

OCTOBER 2024

ELDER LIVING

Area Office for the Aging



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Directors Update

Nya:wëh S'gëno

Happy October! September was a very busy month; it is now cooling down and the leaves are so pretty. During October, each AOA site will be having a Legal Day. Mr. Thomas J. Warren, Attorney from the Center for Elder Law & Justice, and the Seneca Nation Surrogate Courts, will help guide and answer questions on wills, type of wills, power of attorneys, etc.

Also, we will be having a Fire and Safety Day at each AOA Site see inside for details on these important matters.

Please note Both AOA sites will be closed on Monday, October 14, 2024, for Indigenous Peoples Day.

Until next time, if you need any assistance or would like to participate in any of our activities/events or have suggestions please don't hesitate to contact us!

SNI Offices &
AOA Closed
October 14th!

Ësgögë' ae', Bethany Lay, Director

FREE In-Person Legal Assistance @ AOA

With **Thomas Warren**,
Center for Elder Law &
Justice

Date:

October 17th

****Appointments required****

To make an appointment:

- Call Bridgette John in Allegany at (716)945-8414
- Call Tina Law in Cattaraugus at (716)532-5777

Allegany Elders Center Hours

MON-FRI
8:30AM-7PM
SAT-SUN
9AM-2PM



Wini Kettle Senior Center Hours

MON-FRI
8AM-6PM
SAT-SUN
11AM-3PM

Congregate Dining at AOA

44 Seneca Senior Center

Weekdays from 12 – 1 pm.

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

Seneca Allegany Elders Center

Tuesdays and Thursdays

from 12 – 1 pm.

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

Wini Kettle Senior Center

Weekdays from 12 – 1 pm.

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



Seneca Elders

Are you looking for a lawyer or legal advice?

Expert Legal Assistance with our Seneca Nation Surrogate

Courts and >>>>>>>>>>

Get the legal support you need with our trusted team of professionals.

We're here to guide you through every step of the

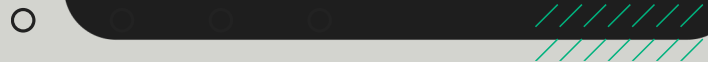
legal process.



Thomas J. Warren

ATTORNEY

WITH THE CENTER FOR ELDER LAW & JUSTICE



Thursday, October 17th

Allegany AOA 10a-12p

Cattaraugus AOA 1-3p

Our Services

- Notary Public
- Wills and trusts
- Types of wills
- Estate planning
- Power of attorney



AOA Legal Services are available to On-Territory Elders 60 and older

No appointment needed

Medicare Annual Enrollment Period | October 15 – December 7

With the Medicare open enrollment period beginning on October 15, we encourage Medicare beneficiaries to choose carefully between traditional Medicare and joining a private Medicare Advantage plan. This is particularly important, as consumer marketing protections have been reduced and public promotions of Medicare Advantage are increasing – including on TV and in the mail. Here are some pros and cons regarding traditional Medicare and Medicare Advantage to consider:

Traditional Medicare allows access to all doctors, health care providers, hospitals and facilities that accept Medicare nation-wide.

- All people in traditional Medicare have access to similar benefits, which are available to them wherever they are around the country
- People in traditional Medicare usually do not require prior authorization to see specialists
- People with traditional Medicare can choose whatever Medicare prescription drug plan best serves their needs
- People with traditional Medicare often have better access to home health care, nursing homes, and rehabilitation
- People with traditional Medicare often need to purchase a “Medigap” policy to pay for Medicare cost-sharing.
- Lower-income people can get help paying for Medicare cost-sharing

Medicare Advantage plans are private plans, like HMOs. They usually limit your choice of doctors, health care providers, hospitals, and facilities to a “network” of certain providers within your local geographic area. (Unless the needed care is an emergency or “urgent.”)

- Medicare Advantage plans can cut doctors and other health care providers from the plan network during the year
- Medicare Advantage requires “prior authorization” from the MA plan for many health care services
- Medicare Advantage often includes a prescription drug plan and some additional “supplemental” benefits such as help with dental care, gym memberships, and other benefits for some participants
- Medicare Advantage cost-sharing can be less than traditional Medicare, and MA plans are required to have a cap on out-of-pocket expenses. However, they also sometimes include co-pays not in traditional Medicare (for example – for home health care).
- Lower-income people can get help paying for Medicare cost-sharing

*information from Centers for Medicare Advocacy

For further information please reach out to Briana Snyder, Options Counselor (716)945-8991.



