

ELDER LIVING

Seneca Nation Area Office for the Aging



Please note:
AOA & SNI
Offices are
closed
Monday Oct. 10

Director's Update

Nya:wēh Sgē:nö' 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!

Ėsgögē' ae' - I'll see you again.

Bethany Lay

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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.



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.

**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





Snow Removal for Seneca Elders



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 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.

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.

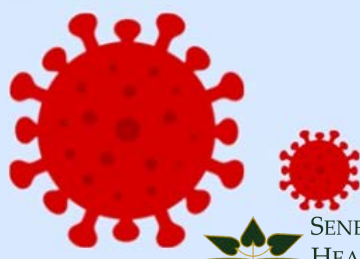
The Covid-19 pandemic impacted all cancer screenings, breast cancer being the most prevalent among Native women. There is an urgent need for all people to play a role in ensuring that our relatives get screened for breast cancer. Delays in cancer screenings can lead to cancer being diagnosed at a later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

Pfizer bivalent boost is approved for ages 12 and up, and Moderna ages 18 and up. It must be at least 60 days since the last covid vaccine. Flu shots will also be available at the clinics.



Community Health & Wellness Center Grandroom

Tues. 9/20/22 8:30-11:00 am

Tues. 10/4/22 8:30- 11:30 am

will extend through the day if needed
call Kim Bradley at 716-532-5582

Lionel R. John Health Center Grandroom

Wed. 9/21/22 12:30- 3:00 pm

Wed. 10/5/22 8:30-11:30 am

will extend through the day if needed
call Teri Cowles at 716-945-5894



Taking Control - Consumer Directed Personal Assistant Services

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

Elder Center Activities

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

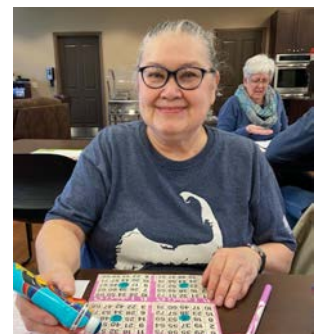
Halloween Projects: Tues. 10/11 & 10/25, 2-4pm.

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!

8-Degyö'

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

October 2022

AOA Bus Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>ALL TRIPS</u> <u>DEPART @ 1:00</u> <u>UNLESS</u> <u>OTHERWISE</u> <u>NOTED</u></p>	<p>3 <u>Alleg:</u> Cuba Antiques & Cheese Shop <u>Catt:</u> Lowes</p>	<p>4 <u>Alleg:</u> Tops Olean, NY <u>Catt:</u> Joanne Fabric</p>	<p>5 <u>Alleg:</u> BINGO Irving Fire Hall <u>DEPART @ 5:30PM</u> <u>Catt:</u> Walmart</p>	<p>6 <u>Alleg:</u> Hobby Lobby Blasdell, NY <u>Catt:</u> Local Banking</p>	<p>7 <u>Alleg:</u> Walmart & Aldi's Bradford, PA <u>Catt:</u> Scenic Ride</p>	<p>8 <u>Alleg:</u> Letchworth Arts & Crafts Show <u>DEPART @ 10:AM</u></p>
<p><u>PLEASE SIGN</u> <u>UP BY</u> <u>9 AM THE DAY</u> <u>OF</u></p>	<p>10 <u>SITE CLOSED</u> <u>INDIGENOUS</u> <u>PEOPLES DAY</u></p>	<p>11 <u>Alleg:</u> Kinzua Bridge "Sky Walk" <u>Catt:</u> Quaker Crossing</p>	<p>12 <u>Alleg:</u> Pumpkinnville Great Valley, NY <u>Catt:</u> Walmart</p>	<p>13 <u>Alleg:</u> Applebee's <u>DEPART @ 3:30</u> Jamestown, NY <u>Catt:</u> Riders Choice</p>	<p>14 <u>Alleg:</u> Vidler's East Aurora <u>Catt:</u> Local Shopping</p>	<p>15</p>
<p>16 <u>CATT TRIP</u> <u>CAPACITY IS</u> <u>LIMITED DUE</u> <u>TO LACK OF</u> <u>CDL DRIVER.</u></p>	<p>17 <u>Alleg:</u> Lowe's Springville, NY <u>Catt:</u> Longhorn Steakhouse</p>	<p>18 <u>Alleg:</u> Wegman's Jamestown, NY <u>Catt:</u> Wegman's</p>	<p>19 <u>Alleg:</u> BINGO Irving Fire Hall <u>DEPART @ 5:30</u> <u>Catt:</u> Walmart</p>	<p>20 <u>Alleg:</u> Michael's & Jo-Ann Fabrics <u>Catt:</u> Joanne Fabric</p>	<p>21 <u>Alleg:</u> Scenic Ride Findley Lake <u>Catt:</u> Big Lots</p>	<p>22</p>
<p>23</p>	<p>24 <u>Alleg:</u> Pfiffer Nature Center <u>Catt:</u> Regal Cinemas</p>	<p>25 <u>Alleg:</u> Lakewood Cinema 8 <u>Catt:</u> Savers</p>	<p>26 <u>Alleg:</u> Niagara Aquarium/ Savor Restaurant <u>Depart @ 1:30</u> \$17.95 Aquarium \$30.00 Savor <u>Catt:</u> Walmart</p>	<p>27 <u>Alleg:</u> Big Lots & Ollie's Olean, NY <u>Catt:</u> Applebees</p>	<p>28 <u>Alleg:</u> Trader Joe's Buffalo, NY <u>Catt:</u> Seneca Allegany Casino</p>	<p>29</p>
<p>30</p>	<p>31 <u>Alleg:</u> Peaches N Cream Randolph, NY <u>Catt:</u> Olive Garden</p>					



