

ELDER LIVING

Seneca Nation Area Office for the Aging



Virginia Cooper plays BINGO at the Wini Kettle Senior Center.

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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!

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

Please note:

AOA & SNI

Offices are

closed:

Tues. 11/1

Election Day

Fri. 11/11

Veterans Day

Thurs. 11/24

Thanksgiving

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.



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:

- 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 Open Enrollment

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!

Upcoming Seneca Elder Events

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!



The poster features a green football field background with white yard lines. At the top, the text 'BILLS GAME SUITE TICKET LOTTERY' is displayed in large, bold letters, with 'LOTTERY' in yellow and the rest in white. Below this, a red banner reads 'FOR ENROLLED SENECA ELDERS AGE 60 & UP'. In the center, a diagram shows the Buffalo Bills logo on the left, a white box with 'SIGN-UP IN-PERSON @ AOA BY DEC. 2ND @ NOON WINNERS DRAWN DEC. 2ND' in the middle, and the Miami Dolphins logo on the right, connected by arrows. Below the logos, a yellow box states 'GAME: DECEMBER 17 OR 18 DATE & TIME TBD BY NFL'. At the bottom, white text reads 'SUITE-INCLUDES TICKET TO GAME, FOOD AND BEVERAGES (BUS TRANSPORTATION AVAILABLE) 15 TICKETS AVAILABLE TOTAL FOR BOTH TERRITORIES'. A red banner in the top right corner says 'SIGN-UP TODAY @ AOA'.

BILLS GAME SUITE TICKET LOTTERY

SIGN-UP TODAY @ AOA

FOR ENROLLED SENECA ELDERS AGE 60 & UP

**SIGN-UP IN-PERSON @ AOA BY DEC. 2ND @ NOON
WINNERS DRAWN DEC. 2ND**

BILLS VS DOLPHINS

**GAME: DECEMBER 17 OR 18
DATE & TIME TBD BY NFL**

**SUITE-INCLUDES TICKET TO GAME, FOOD AND BEVERAGES
(BUS TRANSPORTATION AVAILABLE)
15 TICKETS AVAILABLE TOTAL FOR BOTH TERRITORIES**

Elder Center Activities

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. **

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ALL TRIPS DEPART @ 1:15PM UNLESS OTHERWISE NOTED	PLEASE SIGN UP BY 9:00AM THE DAY OF THE TRIP					
		1 SITE CLOSED ELECTION DAY 	2 Brigiotta's Market Jamestown, NY	3 Park Avenue Coat Company Buffalo, NY	4 Home Depot Olean, NY	5 Fairgrounds X-Mas In The Country \$11.00 Admission DEPART @ 10am
	7 Cabela's Buffalo, NY	8 Lakewood Cinema 8 1/2 Price Popcorn & Drinks	9 Seneca Niagara Casino DEPART @ 10:am	10 Aldi's & Wal-Mart Bradford, PA	11 SITE CLOSED VETERANS DAY	12
13	14 Jo-Ann Fabrics Olean, NY	15 Wegman's 5% off Sr. Discount Jamestown, NY	16  Irving Fire Hall DEPART @ 5:30	17 OUT TO EAT OUTBACK STEAKHOUSE DEPART @ 3:pm Blasdel, NY	18 East Aurora Antique Mall	19
20	21 Scenic Ride Bemus Point 	22 Millcreek Mall Erie, PA	23 BIGLOTS! Bradford, PA	24 SITE CLOSED 	25 Reid's Food Barn	26
27	28 Hobby Lobby & Savers Blasdel, NY	29  Jamestown, NY	30  Irving Fire Hall DEPART @ 5:30			



November 2022 Menu

Seneca Nation Area Office for the Aging



-Monday	Tuesday	Wednesday	Thursday	Friday
	1 HOLIDAY SN Election Site CLOSED	2 Meatloaf w/Gravy ½ Baked Potato Seasoned Peas Oatmeal Raisin Cookie	3 Chicken Broccoli Rice Casserole Green Beans Peanut Butter Cookie	4 Salisbury Steak with Noodles Roasted Zucchini & Carrots Peaches
7 Toasted Tuna Melt Sandwich Vegetable Soup Chocolate Pudding	8 Split Pea and Ham Soup Wheat Roll Chocolate Brownie	9 Crispy Breaded White Fish Fillet Roasted Brussels Sprouts Wheat Roll Apple Crisp	10 TRADITIONAL Roasted Corn Soup Frybread Pumpkin Muffin	11 HOLIDAY Veteran's Day Site CLOSED
14 Spaghetti and Meat Sauce Side Green Salad Bread Stick Vanilla Pudding	15 Roasted Chicken Dinner Mashed Acorn Squash Seasoned Peas Yogurt w/berries & graham crackers	16 12 Bean Soup Garden Salad Dinner Roll Chocolate Brownie	17 Birthday and Thanksgiving Meal Slow Roasted Turkey with dressing, Mashed potatoes Green Beans Birthdya Pumpkin Pie	18 Garden Vegetable Pizza Side Salad Fruited Jello w/whipped cream
21 Cheese Burger with lettuce, onion, tomato Potato Wedges Mandarin Oranges	22 Vegetable Beef Soup Garden Salad Apple slices w/peanut butter Yogurt	23 BRUNCH 10 am Sausage, Egg & Cheese Casserole with Toast And Berry Crisp	24 HOLIDAY Thanksgiving Holiday Site CLOSED	25 *Frozen Meal*
28 Grilled Ham and Cheese Sandwich Tomato Soup Warm cinnamon pears	29 Macaroni & Cheese With stewed tomatoes Blueberries Chocolate Cake	30 Spaghetti Squash Lasagna served with Green Salad, a Dinner Roll Peach Cobbler	Please enjoy a ½ pint of 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				

“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
U I L L T D U F W S O P Z G T I M
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
H K L E P E F Z C Z I X X M Y I G

CANNING
CHILLY
COLD
CROPS
EQUINOX
FALL
FARMING
FEAST

SCHOOL
SEASON
SEPTEMBER
SQUASH
THANKSGIVING
TURKEY
WINDY

FROST
HALLOWEEN
HARVEST
HAYSTACK
NOVEMBER
OCTOBER
PUMPKIN
RAKE