

**HAPPY MARCH BIRTHDAY TO THE FOLLOWING MEMBERS!**

- |  |   |   |
|--|---|---|
| 1. Ruth Bosch<br>Henry Ippolito<br>Cheryl Bullard<br>James Bonadio               | 11. Dorothy Britting<br>12. Joanne Spear<br>Donna Moore<br>Beulah Ranbuska                  | 20. George Joyes<br>Doug Tyler                                      |
| 2. Dolores Bogdan<br>Richard Barnaby<br>Dennis Carlin<br>Susan Beeler            | 13. Annette Marzullo<br>Natalie Owens<br>Joan Marie Prohn<br>Ronald Wilkins<br>Mary Watters | 21. Robert Moreno<br>22. Becky Henry<br>Ada Griffis                 |
| 3. Hector Velazquez  | 14. Ronald Baum<br>Catherine Winter<br>Mark Saltarelli                                      | 23. Violet Mager<br>Glenn Weyers<br>Gene Demler                     |
| 4. Margaret Marohn<br>Jean Robins<br>Gary Burgin<br>Frank Brunetta               | 15. Christine Starks<br>Kevin Hardwick<br>Arthur Galka                                      | 24. Dan Hall<br>Donald Ehlers<br>John Metzinger                     |
| 5. Curt Long<br>Louis Linhart<br>Rosemary Taber<br>Jean Morrison<br>Robert Dendy | 16. Faye Kuczynski<br>Pauletter Jurek<br>Carol Dammann                                      | 25. Nancy Staffen<br>Gisela Reiss<br>Beverly Massina                |
| 6. Geneva Nelson<br>Mary Burkholder  | 17. Irmgard Kuehne  | 26. Dolores Crecca<br>Anne Harmon                                   |
| 8. Sam Fusco<br>James Monroe<br>Elaine Grisanti<br>Paul Zimmerman                | 18. Sharon Weiss<br>Lytie Wilson<br>Ann Tornabene   | 28. Norma Richau<br>Darlene Fess<br>Dorothy Foels<br>Raymond Wilkie |
| 9. Margaret Britt<br>Delores Oswald<br>John Choczynski                           | 19. Lois Fletcher<br>Edward Nowotarski<br>John Choczynski<br>Jay Holler                     | 29. Virginia Wisniewski<br>Marion Schultz                           |
|  |   | 30. Nancy Ball<br>John Staffen<br>Ruth Weber<br>Elizabeth Vacek     |
|  |   | 31. Florence Mazur  |



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  
Mar 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

**Taxes Wednesdays and Thursdays March 1st thru April 12th**  
**Narcan Class—Saturday March 25th**  
**Dinner Meeting —March 26th**  
**Election of Officers—March 26th**  
**Center closed—March 30th**

### Coming Events around the City

**American Legion Band Spring concert—March 25th**

### Dinner Meeting

March 26th 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. Election of officers will take place at the business meeting. Reservations are required for dinner. The tickets are \$8.00 and must be purchased by Friday, March 23rd. All members are welcome to attend the meeting and program.

## Services at the Center

### **Attorney**

There is a change in day for Attorney Potter to be at the Center. It will now be on the second Tuesday of the month. **Tuesday, March 13th at 10:00am.**

### **Blood Pressure Screening**

Fire Department personnel provide this free service on **Thursday, March 1st from 11:00am to 11:30am.**

### **Univera**

Will have a representative at the Center on **Tuesday, March 20th at 1:00pm.**

### **Fidelis Medicare**

Will have a representative at the Center on **Tuesday, March 27th at 1:00pm.**

### **Blue Cross & Blue Shield**

Will have a representative at the Center on **Tuesday, March 13th at 1:00pm.**

### **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](http://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 24th at 1:00pm.**

### **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 13th, 20th and 27th from 1:00pm-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. Starting Friday, March 2nd. 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, March 7th 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 billiards room is open to all members from 9:30am to noon each day. Tournaments on Monday, Wednesday and Thursday will start at 12:30pm. Please be there 15 minutes early. New players are always welcome.

### **Bocce**

President Jim Connors is having a meeting at the center on Wednesday, April 25th at 1:00pm to discuss the coming season. Everyone is welcome to attend.

## **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.

### **Election of Officers**

Election of Officers will take place at the March 26th dinner meeting. Anyone interested in seeking an office may contact any of the Officers or Board members who will inform you of the duties of the office you are considering.

### **Our Sincere Sympathy to the family and friends of:**

**Betty Fisher**  
**Gail Schiedo**  
**Walter Dean**  
**Ronald McEldowney**

## **AARP Tax Program**

Appointments for this program will start on Monday, January 22nd by calling the center 692-7029. You must have an appointment or you will not be taken. 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) 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.

### **Center Closed**

The center will be closed Friday, March 30th for Good Friday.

## **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.

### **Council President Jenna Koch**

There will be a Narcan class at the center on Saturday March 24th 9:00am-11:00am. Please be there 1/2 hour before for sign in. Register by calling Erie County Health Department at 858-7690.

The 3rd Warrior walk will be on Wednesdays starting Wednesday, May 30th. Schedules will be available at the center.

Wishing all the members a Happy Easter and Spring.

If you have any questions or comments you can call me at 692-3070.

### **American Legion Band Spring Concert**

Sunday, March 25th is the Spring Concert for the American Legion Band at the Riviera Theatre at 7:30 pm. Tickets are \$16.00 and may be purchased at the center or Walker Monroe.

### **Time Change**

Remember to change your clocks one hour ahead on Sunday, March 11th.

