Director's Update

Nya:wëh Sgë:nö’ I am thankful you are well.

Last month we had so much fun at our Elder Center Halloween parties. We had a fun food, contests and games. Nya:wëh to our activities staff for their hard work and creativity!

If you haven't stopped by our centers recently, we hope you will join us soon for a class, activity or for a meal. It is good to see friends and stay active. Our hours and congregate dining info, as well as information on our potluck dinners, can be found inside this issue.

Don't forget to set your clocks back 1 hour on Sunday, November 6th. We look forward to seeing you soon. Go Bills!

Čęsgogę‘ ae’ - I’ll see you again.

Bethany Lay
Welcome New AOA Staff!

Cali Stahlman
Respite Floater
Cattaraugus AOA

Tina Maybee
Respite Worker
Allegany AOA

Allegany Elders
Center Hours
MON-FRI
8:30AM-7PM
SAT-SUN
10:00AM-3PM

Wini Kettle
Senior Center Hours
MON-FRI
8AM-7PM
SUN-SUN
10:30-7PM

Don't forget to set your clocks back 1 hour on Sunday, November 6th.
Congregate Dining at AOA

44 SENECA SENIOR CENTER

Elders are invited to lunch at 44 Seneca on **weekdays** from 12 – 1 pm.

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

SENECA ALLEGANY ELDERS CENTER

Elders are invited to lunch at the Allegany Elders Center on **Tuesdays and Thursdays** from 12 – 1 pm.

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

WINI KETTLE SENIOR CENTER

Elders are invited to lunch at the Wini Kettle Senior Center on **weekdays** from 12 – 1 pm.

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

- Transportation to medical appointments?
- Purchasing or organizing medications?
- Monitoring their medical condition?
- Communicating with health care professionals?
- Advocating on their behalf with providers or agencies?
- 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 Caregiver Assessment at: https://senecanationaoa.tailoredcare.com/

For more information on caregiver support, please contact Briana Snyder at (716)945-8991, or email Briana.Snyder@sni.org.

**HEAP Assistance**

**Reminder:** AOA does not receive or disperse HEAP funding. We only assist with applications and faxing applications. Once the application is submitted, HEAP requires that the actual applicant call to check on the status of an application. AOA is not able to make those calls on behalf of an applicant.
Medicare's Open Enrollment is October 15 – December 7, 2022. 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, 2023.

For further information and assistance regarding your Medicare coverage, please contact Briana Snyder, Seneca Nation AOA Options Counselor at 716-945-8991.

Monthly In-Person Legal Assistance @ AOA

With Thomas Warren, Center for Elder Law & Justice

November 18th

**Appointments required**

To make an appointment:
- Call Tina Law in Catt. at (716)532-5777
- Call Bridgette John in Allegany at (716)945-8414

Social Security Assistance at Seneca Nation Disability Services

Social Security assistance is available IN-PERSON monthly at Seneca Nation Disability Services.

To schedule an appointment with the Social Security representative, please call Ashley Kennedy at (716)532-4900, ext. 5152 or email ashley.kennedy@sni.org.
Christmas Bazaar
At
Wini Kettle Elder center

Saturday, November 26th
2022
10am-3pm

QUILT RAFFLE
Local Craft Vendors
Food Sale
Auction

Vendor Applications Available
Tables are free & first come first serve
Any Questions contact Raven @
716-532-5777

We Hope to see you there!
Air Supply- Saturday, Nov. 12 at 8 p.m. Seneca Allegany  
The Commodores- Saturday, Nov. 26 at 8 p.m. Seneca Niagara  
A Boy Band Christmas- Friday, Dec. 9 @ 8 p.m. Seneca Niagara  
A Boy Band Christmas- Saturday, Dec. 10 @ 8 p.m. Seneca Allegany  

Bills vs. Dolphins Suite Ticket Lottery - Game will be held December 17 or 18 (TBD by NFL.) Sign-up for lottery in-person @ AOA by Dec. 2nd @ NOON. Sign-ups available now. Winners drawn Dec. 2nd. Fifteen tickets available TOTAL for both territories. Suite includes ticket to game, food and beverages (bus transportation available.)

