

HAPPY OCTOBER BIRTHDAY TO THE FOLLOWING MEMBERS!

- | | | |
|---|--|---|
| 1. Arthur Schnellbach | 10. Jessie Ratner | 20. Jackie Krupczyk
Thomas LaDuca |
| 2. Richard Allard
Elmer Artman
Leonard Bzezinski
Rev. Ronald Crane
Mildred Dieffenbach
Donald Gill
Joe Miosi
Joseph O'Connell
Richard Slisz | 11. Esther Harriger | Albert Long
Arlette Smith
Lois Wilson |
| 3. Ruth Frederick
Marcia Haynes
Rick Kivler
Francis Mulcahy | 12. Mary Morgan
Patrick Senchack | 22. Sara Gray |
| 4. Joan Linhart | 13. DeWayne Helf
Shirley Kobernuss | 23. Norma Lazarus |
| 5. Marion Fry | 14. Janice Jacob
Margaret Snyder | 24. Pauline Kasper
Jane Soluri
Cindy Zelie |
| 6. Barbara Burkett
Casper Hoffman
Robert Hough
Sharon Koren
Linda Napora | 15. Dorothy Wegrzyn | 25. Elsie Clark |
| 7. Helen Foore
Archie O'Brien
Shirley Reinbolt | 16. Mary Greice
Timothy Hughes
Carol Lucas
Joan Meyer
John Michael
Dwain Morris
Evelyn Palmeri | 26. Ralph Librock |
| 8. Arlene Hogan | 17. Judi Krantz | 27. Florence Mazza |
| 9. Nora Pulinski
Michael Young | 18. Carol Drew
Constance Messer
Mary Schlau
Karen Tompkins | 28. Fay Benzin |
| | 19. Helen Mullaney | 29. Eva Bastien
Marilyn Foit
Guy Fuqa
Mary Loschiavo |
| | | 30. Joseph Brunner
Clara Marranta
Peter Meagher |
| | | 31. Patricia Bearfield
Beverly Browning |



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

Return Service Requested

STD
U.S. Postage
PAID
Tonawanda, NY
Permit No. 207

Time Value
Oct 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

Bazaar—October 6th
Closed October 8th—Columbus Day
Coffee with the Council—October 13th
Safe Driver Course—October 25th and 26th
Christmas Dinner—November 26th
Christmas Party—December 10th

Coming Events around the City

Haunted Harbor—October 13th
American Legion Concert—November 11th

Dinner Meeting

The dinner/business meeting is on **Monday, October 29th**. Bingo at 4:00pm, dinner served at 5:00pm. President Cheryl Doran will conduct the meeting at 6:00pm. Reservations are required for the turkey dinner. The tickets are \$8.00 and must be purchased by **Friday, October 21st**. All members are welcome to attend the meeting.

Services at the Center

Attorney

Attorney Potter will not be at the Center this month.

Blood Pressure Screening

Fire Department personnel provide this free service on **Thursday, October 4th from 11:00 am to 11:30am.**

Univera

Will have a representative at the Center on **Tuesday, October 30th from 2:00pm to 4:00pm.**

Fidelis Medicare

Will have a representative at the Center on **Tuesday, October 23rd at 1:00pm.**

Blue Cross & Blue Shield

Will have a representative at the Center on **Tuesday, October 16th from 1:00pm to 4:00pm.**

United Health Care

Will have a representative at the Center on **Wednesday, October 24th 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. A representative will be at the Center **Tuesday, November 20th at 2:00pm.**

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. A representative will be here **Tuesday, October 16th, 23rd and 30th.**

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. You may join anytime.

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, **October 17th 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 the week of **September 17th**. New players are always welcome.

Folk Sing A Long

Anyone interested in this sing a long call the center 692-7029. Feel free to bring along your guitar.

Bocce

The Tonawanda bocce league championship playoffs between Gary's Service and the Gastown Sportsmen's Club was held on Thursday, August 16th. Gary's Service won the championship.

A banquet for the league was held on Thursday, August 23rd at Banchetti's restaurant; a team sponsor.

This year we welcomed several new players. If you wish to join next year as we start forming teams now call Jim Connors at 694-4038.

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:

Judy Bell
Florence Canfield
Jackie Kramers
Charles Shaffer
Thomas Starnes

Council President Jenna Koch

Council members will have a coffee hour at the center, Saturday, October 13th 9:00am-10:30am try to stop in.

When you change your clock in November be sure to change the batteries in your smoke alarms.

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

Fire Chief Charles B. Stuart

The seasons have changed from summer to fall and with that change, along come some fire safety issues that we should all be mindful of. Here are some tips to help protect you this fall season.

As the leaves begin to fall, people will begin to rake them into the street in nice piles for the DPW to pick up. As these piles pile up+be careful not to park your car on top of a pile. The heat coming off of your car's exhaust system is hot enough to ignite the leaves and start your car on fire.

