

In this issue:

2- Services  
3- Preparing for Winter  
4- Open Medicare Enrollment  
5- Elder Center Activities  
6- Events  
7- Fall Prevention Flyer  
8- Menu  
9- AOA Bus Trips  
10- Halloween Crossword

Directors Update

Nya:wëh Sgeno!  
October is here already! September went by fast! Let’s get ready for the winter months, remember to tune up your furnaces, and also if you have not signed up for the Emergency Management’s "In Case of Emergency Survey", please let us know we have one for you to fill out. Also, sign your snowplow waivers and remember that priorities are for dialysis and chemo/radiation patients for on territory Seneca Elders.

Upcoming dates to remember. AOA Advisory Committee Potlucks are Cattaraugus: Monday, October 16, 2023 at the AOA Wini Kettle Sr. Center at 5:00 pm. Allegany: Wednesday, October 18, 2023 at 5:00pm location tbd. Please bring a dish to pass. The AOA Advisory Council are your peer advocates and would like for you to hear what they have been meeting about, what their goal/plans are for our Elders. Hope to see you there.

ësgögë` 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

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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
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 Shanelle Mohawk (Alleg. 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
CLOSED - Monday, October 9, 2023
Tuesdays- Card Club @10am
Shuffle Board @1pm 10/10 & 10/24
Womens Pool 10/3 @1pm
Corn Hole 10/17 @1pm
Halloween Partners Pool 10/31 @1pm
Wednesdays- Balance Class @1pm & Seasonal Craft @2pm
Thursdays- Bingo @1pm
DIY Halloween Treats @1pm 10/26
Fridays- Card Club @10am
Shuffle Board w/ Allegany @2pm 10/6 & 10/20
Sunday, October 8th, 2023- Bills Brunch @11am

Seneca Allegany Elders Center:

Everyday- Coffee Social 9-10am
Mondays- Puzzle time 11am-2pm,
Adult Coloring 1-3pm
Movie Night 4-7pm
Tuesdays- Lunch 12-1pm
Prevention Falling w/ Andrea Spako 1-2pm,
Open Pool 5-7pm
Wednesdays- Card Class 11am-1pm
Board Games 2-4pm
Open Pool 5-7pm
Thursdays- BINGO 12-3pm
DIY Halloween Treats @1pm 10/26
Open Pool 5-7pm
Halloween Party 10/26 12-4pm
Fridays- Seneca Language 11am-12pm
Card Games 2-4pm
Open Pool 5-7pm
Shuffleboard on 10/6 & 10/20 in Catt
Saturdays- Halloween Wreath 11am-1pm on 10/7,
Open Pool 10/14 & 10/28, Bills Slippers 10/21 11am-1pm
Sundays- Buffalo Bills Games 10/1, 10/8 & 10/22,
Open Pool 11am-1pm on 10/15 & 10/29

Movies for October
10/2 Practical Magic
10/9 Beetlejuice
10/16 Hocus Pocus
10/23 Hocus Pocus 2
10/30 Paranormal Activity

HOURS
Monday-Friday
8AM-7PM
Saturday & Sunday
10:30-7PM

HOURS
Monday-Friday
8:30AM-7:00PM
Saturday & Sunday
9:00AM-2:00PM
UPCOMING SENeca ELDER EVENTS

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 the show for buffet at the casinos.**

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!**

**Gary Allan** Saturday, September 30th 7 p.m. Seneca Allegany Event Center

**Dustin Lynch** Friday, October 13th 8 p.m. Seneca Niagara Event Center

**Magic of Motown** Saturday, October 14th 7:30 p.m. SHEA’S Theater

**LeAnn Rimes** Saturday, October 28th 7 p.m. Seneca Niagara Event Center

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

**Air Supply** Saturday, November 25th 8 p.m. Seneca Niagara Event Center
FALL PREVENTION CLASSES
6-WEEK PROGRAM

Instructor: Andrea Spako, Seneca Nation Health System, Exercise Specialist
Attendance for all six classes is highly recommended for safety and effectiveness.

