches	<b>28</b> Chicken Noodle Soup Dinner Roll Garden Salad Brownie	<b>29</b> <b>BRUNCH</b> Pancakes Oven-Baked Bacon Banana and Yogurt Parfait	<b>30</b> Tuna Noodle Casserole Peas and Carrots Garden Salad Pudding and Berries	<b>31</b> Vegetable Pizza Roasted Cauliflower Warm Cinnamon Applesauce

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

What healthy habits are you cultivating?





# Maple Season Word Search

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

drill  
below  
bucket  
boiling

jug  
above  
tree  
syrup

spicket  
freezing  
sap  
maple