

HAPPY OCTOBER BIRTHDAY TO THE FOLLOWING MEMBERS!

- | | | | |
|-----------------------|-----------------------|---------------------|----------------------|
| 1. Arthur Schnellbach | 7. Helen Foore | 16. Carol Lucas | 23. Norma Lazarus |
| 2. Antoinette Bachara | Shirley Reinbolt | Dwain Morris | 24. Jane Soluri |
| Richard A. Slisz | Archie O'Bryan | John Michael | Cindy Zelig |
| Elmer Artman | 8. Arlene Hogan | Mary Greice | Pauline Kasper |
| Donald Gill | Stephanie Schreiber | Evelyn Palmeri | 25. Elsie Clark |
| Joseph O'Connell | 9. Nora Pulinski | Timothy Hughes | 26. Ralph Librock |
| | Michael Young | | |
| Leonard Brzezinski | 11. Esther Harriger | Joan Meyer | 27. Florence Mazza |
| Joe Miosi | Edna Kruse | 17. Judi Krantz | Fay Benzin |
| Mildred Dieffenbach | Patricia Senchack | 18. Carol Drew | 28. Frank Maess |
| Rev. Ronald Crane | 13. Shirley Kobernuss | Constance Messer | Martha Burngasser |
| 3. Francis Mulcahy | DeWayne Helf | Mary Schlau | 29. Marilyn Foit |
| Ruth Frederick | 14. Margaret Snyder | Karen Tompkins | Guy Fuqua |
| Marcia Haynes | Janice Jacob | 19. Helen Mullaney | Mary Loschiavo |
| | | | Eva Bastien |
| 4. Joan Linhart | 15. Barbara Fish | 20. Arlette Smith | 30. Peter Meagher |
| 5. Marion Fry | Dorothy Wegrzyn | Thomas LaDuca | Clara Marranca |
| 6. Linda Napora | | Lois Wilson | Joseph Brunner |
| Casper Hoffman | | Albert Charles Long | 31. Beverly Browning |
| Sharon Koren | | Jackie Krupczyk | Patricia Bearfield |
| Barbara Burkett | | 22. Sara Gray | |
| Robert Hough | | | |



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
Oct 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

Center closed—October 9th
United Way- October 4th & 18th
Dinner Meeting- October 30th
Fall Bazaar. October 7th
Safe Driving course- October 18th & October 19th

Coming Events at Gateway Harbor

Haunted Harbor- October 14th 6:00-8:00

Dinner Meeting

The October dinner meeting will be on **Monday, October 30th**. Bingo will be at 4:00pm with a turkey 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, October 27th**. 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, October 16th at 10:00am.**

Blood Pressure Screening

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

Univera

Will have a representative at the Center on **Tuesday, October 10th at 1:00pm.**

Fidelis Medicare

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

Blue Cross & Blue Shield

Will have a representative at the Center on **Tuesday, October 31st 1:00-3:00pm.**

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 not be at the center this month.

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, October 10th, 17th, and 31st 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

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 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's 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, October 11th 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

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:



Clarence Schultz
Patricia Penberthy
Susan Reimer
Paul Schmidt

Bazaar

Saturday, October 7th is our Bazaar 10:00 am-3:00 pm. We are in need of attic treasures, tops, games, plants, knitted and crochet items and crafts. Bakers are needed for pies and baked goods for these tables and may be dropped off at the center the day before. Volunteers are needed to help set up and work the day of the Bazaar. If you would like to volunteer call or stop in at the center, quarter pound roast beef sandwiches will be available at 11:00 am.

Bocce League

This was a very successful year. If you are interested and would like information regarding Bocce or to sign up for next year, please contact Jim Conners at 694-4038.

Fire Chief Stuart's Article

Each first full week of October is designated as

Fire Prevention Week+ as the anniversary of the Great Chicago Fire (Oct. 8, 1871) falls on this week. So I'm taking this opportunity to remind everyone of some very important fire safety tips.

Make sure you have a working smoke alarm on each floor of your home. Preferably, an alarm should be installed in each room. Avoid positioning a smoke alarm too close to your stove or shower (to avoid false alarms).

If you have battery powered smoke alarms, change the batteries this month.

Always be careful when cooking. Cooking is the main cause for fires that occur in a residential setting (food left unattended on a stove). Be careful not to reach over a stove burner when wearing loose clothing; you can start yourself on fire.

