

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

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Return Service Requested

Time Value
Feb 2017

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

Taxes Wednesdays and Thursdays 9:00-11:00am
February and March by appointment only

Election of Officers—Monday March 27th

Bocce Meeting Wednesday March 15th

Dinner Meeting

The February business and dinner meeting will be on **Monday, February 27th**. Bingo will be at 4:00pm with a lasagna dinner served at 5:00pm. President Cheryl Doran will conduct the business meeting at 6:00pm. Following the meeting there will be representatives from People Inc. to discuss their senior outreach program including home care services, housekeeping and more. Reservations are required for dinner. Tickets are \$7.00 and must be purchased by Friday, February 24th. All members are welcome to attend the meeting and program.

Center Closed

The Center will be closed Monday, February 20th for President's Day.

Services at the Center

Blood Pressure Screening

Fire Department personnel provide this free service. This month, stop by on **Thursday, February 2nd from 11:00am to 11:30am.**

Univera

Will have a representative at the Center on **Tuesday, February 28th at 1:00pm.**

Fidelis Medicare

Will have a representative at the Center on **Tuesday, February 14th at 1:00pm.**

Blue Cross & Blue Shield

A representative from Blue Cross and Blue Shield will be at the center on **Tuesday, February 7th 1:-3:00pm.**

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. An EPIC representative will be available to help seniors enroll at the center. A representative from EPIC will be here Thursday, February 16th from 1:00-3:00pm and March 23rd from 1:00-3:00pm.

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. **Tuesday, February 7th, 14th, and 28th from 1:00pm-2:00pm.**

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

Yoga and Tiachi

Anyone interested in one or both of these programs please call the Center. There will be a fee for these programs.

Mahjong (Mah-Jong)

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

Combined Chorus

Meets every Tuesday morning at **11am**. Anyone interested may join at anytime.

Women's Pinochle

On Tuesdays at **1pm** all women are welcome!

Bridge

Thursday mornings at **11am**. 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**.

Ball Room Dancing

Come join us on Fridays at **1pm**. The fee is only \$2.00 per person per class.

Line Dance Class

Line Dance Class is on Monday's with instructor Marge Dorato at **11am**. There is a class fee of \$2.00.

Billiards

Monday afternoons at **1pm** 8 Ball Billiards. Men's Billiards Wednesdays at **1pm**. Thursdays, at **1pm** 9 Ball Billiards. Members and friends are always welcome to join anytime.

Euchre

Euchre will now be on Tuesday mornings at **9:30am-11:30am**. Feel free to join us on any Tuesday.

Scrap Booking

Will meet on Thursday, February 16th **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 **10:30am**. 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?

Regular Programs

Combined Chorus - Tuesdays at 11am
9 Ball Singles Billiards - Thursdays at 1pm
Ladies Billiards - Fridays at 1pm
Men's Billiards - Wednesdays at 1pm
8 Ball Singles Billiards - Mondays at 1pm
Progressive Pinochle - Monday, Wednesday, and Friday, at 1pm
Progressive Euchre - Tuesdays at 9:30am

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.

Tax Preparation

We are very fortunate that our volunteers are returning this year and we will be able to schedule appointments. They will be here every Wednesday and Thursday in February and March 9:00-11:00am.

You must bring picture ID and your social security card with you. If your spouse will not be with you, you must have a note giving permission for you to file the taxes with the signature.

Please have the following:

- Copy of last year's 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 ect) showing interest and /or dividends and documentation showing original purchase price of sold assets
- 1099-misc. showing any miscellaneous income
- 1099-R form if you received a pension or annuity
- All forms indicating federal income tax paid
- Dependent care provider information (name, employer, ID, SS number)
- All receipts or canceled checks if itemizing deductions
- Social Security cards or other official documentation for yourself and all dependants

Adult Coloring

Join us for coloring, coffee and conversation every Wednesday mornings at 10:00am. Books and pencils will be supplied. Any questions call the center.

Member Updates

Election of officers will take place at the March 27th business meeting. Any members interested in seeking office should contact a current officer or board member.

President - Cheryl Doran
Vice President—Joe Toth
Secretary—Sue Toth
Treasurer—Carol Dammann

Board Members:

Shirley Connley
Arlene Cooper
Millie Palumbo
Mryna Waite

Sunshine Secretary

Joanne Catipovic will serve for the 2016-2017 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:



Patricia Schmarder
Marion Mulcahy
Shirley Covella
Gerald Broome
John Jones

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.

Council President Jenna Koch

As council President I welcome you to a monthly update on city business. I have received calls from the citizens stating that without a local newspaper as to how they can become informed regarding happenings in the city. The council meetings for February are Tuesday, February 7th and Tuesday, February 21st. The informal meeting is at 6:00pm with the public meeting at 7:00pm everyone is welcome to attend. If you have any questions anytime you may contact me at 692-3070. Your questions and comments are always welcome.

Council President Jenna Koch

Lions Club

If you have eye glasses or hearing aids you no longer have a use for you may drop them off at the Center and a member of the club will pick them up.