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 2024-2025 Regular HEAP benefit opens November 1, 2024. 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.

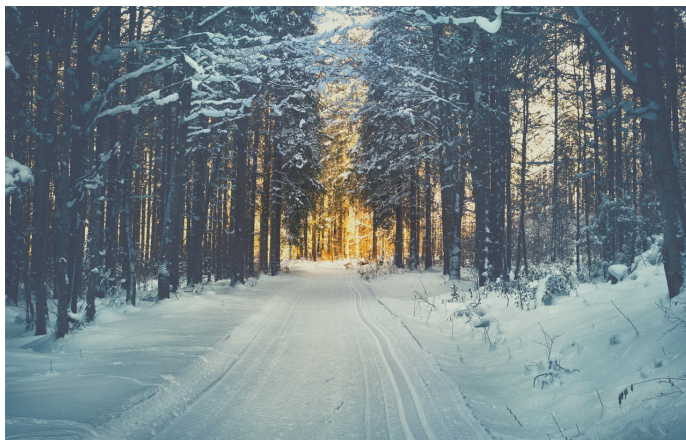
Snow Plowing

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.

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.

COMMUNITY HEALTH NEWSLETTER

BREAST CANCER AWARENESS MONTH October 2024



americanindiancancer.org f @AmericanIndianCancer X @AICAF_Org

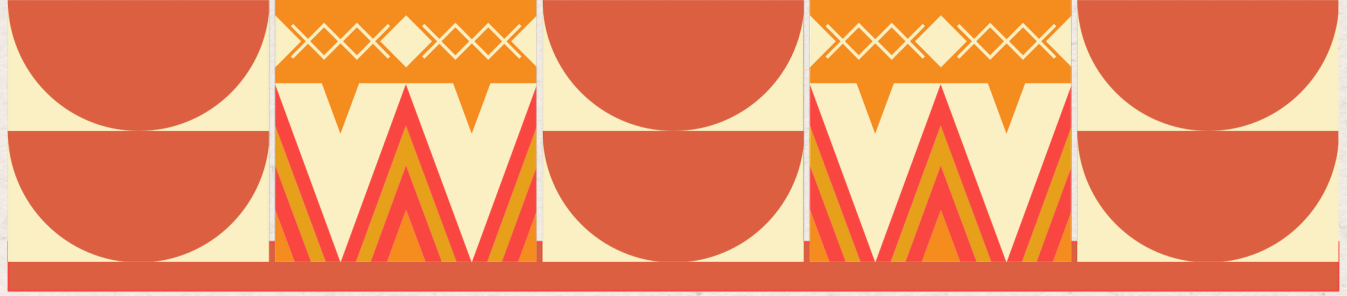
#IndigenousPinkDay is on Thursday, October 17! Join AICAF in raising awareness about breast health in Indian Country by wearing pink. Show your support by sharing a photo of yourself in pink on social media using #IndigenousPink. We all play a role in raising awareness of breast health. Let's paint social media pink! #AllBodiesHaveBreastTissue

Did You Know?

- ❖ Breast cancer is the most common cancer found in women.
- ❖ Risk Factors: family/personal history of breast cancer, genetic mutation (ex: BRCA1 and BRCA2), smoking, physical inactivity, dense breast tissue, hormone therapy (ex: estrogen, testosterone), getting older, alcohol consumption, reproductive history concerns, obesity, and radiation therapy.
- ❖ Breast cancer is the second leading cause of cancer death for Native women.
- ❖ 1 in 8 women will get breast cancer in their lifetime.
- ❖ 1 in 100 breast cancers diagnosed in the United States are found in men.
- ❖ By practicing breast self-awareness and being familiar with how your breasts look and feel, you may notice symptoms such as lumps, pain, or changes in size that may be of concern. These could include changes found during a breast self-exam. You should report any changes that you notice to your doctor or health care provider.
- ❖ Clinical breast exam: A clinical breast exam is an examination by a doctor or nurse, who use their hands to feel for lumps or other changes.
- ❖ Mammograms can detect breast cancer in its early stages when tumors may be too small to be felt.
- ❖ Guidelines for women who have an average risk for developing breast cancer should start screening with a mammogram at the age of 40.



