



ELDER LIVING

Seneca Nation Area Office for the Aging

Remember
the Removal:
Sat. Sept. 24

Residential
School
Healing Walk:
Sat. Sept. 30



Inside this issue:

Catt. Respite: 2
Staff & Legal: 3
Entertainment: 4
Medicare: 5
Activities: 6
Resource Fair: 7
Community Events: 8
Shred Event: 9
AOA Trips: 10
Menu: 11
Puzzle: 12

Director's Update

Nya:wëh Sgë:nö' I am thankful you are well.

A second Elder Resource Fair will be held in Allegany Sept. 15 for anyone who missed the June event in Cattaraugus. More details on that and other community events can be found inside this issue.

Also in September we resume respite/In-home contact and support in Cattaraugus. Welcome to our new Respite Care Provider, Hailey Brooks. And we wish Nancy Printup a happy retirement after 37 years of dedicated service.

Ėsgögë' ae' - I'll see you again.
Bethany Lay

SNI & AOA Offices

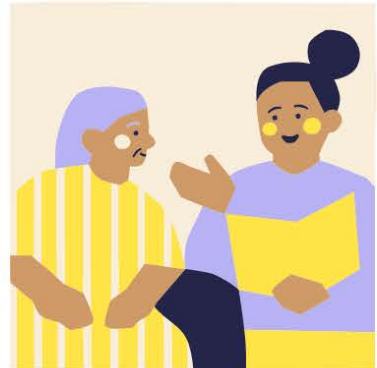
Closed:

9/5 -Labor Day

9/16 -Ogwe'o:weh Day

CATTARAUGUS ELDERS & CAREGIVERS:

**Respite Care &
In-Home Contact & Support
Available This September!**



The Seneca Nation AOA provides Non-medical Respite Care/In-Home Contact & Support to qualifying Elders who have physical and/or cognitive limitations, are over the age of 60 and reside on Seneca Territory.

Some of the Services Provided include: light housekeeping, essential errands, shopping, cooking & friendly visiting.

**CALL FOR AN ASSESSMENT AND SEE IF
YOU OR YOUR LOVED ONE QUALIFY:**

**SHANTEL BURNING - CATTARAUGUS AOA CASE MANAGER
(716) 532-5777**

Best Wishes, Nancy Printup!



With 37 years of dedicated service, friends and family came together this month to celebrate the retirement of Seneca Nation employee, Nancy Printup.

Prior to her time with the AOA, Nancy worked at ECLC for 15 years. When she started with the AOA she delivered meals to elders before she eventually moved into her role as a EISEP Case Manager. Now, she's retiring as an Activity Leader, after 22 and a half years with the AOA.

She has, as she put it, "Enjoyed her time and learned a lot." Nancy is looking forward to her next chapter at home with her family. Congratulations on your retirement, Nancy!

Welcome

HAILEY BROOKS
CATTARAUGUS RESPITE
CARE PROVIDER

Hailey is from and currently resides on the Cattaraugus Territory. Her parents are Leslie and William "Snooky" Brooks. She is the proud mom of four children and looks forward to assisting Elders in our community.

Welcome, Hailey!



Monthly In-Person Legal Assistance

With Thomas Warren,
Center for Elder Law & Justice
4th Friday of Every Month
Appointments required

To make an appointment:

- Call Tina Law in Cattaraugus at (716)532-5777
- Call Bridgette John in Allegany at (716)945-8990



Upcoming Seneca Elder Events



Wednesday, September 7th at 8 p.m. - STAIN'D at Seneca Niagara Casino
Sign-up sheet will be out 8/5.

Saturday, September 17th at 8p.m. - Live to Rock (Skid Row, Warrant and Quiet Riot) at Seneca Allegany Event Center.

Friday, September 30th at 8p.m. - Bel Biv Devoe at Seneca Niagara Event Center.

Friday, October 14th at 7:30p.m. - Seneca Fight Night (Allstar Boxing) at Seneca Niagara Event Center.

Saturday, October 29 at 8 p.m. - Amy Schumer at Seneca Allegany Casino. Sign-up sheet will be available 9/29.

Saturday, November 12th at 8p.m. - Air Supply at Seneca Niagara Event Center.