Sign-up sheets for casino shows will be available 1 MONTH prior to the event. Numbers are turned in to the casino 1 week prior, so if you have a change in plans please cancel before then. Be sure you will be attending when you sign-up. Nya:weh!
Wini Kettle Senior Center Activities

Pot Luck: EVERY MONDAY @ 5pm.
Mens Pool: EVERY MONDAY @ 9am.
Card Club: EVERY TUESDAY @ 10am.
Diamond Bookmarks: Wed. 11/2 @ 1pm
Fall Prevention Class: Wed. 11/2 from 1:30-2:30pm.
Shuffleboard: Tues. 11/8, 11/22 @ 1pm.
Women's Pool Tournament: Tues. 11/15 @ 1pm.
Quarter BINGO: Thurs. 11/10 & 11/17 @ 1pm.
Seasonal Craft: Wed. 11/9, 11/16, 11/30 @1pm.
AOA Christmas Bazaar: Sat. 11/26, 10am-3pm.
Co-Ed Pool Tournament: Tues. 11/29 @1pm.

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

Allegany Elders Center Activities

Exercise Class: Every Monday, 11-11:45am.
Card Making Class: Every Wednesday, 11am-1pm.
Seneca Language: Every Friday, 11am-12pm.
BINGO: Thurs. 11/3, 11/10, 11/17, 1pm.
Fall Prevention Class: Wed. 11/2 & 11/9, 10-11am.
Cornhusk Flower Class: Fri. 11/4, 3-5pm.
Thanksgiving Wreath Project: Tues. 11/8, 2-4pm & Sat. 11/12,12-2pm.
POTLUCK & BINGO: Fri. 11/18, 4-6pm.
Bead Christmas Bulb: Tues. 11/22 & Wed. 11/23, 2-4pm.
Christmas Wreath: Fri. 11/25, 2-4pm & Tues. 11/29, 2-4pm.

For more information call Dorsie at (716) 945-8990.
Cattaraugus Territory
Large Item Drop-off

November 2nd - 5th, 2022
8:00 a.m. - 6:00 p.m.

Environmental Office Parking Lot
84 Iroquois Drive
Irving, NY 14081

ACCEPTABLE ITEMS include:
Couches, Chairs, Washers & Dryers,
CLEANED OUT Refrigerators,
Air Conditioners, Construction
& Demolition Materials,
Electronics, and OFF Rim Tires.

NOT ACCEPTABLE ITEMS include:
Boats, mobile homes, large amounts of tires,
commercial waste, and household trash.
**EPD reserves the right to reject any
items deemed unacceptable**

NO HOUSEHOLD HAZARDOUS DROPOFFS
NO CHEMICAL DROPOFFS
*LIMITED* 3 DAYS

*Elders & Disabled may call the office to schedule a pick-up.
Pick-ups start Nov. 2nd and continues through Nov. 4th,
pick-ups end at 2:00 p.m.
Limit one truckload per person.*

Seneca Nation COVID protocols will be followed

Any questions please call: 716.532.2546
## Allegany AOA Trips

**Cattaraugus AOA is still without a CDL Driver and will only be making trips to Walmart on Wednesday each week.**

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<th>Sun</th>
<th>Mon</th>
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<td><strong>SITE CLOSED ELECTION DAY</strong></td>
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<td>Cabela’s Buffalo, NY</td>
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<td>Lakewood Cinema 8 1/2 Price Popcorn &amp; Drinks</td>
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<td>Seneca Niagara Casino <strong>DEPART @ 10am</strong></td>
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<td>Aldi’s &amp; Wal-Mart Bradford, PA</td>
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<td>Reid’s Food Barn</td>
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### Notes
- **ALL TRIPS DEPART @ 1:15PM UNLESS OTHERWISE NOTED**
- **PLEASE SIGN UP BY 9:00AM THE DAY OF THE TRIP**
# November 2022 Menu