Avoid using extension cords for permanent situations. Replace old, worn cords; do not situate them underneath carpeting or runners.

Take a look around your home. If you have combustible items stored near your stove, furnace, hot water tank, clothes dryer or any heat-producing

device, move them a safe distance away (at least 5 feet).

If you have a wood-burning stove or fireplace, now is the time to inspect the chimney flu and clean if necessary. A flu with built-up soot can start on fire.

If you burn candles remember to blow them out before leaving the house or going to sleep. If you think you might forget, leave yourself a note at the door or in your bedroom.

If you have any problems with electrical wiring, outlets/switches or the breaker/fuse box, now is the time to have that repaired. Electrical malfunctions remain a significant cause of serious fires.

If you are not sure about any of the above tips, one of our firefighters would be happy to stop by to help explain or check for possible dangers. If you need help changing batteries or installing an alarm we can also do that for you. Just call fire headquarters for assistance 692-8400.

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.

Heating Energy Assistants Program

Those who received HEAP last year should be getting the forms for the 2017-2018 year in August or early September. When you receive the forms fill out and file immediately. If you have a problem filling the forms call the office. If this your first year to apply the forms will be available November 13th.

Council President Jenna Koch

There will be a food drive to benefit the Vietnam Veterans Chapter 77, St. Francis Food Pantry and the DVA, October 14th to November 18th. Non perishable items may be dropped off at the center. Election Day is Tuesday, November 7th. The polls are open 6:00am to 9:00pm. Voter registration and absentee forms are available at the center. If anyone needs a ride to their polling place you may contact me at 692-3070.

Niagara Gazette is considering putting a section for news pertaining to Tonawanda in their daily paper. They are seeking input from our citizens.

A Prayer for Those Growing Older

Lord, Thou knowest that I am growing older.

Keep me from becoming talkative and possessed with the idea that I must express myself on every subject.

Release me from the craving to straighten out everyone's affairs.

Keep me from the recital of endless detail. Give me wings to get to the point.

Seal my lips when I am inclined to tell of my aches and pains; they are increasing with the years and my love to speak of them grows sweeter as time goes by.

Teach me the glorious lesson that occasionally I may be wrong.

Make me thoughtful but not nosey; helpful but not bossy.

With my vast store of wisdom and experience it does seem a pity not to use it all. But Thou knowest, Lord, that I want a few friends at the end.

October 2017

692-7029

692-7029

	Monday	Tuesday	Wednesday	Thursday	Friday
2)	11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney	9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Men's Billiards 10:30-12:00 United Way	10:00 Crafts 11:00 Bridge 1:00 9 Ball	10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
9)	Closed for Columbus Day	9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	10:00 Scrap Booking 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Men's Billiards	10:00 Crafts 11:00 Bridge 1:00 9 Ball 11:00 Blood Pressure	10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
16)	11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney 10:00 Attorney	9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Fidelis	10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Men's Billiards 9:00 Safe Driver Course 10:30-12:00 United Way 1:00 Pharmacist	10:00 Crafts 11:00 Bridge 1:00 9 Ball 9:00 Safe Driver Course	10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
23)	11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney	9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Univera 1:00-2:00 HICAP	10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 1:00 Men's Billiards	10:00 Crafts 11:00 Bridge 1:00 9 Ball	10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
30)	11:00 Line Dancing 1:00 Pinochle 1:00 8 Ball Tourney Dinner Meeting 4:00-Bingo 5:00-Dinner 6:00-Meeting	9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Blue Cross Blue Shield			

*Wishing all our Grandparents, Great Grandparents and Great-
Great Grandparents a very Happy Grandparents Day.*

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

JoAnn Mierzwa of the United Way will be at the center twice a month. The United Way office has relocated to Lockport. We are working with JoAnn to keep this important program in Tonawanda. She will be here the first and third Wednesday of the month from 10:30 to noon. This month the dates are **Wednesday, October 4th and October 18th.**

Pharmacist

Pharmacist Dawn Hoffmann of Walgreens will be at the center on **Wednesday, October 18th 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.

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: **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.

Health Insurance Options

Remember starting **October 15th to December 7th** you will have make a choice regarding your insurance coverage. You must make any decisions no later then December 7th.