

HAPPY AUGUST BIRTHDAY TO THE FOLLOWING MEMBERS!

- | | | |
|--|---|--|
| 1. Maureen Cianco
Wayne Fordyce
Madelyn Laures
Gerry Penman | 12. Kathleen Cowell
Walt Opalinski
Irene Smith
Janet Tharrett
Thomas Williams | 20. Susanne Bordonaro
Barb Cristiano
Beverly Finley
Katherine Howard |
| 2. Virginia Wisniewski | 13. Roy Doel
Diana Fusco
Betty McGee
Noreen Miller | 22. Boyd Ginter |
| 3. Michele K. Houser
Lillian Manning
Clifford Strehlow | 14. Marylou Dunlap
Catherine M. Tony
Joseph Toth | 23. Audrey Gardner |
| 4. Cathy Markiewicz
Rose Marie Pollock | 15. Ruth Gebra
Mary Ann Lisinski
Virginia Sebastiano
Dale Zdrojewski | 24. Ronald Delp
William Harmon
Jean Schulat |
| 5. Joann Danvir
Janet Durkin
Barbara Kancar
Helen Regalla | 16. Donna Fischer
Cheri N. Koepsell | 25. Viola Koch |
| 6. Robert Ralston
Grayce Spagnuolo | 17. Dick Calhoun
Dorothy Fronczak
Paul Schmidt | 26. Dorothy Miller |
| 7. Maryann Gonka
Sylvia Stiles
Elizabeth Vandrel | 18. Vincent Crecca
Patricia Tomczk
Mary Walters | 27. Diane Penberthy |
| 8. Morn Flannery | 19. Cindy Reinhardt
James Rippey | 28. Darla Beck
Yolande Engelert |
| 9. Richard Stadler | | 29. Norma Berndt
Rita Cameron
Paul Haak |
| 11. John Gojmerac
Margaret Hamm | | 30. Jane Bainbridge |
| | | 31. Harris Andrews
Dorothy Poole
Jim Schmidt
Richard Vigrass
Myrna Waite |



CITY OF TONAWANDA
SENIOR CITIZEN CENTER
35 Main Street, Tonawanda NY 14150-2105

Return Service Requested

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Tonawanda, NY
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Time Value
Aug 2018

Center Hours

The center is open Monday through Friday from 9:30am to 4:00pm. Call us anytime at 692-7029. We have a health maintenance room with several pieces of exercise equipment for use by seniors 55 years of age and older. This room is open daily until 3:30pm.

The downstairs game room, featuring three beautiful billiard tables, is open daily until 3:45pm. We also have a TV room downstairs where the computer is kept for your use. Feel free to join the programs at your convenience.

Senior Center Lifetime Membership

If you are 55 years old or older and are looking to have access to a place with many programs and events, The City of Tonawanda Senior Center is for you. The cost is just \$5.00 for a lifetime membership. Whether you want to play cards, learn to dance or just socialize...this is the best deal in town!

Cash or check payable to The City of Tonawanda can be paid at The Senior Center or the Parks & Recreation office located at 150 Fillmore Ave.

Coming Events at the Center

Casino ticket sale—August 6th
Jewelry Sale—August 15th
Ice Cream Social—August 22nd
Seneca Allegany Casino Trip—August 29th
Coffee with Congressman Higgins-August 29th

Coming Events around the City

Food Truck Thursdays
American Legion Post #264 Band—Aug 5th
In-Good Co Theater Rock of Ages—Aug 6, 7&9
Bergholz German Band—August 12th
Buffalo Banjo Band—August 19th
Movie Night on the Niagara Coco- August 24th
The Good Guys—August 26th
Pizza N More Fest—August 30th

Dinner Meeting

The dinner/business meeting is on **Monday, August 27th**. Bingo at 4:00pm, ham and scalloped potato dinner served at 5:00pm. President Cheryl Doran will conduct the meeting at 6:00pm. Reservations are required for dinner. The tickets are \$8.00 and must be purchased by **Friday, August 24th**. All members are welcome to attend the meeting.

Services at the Center

Attorney

Attorney Potter to be at the Center on **Wednesday, August 8th at 10:00am.**

Blood Pressure Screening

Fire Department personnel provide this free service on **Thursday, August 2nd from 11:00am to 11:30am.**

Univera

Will have a representative at the Center on **Tuesday, August 28th and September 25th at 1:00pm.**

Fidelis Medicare

Will have a representative at the Center on **Tuesday, August 21st at 1:00pm.**

Blue Cross & Blue Shield

Will have a representative at the Center on **Tuesday, August 7th at 1:00pm.**

United Health Care

Will have a representative at the Center on **Wednesday, August 22nd, September 26th and October 24th at 1:00pm.**

EPIC

Have you checked out what EPIC can do for you lately? The New York State Elderly Pharmaceutical Insurance Coverage Program EPIC provides secondary prescription coverage to eligible NYS seniors with Medicare Part D plans.