**Allegany Area Office of Aging**
Every Tuesday
Sept. 26th - Oct. 31st
1-2 pm

**Cattaraugus Area Office of Aging**
Every Wednesday
Oct. 4th - Nov. 8th
1-2 pm

Reserve Your Spot Today!
Call Stephanie John: 716-945-8414 (Alleg. AOA)
Call Raven Lay: 716-532-5777 (Catt. AOA)

Special Diabetes Program for Indians Grant
## October 2023 Menu

**Seneca Nation Area Office for the Aging**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>Grilled Cheese Sandwich, Butternut Squash Soup, and Carrot Sticks</td>
<td>Four Cheese Baked Ziti Served with Roasted Carrots, Apple Crisp</td>
<td>Ham &amp; Scalloped Potatoes, Steamed Broccoli, Side Salad, and Pear Crisp</td>
<td>Four Cheese Baked Ziti Served with Roasted Carrots, Apple Crisp</td>
<td>Salisbury Steak and gravy over Seasoned Brown Rice, Roasted Cauliflower and Broccoli, Soft Pumpkin Cookie</td>
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<td>CLOSED</td>
<td>Spaghetti &amp; meat sauce Side Green Salad, Bread Stick Cinnamon Pears</td>
<td>Chicken Broccoli Rice Bake Side Salad Apple</td>
<td>TRADITIONAL 3 Sisters Vegetable Soup With Side Pork, Beans, Biscuit And a Pumpkin Pie Bar for dessert</td>
<td>Lasagna Florentine Vegetable Medley, Apple Crisp</td>
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<td>Macaroni &amp; Cheese w/Ham Zucchini &amp; Yellow Squash, Warm Cinnamon Pears</td>
<td>BBQ Grilled Chicken Sweet potato wedges, Butter Beans, Orange</td>
<td>BIRTHDAY Pork Chop with ½ Baked Potato, Seasoned Peas, Birthday Cake for dessert</td>
<td>Hearty Potato &amp; Ham Chowder, Garden Salad, Wheat Roll Fruit and Yogurt Parfait</td>
<td>Garden Vegetable Pizza Side Green Salad, Fruit, Honey, Yogurt Parfait</td>
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<td>Beef Tips with Egg Noodles, Seasons Peas, Apple Cake</td>
<td>BRUNCH Breakfast Sandwich Sausage, Egg, and Cheese served on a Warm Biscuit Carrot Sticks, V8, and Mandarin Oranges</td>
<td>Open-Faced Turkey Sandwich On Wheat Bread w/Gravy, Mashed Potatoes, Mixed Vegetables, Warm Cinnamon Applesauce</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>
<td>Please enjoy a ½ pint of milk served with each meal!</td>
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<tr>
<td>Chicken Noodle Soup Turkey Bologna and Cheese Sandwich Crackers, Peaches</td>
<td>Ghoulish, Dinner Roll, Green Beans, and an Orange</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>
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"October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book.”

~ John Sinor
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>29</td>
<td>Rider's Choice</td>
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</tbody>
</table>
| 30   | Rider's Choice
| 31   | LOCAL
| 31   | Buffalo Botanical Garden
| 32   | Big Lots, Bradford, PA
| 33   | Closed |
| 34   | LOCAL
| 35   | LOCAL
| 36   | LOCAL
| 37   | Sprague's
| 38   | LOCAL
| 39   | Rider's Choice
| 40   | Rider's Choice
| 41   | Rider's Choice
| 42   | Rider's Choice
| 43   | Rider's Choice
| 44   | Rider's Choice
| 45   | Rider's Choice
| 46   | Rider's Choice
| 47   | Rider's Choice
| 48   | Rider's Choice
| 49   | Rider's Choice
| 50   | Rider's Choice
| 51   | Rider's Choice
| 52   | Rider's Choice
| 53   | Rider's Choice
| 54   | Rider's Choice
| 55   | Rider's Choice
| 56   | Rider's Choice
| 57   | Rider's Choice
| 58   | Rider's Choice

October 2023
Across
1. He swallowed the canary.
2. Playground for ghosts.
3. What a spider spins.
4. Frankenstein has one.
5. When ghosts come out to play.
7. What the pot might call the kettle.
8. October 31st.
9. Or treat.
10. Witch transportation.
11. Frightening.
12. The Count.
13. A skeleton is just a bunch of these.
15. Lives in the belfry.
16. Incey wincey is one of these.
17. Main ingredient in a popular pie.
18. ______ stories.

Dawn
1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
5. ______ house.

9. Whoo? Whoo?
10. Mr. O’Lantern.
11. Comes out on full moon nights.
12. Might be full, half, or new.
15. When something makes our skin crawl, it’s this.
16. Found in Egypt.