Director's Update

Nya:wēh Sgē:nō‘ I am thankful you are well.

Fall is officially here and with it comes cooler temperatures and football! There have been several Josh Allen sightings on both territories. Our Elders have been busy with football parties, community events and meals at our Elder Centers. 44 Seneca is now open daily (M-F) for meals and the Elder Center in Jimtown will now be serving lunch on Tuesdays in addition to Thursdays. We hope you'll stop in and see what we have to offer.

October is Breast Cancer Awareness Month. Breast cancer is the most common cancer worldwide and can affect both men and women. Early detection saves lives. The Seneca Nation Health System is holding COVID 19 and flu vaccine clinics this fall. Find more information on these and breast cancer awareness inside this issue.

We look forward to seeing you soon. Go Bills!

Ēsgögê’ ae’ - I’ll see you again.
Bethany Lay
Allegany Elder Resource Fair

AOA Pool Shooters - Fall Festival Float
Allegany AOA Dining Updates

IN-PERSON DINING @ 44 SENECA

Elders are invited to lunch on weekdays from 12 - 1 pm.

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

AOA Allegany ELDER CENTER

CONGREGATE TUESDAYS

Starts Tuesday
9/27/22

Join us at 3644 Administration Drive every Tuesday and Thursday for a delicious lunch from 12:00p to 1:00p

To sign-up call 716-945-8414 by 3:30p the day prior

44 SENECA RE-OPENING CELEBRATION

Friday, Oct. 21st
11:30am to 12:30pm
Menu: Hearty Ham & Potato Chowder

BINGO to follow at 12:30.
Capacity is limited to 12 Elders.
Free gift for those who attend!

Please call (716)945-8414 to make reservations.
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.

**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 2022-2023 Regular HEAP benefit opens November 1, 2022.
If you are eligible, you may receive one regular HEAP benefit per program year to help you pay for heating your home.
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.

Regular benefits for households that pay directly for heat based on actual usage are paid directly to the vendor that supplies the household's primary source of heat.

For more information or assistance with your HEAP application, contact Briana Snyder, Seneca Nation AOA Options Counselor at 716-945-8991.
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.

**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
- 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
- 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.

**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
Indigenous Pink is a national campaign that raises awareness of breast cancer burdens in Indian Country. Studies show that breast cancer is the second leading cause of death for Native women. Breast self-awareness (regular self-exams) and early detection through cancer screenings can help find cancer early when it is more treatable.

The Covid-19 pandemic impacted all cancer screenings, breast cancer being the most prevalent among Native women. There is an urgent need for all people to play a role in ensuring that our relatives get screened for breast cancer. Delays in cancer screenings can lead to cancer being diagnosed at a later stage, meaning treatment options may be more limited.

**Screening Guidelines**

- Women ages 40 to 44 have the option to start annual breast cancer screening
- Women ages 45 to 54 should have a mammogram once every year
- Women age 55 and older should switch to mammograms every two years or can continue with yearly screening
- Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.

**COVID 19 VACCINE CLINICS**

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<thead>
<tr>
<th>Community Health &amp; Wellness Center</th>
<th>Grandroom</th>
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<tbody>
<tr>
<td>Tues. 9/20/22 8:30-11:00 am</td>
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<tr>
<td>Tues. 10/4/22 8:30-11:30 am</td>
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<td>will extend through the day if needed</td>
<td>call Kim Bradley at 716-532-5582</td>
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<tr>
<th>Lionel R. John Health Center</th>
<th>Grandroom</th>
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<tr>
<td>Wed. 9/21/22 12:30-3:00 pm</td>
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<tr>
<td>Wed. 10/5/22 8:30-11:30 am</td>
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<td>will extend through the day if needed</td>
<td>call Teri Cowles at 716-945-5894</td>
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The Seneca Nation AOA is able to provide consumer-directed personal assistant services to qualified Elders through a partnership with Western New York Independent Living. This consumer-directed service, called “Taking Control”, allows you to become the supervisor for your own personal assistant services. You can hire who you like (subject to some restrictions), train them in areas important to you, and supervise their work on a daily basis. Tasks are not as limited as they are in a traditional care aide plan. If a personal assistant does not work well for you, you can replace them. Assistants are employed and paid by Western New York Independent Living.

