

NOVEMBER 2023

ELDER LIVING

Area Office for the Aging



In this issue:

- 2- Services
- 3- Preparing for Winter
- 4- Open Medicare Enrollment
- 5- Elder Center Activities
- 6- Events
- 7- Cattaraugus AOA Bazaar
- 8- Menu
- 9- AOA Bus Trips
- 10- Word search

Directors Update

Nya:wëh S'gëno

October was a long and busy month and November is here. Remember Daylight savings this year is coming up Sunday, November 5th. Save the date for the upcoming Elders Holiday Luncheon, Monday, December 11th at the Seneca Allegany Casino. Details will be announced shortly by Seneca Media. Please see more important updates on upcoming events inside. Stay warm and stay safe!

Ėsgögë' ae', Bethany Lay, Director

SNI Offices &
AOA Closed
Nov. 7th
Nov. 10th &
Nov. 23rd



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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**THANKSGIVING GIFT CARD
DISTRIBUTION WILL BE
TUESDAY 11/14 THRU
THURSDAY 11/16 AT BOTH SR.
CENTERS AND THE
ERIE OFFICE. BUFFALO IS
THURSDAY & FRIDAY 11/16-17
ONE PER HOUSEHOLD**

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:

Mondays- Potluck & BINGO @5pm

Chili cook-off 11/6 @5pm

Tuesdays- Card Club @10am

Women's Pool 11/14 @1pm

Pie making 11/21 @1pm

Corn Hole 11/28 @1pm

Wednesdays- Balance Class @1pm &

Seasonal Craft 11/1 & 11/15 @2pm

Thursdays- Bingo @1pm 11/2 & 11/16

Lifespan presentation 11/9 @12pm

Seasonal craft 11/30 @1pm

Fridays- Card Club @10am

Shuffle Board 11/17

Saturdays- Movie Day and snacks @3pm

Sundays- Bingo @2pm

November 19 & 26- Bills Tailgate @3pm

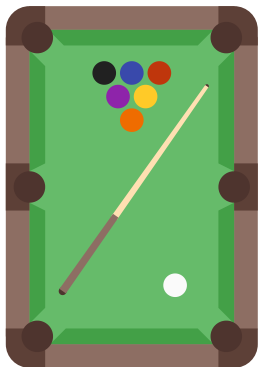
HOURS

Monday-Friday

8AM-7PM

**Saturday &
Sunday**

10:30-7PM



Movies for November

Monday night movies will
be Elders' choice



HOURS

Monday-Friday

8:30AM-7:00PM

Saturday & Sunday

9:00AM-2:00PM

Seneca Allegany Elders Center:

Everyday- Coffee Social 9-10am

Mondays- 11/6 Health Education, Robin 11am

Nutrition Education, Andrea 11/13, 20, 27 11am

Adult Coloring 1-3pm

Movie Night 4-7pm

Tuesdays- Lunch 12-1pm

Puzzle time-2-4pm

Open Pool 4-7pm

Wednesdays- Card Class 11am-1pm

Board Games 2-4pm

Open Pool 5-7pm

Thursdays- Lunch & BINGO 12-3pm

Scrabble 4-5pm

Open Pool 5-7pm

Halloween Party 10/26 12-4pm

Fridays- Seneca Language 11am-12pm

Card Games 2-4pm

Open Pool 5-7pm

Saturdays- Open Pool 11am-1pm

Slippers 10/21 11am-1pm

Sundays- 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.



LIVE Saturday, November 11th 7 p.m. Seneca Allegany Event Center

Air Supply Saturday, November 25th 8 p.m. Seneca Niagara Event Center

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





Christmas BAZZAR

NOVEMBER 25TH 10AM-3PM

**HANDMADE CRAFTS, FOOD, DRINKS, AUCTION,
50/50 RAFFLE, QUILT RAFFLE**

LIMITED VENDOR SPOTS AVAILABLE

**WINI KETTLE ELDER CENTER,
28 THOMAS INDIAN SCHOOL DRIVE**

CONTACT RAVEN @ 716.532.5777

NOVEMBER MENU

-Monday	Tuesday	Wednesday	Thursday	Friday
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	Please enjoy a ½ pint of milk served with each meal!	1 Meatloaf w/Gravy ½ Baked Potato Seasoned Peas Oatmeal Raisin Cookie	2 Chicken Broccoli Rice Casserole Green Beans, Garden Salad And Pear Crisp for dessert	3 Garden Vegetable Pizza Side Salad, Celery Sticks And Fruited Jello w/whipped cream
6 Toasted Tuna Melt Sandwich Vegetable Soup Carrot Sticks and Apple Slices	7 HOLIDAY SN Election Site CLOSED	8 Salisbury Steak with Noodles and Gravy Roasted Zucchini & Carrots Peaches	9 TRADITIONAL Roasted Corn Soup Frybread Pumpkin Muffin	10 HOLIDAY Veteran's Day Site CLOSED
13 Spaghetti and Meat Sauce Side Green Salad Bread Stick Vanilla Pudding with Fruit	14 Roasted Chicken Dinner Mashed Acorn Squash Seasoned Corn & Lima Beans Ambrosia	15 8 Bean Soup Grilled Ham & Cheese Sandwich Orange	16 Birthday & Thanksgiving Slow Roasted Turkey with dressing, Mashed potatoes, Squash, Green Beans, Cranberry Sauce and Birthday Pumpkin Pie	17 Italian Herb White Fish Fillet Corn Bread, Sweet Potato Fries, Cabbage Apple Salad Pineapple Jell-O Salad
20 Cheeseburger with lettuce, onion, tomato Potato Wedges Grapes and Oranges Slices	21 Vegetable Beef Soup Garden Salad, Roll Apple slices w/peanut butter Yogurt	22 BRUNCH 10 am Sausage, Egg & Cheese Casserole with Toast, Banana, Berry Crisp and V8	23 HOLIDAY Thanksgiving Holiday Site CLOSED	24 *Frozen Meal*
27 Grilled Cheese Sandwich Butternut Squash Soup Carrot Sticks Warm cinnamon pears	28 Macaroni & Cheese With stewed tomatoes Steamed Broccoli Apple Crisp	29 Split Pea Soup, Ham & Cheese Sandwich, Garden Salad, and Mandarin Orange	30 Spaghetti Squash Lasagna served with Green Salad, a Dinner Roll Peach Cobbler	8 - Degyö'

November Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OLLIE'S IN OLEAN	2 RIDER'S CHOICE	3 LOCAL	
	6 WALDEN GALLERIA MALL Cheektowa ga	7 SNI CLOSED JUDICIAL ELECTION	8 WEGMANS IN JAMESTOWN	9 RIDER'S CHOICE	10 SNI CLOSED VETERAN'S DAY	
	13 LOCAL	14 LOCAL	15 LOCAL	16 LOCAL	17 LOCAL	
	20 NIAGARA FALLS OUTLETS	21 LAKEWOOD CINEMA 8	22 LOCAL	23 SNI CLOSED THANKS GIVING	24 LOCAL	
	27 MILLCREEK MALL IN ERIE, PA	28 LOCAL	29 WALMART IN BRADFORD	30 RIDER'S CHOICE		



Iroquois Confederacy Crossword

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

Hiawatha
Clan Mother
Onondaga
Cayuga

Longhouse
Tuscarora
Oneida
Haudenosaunee

Consensus
Seneca
Mohawk
Wampum