



OCTOBER 2023

ELDER LIVING

Area Office for the Aging



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SNI Offices &
AOA Closed
Oct. 9h
Indigenous Day

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.

Ėsgögë' 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



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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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 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

HOURS

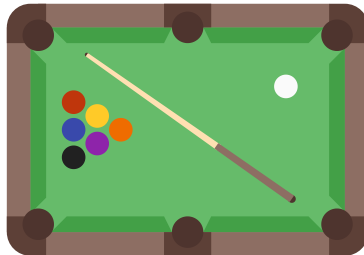
Monday-Friday

8AM-7PM

Saturday &

Sunday

10:30-7PM



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

8:30AM-7:00PM

Saturday & Sunday

9:00AM-2:00PM

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: Lunch & BINGO 12-3pm

Scrabble 3-5pm

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



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













Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Cheese Sandwich, Butternut Squash Soup And Carrot Sticks Pears	3 Chicken Noodle Casserole Brussels sprouts, Harvard Beets, Apple Slices, and Healthy Apple Dip	4 Ham & Scalloped Potatoes, Steamed Broccoli, Side Salad, and Pear Crisp	5 Four Cheese Baked Ziti Served with Roasted Carrots Apple Crisp	6 Salisbury Steak and gravy over Seasoned Brown Rice Roasted Cauliflower and Broccoli Soft Pumpkin Cookie
9 CLOSED	10 Spaghetti & meat sauce Side Green Salad Bread Stick Cinnamon Pears	11 Chicken Broccoli Rice Bake Side Salad Apple	12 <u>TRADITIONAL</u> 3 Sisters Vegetable Soup With Side Pork, Beans, Biscuit And a Pumpkin Pie Bar for dessert	13 Lasagna Florentine Vegetable Medley Apple Crisp
16 Macaroni & Cheese w/Ham Zucchini & Yellow Squash Warm Cinnamon pears	17 Turkey and Dumplings Steamed Green Beans Apple Crisp	18 BBQ Grilled Chicken Sweet potato wedges Butter Beans Orange	19 <u>BIRTHDAY</u> Pork Chop with ½ Baked Potato Seasoned Peas Birthday Cake for dessert	20 Hearty Potato & Ham Chowder Garden Salad, Wheat Roll Fruit and Yogurt Parfait
23 Beef Tips with Egg Noodles Seasons Peas Apple Cake	24 Zuppa Toscana Bread Stick Side Salad Banana and Peanut Butter	25 <u>BRUNCH</u> Breakfast Sandwich Sausage, Egg, and Cheese served on a Warm Biscuit Carrot Sticks, V8, and Mandarin Oranges	26 Open-Faced Turkey Sandwich On Wheat Bread w/Gravy, Mashed Potatoes, Mixed Vegetables Warm Cinnamon Applesauce	27 Garden Vegetable Pizza Side Green Salad Fruited Jell-O w/Whipped Cream
30 Chicken Noodle Soup Turkey Bologna and Cheese Sandwich Crackers Peaches	31 Ghoulash, Dinner Roll, Green Beans, and an Orange		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!

“October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book.”
~ John Sinor

October Trips

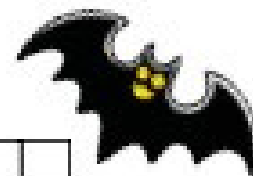
October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	 PUMPKINVILLE 1pm	3 LOCAL	4  Olive Garden 1pm	5 LOCAL	6  Shuffleboard @ Cattaraugus Departure @ Noon	77
8	9 CLOSED Indigenous People Day	10  Buffalo Botanical Garden Departure @ Noon	11 Rider's Choice	12 LOCAL	13 Rider's Choice	14 The Magic of Mowtown @ Shea's Theater Departure @ 4pm
15	16  Big Lots Bradford, PA 1pm	17 LOCAL	18 Sprague's 1pm	19 LOCAL	20  Shuffleboard @ Cattaraugus Departure @ Noon	21
22	23 Rider's Choice	24  Regal Quaker Crossing Cinema Movie & Dinner Orchard Park Departure 11am	25  Walmart In Bradford 1pm	26 LOCAL	27  Fallstew Niagara Casino Departure @ noon	28 
29	30 Rider's Choice	31 LOCAL				

Name: _____ Date: _____



Halloween

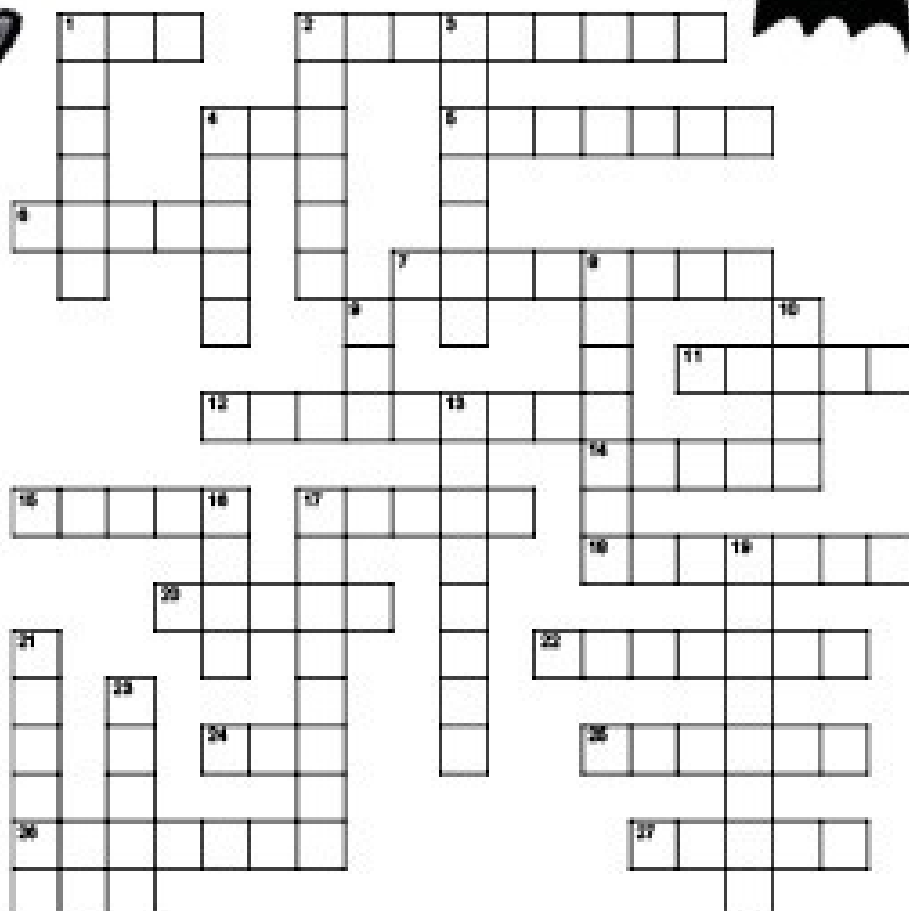


Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. _____ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. _____ stories.

Down

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



9. Whoo? Whoo?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and _____ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.