To be eligible for EPIC seniors must be a NYS resident, 65 years or older, previous year's income cannot exceed \$75,000 single and \$100,000 married, be enrolled or eligible to enroll in a Medicare Part D drug plan and cannot be receiving Full Medicaid benefits.

EPIC provides secondary prescription coverage for Medicare Part D and EPIC covered drugs after any Medicare Part D deductible is met. By

using EPIC together with Medicare Part D, members save more money on the cost of their prescription drugs.

For many seniors, it is less expensive to enroll in EPIC and Medicare Part D than just Medicare Part D alone. EPIC pays the Part D drug plan premiums up to \$39.73 per month in 2016 for members with income up to \$23,000 single or \$29,000 married. Higher income members are responsible for paying their Medicare Part D premiums but will receive Part D assistance in the form of reduced EPIC deductibles.

Seniors may apply for EPIC at any time during the year even if they do not have a Medicare Part D plan. Enrolling in EPIC will provide eligible seniors a Special Enrollment Period from Medicare allowing them to join a Medicare Part D drug plan or switch to another Medicare Part D plan outside of their Open Enrollment Period. Join EPIC today for additional savings on your Medicare Part D prescription drugs.

For an application or more information, please call the toll-free EPIC Helpline at 1-800-332-3742 Monday-Friday from 8:30am to 5:00pm or visit the EPIC website at www.health.ny.gov.

Health Insurance Counseling and Advocacy Program (HICAP)

This program is sponsored by the Erie County Department of Senior Services. Call the Center to make an appointment with the representative. If you are going to be 65 soon, you should ask questions about three months before your birthday. Anyone may make an appointment if you have questions regarding current coverage or comparing other coverage available. A representative will be here **Tuesday, August 7th, 21st, and 28th.**

Brush Up Class with The Net Cracker

Cost is \$40 and class size is limited to 5 people. Class will include: whatever your questions are regarding the internet, email, Facebook, digital photos, word processing and more. To register call Kim at 531-0494. Private lessons are also available.

Instructional Classes & Recreation

Chair Yoga

This class will be held Friday mornings **9:30am-10:30am**. There is a \$2.00 fee. You may join anytime.

Mahjong (Mah-Jong)

We are currently seeking more players to play on Tuesday afternoons from **1pm-3pm**.

Women's Pinochle

On Tuesdays at **1:00-3:30pm** all women are welcome!

Bridge

Thursday mornings at **11:00-3:00pm**. If you are interested, please call the center at 692-7029.

Canasta

To play, please call the Center or join in on any Wednesday at **1pm**.

Euchre

Euchre players voted to change the time to **9:00-noon** on Tuesday mornings.

Ball Room Dancing

This class will be on Fridays at **1pm**. Marge Dorato is the instructor. Anyone may join. There is a \$2.00 fee for the class.

Line Dance Class

Line Dance Class is on Monday with instructor Mary Morgan at **11am**. There is a class fee of \$2.00.

Adult Coloring

Join us for coloring, coffee and conversation every Wednesday mornings at **10:00-noon**. Pencils will be supplied. Any questions call the center.

Scrap Booking

Will meet on Wednesday, **September 5th 10am-2pm**. Materials for the class will be provided, but donations are always welcome. You do not have to stay for the complete class, but if you do, bring your lunch and favorite photos, or just stop in to see what the class offers.

Wii Bowling League & Wii Programs

Come and join the fun on Friday mornings at **10:30-noon**. If you are unable to attend Friday mornings feel free to come to the Center any time to play.

Craft Class

Join us every Thursday at **10am**. Come and make some new crafts. Materials are supplied for you.

Ceramic Class

All materials are supplied at no charge. Why not join us on Wednesday mornings at **10am** and make a ceramic piece.

Billiards

The tournament season will return in September. Everyone is welcome to join anytime. During the summer the billiard room is open to all.

Bocce

Anyone interested in joining may call Jim at 694-4038. There is always openings for substitutes.

Folk Sing A Long

Anyone interested in this sing a long call the center 692-7029. Feel free to bring along your guitar.

Member Updates

The Officers for the 2018 year are:

President - Cheryl Doran
Vice President—Arlene Cooper
Secretary—Myrna Waite
Treasurer—Carol Dammann

Board Members:

Joe Toth
Sue Toth
Cindy Kerr
Jean Hammond

Sunshine Secretary

Joanne Catipovic will serve for the 2018 term. If anyone knows of a member who is shut-in at home, resides in a nursing home, or is in the hospital, please call the office or notify Joanne.