# March 2018

692-7029

692-7029

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
|   |   |   | 1)<br>10:00 Crafts<br>11:00 Bridge<br>12:30 9 Ball<br><br>9:00-11:00 Taxes<br>11:00 Blood Pressure Screening | 2)<br>9:30 Chair Yoga<br>10:30 Wii Bowling<br>1:00 Ladies Billiards<br>1:00 Prog. Pinochle<br>1:00 Ball Room Dancing                  |
| 5)<br>11:00 Line Dancing<br>1:00 Pinochle<br>12:30 8 Ball Tourney   | 6)<br>9:00 Euchre<br>11:00 Combined Chorus<br>1:00 Ladies Pinochle<br>1:00 Mahjong  | 7)<br>10:00 Adult Coloring<br>10:00 Ceramics<br>1:00 Pinochle<br>1:00 Canasta<br>12:30 Men's Billiards<br><br>9:00-11:00 Taxes<br>10:00-noon United Way | 8)<br>10:00 Crafts<br>11:00 Bridge<br>12:30 9 Ball<br><br>9:00-11:00 Taxes                                   | 9)<br>9:30 Chair Yoga<br>10:30 Wii Bowling<br>10:30 Bridge<br>1:00 Ladies Billiards<br>1:00 Prog. Pinochle<br>1:00 Ball Room Dancing  |
| 12)<br>11:00 Line Dancing<br>1:00 Pinochle<br>12:30 8 Ball Tourney  | 13)<br>9:00 Euchre<br>11:00 Combined Chorus<br>1:00 Ladies Pinochle<br>1:00 Mahjong<br><br>10:00 Attorney<br>1:00 Blue Cross Blue Shield<br>1:00-3:00 HICAP | 14)<br>10:00 Adult Coloring<br>10:00 Ceramics<br>1:00 Pinochle<br>1:00 Canasta<br>12:30 Men's Billiards<br><br>9:00-11:00 Taxes                         | 15)<br>10:00 Crafts<br>11:00 Bridge<br>12:30 9 Ball<br><br>9:00-11:00 Taxes                                  | 16)<br>9:30 Chair Yoga<br>10:30 Wii Bowling<br>10:30 Bridge<br>1:00 Ladies Billiards<br>1:00 Prog. Pinochle<br>1:00 Ball Room Dancing |
| 19)<br>11:00 Line Dancing<br>1:00 Pinochle<br>12:30 8 Ball Tourney  | 20)<br>9:00 Euchre<br>11:00 Combined Chorus<br>1:00 Ladies Pinochle<br>1:00 Mahjong<br><br>1:00 Univera<br>1:00-3:00 HICAP                                  | 21)<br>10:00 Adult Coloring<br>10:00 Ceramics<br>1:00 Pinochle<br>1:00 Canasta<br>12:30 Men's Billiards<br><br>9:00-11:00 Taxes<br>1:00-1:30 Pharmacist | 22)<br>10:00 Crafts<br>11:00 Bridge<br>12:30 9 Ball<br><br>9:00-11:00 Taxes                                  | 23)<br>9:30 Chair Yoga<br>10:30 Wii Bowling<br>10:30 Bridge<br>1:00 Ladies Billiards<br>1:00 Prog. Pinochle<br>1:00 Ball Room Dancing |
| 26)<br>11:00 Line Dancing<br>1:00 Pinochle<br>12:30 8 Ball Tourney<br>Dinner Meeting<br>4:00-Bingo<br>5:00-Dinner<br>6:00-Meeting<br>Election of Officers | 27)<br>9:00 Euchre<br>11:00 Combined Chorus<br>1:00 Ladies Pinochle<br>1:00 Mahjong<br><br>1:00 Fedelis<br>1:00-3:00 HICAP                                  | 28)<br>10:00 Scrap Booking<br>10:00 Adult Coloring<br>10:00 Ceramics<br>1:00 Pinochle<br>1:00 Canasta<br>12:30 Men's Billiards<br><br>9:00-11:00 Taxes  | 29)<br>10:00 Crafts<br>11:00 Bridge<br>12:30 9 Ball<br><br>9:30-11:00 Taxes                                  | 30)<br><br><br><br><br><br><br><br><br><br><b>Closed<br/>Good Friday</b>  |



*Wishing all our members a Happy Easter*

## Senior Van Service

## Lions Club

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, March 7th at 10:00am to noon**. With the Tonawanda office closed and the office in Lockport we offer this service to the City of Tonawanda residents.

## Pharmacist

Pharmacist Dawn Hoffmann of Walgreens will be at the center on **Wednesday, March 21st 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.

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. 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 opened November 13th. If you are applying for the first time call 858-1969 for an application or come to the outreach at the center. Bring your gas and electric bills along with all your income information.

HEAP income guide lines 2017-2018

| Household size | Gross Monthly Income |                  |
|----------------|----------------------|------------------|
|                | Tier 1               | Tier 2           |
| 1              | \$1,307              | \$1,308-\$2,318  |
| 2              | \$1,759              | \$1,760-\$3,3031 |
| 3              | \$2,212              | \$2,213-\$3,744  |
| 4              | \$2,665              | \$2,666-\$4,457  |
| 5              | \$3,118              | \$3,119-\$5,170  |
| 6              | \$3,571              | \$3,572-\$5,883  |
| 7              | \$4,024              | \$4,025-\$6,017  |
| 8              | \$4,476              | \$4,477-\$6,150  |
| 9              | \$4,929              | \$4,930-\$6,284  |
| 10             | \$5,382              | \$5,383-\$6,418  |

## Heating (furnace) Equipment repair or Replacement

This is a program open to HEAP eligible clients. To see if you qualify contact Erie County senior services 858-7644.