

HAPPY JULY BIRTHDAY TO THE FOLLOWING MEMBERS!

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



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

Return Service Requested

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Tonawanda, NY
Permit No. 207

Time Value
July 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

A.A.R.P. Safe Driving Course-July 17th and July 18th

Center Picnic—July 30th

Jewelry Sale—August 15th

Coming Events around the City

Food truck Thursdays

Life Line Screening—Niawanda Park Pavilion – July 11th

Garden Walk Night Lights—July 13th

Garden Walk—July 14th

T.H.T. Golden Warrior's Reunion Picnic-July 15th

Dinner Meeting

The July dinner business meeting is on Monday, July 30th. Bingo at 4:00pm with the annual picnic hamburgers, hot dogs and salad 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, July 27th. All members are welcome to attend the meeting and program.

Services at the Center

Attorney

Attorney Potter to be at the Center on **Wednesday, July 11th at 10:00am.**

Blood Pressure Screening

Fire Department personnel provide this free service on **Thursday, July 5th from 11:00am to 11:30am.**

Univera

Will have a representative at the Center on **Tuesday, July 31st at 1:00pm.**

Fidelis Medicare

Will have a representative at the Center on **Tuesday, July 17th at 1:00pm.**

Blue Cross & Blue Shield

Will have a representative at the Center on **Tuesday, July 24th at 1:00pm.**

United Health Care

Contact the office for date and time.

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, July 17th, 24th, and 31st.**

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. Call the office for further information.

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, **July 11th 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:

Beverly Henderson
Jean Bussi
Antoinette Bachara
Donald Schoelles
Cynthia Mask
Florence Delp
Margaret Ford

Tonawanda Golden Warriors Reunion Picnic

All graduates of Tonawanda High school who have celebrated their 50th union are invited to a picnic this summer. You are welcome to bring a spouse or adult guest. It will be held at Tonawanda Fireman's Park on Two Mile Creek Road at Fletcher Street. Rain or shine. Tents are set up. All parking off Two Mile Creek Road at Fletcher Street. Honk for handicap assistance.

The picnic date is July 15th, 2018 1pm-6pm. We will again be having picnic food, roast beef, hamburgers, hotdogs, Italian sausage and salads. Food is served from 1:30pm until 5:00pm. We also provide plenty of popular picnic beverages. The cost will remain at 20.00 per person.

For further info call Shirley Conley 957-9293.

Summertime Fire Safety Part 1

By: Chief Stuart

The summer season is finally upon us. To help you remain safe, I'd like to discuss some summertime activities that if not done carefully, could result in fire, injury or worse.

Let's start with cooking outside. This involves the use of an outdoor grill that is operated with propane, natural gas or charcoal. As the name implies, always operate grills outdoors, never attempt to operate a gas or charcoal grill inside a building. Make sure that the grill is situated at least 5 feet away from any structure. If you are using a charcoal grill, keep it at least 15 feet from a structure. Operating a gas grill on a deck or porch is permissible if there is enough room to keep it safely away from the walls or railings. A charcoal grill should never be used on a porch or deck as the flames could easily spread to the structure. If you live in an apartment and notice other tenants cooking with charcoal from a porch, notify the fire department immediately.

If you use propane tanks for your grill, make sure they are up to date (every tank has an expiration date). Older tanks that do not have an over pressurization valve (OPV) built into the tank should be discarded. Do not store freshly-filled propane cylinders in direct sunlight as the radiant heat from the sun could cause the pressure inside the tank to rise which in turn, will cause the OPV to open and discharge the gas. If this does happen, do not panic (this is what the valve is supposed to do and the gas will be discharged at a low rate). Make sure there is no open flame or other source of ignition nearby and if you can safely do so, place the tank in a shady, open area away from other structures so it can cool down. If you are not sure what to do, do not hesitate to call 9-1-1 and request fire department assistance.

Prior to using a gas grill make sure the hose connections at the tank and grill manifold are tightly attached. If these attachments are not tight they might leak and cause a serious fire. If a fire should erupt from the hose or connections, call 9-1-1 immediately. If you can safely approach the grill, turn the tank valve to the off position. Also, try to keep your grill clean from grease build up. Most grills have a grease pan that slides out from the rear. This should be emptied and cleaned regularly. When using a charcoal grill, do not overfill the unit with more charcoal than it is intended to hold. If using lighter fluid to help light the charcoal, use just enough to cover the briquettes and prior to lighting the match make sure the lighter fluid container is closed and placed away from the grill. NEVER ATTEMPT TO USE GASOLINE TO START A CHARCOAL FIRE. Gasoline is much more volatile and will likely flash back at you. When finished cooking over charcoal, make sure the coals are extinguished. Do not leave a charcoal grill smoldering over night and never empty old coals into a trash container filled with other garbage as a fire could result. Old coals should be emptied into a metal can and stored outside and away from any structure. Even though the used coals may seem like they are out they can continue to burn undetected for many hours.

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 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 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.

Garden Walk 2018

APPLICATION

<https://cityoftonawandaartsboard.com/gardenwalk-application/>

DATES & TIMES

Night Lights: Friday, July 13, 2018 @ 9p . 11p

Garden Walk: Saturday, July 14, 2018 @ 10a . 4p

QUESTIONS? CONTACT US

Phone: (716) 695-8645

Email: cotboardofarts@hotmail.com

FAQ: <https://cityoftonawandaartsboard.com/gardenwalk-faq/>

Jewelry Sale

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.

July 2018

692-7029

692-7029

Monday	Tuesday	Wednesday	Thursday	Friday
2) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	3) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	4) Center Closed Happy 4th of July	5) 10:00 Crafts 11:00 Bridge 12:30 9 Ball 11:00 Blood Pressure Screening	6) 9:30 Chair Yoga 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
9) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	10) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	11) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men's Billiards 10:00-2:00 Scrap Booking 10:00 Attorney 10:00-noon United Way	12) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	13) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
16) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	17) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Fidelis HICAP 9-12 Safe driving course	18) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men's Billiards 9-12 Safe driving course	19) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	20) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
23) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	24) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Blue Cross Blue Shield HICAP	25) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men's Billiards	26) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	27) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
30) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney Dinner Meeting 4:00-Bingo 5:00-Dinner 6:00-Meeting	31) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Univera HICAP			

Wishing all our members and their families a very safe and Happy 4th of July!

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, July 11th 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)

HEAP is a federally funded program to assist income eligible Erie County residents with the cost of home heating/cooling and electricity. The HEAP outreach will be administered by the Erie County department of social services and senior services and is open to all income eligible households. The HEAP program will be opening the air condition program. For time and date call Erie County at 858-1969. his program is for Erie County residents only.

A.A.R.P. Safe Driving Course

A.A.R.P. offers this course to help you learn how to improve your driving skills and drive safer. Upon completion of the course you will get a 10% discount for the next three years on your liability insurance. Classes will be offered at the center **Tuesday, July 17th and Wednesday, July 18th.** 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.

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.

Life Line Screening

If you wish to register call 1-888-653-6441 or visit www.lifelinescreening.com/communitycircle. Protect your health by registering today for the 6 for Life Health Assessment for \$79.00.