For more information visit the American Indian Cancer Foundation



FIRE SAFETY

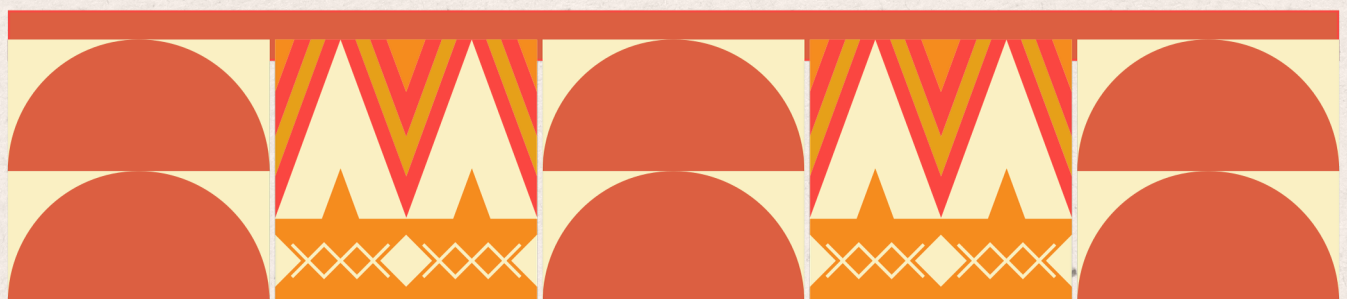
COME ON DOWN AND WITNESS A FIRE DRILL
AT AOA AND LEARN FIRE SAFETY TIPS

Join us and hear from our very own
Seneca Fire, talk about fire
prevention, how to respond and how
to reduce the risks associated with
fire.

**OCTOBER 15, 2024 AT
11 AM.
WINI- KETTLE SENIOR
CENTER**

&

**OCTOBER 17, 2024
AT 11AM
SENECA ALLEGANY
ELDERS CENTER**



SENECA NATION AOA
ELDERS NEEDS SURVEY

**We want to
hear from
you**

Please take a
few moments
to take our
survey for a
chance to
WIN a gift
card!



[https://form.jotform.com/
brittanyseneca/seneca-
nation-aoa-community-
survey](https://form.jotform.com/brittany-seneca/seneca-nation-aoa-community-survey)

If you have questions or comments
regarding this survey, please contact
Brittany Seneca at 716-

DVAM 2024

EDUCATE TO EMPOWER: DV HAS NO PLACE HERE



8:30-9:00 Registration

9:00-9:30 Welcome & Housekeeping

9:30-11:00 Safe and Together presented by Office of Children and Family Services (OCFS)

11:00-12:00 How Law Enforcement Assists in Navigating DV Cases by Olean Police Department

12:00-1:00 Light Lunch provided; step out or bring your own as wanted

1:00-2:00 Seeking Safety presented by Chelsea Smith

2:00-3:00 Create Your Own Trauma Toolkit

 **Thursday October 10th**

 **Seneca Allegany Community Center
3677 Administration Dr Salamanca, NY**



**TO REGISTER, SCAN QR CODE OR
VISIT THE LINK BELOW**

[HTTPS://WWW.EVENTBRITE.COM/E/OCT-10-DOMESTIC-VIOLENCE-HAS-NO-PLACE-HERE-EDUCATE-TO-EMPOWER-TICKETS-1012756059637?AFF=ODDTDTCREATOR](https://www.eventbrite.com/e/oct-10-domestic-violence-has-no-place-here-educate-to-empower-tickets-1012756059637?aff=ODDTDTCREATOR)

9- Johdoh

UPCOMING SENECA ELDER EVENTS

Sign-up sheets for shows will be available **1 MONTH** prior to the event. Numbers are turned into the Casino **1 week** prior, if you have a change in plans please cancel **before** then. **GUEST TICKET MUST BE PAID FOR AT LEAST 1 WEEK PRIOR TO SHOW**
*Note: Guests are not guaranteed, they are only accommodated after all Elders tickets. Please arrive 2 hours prior to the show for the buffet at the casinos.

