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.

Ésgögë’ ae’ - I'll see you again.
Bethany Lay
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!

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
Wednesday, September 7th at 8 p.m. - STAINd 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.
**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.

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**Allegany Elders Center Hours**

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<thead>
<tr>
<th>Days</th>
<th>Time</th>
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<tr>
<td>MON-FRI</td>
<td>8:30AM-7PM</td>
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FREE CHICKEN BBQ & AZALIA'S JUICES

AWESOME GIVEAWAYS

FREE CHAIR MASSAGES

TONS OF FREE RAFFLE PRIZES

FREE GIFTS FOR FIRST 50 VISITORS

*For Elders age 60 & up and their caregivers

SENECA NATION AOA

ELDER RESOURCE FAIR

THURS. SEPT. 15
11AM-2PM

Allegany Community Center
3677 Administration Drive

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
Salamonca, 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

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**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

9-Johdôh
# AOA September Trips

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<tr>
<th>Sun</th>
<th>Mon</th>
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<tbody>
<tr>
<td><strong>All trips depart at 1pm unless otherwise noted.</strong></td>
<td><strong>Please sign up by 9:00am the day of the trip.</strong></td>
<td><strong>Cattaragus Trip Capacity is limited due to lack of CDL Driver.</strong></td>
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<td><strong>SITE CLOSED LABOR DAY</strong></td>
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<td><strong>Allleg: Tops 5% off Sr. Discount Olean NY</strong></td>
<td><strong>Allleg: Fuji Grill DEPART @ 4pm Jamestown, NY</strong></td>
<td><strong>Allleg: UB Native American Exhibit DEPART @ 10:am</strong></td>
<td><strong>Allleg: Cuba Antiques</strong></td>
<td><strong>Allleg: Irving Fall Festival Free Admission DEPART @ 10:30</strong></td>
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<td><strong>Catt: Quaker Cross-</strong></td>
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<td><strong>Catt: Wal-Mart</strong></td>
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<td><strong>Allleg: Hobby Lobby Blasdell, NY</strong></td>
<td><strong>Allleg: Lakewood Cinema 8</strong></td>
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<td><strong>Allleg: Erie Rib Fest DEPART @ 1:pm Free Admission</strong></td>
<td><strong>Allleg: Elder Resource Fair @ACC</strong></td>
<td><strong>SITE CLOSED Federal Indian Day</strong></td>
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<td><strong>Catt: Longhorn Steakhouse</strong></td>
<td><strong>Catt: Wegmans</strong></td>
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<td><strong>Catt: Walmart</strong></td>
<td><strong>Catt: Joanne Fabric</strong></td>
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<td><strong>Allleg: Runnings Jamestown, NY</strong></td>
<td><strong>Allleg: Lowe’s Springville, NY</strong></td>
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<td><strong>Allleg: BEADS BEADS BEADS Irving, NY</strong></td>
<td><strong>Allleg: Mystery Ride ????? Buffalo</strong></td>
<td><strong>Allleg: Scenic Ride Amish Trail</strong></td>
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<td><strong>Catt: Regal Cinemas</strong></td>
<td><strong>Catt: Savers</strong></td>
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<td><strong>Catt: Walmart</strong></td>
<td><strong>Catt: Applebees</strong></td>
<td><strong>Catt: Seneca Allegany Casino</strong></td>
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<td><strong>Allleg: Kinzua Bridge “Skywalk” Mt. Jewett, PA</strong></td>
<td><strong>Allleg: Wegman’s Jamestown, NY</strong></td>
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<td><strong>Allleg: BINGO Irving Fire Hall DEPART @ 5:30</strong></td>
<td><strong>Allleg: Machias Outdoor Store</strong></td>
<td><strong>Allleg: Every Child Matters Walk DEPART @ 3:30</strong></td>
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<td><strong>Catt: Olive Garden</strong></td>
<td><strong>Catt: Big Lots</strong></td>
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<td><strong>Catt: Walmart</strong></td>
<td><strong>Catt: Lowes</strong></td>
<td><strong>Catt: Tops</strong></td>
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# September 2022 Menu

**Seneca Nation Area Office for the Aging**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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| **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!** | **Roasted Stuffed Pepper**  
With a Harvest Salad  
A side of Strawberries  
Ice cream for dessert | **BIRTHDAY**  
Chicken & Biscuits, Mashed Potatoes, Pear & Carrots, Birthday Cake with Vanilla Ice Cream | **Grilled Chicken Caesar Wrap**  
Butternut Squash Soup  
Served with Side Pork  
And a Biscuit  
Melon & whipped topping  
Jell-O for dessert |
| **CLOSED** | Vegetable Pizza  
Served with a Side Salad, roasted Brussels Sprouts and Fruited Jell-O | **Boiled Dinner**  
With Cabbage, Rutabaga, Potatoes & Carrots  
And Strawberry Poke Cake for dessert | **Sausage Rigatoni**  
Served with Broccoli  
And a Dinner Roll  
Angel food Cake for dessert | **CLOSED** |
| 12 Beef Tacos  
Lettuce, Tomato, Onion, Sour Cream, & Salsa  
Coleslaw  
Fresh Melon | 13 Ranch Chicken  
Served with Green beans  
And Brown rice  
Mandarin oranges | **Crispy Breaded Fish Fillet**  
Herbed Summer Squash  
Boiled Baby Red Potatoes  
Peanut Butter Chocolate Rice  
Krispy Treat for dessert | **Ham & Scalloped potatoes**  
Dinner Roll  
Green Beans  
Cherry Crisp | **BBQ Pulled Pork Sandwich**  
With French Fries  
Peas  
Oatmeal Cookie for dessert |
| 19 Macaroni & Cheese  
With Zucchini & Squash Blend  
Stewed Tomatoes  
And Peach Crisp | **BRUNCH**  
Breakfast Plate  
Scrambled Eggs  
Served with Breakfast Meat  
Toast & Fruit | 21 Grilled Chicken Strawberry  
Poppy Seed Salad  
Served with a Dinner roll  
Ice cream for dessert | **Beef Stroganoff with Noodles**  
Roasted Brussels Sprouts  
Orange Slices | **Salisbury Steak & Gravy**  
Over brown rice  
Roasted Cauliflower  
Apple Crisp |
| 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 | |

## Alzheimer's Day

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.
A Little Humor

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

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 __________________________________________

ISAGGLLIN DNISAL ________________________________________

BLOUCOM ______________________________________________