Reminder: Entertainment Guidelines

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 as there has been an increase of last-minute cancellations, resulting in a waste of Elder entertainment funds for the remainder of the year. On average we have at least 4 unused tickets per event at an average cost of \$47/ticket that's \$188 per show that is being wasted.

Please be mindful of this when you sign-up. Nya:weh!

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, AOA Options Counselor (716)945-8991.

5-Wis

Elder Center Activities

Wini Kettle Senior Center Activities

Pot Luck & BINGO: EVERY MONDAY @ 5pm.

Mens Pool: Mon. 9/12, 9/19, 9/26 @ 9am.

Card Club: Every Tues. & Fri. @ 10am.

Shuffleboard: Tues. 9/6 & 9/20 @ 1pm.

Women's Pool Tournament: Tues. 9/13 @ 1pm.

Quarter BINGO: Thurs. 9/1 & 9/15 @ 1pm.

Seasonal Craft: Wed. 9/21 @ 1pm.

Buffalo Bills Party: Sun. 9/25 @ 1pm.

Co-Ed Pool Tournament: Tues. 9/27 @ 1pm.

Fall Prevention Class: Wed. 9/28 @ 1:30pm.

Halloween Craft: Thurs. 9/29 @ 1pm.

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



Allegany Elders Center Activities

Card Making Class: Every Wed. 11am-1pm.

BINGO: Every Thurs. 1-3pm.

Seneca Language: Every Fri. 11am-12pm.

Stepping Stone: Tues. 9/13, 3-4pm.

Halloween Project: Tues. 9/27 & Fri. 9/30 from 2-4pm.

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



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

SENECA NATION AOA

**FREE
CHICKEN BBQ
& AZALIA'S
JUICES**

**AWESOME
GIVEAWAYS**

**FREE CHAIR
MASSAGES**

**TONS OF
FREE RAFFLE
PRIZES**

**FREE GIFTS
FOR FIRST 50
VISITORS**

ELDER RESOURCE FAIR

**THURS. SEPT. 15
11AM-2PM**

**Allegany Community Center
3677 Administration Drive**

*For Elders age 60 & up
and their caregivers

TRANSPORTATION AVAILABLE FROM STEAMBURG & 44 SENECA.

PLEASE CALL FOR RESERVATION: BRIDGETTE JOHN (716) 945-8414

VALUABLE INFORMATION FOR ELDERS & CAREGIVERS:

MEDICARE, HEALTHY LIVING, LEGAL, FINANCIAL, SNI AND GOV RESOURCES



For more Information, call Melissa Shaw at (716) 532-5777.

UPCOMING COMMUNITY EVENTS:

FALL FESTIVAL
SAVE THE DATE
September 9th, 10th & 11th
Saylor Building Grounds
12861 Route 438 Irving, N.Y 14081
For more information please contact Trudy Jackson @532-3341 x5130

 **SAVE THE DATE** 
REMEMBER THE REMOVAL
Protecting All of Our Relations
SEPTEMBER 24, 2022 

Remembering and Healing

From the impact of Indian Boarding Schools in our Community

Friday, September 30th, 2022

Sully Huff Heritage Center

12854 Route 438 Irving, NY 14081

- 4-7 PM** - Exhibit open for viewing
- 4-5 PM** - Check-in for walk
- 5:00 PM** - Opening Remarks
- 5:30 PM** - Walk begins (1 mile of paved paths through old TIS Campus)
- 6-7 PM** - Take-home dinner for participants

For more information please contact:
716.532.8339 ext. 5087 or SNCVServices@sni.org

AOA SHRED-EVENTS!

PROTECT YOURSELF FROM IDENTITY THEFT.

Gather your personal, sensitive information
and we'll shred it here for free!

