

HAPPY JULY BIRTHDAY TO THE FOLLOWING MEMBERS!

- | | | | |
|---|---|--|--|
| 1. Philip Stutzman
Norma Mileham
Vicky Hall | 8. June Schierstein
Ronald Kosko
Richard Banks | 15. Roselind Moll
Donald Pawlik
Nancy Sheehan | 25. Louis Conway Jr.
Beverly Dorn
Roberta Sampson |
| 4. Dorothy Baker
Louise Szymanski
Gloria Stafford
Harry Korb
Honor McCrone
Fred Fisher | 9. Sal Sodaro
Joseph Rico | 16. Carol Maier
17. MaryJo Santella
Margaret Tosch
David Laures
Donald Flederbach | 26. Connie Klein
Charles Bainbridge
27. Shirley Miller
Robert Henderson
Florence Delp
Gail Angelino |
| 5. Millie Palumbaro
Louise Brandt
Chet Krupczyk
Lillian Schrader
Patricia Blair | 10. Dorothy Rosinski
Carol Kalinowski
Agnes Camper
Frank Lucas
Lucille Rowley
Howard Richard | 18. Frank Prelewicz
Paul Frederick
19. Kurt Boubong
Verna Dagastino
Linda Jernigan | 28. Carol Moskal
Allen Oddo
29. Judy Lisieck
30. Sarah Ahrens
Gail Scheido
Audrey Davis |
| 6. Hazel Gresock
Suzanne J. Riemer
Donald Reimer
Laverine Helf
E. Suzanne Howard | 11. Emily Pratt
Miriam Nagle
Shirley Kendall
13. Roger Clancy
Doneen Ludwig
Dorothy Kizer | 20. Audrey Madden
Gisela Kelch
Dorothy Miller
21. Susan Trybalski
Joseph Macielag
22. Anthony Brooks
23. Mary Ann Tirone
Clarence Schultz | Barb Young
Richard Knoche
Mother Macaria
Winterkorn
31. Ronald Pillozzi |
| 7. Herman Sparks
Jean Killian
James Kilgore
Carlene Ruettimann | 14. Kathleen Strassburg
Alfrieda Russell
Florence Canfield
Robin McDermott
15. Dot Kruezel | Jennie Sliwinski
Samuel Gelose
Camille Bridenbaker
Charles Puglia | |



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
July 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

T.H.S. Golden Warriors Reunion Picnic-July 16th
Safe Driving course- July 26th & July 27th
Ice Cream Social. August 16th
Clothing and Jewelry sale- August 23rd
Fall Bazaar. October 7th
Safe Driving course- October 18th & October 19th

Coming Events at Gateway Harbor

Gateway Food Trucks- July 6th, 27th
Wednesday Canal Concerts 6:00-10:00pm
July 5th-Passion Works/Chicago Authority
July 12th- Eminence Front/Rumourz
July 26th- Hair Nation/KISS This

Dinner Meeting

The July dinner meeting will be on **Monday, July 31st**. Bingo will be at 4:00pm with a picnic dinner served at 5:00pm. President Cheryl Doran will conduct the business meeting at 6:00pm. Reservations are required for dinner. Tickets are \$7.00 and must be purchased by **Friday, July 28th**. Only members who purchase dinner tickets are eligible to play Bingo. All members are welcome to attend the meeting and program.

Services at the Center

Attorney

Attorney Potter will be at the center on **Monday, July 10th at 10:00am.**

Blood Pressure Screening

Fire Department personnel provide this free service on **Thursday, July 6th from 11:00am to 11:30am.**

Univera

Will have a representative at the Center on **Tuesday, July 18th at 1:00pm.**

Fidelis Medicare

Will have a representative at the Center on **Tuesday, August 22nd at 1:00pm.**

Blue Cross & Blue Shield

Will have a representative at the center on **Tuesday, July 18th 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 will be at the center **Tuesday, July 18th 1-3pm.**

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, July 18th 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

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**.

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

This class will be on summer hiatus and return Friday, September 8th.