Guest
Cost

- \$17** Fall Foliage Train Ride Saturday, Sept. 28th 11am Gowanda *Bus available from AOA's*
- \$25** Sugar Ray w/ Special guest Tonic Saturday, September 28th 8pm Seneca Niagara
- \$38** Seneca Fight Night-All Star Boxing Friday, Oct. 4th 7pm Seneca Niagara
- \$23** Rocky Horror Picture Show Saturday, Oct. 5th 8pm Seneca Niagara
- \$43** Paul Anka Friday, October 11th 8pm Seneca Niagara Event Center
- \$38** Seneca Fight Night-LFA Friday, October 18th 7pm Seneca Niagara Event Center
- \$44** George Thorogood & The Destroyers Saturday, Oct. 26th 7pm Seneca Allegany
- \$20** Tower of Power Friday, December 6th 8pm Seneca Niagara Event Center
- \$33** The Temptations & The Four Tops Saturday, Dec. 14th 8pm Seneca Niagara
- \$40** Carly Pearce Friday, March 28th 8pm Seneca Allegany Event Center

Allegany & Erie (716)945-8990

Cattaraugus & Buffalo (716)532-5777





October 2024 Menu

Seneca Nation Area Office for the Aging




Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>	<p>1 Chicken Noodle Soup Turkey Bologna and Cheese Sandwich Crackers Peaches</p>	<p>2 Ham & Scalloped Potatoes, Steamed Broccoli, Side Salad, and Pear Crisp</p>	<p>3 Chicken Noodle Casserole Brussels sprouts, Harvard Beets, Apple Slices, and Healthy Apple Dip</p>	<p>4 Salisbury Steak and gravy over Seasoned Brown Rice Roasted Cauliflower and Broccoli, Orange Slices Soft Pumpkin Cookie</p>
<p>7 Macaroni & Cheese w/Ham Zucchini & Yellow Squash Warm Cinnamon pears</p>	<p>8 Grilled Cheese Sandwich, Butternut Squash Soup And Carrot Sticks Pears</p>	<p>9 Chicken Broccoli Rice Bake Side Salad Apple</p>	<p>10 TRADITIONAL 3 Sisters Vegetable Soup With Side Pork, Beans, Frybread And a Pumpkin Pie Bar for dessert</p>	<p>11 Spaghetti Squash Lasagna Garden Salad Wheat Bread Ambrosia</p>
<p>14 CLOSED</p>	<p>15 Spaghetti & meat sauce Side Green Salad Bread Stick Cinnamon Peaches</p>	<p>16 BBQ Grilled Chicken Sweet potato wedges Butter Beans, Dinner Roll Orange</p>	<p>17 Open-Faced Turkey Sandwich On Wheat Bread w/Gravy, Mashed Potatoes, Mixed Vegetables Warm Cinnamon Applesauce</p>	<p>18 Hearty Potato & Ham Chowder Garden Salad, Wheat Roll Fruit and Yogurt Parfait</p>
<p>21 Philly Steak & Cheese Sandwich with grilled onions & peppers Roasted Red Potatoes, Green Beans, and Fruit Cup for dessert</p>	<p>22 Zuppa Toscana Bread Stick Side Salad Banana and Peanut Butter</p>	<p>23 Turkey and Dumplings Steamed Green Beans Apple Crisp</p>	<p>24 BIRTHDAY Pork Chop with ½ Baked Potato Spinach, Apple Slices Birthday Cake for dessert</p>	<p>25 Garden Vegetable Pizza Side Green Salad Fruited Jell-O w/Whipped Cream</p>
<p>28 Four Cheese Baked Ziti Served with Roasted Carrots and Green Beans Apple Crisp</p>	<p>29 Beef Tips with Egg Noodles Seasons Peas and Carrots Apple Cake</p>	<p>30 BRUNCH Breakfast Sandwich Sausage, Egg, and Cheese served on a Warm Biscuit Carrot Sticks, V8, and Mandarin Oranges</p>	<p>31 Ghoulash, Dinner Roll, Green Beans, and an Orange and Halloween Cookie</p>	<p>Please enjoy a ½ pint of milk served with each meal!</p>