- Tax info & returns
- Credit card statements
- Cancelled checks
- Investment records
- Insurance, bills & other household information

Allegany Elders Center

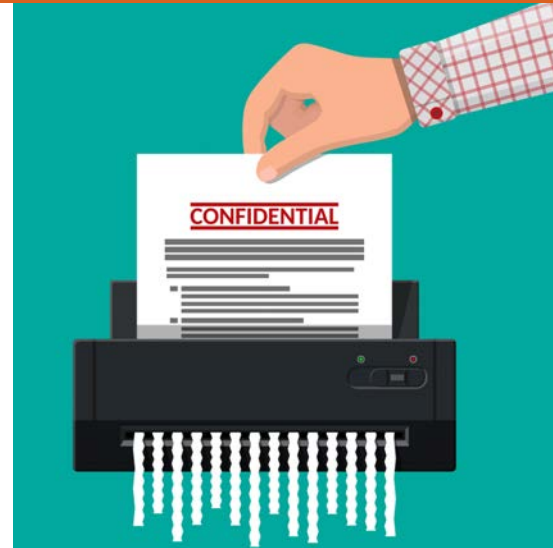
3644 Administrative Drive
Salamanca, NY

Fri. Sept. 23rd
11am-noon

Wini Kettle Senior Center

28 Thomas Indian School Drive
Irving, NY 14136

Wed. Sept. 21st
Time: 9:30am-10:30am



SENECA NATION MEMBERS who attended Indian Boarding Schools

You're invited to participate as a Special Guest
at our Remembering & Healing Community Event
on September 30th, 2022.

We would like to recognize your experience
as an attendee of the Indian Boarding School.

Please RSVP by September 16th:
Melissa Shaw, AOA Outreach Coordinator
716-532-5777 ext. 5501

AOA September Trips

AOA Bus Trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>All trips depart at 1pm unless otherwise noted.</u>	Please sign up by 9:00am the day of the trip.	Cattaraugus Trip Capacity is limited due to lack of CDL Driver.		1 <u>Alleg:</u> Michaels/Johnny's Lunch Box Jamestown, NY <u>Catt:</u> Local Banking	2 <u>Alleg:</u> Findley Lake Harvest Festival Free Admission <u>DEPART @ 3:45</u> <u>Catt:</u> Scenic Ride	3
4	5 <u>SITE CLOSED</u> <u>LABOR DAY</u>	6 <u>Alleg:</u> Tops 5% off Sr. Discount Olean NY <u>Catt:</u> Quaker Cross-	7 <u>Alleg:</u> Fuji Grill <u>DEPART @ 4:pm</u> Jamestown, NY <u>Catt:</u> Wal-Mart	8 <u>Alleg:</u> UB Native American Exhibit <u>DEPART @ 10:am</u> <u>Catt:</u> Riders Choice	9 <u>Alleg:</u> Cuba Antiques <u>Catt:</u> Local Shopping	10 <u>Alleg:</u> Irving Fall Festival Free Admission <u>DEPART @ 10:30</u>
11	12 <u>Alleg:</u> Hobby Lobby Blasdell, NY <u>Catt:</u> Longhorn Steakhouse	13 <u>Alleg:</u> Lakewood Cinema 8 <u>Catt:</u> Wegmans	14 <u>Alleg:</u> Erie Rib Fest Depart @ 1:pm Free Admission <u>Catt:</u> Walmart	15 <u>Alleg:</u> Elder Resource Fair @ACC <u>Catt:</u> Joanne Fabric	16 <u>SITE CLOSED</u> Federal Indian Day	17
18	19 <u>Alleg:</u> Runnings Jamestown, NY <u>Catt:</u> Regal Cinemas	20 <u>Alleg:</u> Lowe's Springville, NY <u>Catt:</u> Savers	21 <u>Alleg:</u> BEADS BEADS BEADS Irving, NY <u>Catt:</u> Walmart	22 <u>Alleg:</u> Mystery Ride ????? Buffalo <u>Catt:</u> Applebees	23 <u>Alleg:</u> Scenic Ride Amish Trail <u>Catt:</u> Seneca Allegany Casino	24
25	26 <u>Alleg:</u> Kinzua Bridge "Skywalk" Mt. Jewett, PA <u>Catt:</u> Olive Garden	27 <u>Alleg:</u> Wegman's Jamestown, NY <u>Catt:</u> Big Lots	28 <u>Alleg:</u> BINGO Irving Fire Hall <u>DEPART @ 5:30</u> <u>Catt:</u> Walmart	29 <u>Alleg:</u> Machias Outdoor Store <u>Catt:</u> Lowes	30 <u>Alleg:</u> Every Child Matters Walk <u>DEPART @ 3:30</u> Irving, NY <u>Catt:</u> Tops	