October 2022 Menu

Seneca Nation Area Office for the Aging

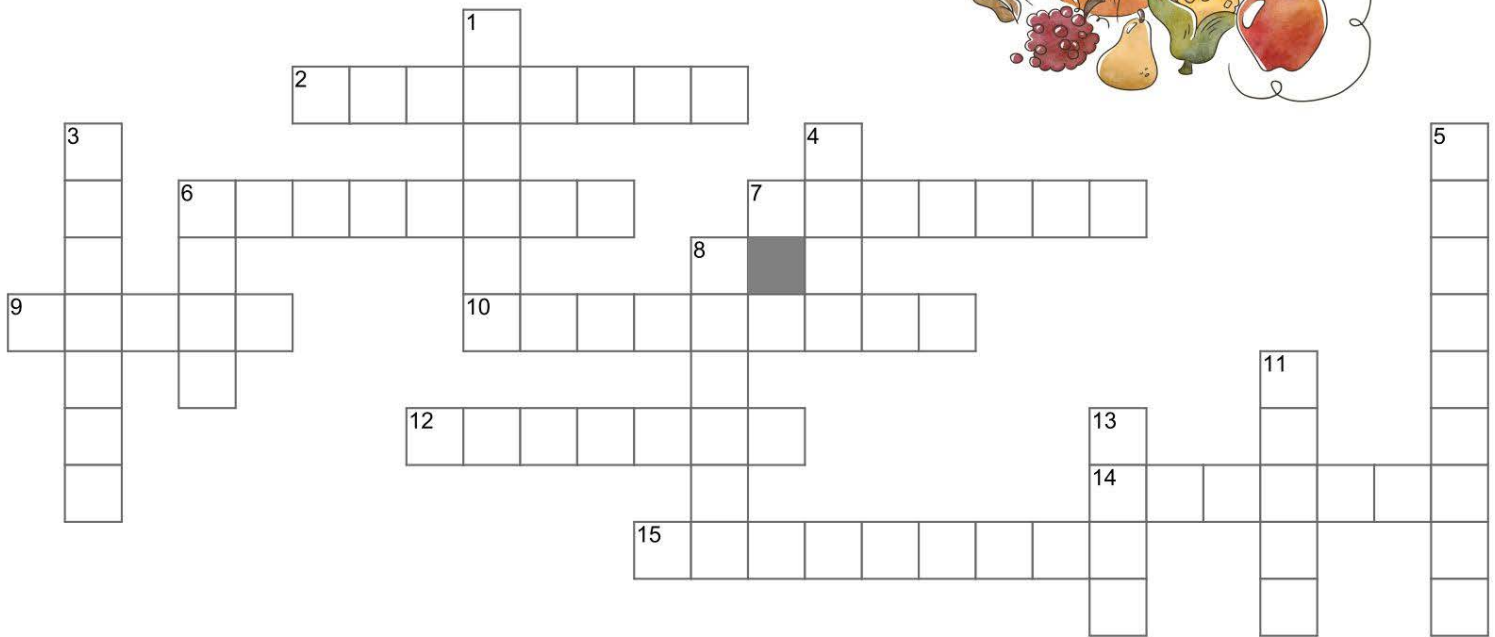
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Monday	Tuesday	Wednesday	Thursday	Friday
3 Grilled Ham and Cheese Sandwich Tomato Soup Pudding for Dessert	4 Chicken Noodle Casserole Harvard Beets Oatmeal Raisin Cookie	5 Ham & Scalloped potatoes Steamed Broccoli Pear Crisp	6 Baked Ziti Served with Steamed Carrots Apple crumble	7 Salisbury Steak & Gravy over Seasoned Brown Rice Roasted Cauliflower Warm Cinnamon Peaches
10 CLOSED	11 Spaghetti & meat sauce Side Green Salad Dinner Roll Peanut Butter Cookie	12 Chicken Broccoli Rice Bake Side Salad Chocolate Chip Cookie	13 TRADITIONAL Bison Stew Succotash (put in the stew) Biscuit and Rice Pudding for dessert	14 Lasagna Florentine 5 Bean Salad Chocolate Pudding
17 Macaroni & Cheese w/Ham Zucchini & Yellow Squash Warm Cinnamon pears	18 Turkey and Dumplings Roasted Acorn Squash Apple Crisp	19 Marinated Grilled Chicken Sweet potato wedges Seasoned Green Beans Vanilla Pudding	20 BIRTHDAY Pork Chop with ½ Baked Potato Seasoned Peas Birthday Cake for dessert	21 Hearty Potato & Ham Chowder Wheat Roll Oatmeal Raisin Cookie
24 Beef Tips with Egg Noodles Seasons Peas Apple Cake	25 Zuppa Toscana Bread Stick Chocolate Peanut Butter Cupcake	26 BRUNCH Breakfast Sandwich Sausage, Egg & Cheese served on a Warm Biscuit And with a side of Mandarin Oranges	27 Meatloaf w/Gravy ½ baked potato Steamed Spinach Orange Sherbet & Sliced Fruit	28 Open-Faced Turkey Sandwich On Wheat Bread w/Gravy Mixed Vegetables Warm Cinnamon Applesauce
31 Garden Vegetable Pizza Side Green Salad Fruited Jell-O w/Whipped Cream	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			

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

~ John Sinor

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