Who can I hire?
If accepted into the consumer directed “Taking Control” program you can hire almost anyone to be your personal assistant. The only people that are ineligible to provide the service (and get paid for it) are the consumer’s spouse or designated representative. Any other adult relative of the consumer who does not reside with the consumer or any adult relative who resides with the consumer because of the amount of care the consumer requires is eligible.

What tasks can I receive assistance with?
Some of the tasks include, but are not limited to:
- Bathing
- Getting in and out of bed/wheelchair
- Toileting
- Eating and drinking
- Cooking
- Cleaning
- Personal errands
- Taking medication

"Taking Control gives me the opportunity to schedule my own life, to decide for myself when I should get out of bed or have a meal. And hiring my own personal care attendants means I know who’s coming into my home everyday, and that gives me peace of mind."
- John, Taking Control Consumer

To find out if you or your loved one qualify for “Taking Control” please contact AOA Case Managers:
Cattaraugus – Shantel Burning (716) 532-5777
 Allegany – Theresa Redeye (716) 945-8414
**Wini Kettle Senior Center Activities**

- **Pot Luck:** EVERY MONDAY @ 5pm.
- **Card Club:** EVERY TUESDAY & FRIDAY @ 10am.
- **Mens Pool:** EVERY MONDAY @ 9am.
- **Fall Prevention Class:** Wed. 10/5, 10/12, 10/19, 10/26, 11/2 from 1:30-2:30pm.
- **Shuffleboard:** Tues. 10/4, 10/25 @ 1pm.
- **Diamond Bookmarks:** Fri. 10/7 @ 1pm
- **Women's Pool Tournament:** Fri. 10/11 @ 1pm.
- **Small Beaded Picture Frames:** Fri. 10/14 @1pm.
- **Co-Ed Pool Tournament:** Tues. 10/18 @1pm.
- **Quarter BINGO:** Thurs. 10/13 & 10/20 @ 1pm.
- **Seasonal Craft:** Fri. Oct 21 @ 1pm.
- **HALLOWEEN PARTY:** Thurs. 10/27 @1pm.

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

**Allegany Elders Center Activities**

- **Seneca Language:** Every Fri. 11am-12pm.
- **Card Making Class:** Every Wed. 11am-1pm.
- **BINGO:** Thurs. 10/6, 10/13, 10/20, 1-3pm.
- **Fall Prevention Class:** Wed. 10/5, 10/12, 10/19, 10/26, 11/2 from 10-11am.
- **Bottle of Boos Craft:** Fri. 10/7, 2-4pm
- **Halloween Projects:** Tues. 10/11 & 10/25, 2-4pm.
- **Bead Christmas Bulb:** Thurs. 10/13, 4-6pm.
- **Halloween Wooden Activity:** Fri. 10/14, 2-4pm.
- **Halloween Magnet Craft:** Fri. 10/21, 2-4pm.
- **HALLOWEEN PARTY:** Thurs. 10/27, 12-3pm.

For more information call Nancy or Dorsie at (716) 945-8990.

**Upcoming Seneca Elder Events**

- **Amy Schumer**- Saturday, Oct. 29 at 8 p.m. Seneca Allegany.
- **Air Supply**- Saturday, Nov. 12 at 8 p.m. Seneca Niagara
- **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

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. Be sure you will be attending when you sign-up. There has been an increase of last-minute cancellations resulting in a waste of Elder entertainment funds for the remainder of the year. Nya:weh!
White Corn Cherry Muffins

