

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

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U.S. Postage
PAID
Tonawanda, NY
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Return Service Requested

Time Value
March 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

Attorney-Monday, March 13th
Bocce Meeting—Monday, March 20th at 1:00pm
Election of Officers— Monday March 27th
Auction-Monday, March 27th
Safe Driving course-Tuesday, April 25th and Wednesday, April 26th

Dinner Meeting

The March business and dinner meeting will be on **Monday, March 27th**. Bingo will be at 4:00pm with a corned beef and cabbage dinner served at 5:00pm. President Cheryl Doran will conduct the business meeting at 6:00pm at which time election of officers will take place. Following the meeting there will be an auction. Members are asked to make a donation of a wrapped new or slightly used items which may be dropped off at the center or the night of the meeting. Reservations are required for dinner. Tickets are \$7.00 and must be purchased by **Friday, March 24th**. All members are welcome to attend the meeting and program.

Services at the Center

Attorney

Attorney Todd Potter will be at the center and offer legal consultations for our members. Attorney Potter will be at the center on **Monday, March 13th at 10:00am.**

Blood Pressure Screening

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

Univera

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

Fidelis Medicare

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

Blue Cross & Blue Shield

A representative from Blue Cross and Blue Shield will be at the center on **Tuesday, March 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, 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, March 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 Wednesday, March 15th **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?

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 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. 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:



Robert Hetsel

Jane Bush

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

I have received calls from the citizens asking how to contact the various city departments. Here are the phone numbers:

Assessor 695-8619
Building Inspector 695-1806
City Attorney 692-6316
City Clerk 695-8318
Electrical 695-9232
Engineering 695-8624
Fire 692-8400
Kohler Pool 692-2737
Mayor 695-8645
Police 692-2121
Public Works 695-1376
Recreation 505-1172
Treasurer 695-8637

Remember to recycle. Your questions and comments are always welcome and you may call me at 692-3070.

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.

Some things about the Tonawanda Fire Department you may not know—Part 2

Fire Prevention

The department recognizes that efforts made to educate people on the dangers of fire will save lives. Knowing how to prevent fires and how to

escape a fire is important information that everyone should know. The department carries out fire prevention in many ways.

Inspections

Code enforcement is done regularly by the department's Fire Inspector as well as the regular, on-duty firefighters who conduct regular building inspections. Our personnel will walk through and inspect commercial buildings (warehouses, offices, stores and restaurants), places of public assembly (churches, banquet halls) and school buildings as well as multiple living units (apartment buildings) and look for violations. By law, we can mandate that each of these buildings are made safe by checking to see that smoke and CO alarms are in place, checking for adequate and unblocked exits, hazardous storage, proper electrical wiring and connections and so forth.

While our personnel conduct regular inspections of many commercial buildings, the law does not allow us to inspect private homes for the same type of dangers without consent of the homeowner (this is one of the reasons most fatal fires occur in private residences). I recommend you consider having the fire department perform an inspection of your home or apartment. To set up an inspection just call the Fire Department at 692-8400 and ask to speak to the Fire Prevention Officer. While the leading cause of fires that occur in the home remains to be unattended cooking, there are many more causes. Our firefighters can point out potential fire hazards in your home and can educate you and your family on how to remain safe from the threat of fire.

Education

The department teaches fire safety to many groups throughout the year. We hold sessions at each of the senior living complexes as well as at the housing authority where we instruct the residents on how to prevent fires from occurring and what to do in the event that a fire or fire alarm should occur in their building. Each year our firefighters visit every classroom in each elementary school in our city including all parochial schools. We present age-appropriate lessons that include take-home material so that the parents of each student are made aware as well. Each October, the department holds an open-house at fire headquarters where we provide demonstrations and explanations on the types of service we provide and equipment we use. Of course, we also take this opportunity to provide safety lessons as well. Several other presentations are done throughout the year at places such as the Library and for Cub Scouts and Boy and Girl Scout groups.

March

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 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 10:00 Attorney	14) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Fidelis 1:00 HICAP	15) 9:30 Scrap Booking 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	17) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
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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	29) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Menø Billiards 9:00-11:00 Taxes	30) 10:00 Crafts 11:00 Bridge 1:00 9 Ball 9:00-11:00 Taxes	31) 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing



Wishing all our members a Happy St. Patrick 's Day

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.

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, March 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, March 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.

Bocce Meeting

There had been a change in the date for this meeting. The new date is **Monday, March 20th at 1:00pm**. The season will start in May. Everyone is welcome to attend.

AARP Safe Driving Course

This class offered by A.A.R.P. will help you to learn 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. This class will be at the center on Tuesday, April 25th and Wednesday, April 26th. The classes are held from 9:00am-noon each day and you must attend both days in order to receive credit. The fee is \$20.00 for AARP 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. You must register for the course by calling the office at 692-7029.

Day Light Savings Time

Sunday March 12th is when day light savings time begins. Remember to set your clocks one hour ahead.

Park Permits

Shelter permits are now available for Veterans and Eastern Park. Visit the parks and recreation department Monday thru Friday 7am-3pm closed 12pm-1pm for lunch to purchase your permit.