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

~ John Sinor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 walking at 9am Mens pool @ 9:30am Pot luck @5pm bingo @6 (Bring a dish to pass)	01 Cards @ 10am Candle making 4-6pm	02 Walking at 9am Cards @ 10am Walmart 1pm Hot to use your Cell Phone @ 4	03 Bingo @1pm Painting 4-6pm	04 Walking @9am Cards @10am Women Pool @1pm	05 Sewing @ 10am Movie @1pm	06 1pm Potluck for the Bills Games
07 Walking @ 9am mens Pool @9:30 Potluck at 5pm bingo @6 (bring a dish to pass)	08 Cards @ 10am Circuite Cup making 4-6pm	09 walking at 9am Cards @ 10am Walmart 1pm Board Games	10 Bingo @1pm Painting 4-6pm	11 Walking @9am Cards @10am Women Pool @1pm	12 Sewing @ 10am Movie @1pm	13 Bingo @ 1pm
14 Closed	15 Cards @10am Circuit T-shirt 4-6	16 walking @9am Walmart @1pm boards games	17 Bingo @1pm Painting 4-6pm or Movie 4-6pm	18 Walking @9am Cards @10am Women Pool @1pm	19 Sewing @ 10am Movie @1pm	20 1pm Potluck for the Bills Games
21 Walking @ 9am Mens pool @9:30 Potluck at 5pm bingo @6 (bring a dish to pass)	22 Cards @10am Co-ed Pool Tournament @ 1pm	23 walking @9am wal-mart @1pm boards games	24 Bingo @1pm Movie after Bingo	25 Walking @9am Cards @10am Women Pool @1pm	26 Sewing @ 10am Movie @1pm	27 Bingo @ 1pm
28 Walking @ 9am mens Pool @9:30 Potluck at 5pm bingo @6 (bring a dish to pass)	29 Cards @ 10 am Crafting TBA	30 walking @9am wal-mart @1pm boards games	31 Cards @10 am Halloween party Bingo @ 1 pm Scary Movie after		02	03
04	05	Notes:				

Allegany AOA Bus Trips

October

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Aldis @ Olean	2 Riders Choice	3 Local Shopping	4 Rocky horror picture show @ Seneca Niagara
			8 Walmart @ Bradford	9 Riders Choice	10 Paul Anka @ Seneca Niagara	11
			15 Tops @ Olean	16 Riders Choice	17 Local Shopping	18
			22 The cider mill Portville	23 Riders Choice	24 Local Shopping	25
			29 Wegmans @ Jamestown	30 Riders Choice	31	
6 Local Shopping	7 Riders Choice					12
13 Local Shopping	14 Riders Choice					19
20 Local Shopping	21 Riders Choice					26
27 Local Shopping	28 Riders Choice					



Allegany AOA Activities

Allegany Senior Center
 3644 Administration Drive
 Salamanca, NY 14779
 716-945-8990
 Any questions please feel
 free to call:
 Stephanie John
 CALENDAR is subject to
 CHANGE!!

HOURS

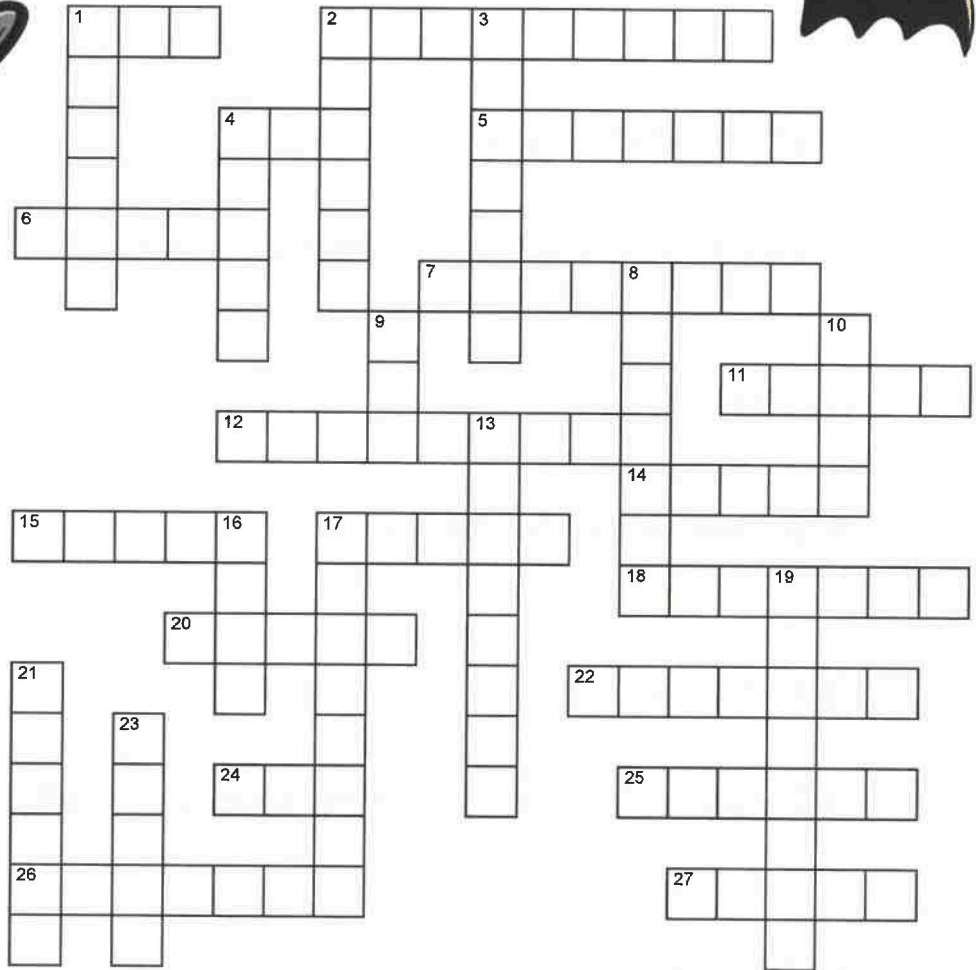
Monday-Friday
 8:30-am-7pm
 Saturday & Sunday
 9am-2pm