September 2022 Menu

Seneca Nation Area Office for the Aging

<u>O'wēdē:da't</u> – Monday	<u>Swēda:dih</u> – Tuesday	<u>Ha'dewēdaēh</u> – Wednesday	<u>Ēyohē'tgeh</u> – Thursday	<u>Wēda:k'ah</u> – Friday
In Allegany please call 716-945-8414 or in Cattaraugus please call 716-532-5777 to make a reservation or cancel a meal by 9:30am the day prior to the meal.	Please enjoy a ½ pint milk served with each meal!		1 <u>TRADITIONAL</u> Butternut Squash Soup Served with Side Pork And a Biscuit Melon & whipped topping	2 Grilled Chicken Caesar Wrap With Broccoli salad A Dinner roll Jell-O for dessert
5 CLOSED	6 Vegetable Pizza Served with a Side Salad, roasted Brussels Sprouts and Fruited Jell-O	7 Roasted Stuffed Pepper With a Harvest Salad A side of Strawberries Ice cream for dessert	8 Boiled Dinner With Cabbage, Rutabaga, Potatoes & Carrots And Strawberry Poke Cake for dessert	9 Sausage Rigatoni Served with Broccoli And a Dinner Roll Angel food Cake for dessert
12 Beef Tacos Lettuce, Tomato, Onion, Sour Cream, & Salsa Coleslaw Fresh Melon	13 Ranch Chicken Served with Green beans And Brown rice Mandarin oranges	14 Crispy Breaded Fish Fillet Herbed Summer Squash Boiled Baby Red Potatoes Peanut Butter Chocolate Rice Krispy Treat for dessert	15 <u>BIRTHDAY</u> Chicken & Biscuits, Mashed Potatoes, Peas & Carrots, Birthday Cake with Vanilla Ice Cream	16 CLOSED
19 Macaroni & Cheese With Zucchini & Squash Blend Stewed Tomatoes And Peach Crisp	20 <u>BRUNCH</u> <i>Breakfast Plate</i> Scrambled Eggs Served with Breakfast Meat Toast & Fruit	21 Grilled Chicken Strawberry Poppy Seed Salad Served with a Dinner roll Ice cream for dessert	22 Ham & Scalloped potatoes Dinner Roll Green Beans Cherry Crisp	23 BBQ Pulled Pork Sandwich With French Fries Peas Oatmeal Cookie for dessert
26 Spaghetti & meat sauce With a Tossed salad And Roll Cinnamon Pears	27 Toasted Tuna Melt Sandwich Carrot Raisin Salad Grapes & Oranges	28 Chicken Salsa Rice Bake With a side of Red bell pepper sticks and Hummus A Brownie for dessert	29 Beef Stroganoff with Noodles Roasted Brussel Sprouts Orange Slices	30 Salisbury Steak & Gravy Over brown rice Roasted Cauliflower Apple Crisp



There is one thing Alzheimer's cannot take away, and that is love. Love is not a memory – it's a feeling that resides in your heart & soul.

From Cara Leta Brooks. A note her mother gave to their family on her 85th birthday.

A Little Humor

MY DEAR FAMILY

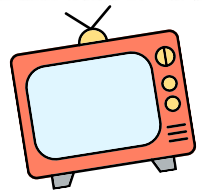
I have become 8⁵ years old since you last saw me and a few changes have come into my life since then. Frankly, I have become quite a frivolous gal-----I am seeing 6 gentlemen every day!

As soon as I wake up, Will Power helps me get out of bed. Then he leaves and I go to see John. I know then I must see Phillip Magnesia. He is always there, so strong, yet so mild and gentle. Never gripes like the rest. It is such a relief to have him. Soon Charley Horse comes along. When he is here he takes a lot of my time and energy.

When he leaves, Arthur Ritis shows up to stay the rest of the day. He does not like to stay in one place very long, so he takes me from joint to joint.

After such a busy day, I am really tired and ready to go to bed with Ben Gay. What a life! But I am never lonesome.'

Word Scramble- Classic TV Shows



YDARB NHCBU _____

SMERSNUT _____

ANFLIREM _____

LAFYIM ARFFAI _____

ISAGLLIN DNISAL _____

BLOUCOM _____