Ingredients
- 3 eggs
- 3 tablespoons lemon zest
- ¼ cup fresh lemon juice
- 6 oz. (12 tablespoons) unsalted butter, melted
- ¼ cup plus 2 tablespoons vegetable oil
- 3 cups buttermilk
- 3 ⅓ cups all-purpose flour
- 3 cups White Corn Flour
- 4 ½ teaspoons baking powder
- 1 teaspoon baking soda
- ½ cup sugar
- 1 teaspoon salt
- 8 oz. (about 2 cups) chopped dried cherries

Directions
- Preheat oven to 350 degrees.
- In a large bowl, whisk the eggs, lemon zest, lemon juice, butter, oil, and buttermilk.
- In a separate bowl, whisk the flour, corn flour, baking powder, baking soda, sugar, and salt.
- Slowly pour the dry ingredients into the wet and stir until just mixed.
- Gently fold in the cherries.
- Grease and flour a muffin tin or line it with muffin papers, preferably foil.
- Scoop about ½ cup batter into each tin so that the curve of the batter is even with the rim of the cup. Refrigerate any extra batter in an airtight container for up to a week.
- Bake in the middle of the oven until firm to the touch, 30 to 35 minutes.
- Remove the muffins from the tin when they’re cool enough to handle.
- Medium-grain white corn flour gives these muffins a rustic texture. For a finer texture, grind half of the white corn flour (use a coffee grinder) and mix with the other half of the white corn flour. Yields about 20 medium muffins.

Ogá’öh ~ It tastes good
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<tr>
<td>3</td>
<td>Alleg: Cuba Antiques &amp; Cheese Shop&lt;br&gt;Catt: Lowes</td>
<td>Alleg: Tops&lt;br&gt;Olean, NY&lt;br&gt;Catt: Joanne Fabric</td>
<td>Alleg: BINGO&lt;br&gt;Irving Fire Hall&lt;br&gt;DEPART @ 5:30PM&lt;br&gt;Catt: Walmart</td>
<td>Alleg: Hobby Lobby&lt;br&gt;Blasdell, NY&lt;br&gt;Catt: Local Banking</td>
<td>Alleg: Walmart &amp; Aldi’s&lt;br&gt;Bradford, PA&lt;br&gt;Catt: Scenic Ride</td>
<td>Alleg: Letchworth Arts &amp; Crafts Show&lt;br&gt;DEPART @ 10:AM</td>
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<td>10</td>
<td><strong>SITE CLOSED INDIGENOUS PEoples DAY</strong></td>
<td>Alleg: Kinzua Bridge “Sky Walk”&lt;br&gt;Catt: Quaker Crossing</td>
<td>Alleg: Pumpkinville Great Valley, NY&lt;br&gt;Catt: Walmart</td>
<td>Alleg: Applebee’s&lt;br&gt;DEPART @ 3:30&lt;br&gt;Jamestown, NY&lt;br&gt;Catt: Riders Choice</td>
<td>Alleg: Vidler’s&lt;br&gt;East Aurora&lt;br&gt;Catt: Local Shopping</td>
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| **CATT TRIP CAPACITY IS LIMITED DUE TO LACK OF CDL DRIVER.** | Alleg: Lowe’s<br>Springville, NY<br>Catt: Longhorn Steakhouse | Alleg: Wegman’s
Jamestown, NY<br>Catt: Wegman’s | Alleg: BINGO<br>Irving Fire Hall<br>DEPART @ 5:30<br>Catt: Walmart | Alleg: Michael’s & Jo-Ann Fabrics<br>Catt: Joanne Fabric | Alleg: Scenic Ride<br>Findley Lake<br>Catt: Big Lots | |
| 23  | Alleg: Piffer Nature Center<br>Catt: Regal Cinemas | Alleg: Lakewood Cinema 8<br>Catt: Savers | Alleg: Niagara Aquarium / Savor Restaurant<br>DEPART @ 1:30<br>$17.95 Aquarium $30.00 Savor<br>Catt: Walmart | Alleg: Big Lots<br>& Ollie’s<br>Olean, NY<br>Catt: Applebees | Alleg: Trader Joe’s<br>Buffalo, NY<br>Catt: Seneca Allegany Casino | |
| 30  | Alleg: Peaches N Cream<br>Randolph, NY<br>Catt: Olive Garden | | | | | |