Our Sincere Sympathy to the family and friends of:

Chet Krupczyk

Seneca Allegany Casino Trip

Wednesday, August 29th, depart the center at 11:15am and return 6:30pm. The tickets are \$25.00 payable by check made out to Tonawanda Senior Center. You will receive \$30.00 free slot dollars. It is customer appreciation day, each guest will receive a free lunch buffet. Tickets go on sale **Monday, August 6th at 10am**. First come first serve basis. Remember to bring your Seneca card or you can apply for one upon arrival. A valid state or Federally issues ID (passport or driver's license) required. Players card and ID are needed to receive incentive.

Summertime Fire Safety Part 2

By: Chief Stuart

If you mow your lawn with a gas-powered mower or trimmer, make sure when filling these machines with gasoline that the motor is cold. Attempting to fill a hot mower or trimmer may result in a serious fire should the fuel spill onto the hot muffler. Always store gasoline in approved cans and outside and away from ignition sources (such as cooking grills mentioned above). If you reside in an apartment and notice that the landlord stores gasoline

or any type fuel inside the building, advise the fire department immediately. All fuels should be stored in closed containers in an outside shed or garage.

The summer season also means that people will be burning out door fire pits. These outdoor fires are very popular. While this practice is allowed in the city, it is closely monitored. This is because many lot sizes in Tonawanda are relatively small when compared to more rural towns. Smaller lot sizes increase the chance of fire spreading from a fire pit to a close by structure. In order to control this situation the fire department has set a policy that requires users of fire pits to comply with a set of safety rules. The rules include:

That only clean dry wood is burned (no garbage, grass, leaves, twigs or plastic). That an adult must be present.

That the fire is kept small, at least 15 feet from a structure and contained in a pit with a screened lid. That a fire extinguisher or fire hose is nearby. That the fire must be completely extinguished by 11 pm.

The policy also holds that despite complying with the above safety rules, if the smoke from the fire is creating an offensive situation for a neighbor or if the wind and climate conditions increase the risk of fire spread then the fire will be ordered extinguished. My advice to all citizens is that prior to purchasing a fire pit to inquire from your neighbors whether or not they would object to you having fire in the backyard. Persons who suffer from pulmonary disease or allergies can be hypersensitive to smoke odors. If you are one of those persons and experience problems due to smoke from a nearby fire pit you can call 9-1-1 to make a complaint and the fire department will order the fire extinguished.

One last note on summertime safety, if you have a pool, be extra vigilant in keeping the stairs/ladder or gate to the pool closed when not present. Each year, accidental drowning of young children occur due to easy access to pools. Keep in mind that a drowning can occur just as easily in the smaller inflatable and tank style pools as well as in backyard flower garden ponds. Please do what it takes to be extra careful. I wish everybody a very enjoyable, healthy and safe summer season.

Community Events

Food Pantry Donations

The Tonawanda and North Tonawanda food pantry is still in need of paper bags and non perishable food items. Donations may be dropped off at the center anytime. We thank all the members who have been so generous.

City of Tonawanda Emergency Information

In case of an emergency or for public service announcements in our community, tune in to radio station 1670 AM for any necessary information.

Blood Pressure Screening

The department also can provide blood pressure checks for anyone interested. Persons can walk into Fire Headquarters (44 William Street) off the street and just ask our duty personnel on house-watch to measure their BP. Our members will write the numbers down for you so you can keep track. If you are a regular visitor at the Senior Citizens Center you will know that the fire department visits the Main Street facility to provide blood pressure screening on the first **Thursday** of each month at **11am**.

Special Needs Registry

The Office of Emergency Management, which works under the direction of the Fire Chief and Police Chief, maintains a list known as the Special Needs Registry. In the event of a long-term power outage, extreme weather condition or other similar event, it could be difficult for some persons to manage on their own for extended periods. This could be someone who requires constant medical treatment (oxygen therapy), homecare aid assistance (and the aid cannot make it in due to weather conditions) or just regular elderly persons who because of various reasons, would have difficulty taking care of themselves for long periods. In order to ensure that these residents are taken care of, the department will use the Special Needs Registry list to check on those individuals during situations as described above.

Information listed on the Special Needs form remains confidential and is made available only to emergency personnel should a disaster-type situation occur. If you, a family member or anyone you know falls into the category of Special

Needs, we encourage you to have those persons added to this list. You can do so by calling fire headquarters and leaving a message with the Emergency Management Office. They will return your call and explain all that is necessary in order to get onto the list.

Erie County Board of Elections

Erie County Board of Elections is in need of election inspectors for the election cycle. For more information call the Erie County Board of Elections at 858-4982.

Voter registration and absentee ballot applications are available at the center.

