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!

Ēsgögë’ ae’, Bethany Lay, Director
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

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
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.

Preventing 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

Seneca Allegany Elders Center:

- **Mondays**: Coffee Social 9-10am
- **Tuesdays**: Health Education, Robin 11am, Nutrition Education, Andrea 11/13, 20, 27 11am
- **Adult Coloring**: 1-3pm
- **Movie Night**: 4-7pm
- **Wednesdays**: Lunch & BINGO 12-1pm, Card Class 11am-1pm, Board Games 2-4pm
- **Thursdays**: Lunch & BINGO 12-1pm, Bingo 11/9 @12pm, Seasonal Craft 11/30 @1pm, Scrabble 4-5pm
- **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 8:30AM-7:00PM
Saturday & Sunday 9:00AM-2:00PM

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

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<td>NIAGARA FALLS OUTLETS</td>
<td>LAKEWOOD CINEMA 8</td>
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<td>SNI CLOSED THANKS GIVING</td>
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<td>MILLCREEK MALL IN ERIE, PA</td>
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9- Johdoh
Iroquois Confederacy Crossword

10-Washē:h

Hiawatha
Clan Mother
Onondaga
Cayuga

Longhouse
Tuscarora
Oneida
Haudenosaunee

Consensus
Seneca
Mohawk
Wampum