

HAPPY FEBRUARY BIRTHDAY TO THE FOLLOWING MEMBERS!

- | | | |
|---|--|--|
| 1. Mary Salvatore | 11. Shirley Askey
Georgette Dray
Jane Kennedy
Judith Wadsworth | 19. Dorothy Kizer
Christine Clara Michael |
| 2. Barbara Crainer
Jane Korte
Sue Toth | 12. James Borsellino
Diane Brunner
Carl Gruber
Doris Harren
Arthur A. Hensel
Alice Marshall
Nancy McCron
Ethel Oswald
Suzanne Smolen
Allen Sukdolak | 20. Joseph Begovich
Art Klein
Richard Lingenfelter
Jerome Penberthy
Lois Tooke |
| 3. Rich Peters
Denise Young | | 21. Patsy Compize
Robert Foster
Robert Lazarus
Mary Schweyen |
| 4. Franklin Bliss
Michael Fazzaloro
Carol Reuss
Eileen Stacharczyk | 13. Lillian Callahan
Frances Marien | 22. Easter Kovac |
| 6. Leland Berry
Thomas Garrity
Lois Seidel
Lillie Sharon | 14. Dorothy Banks
Wilma Bender | 24. Gerry Inman |
| 7. Henry Carney | 15. Sanford Belsky
Walter Suter
Howard Tanner | 25. Clare Festaiute
Cecilia Gill
Nancy Streicher |
| 8. Richard Bookhagen
Sandra Brohman
Frances Burgett
Shirley Conley
Elaine Davis
Mae Ogorchock
Donald Riemer
Cathy Siracuse | 16. Shirley Smith | 26. Gilbert Laub |
| 9. George J. Gargano
Jean Hammond
Lois Kempf
Robert Kirsch
Marsha Lupejkis | 17. Joann Hedge
Lorna Jankowski
Howard Lickers, Jr. | 27. Florence Frana-
siak |
| 10. Harry S. Corll
Donald Pater | 18. Janet Rex
Hattie Rist
Richard Roche | 28. Jean Charlesworth |
| | | 29. Catherine Carney
Margaret Fox
Albert Reinhardt |



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

STD
U.S. Postage
PAID
Tonawanda, NY
Permit No. 207

Return Service Requested

Time Value
Feb 2019

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

**Tax Preperation—Wednesdays & Thursdays
February 6th-April 11th
Closed February 18 –President’s Day
Dinner Meeting—February 25th**

Coming Events around the City

**Snow Sculpture Contest-thru March 31st
Park Permits—February 4th**

Dinner Meeting

February 25th is this month’s dinner and business meeting. Bingo at 4:00pm with a beef stew dinner served at 5:00pm. President Cheryl Doran will conduct the business meeting at 6:00pm. Reservations are required for dinner. The tickets are \$8.00 and must be purchased by **Friday, February 22nd**. All members are welcome to attend the meeting and program.

Services at the Center

Attorney

Attorney Potter will not be at the center this month.

Blood Pressure Screening

Fire Department personnel provide this free service on **Thursday, February 7th from 11:00am to 11:30am.**

Univera

Will have a representative at the center on **Tuesday, February 26th from 2:00pm-3:00pm.**

Fidelis Medicare

Will have a representative at the center on **Tuesday, February 19th from 1:00pm-2:00pm.**

Blue Cross & Blue Shield

Will have a representative at the center on **Tuesday, February 12th from 1:00pm-3:00pm.**

United Health Care

Will have a representative at the center on **Wednesday, February 13th from 1:00pm-2:00pm.**

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, February 12th, 19th and 26th from 2:00pm-3:00pm.**

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 **9:30-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**. Materials will be supplied. Any questions call the center.

Scrap Booking

Will meet on **Wednesday, February 13th 10:00am-2:00pm**. 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 room is open every morning for all members to play. The tournaments are played Monday, Wednesday and Thursday afternoons. Feel free to join the tournaments anytime.

Folk Sing A Long

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

Bocce

If you are interested in playing this year call Jim Conners at 694-4038. The team meetings will be published in the newsletter.

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:

Frances Baron

Council President Jenna Koch

If you have problems during the winter season and do not know who to contact you can contact me.

There may be changes to Primary Day so watch for this in the newsletter.

I wish the members a very Happy Valentines Day.

You are always welcome to contact me at 692-3070.

Fantasy Island

Offers the silver star program is designed for mature applications looking for flexible part time summer employment. Program participants have the ability to make their own schedule up to 40 hours. For further information call (716) 272-2006.