Line Dance Class

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

Adult Coloring

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

Scrap Booking

Will meet on **Wednesday, July 12th 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 **10:30am**. 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?

Billiards

The billiards room is open to all members from 9:30am to noon each day. Tournaments are played in the afternoon and will return in September. New players are always welcome.

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

Ice Cream Social

Wednesday, August 16th 5:00pm to 8:00pm is the date and time for our annual event. Bring your family, neighbors and friends. This is open to the public. Volunteers are needed that evening. If you would like to volunteer call the center.

Clothing and Jewelry sale

This annual fundraiser is Wednesday, August 23rd, 10am to 2pm. Donations of jewelry and clothing can be dropped off anytime. Volunteers are needed to set up and work. If you would like to volunteer please call the center 692-7029.

Member Updates

The Officers for the 2017-2018 year are:

President - Cheryl Doran
Vice President—Jean Hammond
Secretary—Myrna Waite
Treasurer—Carol Dammann

Board Members:

Joe Toth
Sue Toth
Cindy Kerr
Arlene Cooper

Sunshine Secretary

Joanne Catipovic will serve for the 2017-2018 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:

Charles Jones
Clara Bush

Some thing about the Tonawanda Fire Department you may not know—Part 5

The Tonawanda Fire Department functions as what's referred to as a combination-type department meaning that we employ both career (paid) and volunteer firefighters. Only a very small percentage of fire departments in New York State operate in this manner but there are many advantages to doing it this way that I'll explain below and in the next article.

The Department employs 25 personnel in the career division and has on staff, about 35 personnel in the volunteer division. At any given time, we have a minimum of 5 career personnel on duty around the clock. These personnel include: an Assistant Chief who functions as the shift supervisor. A Captain who operates the heavy rescue truck and functions as a secondary supervisor (to handle additional incidents or to direct additional off-duty and volunteer personnel who may be needed to respond to a large incident). A firefighter/paramedic (to operate the ladder truck and to respond to a medical emergency incidents) A firefighter to operate a fire pumper (engine 2). A fire-

fighter to operate a fire pumper (engine 3). Four personnel operate out of fire headquarters at 44 William St and one operates out of station 3 at 74 Wheeler St (assigned to operate engine 3).

Five personnel may not sound like much but it does give us the ability to provide excellent service. The main advantage of having personnel on duty is that when an emergency call is received, we can respond immediately and arrive very quickly. A quick response time is very important in situations that involve a serious medical emergency or a serious fire.

Should a person stop breathing for reasons such as a heart attack, choking or electrocution, irreversible brain damage and death will ensue within 4 to 6 minutes. In event of a building on fire, once the fire reaches the free burning phase (referred to as flashover), the fire will grow in quantum steps, doubling its size and heat energy output each minute. The on-duty staff allows us the ability to maintain 2-minute response time average and can quickly initiate medical care like rescue breathing, early defibrillation and bleeding control before it's too late. Likewise, we can arrive with fire apparatus just as soon and very quickly attack a fire with several hose lines as well as rapidly enter a burning structure to affect a rescue of a trapped person. In other communities where the fire service is operated solely by volunteers, they must first drive to their fire station to pick up the needed apparatus and equipment when an emergency occurs and this can take precious time, especially when someone stops breathing or experiences serious bleeding, not to mention a serious fire.

Around the clock staffing of career personnel does require some cost. In our case, this cost amounts to about \$2.1 million annually. This may seem like a lot of money but this amount equates to only about 11% of the city's annual operating budget. Keep in mind that our career personnel are made up of expertly trained firefighters and several certified paramedics who can provide advanced treatment that was once only available in a hospital emergency room. One such form of treatment includes the ability to perform a rapid 12-lead electrocardiogram used for diagnosing a serious heart attack. This diagnosis can then be

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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

Small electric appliance drop off will be on Saturday, July 15th, 9am to 2pm at the Tonawanda Senior High School. For members who are unable to drop off items to the school, I have volunteers who will come pick up and do the drop off. You must call me by Wednesday, July 12th at 692-3070.