**Seneca Nation Area Office for the Aging**

<table>
<thead>
<tr>
<th>-Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td></td>
<td>1 HOLIDAY SN Election</td>
<td>2 Meatloaf w/Gravy ½ Baked Potato Seasoned Peas Oatmeal Raisin Cookie</td>
<td>3 Chicken Broccoli Rice Casserole Green Beans Peanut Butter Cookie</td>
<td>4 Salisbury Steak with Noodles Roasted Zucchini &amp; Carrots Peaches</td>
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<tr>
<td></td>
<td>Site CLOSED</td>
<td>8 Split Pea and Ham Soup Wheat Roll Chocolate Brownie</td>
<td>9 Crispy Breaded White Fish Fillet Roasted Brussels Sprouts Wheat Roll Apple Crisp</td>
<td>10 TRADITIONAL Roasted Corn Soup Frybread Pumpkin Muffin</td>
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<td>7</td>
<td>Toasted Tuna Melt Sandwich Vegetable Soup Chocolate Pudding</td>
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<td>17 Birthday and Thanksgiving Meal Slow Roasted Turkey with dressing, Mashed potatoes Green Beans Birthday Pumpkin Pie</td>
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<td>18 Garden Vegetable Pizza Side Salad Fruited Jello w/whipped cream</td>
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<td>14</td>
<td>Spaghetti and Meat Sauce Side Green Salad Bread Stick Vanilla Pudding</td>
<td>15 Roasted Chicken Dinner Mashed Acorn Squash Seasoned Peas Yogurt w/berries &amp; graham crackers</td>
<td>16 12 Bean Soup Garden Salad Dinner Roll Chocolate Brownie</td>
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<td>21 Cheese Burger with lettuce, onion, tomato Potato Wedges Mandarin Oranges</td>
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<td>21</td>
<td></td>
<td>22 Vegetable Beef Soup Garden Salad Apple slices w/peanut butter Yogurt</td>
<td>23 BRUNCH 10 am Sausage, Egg &amp; Cheese Casserole with Toast And Berry Crisp</td>
<td>24 HOLIDAY Thanksgiving Holiday Site CLOSED</td>
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<td>25 <em>Frozen Meal</em></td>
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<td>28</td>
<td>Grilled Ham and Cheese Sandwich Tomato Soup Warm cinnamon pears</td>
<td>29 Macaroni &amp; Cheese With stewed tomatoes Blueberries Chocolate Cake</td>
<td>30 Spaghetti Squash Lasagna served with Green Salad, a Dinner Roll Peach Cobbler</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>
</tr>
</tbody>
</table>

"Autumn carries more gold in its pocket than all the other seasons."

- Jim Bishop
Autumn Word Search

Y Z T T Q P M O C T O B E R F Y A
A T Z E Q U I N O X Z N S R E N S
C H W K M N I K P M U P O K H O P
H A B I Z L N Q E W P S R V V S O
I N C N N R O C H M T U C Z W A R
L K P E H D E O A A T C O L D E C
L S V E O M Y B H N R B L U B S N
Y G W W W F X A M C N V H M N W F
I I D O A E Y P R E S I E I S T A
O V D L H S A U Q S T V N S B T R
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H N G A I I V F A N U W E K M P I
E G C H O D Z E K A R N D S M M N
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CANNING
CHILLY
COLD
CROPS
EQUINOX
FALL
FARMING
FEAST

SCHOOL
SEASON
SEPTEMBER
SQUASH
THANKSGIVING
TURKEY
WINDY

FROST
HALLOWEEN
HARVEST
HAYSTACK
NOVEMBER
OCTOBER
PUMPKIN
RAKE