**PLEASE SIGN UP BY 9 AM THE DAY OF**

**ALL TRIPS DEPART @ 1:00 UNLESS OTHERWISE NOTED**
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<tr>
<th>Date</th>
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<tr>
<td>3</td>
<td>Grilled Ham and Cheese Sandwich</td>
<td>Tomato Soup</td>
<td>Ham &amp; Scalloped Potatoes</td>
<td>Baked Ziti</td>
<td>Salisbury Steak &amp; Gravy over Roasted Cauliflower</td>
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<td></td>
<td>Pudding for Desert</td>
<td>Spaghetti &amp; meat sauce</td>
<td>Oatmeal Raisin Cookie</td>
<td>Chicken Broccoli Rice</td>
<td>Ham &amp; Scalloped Potatoes over Roasted Cauliflower</td>
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<td>4</td>
<td>Closed</td>
<td>Maccaroni &amp; Cheese w/ Ham</td>
<td>Closed</td>
<td>Roasted Acorn Squash</td>
<td>Ham &amp; Scalloped Potatoes over Roasted Cauliflower</td>
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<td>Zuchini &amp; Yelllow Squash</td>
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<td>Chocolate Chip Cookie</td>
<td>Ham &amp; Scalloped Potatoes over Roasted Cauliflower</td>
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<td>10</td>
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<td>Beef Tips with Noodles</td>
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<td>Peanut Butter Cookie</td>
<td>Ham &amp; Scalloped Potatoes over Roasted Cauliflower</td>
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<td>11</td>
<td></td>
<td>Mashed Potato Wedges</td>
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<td>Rice Pudding for dessert</td>
<td>Ham &amp; Scalloped Potatoes over Roasted Cauliflower</td>
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<td>12</td>
<td></td>
<td>Turkey and Dressing</td>
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<td>Birthday Cake for dessert</td>
<td>Ham &amp; Scalloped Potatoes over Roasted Cauliflower</td>
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<td>13</td>
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<td>Marinade Grilled Chicken</td>
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<td>Open Face Turkey Sandwich</td>
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<td>14</td>
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<td>16</td>
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<td>Chocolate Chip Cookie</td>
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<td>21</td>
<td>Heartly Potato &amp; Ham</td>
<td>Pork Chig with Biscuit for dessert</td>
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<td>Mixed Vegetables</td>
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<td>22</td>
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<td>Mixed Vegetables</td>
<td>Ham &amp; Scalloped Potatoes over Roasted Cauliflower</td>
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<td>Biscuit &amp; Biscuit for dessert</td>
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<td>Breakfast Sandwich</td>
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<td>Marinade Grilled Chicken</td>
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<td>Sweet potato salad</td>
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<td>Mixed Vegetables</td>
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<td>31</td>
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<td>Garden Vegetable Pizza</td>
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<td>Side Green Salad</td>
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<td>Mixed Vegetables</td>
<td>Ham &amp; Scalloped Potatoes over Roasted Cauliflower</td>
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<td>Fruited Jelly-O w/ Whipped Cream</td>
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<td>Mixed Vegetables</td>
<td>Ham &amp; Scalloped Potatoes over Roasted Cauliflower</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 Hino~
Autumn Crossword

ACROSS
2. Last month of Autumn
6. An organized day or period of celebration.
7. The process or period of gathering in crops.
9. A variety of this fruit is marketed as "Autumn Glory"
10. Likes to store and eat nuts
12. Spring, Summer, Fall, Winter are the four .......
14. Another Autumn month
15. First month of Autumn

DOWN
1. What falls from a tree in Autumn.
3. You can use it to make a pie or for carving
4. You can gather fallen leaves with this
5. Used to scare the crows from fields
6. Another name for Autumn
8. Autumn leaves color
11. Fruit of the oak tree
13. Vegetable that grows in stalks

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