Property Tax Exemption

March 1st is the deadline for all basic STAR, enhanced senior STAR and Veterans exemptions to be added to the assessment roll for the school year 2017/2018 and County tax year 2018. If you have not already done so please bring your paperwork to the assessors office at City hall on or before March 1st. For more information call the assessor's office at 695-8639.

Some things about the Tonawanda Fire Department you may not know—Part 1

Many services are offered by the Fire Department

Most people think of the fire department as an agency that only responds to emergency calls to put out fires or to provide care to a person suffering from a medical emergency. While that type of work remains our core mission, I think it's important that everyone is made aware that the fire department provides many more types of services, many of which involve non-emergency type situations. For instance:

Lift Assists

One of our most common requests is to assist someone off of the floor (or bed, toilet ect.). The City of Tonawanda is comprised of a large portion of elderly persons and many do not have the physical ability to get themselves upright especially after a fall. In most circumstances the person's spouse is not strong enough to do the lifting or, the person who had fallen lives alone with no assistance such as a Nurse or Aide. When called to assist someone who has fallen our certified paramedics will provide a thorough physical examination to determine if any injury has occurred and whether or not an underlying medical condition exists that may have caused the fall. Our personnel may also examine your home for trip hazards and to make sure that you have clear access to enable you to exit your home in the event of a fire.

Vehicle and Home Lockouts

Often is the case that someone accidentally locks themselves out of their car or home. For situations involving vehicles the department is equipped to quickly gain entry using a special tool that does not cause any damage to the vehicle. For situations involving a person locked out of their home/apartment, our personnel can often access an open window or work their way through a lock.

Smoke and carbon monoxide alarms

It is extremely important to have working smoke and carbon monoxide alarms in your home and installed properly. The department has an ongoing program funded by the Kiwanis Club of the Tonawanda's that enables us to provide smoke and/or CO alarms to anyone who cannot afford them. If you or someone you know is in need of either device just call the department at 692-8400 and ask for the Fire Prevention Officer to make a request. If you need help with a smoke or carbon monoxide alarm we would be happy to assist you. Just call 9-1-1 to request our assistance. Our firefighters will instruct you as to where to place an alarm and can even install it for you and change out batteries when needed.



692-7029

692-7029

Monday	Tuesday	Wednesday	Thursday	Friday
		1) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards 9:00-11:00 Taxes	2) 10:00 Crafts 11:00 Bridge 1:00 9 Ball 9:00-11:00 Taxes 11:00 Blood Pressure Screening	3) 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 1:00 8 Ball Tourney	7) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 HICAP 1:00 Blue Cross Blue Shield	8) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards 9:00-11:00 Taxes	9) 10:00 Scrap Booking 10:00 Crafts 11:00 Bridge 1:00 9 Ball 9:00-11:00 Taxes	10) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
13) 11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney	14) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Fidelis 1:00 HICAP	15) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards 9:00-11:00 Taxes 11:00 United Way 1:30 Pharmacist	16) 10:00 Crafts 11:00 Bridge 1:00 9 Ball 9:00-11:00 Taxes EPIC 1:00-3:00	17) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
20) Presidentø Day Center Closed	21) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	22) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards 9:00-11:00 Taxes	23) 10:00 Crafts 11:00 Bridge 1:00 9 Ball 9:00-11:00 Taxes	24) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
27) 11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney Dinner Meeting 4:00-Bingo 5:00-Dinner 6:00-Meeting 6:30-Program	28) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Univera 1:00 HICAP			

~~Humor is infectious~~

The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy.

Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress.

Special Needs Registry

Do you or a family member or friend have special needs the Fire Dept, Police Dept or Emergency Management need to know about? Please take the time to fill out a special needs registry form and send it to the Mayor's Office or Fire Dept. Having details about your special situation will help us help you. Need a form? For a copy contact the Senior Center, or visit www.ci.tonawanda.ny.us, click Departments, then click Fire Department and scroll to the bottom of the page for the form. You can also call the Tonawanda Fire Department Emergency Management Office at 692-8400 ext. 208 or Linda Foels at 692-0033.

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 pick ups 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 for further information.

H.E.A.P. Free Inspection

Free carbon monoxide detectors and programmable thermostats will be installed in eligible households that do not already have them. To be eligible households must have received a regular HEAP benefit last winter. Applications can be made at the HEAP office 291 Pearl Street, 8:00am to 4:00pm weekdays. Applications also can be requested by calling 858-1969. Other information about the program is available on the HEAP hotline 858-7644.

United Way

JoAnn Mierzwa of the United Way will be at the center, **Wednesday, February 15th at 11:00am** to help anyone with applications for food stamps and HEAP.

Pharmacist

Pharmacist Dawn Hoffmann of Walgreens will be at the center on **Wednesday, February 15th 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.

Home Energy Assistance Program

Members who received HEAP last year should have received their applications for the 2016-2017 year that were mailed out in August. If you have not received your application call 858-1969, HEAP income guide lines for the 2016-2017 monthly gross income cannot exceed:

<u>Household Size</u>	<u>Gross Monthly Income</u>
1	\$2,300
2	\$3,007
3	\$3,715
4	\$4,423
5	\$5,130
6	\$5,838