The track at the high school will be open to the public from 7am to dusk beginning June 21st. It will be closed is when the teams are practicing.

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'll know that the fire department visits the Main Street facility to provide blood pressure screening on the first Thursday of each month at 11 AM.

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.

Tonawanda High School Golden Warrior's Reunion Picnic

All graduates of Tonawanda High School who have celebrated their 50th reunion are invited to a picnic this summer. It will be held at Tonawanda Fireman's Park on Two Mile Creek Road between the end of Fletcher Street and Niagara Street. Rain or shine. Tents are set up. All parking: enter off Two Mile Creek Road at Fletcher St. Picnic date is Sunday, July 16th 1:00pm to 6:00pm.

We will again be having picnic food, roast beef, hamburgers, hotdogs, italian sausage and salads will be available from 1:30pm until 5:00pm. Beer, pop and bottled water will be provided. The cost will remain at \$20.00 for each person. Reservations will be accepted until July 6th. For more information or questions you may call Donna at (716) 691-5895.

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instantly sent to a hospital where an immediate catheterization procedure can be performed. This procedure has reversed the effects of a heart attack and has saved many lives. Many other forms of life-saving treatment are provided on a regular basis such as intravenous Narcan administration for opiate overdoses victims and glucose administration for diabetics with extremely low blood sugar.

In my next article I will explain how we utilize our volunteers and how this not only cuts costs but also increases efficiency. Until then please stay safe, check your smoke detector and do not hesitate to call the fire department if you feel you have a need for any of our services.

July 2017

692-7029

692-7029

Monday	Tuesday	Wednesday	Thursday	Friday
3) 10:00 Bocce 11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney	4) Closed for the 4th of July Holiday	5) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards	6) 10:00 Bocce 10:00 Crafts 11:00 Bridge 1:00 9 Ball 11:00 Blood Pressure Screening	7) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
10) 10:00 Bocce 11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney 10:00 Attorney	11) 9:30 Euchre 10:00 Bocce 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	12) 9:30 Scrap Booking 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards	13) 10:00 Bocce 10:00 Crafts 11:00 Bridge 1:00 9 Ball	14) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
17) 10:00 Bocce 11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney	18) 9:30 Euchre 10:00 Bocce 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Blue Cross Blue Shield 1:00 HICAP 1:00-3:00 EPIC 1:00 Univera	19) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards 11:00 United Way 1:30 Pharmacist	20) 10:00 Bocce 10:00 Crafts 11:00 Bridge 1:00 9 Ball	21) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
24) 10:00 Bocce 11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney	25) 9:30 Euchre 10:00 Bocce 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	26) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards 9-12 Safe Driving course	27) 9:00 Tai Chi 10:00 Bocce 10:00 Crafts 11:00 Bridge 1:00 9 Ball 9-12 Safe Driving course	28) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
31) 10:00 Bocce 11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney Dinner Meeting 4:00-Bingo 5:00-Picnic 6:00-Meeting				



We wish you a SAFE and HAPPY FOURTH OF JULY!



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.tonawandacityfd.com, 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 to request an application.

United Way

JoAnn Mierzwa of the United Way will be at the center, **Wednesday, July 19th 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, July 19th 2:00pm—2:30pm**. 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.

A.A.R.P. Safe Driving Course

This class offered by A.A.R.P. will help you to learn how to improve your driving skills and drive safer. Upon completion of the course you will get a 10% discount for the next 3 years on your liability insurance. The classes will be offered at the center on: **Wednesday, July 26th and Thursday, 27th; Wednesday, October 18th and Thursday, October 19th**. The classes are held from 9:00am-noon each day. You must attend both days in order to receive credit. The fee is \$20.00 for A.A.R.P. members and \$25.00 for non members. The fee must be paid by check or money order made payable to A.A.R.P. Cash will not be accepted. To register for the course, call the center at 692-7029.

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.

Thank You

Thank you to Dennis Smilinich of Post 264 for the donation of American flags to the center for the holidays.