Park Permits

Shelter permits are now available for Veterans and Eastern Park. New this year you can check availability and make your reservations on line at www.tonawandacity.com or visit the parks department **Monday thru Friday 7am-3pm closed 12pm-1pm** to purchase your permit. Rates for Veterans Park (large shelters) and Eastern Park resident \$75.00; non resident \$150.00. Small shelter rates are resident \$50.00; non resident \$75.00.

Community Farmer's Market

Every Sunday from 10am- 2pm, May through October in the front of the Hub on Young Street. Vendors to include farmers, crafters and non-profits. Come out and support your local farmers and get your fresh veggies, meats, plants & more!

Kohler Pool

The pool will be open from June 25th thru **August 17th**. Adult recreation passes are \$7.00. Adult lap swim hours are Mon.- Sat. 12:00pm to 12:50pm and Mon.- Fri. 5:00pm to 5:50pm.

Service Fair

St. Francis is having the service fair September 27th. To date the following services will be offered; emergency, family, employment, financial planning, health, housing opportunities, legal, utilities and Veteran services. The senior center will be participating at this event. If you are in need of any of these services or have any questions plan on attending.

August 2018

692-7029

692-7029

Monday	Tuesday	Wednesday	Thursday	Friday
		1) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards 10:00-noon United Way	2) 10:00 Crafts 11:00 Bridge 12:30 9 Ball 11:00 Blood Pressure Screening	3) 9:30 Chair Yoga 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
6) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney 10:00 Casino ticket sale	7) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Blue Cross Blue Shield HICAP	8) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards 10:00 Attorney	9) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	10) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
13) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	14) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	15) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards 10:00-noon United Way 10:00-7:00 Jewelry Sale	16) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	17) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
20) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	21) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Fidelis HICAP	22) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards 1:00-3:00 United Health Care 4:00-7:00 Ice Cream Social	23) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	24) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
27) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney Dinner Meeting 4:00-Bingo 5:00-Dinner 6:00-Meeting	28) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Univera HICAP	29) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards 11:15-6:30 Casino Trip 6:00 Congressman Higgins	30) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	31) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing

Senior Van Service

Are you 60 years of age or older and capable of getting in and out of a van without assistance and do not receive MEDICAID? You may qualify for the %Going Places Van+. Operating schedule Tuesday through Friday, except some holidays, beginning at 7:30am. No pickups past 2:30pm. A donation of \$2.00 EACH WAY is requested for local trips, and \$3.00 EACH WAY for Buffalo, Williamsville, Cheektowaga and Amherst. Please contact the Parks-Recreation department at 505-1172 to request an application.

United Way

Representative Joanne Mierzwa will be at the center on **Wednesday, August 1st and 15th 10:00am to noon.**

Pharmacist

Pharmacist Dawn Hoffmann of Walgreens will be at the center on **Wednesday, September 19th 1:00pm—1:30pm.** Bring all your prescriptions and over the counter medicines such as vitamins and other supplements in their original packaging. Questions concerning insurance will be entertained.

Library

The center has a library which offers books, jigsaw puzzles, videos, discs, and audio books. Stop in and browse.

Vial of Life

Vial of life is designed to speak for you when you can't speak for yourself. The vial contains important medical information that can assist emergency personnel in administering the proper medical treatment. It is free so all it will cost you is a little time. Information and forms for this program are available at the center.

Lions Club

Eye glasses and hearing aides you no longer use may be dropped off at the center and a member of the club will pick them up.

Home Energy Assistance Program (HEAP)

Members who received HEAP last year should be getting their forms for the 2018-2019 year this month or early September. You must file **every** year so be sure to file as soon as you receive them. If you have questions with the filing call the office.

A.A.R.P. Safe Driving Course

Upon completion of the course you will get a 10% discount for the next three years on your liability insurance. The next class will be Wednesday, **October 17th and Thursday, October 18th.** The classes are 9:00am- noon each day. You must attend both classes in order to receive credit. Fee for the class is \$20.00 for AARP members and \$25.00 for non members. Fee must be paid by check or money order made payable to A.A.R.P. To register call the center 692-7029.

Jewelry Sale

Thank you to the models Dolly, Foels, Joanna Capipovic and Myrna Waite for making the evening so successful. Our jewelry sale is Wednesday August 15th 10:00am to 7:00pm. Volunteers are needed to set up and work that day. If you would like to volunteer call the office or contact an officer or board member.

Bazaar

Saturday, October 6th is the date this year. Donations are being accepted and may be dropped off at the center anytime. Volunteers are needed to set up and work the day of the Bazaar. If you would like to volunteer call or stop in the office.

Ice Cream Social

Wednesday, August 22nd 4:00pm-7:00pm is the social. Everyone is welcome to attend and bring your family and invite your neighbors. This event is sponsored by the center and is free.

Congressman Higgins

Join us for coffee and a visit with Congressman Higgins on **Wednesday, August 29th at 6:30pm.**