Heating Safety

There is something about the winter months and curling up with a good book by the fire-place. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

Be warm and safe this winter!

- Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove or portable space heater.
- Have a three-foot kid-free zone around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance from your home.
- Test smoke alarms at least once a month.

Heating equipment smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.

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 can't 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's 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.

Dementia Respite Care Program

This free program is offered the third Tuesday every month 10:30am-2:30pm at First Presbyterian Church located at 149 Broad Street. Contact the church office 692-1319 to obtain a guest registration form and get answers to any questions you might have regarding the Memory Lane Respite Program.

Medications Disposal Kiosk Site

Disposal of syringe/medical waste, unneeded, expired medications and used needles may be dropped off at the Town of Tonawanda Police department. Located at 1835 Sheridan Drive. The lobby is open 24/7.

Senior and Enhanced Star Exemption

This exemption must be renewed every year. Any questions you have you can call the assessor office at 695-8639.

Supplemental Nutrition Assistance Program

This program is also known as SNAP and food stamps. Income guidelines for those 60 years and older or disabled. Household size 1 - gross monthly income \$2,023.00 or 2 - \$2,743.00. For further information contact 858-7239. If you need help filling the forms out come to the center on the 1st and 3rd Wednesdays of the month when the United Way representative is here for assistance.

February 2019

692-7029

692-7029

Monday	Tuesday	Wednesday	Thursday	Friday
				1) 9:30 Chair Yoga 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
4) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	5) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	6) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men& Billiards 9:00-11:00 Taxes 10:00 United Way	7) 10:00 Crafts 11:00 Bridge 12:30 9 Ball 9:00-11:00 Taxes	8) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
11) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	12) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00-3:00 Blue Cross Blue Shield 2:00 HICAP	13) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men& Billiards 10:00 Scrap Booking 9:00-11:00 Taxes	14) 10:00 Crafts 11:00 Bridge 12:30 9 Ball 9:00-11:00 Taxes	15) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
18) Closed for Presidents Day	19) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00-2:00 Fidelis 1:00 HICAP	20) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men& Billiards 9:00-11:00 Taxes 10:00 United Way	21) 10:00 Crafts 11:00 Bridge 12:30 9 Ball 9:00-11:00 Taxes	22) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
25) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney Dinner Meeting 4:00-Bingo 5:00-Dinner 6:00-Meeting 6:30-Speaker	26) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 2:00 Univera 2:00 HICAP	27) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men& Billiards 9:00-11:00 Taxes	28) 10:00 Crafts 11:00 Bridge 12:30 9 Ball 9:00-11:00 Taxes	

Wishing all our members a Happy Valentine's Day.

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, February 6th and 20th 10:00am to noon.**

Pharmacist

Pharmacist Dawn Hoffmann of Walgreens will be at the center on **Wednesday, February 20th 12:30pm—1:00pm.** 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)

HEAP is a federally funded program to assist income eligible Erie county residents with the cost of home heating and electricity. HEAP outreach is administered by Erie county department of social services and senior services. It is open to all eligible households. HEAP opened November 12th. If you are applying for the first time call 858-1969 for an application or come to the center. Bring your gas and electric bills along with all your income information. Household size 1. gross monthly income \$2,391.00; 2- \$3,127.00 or 3- \$3,863.00. If you are HEAP approved there is also a program for furnace repair or replacement. Contact Erie county senior services at 858-1969 to see if you qualify.

AARP Tax Program

You must have an appointment or you will not be taken. We are fortunate to again have the same volunteers. The volunteers will be here on Wednesdays and Thursdays, **9:00am—11:00am.** We recommend you set up an appointment as soon as possible as several locals are not offering this service.

Please have the following: copy of last years income tax return(s), W-2 forms from each employer, unemployment compensation statements, SSA-1099 form if you were paid SS benefits, all 1099 forms (1099-INT, 1099-DIV, 1099-B) showing interest and or/ dividends and documentation showing original purchase price of sold assets, 1099-misc., 1099-R, all forms indicating federal income tax paid, dependent care provider information (name, employer, ID, SS number), all receipts or canceled checks if itemizing deductions, SS cards or other official documentation for yourself and all dependants. One client per appointment.

Center for Elder Law & Justice

The speaker for the dinner meeting spoke on the services available, health care advocacy, elder abuse prevention, income maintenance, kinship care, guardianship services consumer protection, foreclosure prevention, substituted decision making, housing, WNY coalition pooled trust. For information on any of these call 853-3087. At a future dinner meeting we will have a speaker on one of the topics. This is a free service for the elderly.