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 9am Coffee Social 11am LRC	  Monday 10/27/24 "Meatloaf"	1 9am Coffee Social 12pm LUNCH 1pm Board Games 4pm Open Pool	2 9am Coffee Social 11am Card Class 1pm Puzzle Time 4pm Open Pool	3 9am Coffee Social 12pm LUNCH 1pm Cash Bingo 4pm Open Pool	4 9am Coffee Social 11am Scrabble 1pm Seneca Lang. 4pm Open Pool	5 9am Coffee Social 11am Adult Coloring
13 9am Coffee Social 11am LRC	7 9am Coffee Hour 11am Open Pool 1pm Horseshoe 4pm Mon. Matinee	8 9am Coffee Social 12pm LUNCH 1pm Board Games 4pm Open Pool	9 9am Coffee Social 11am Card Class 1pm Puzzle Time 4pm Open Pool	10 9am Coffee Social 12pm LUNCH 1pm Cash Bingo 4pm Open Pool	11 9am Coffee Social 11am Scrabble 1pm Seneca Lang. 4pm Open Pool	12 9am Coffee Social 11am Adult Coloring
20 9am Coffee Social 11am LRC	14 NATION CLOSED INDIGENOUS DAY	15 9am Coffee Hour 12pm LUNCH 1pm Board Games 4pm Open Pool	16 9am Coffee Social 11am Card Class 1pm Puzzle Time 4pm Open Pool	17 9am Coffee Social 12pm LUNCH 1pm Cash Bingo 4pm Open Pool	18 9am Coffee Social 11am Scrabble 1pm Seneca Lang. 4pm Open Pool	19 9am Coffee Social 11am Adult Coloring
26 9am Coffee Social 11am LRC	21 9am Coffee Hour 11am Open Pool 1pm Horseshoe 4pm Mon. Matinee	21 9am Coffee Hour 12pm LUNCH 1pm Board Games 4pm Open Pool	22 9am Coffee Social 11am Card Class 1pm Puzzle Time 4pm Open Pool	23 9am Coffee Social 11am Wellness: Session 2 12pm LUNCH 1pm Cash Bingo 4pm Open Pool	24 9am Coffee Social 11am Scrabble 1pm Seneca Lang. 4pm Open Pool	25 9am Coffee Social 11am Adult Coloring
31 9am Coffee Social 11am LRC	27 9am Coffee Hour 11am Open Pool 1pm POT LUCK 2pm Halloween Party	28 9am Coffee Hour 12pm LUNCH 1pm Board Games 4pm Open Pool	29 9am Coffee Social 11am Card Class 1pm Puzzle Time 4pm Open Pool	30 9am Coffee Social 12pm LUNCH 1pm Essential Bingo 4pm Open Pool	31 9am Coffee Social 11am Scrabble 1pm Seneca Lang. 4pm Open Pool	Thursday 10/23/24 @ 11am Wellness: Session 2 "Healthy Dietary Patterns in Chronic Disease Pre- vention &/or Living with a Chronic condition"

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. Who? Who?
- 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.



Halloween

Crossword

SOLUTION