As twigs and branches start to accumulate around your home it's best to collect them and place them at the

curb for the DPW to pick up rather than burning them. Most yards in our city are not large enough to safely allow for this type of burning. We also regularly receive numerous complaints about this type of burning.

If you drain the gasoline out of your lawn mower for winter storage, do so carefully. Make sure you have an approved container nearby large enough to hold all of the gas, avoid splashing the gas onto your clothes and most importantly, make sure there are no points of ignition nearby such as open flames, machinery running, cigarettes etc. and do not do this in an enclosed area . never drain gasoline in a basement or similar area.

If you have a wood-burning fireplace or stove make sure the chimney is inspected prior to firing it up for the first time this season. You want to make sure there is no creosote built up along the inside surface of the chimney. Creosote can build up over time when you burn anything other than clean dry hardwood. Creosote buildup can ignite and cause the chimney joints to expand. This will allow the fire to spread into the walls and cause a serious house fire. For that reason as well, the chimney should be inspected for any breaks in the lining or flue. Obstructions can also occur when birds or squirrels make a nest in your chimney flue that has been dormant all summer long. These must be cleared out or they will block the smoke from venting out the chimney resulting in a hose full of smoke. Remember to burn only clean, dry (aged) wood. Never burn large amounts of paper or cardboard as they will create flaming embers that can drop onto yours or your neighbor's roofs. Never burn plastics or rubber type materials.

Off Topic . Fire Hydrants

Someone at the Senior Center recently asked me why some of our city fire hydrants are painted different colors. There are a few reasons for this. If you see a hydrant with a green colored top, that indicates that it will flow in excess of 1000 gallons of water per minute. Many of the hydrants in our city do not flow that much so in the case of a serious fire; we will connect to a green hydrant when we have the choice even if it's not the closest hydrant.

Since the Erie County Water Authority (ECWA) took over our city's water distribution system in 2007 they have replaced numerous fire hydrants. While fire hydrants are traditionally painted red, for whatever reason, the manufacturer from which the ECWA get their hydrants from, chooses to paint them yellow. The thought may be that yellow makes them more visible at night (which I agree). The ECWA did ask if we would like them painted red to match the original city hydrants but I insisted on leaving them yellow. The main reason for leaving them yellow is that these hydrants also have a different (steamer) connection size requiring the use of an adaptor in order to connect our hoses. By leaving these hydrants yellow, our firefighters know instantly that they will need to use an adaptor to connect a supply hose. This instant recognition saves some time when we need to connect in hurry.

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 **11am**.

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.

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!

Dementia Respite Care Program

This free program is offered the third Tuesday every month 10:30am-2:30pm at First Presbyterian Church located at 149 Broad Street. Contact the church office 692-1319 to obtain a guest registration form and get answers to any questions you might have regarding the Memory Lane Respite Program.

Medications Disposal Kiosk Site

Disposal of syringe/medical waste, unneeded, expired medications and used needles may be dropped off at the Town of Tonawanda Police department. Located at 1835 Sheridan Drive. The lobby is open 24/7.

American Legion Band Veteran's Day Concert

The American Legion concert is on **Sunday, November 11th** at the Riviera Theatre at 7:30pm. Adult general admission tickets are \$16.00 and may be purchased at the center.

October 2018

692-7029

692-7029

Monday	Tuesday	Wednesday	Thursday	Friday
1) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney 9:30 Bazaar set up	2) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 9:30 Bazaar set up	3) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards 9:30 Bazaar set up 10:00-noon United Way	4) 10:00 Crafts 11:00 Bridge 12:30 9 Ball 9:30 Bazaar set up 11:00 Blood Pressure Screening	5) 9:30 Chair Yoga 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing 9:30 Bazaar set up
8) Closed Columbus Day	9) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	10) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards	11) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	12) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
15) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	16) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Blue Cross Blue Shield HICAP	17) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards 10:00 Scrap Booking 10:00-noon United Way 1:00 Pharmacist	18) 10:00 Crafts 11:00 Bridge 12:30 9 Ball	19) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
22) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	23) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00 Fidelis HICAP	24) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards 1:00-3:00 United Health Care	25) 10:00 Crafts 11:00 Bridge 12:30 9 Ball 9:00-12:00 Safe driving course	26) 9:30 Chair Yoga 10:30 Wii Bowling 10:30 Bridge 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing 9:00-12:00 Safe driving course
29) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney Dinner Meeting 4:00-Bingo 5:00-Dinner 6:00-Meeting	30) 9:00 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 2:00 Univera HICAP	31) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Menø Billiards		

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, October 3rd and 17th 10:00am to noon.**

Pharmacist

Pharmacist Dawn Hoffmann of Walgreens will be at the center on **Wednesday, October 17th 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)

Members who received HEAP last year should be getting their forms for the 2018-2019 year this month or early September. You must file **every** year so be sure to file as soon as you receive them. If you have questions with the filing call the office.

A.A.R.P. Safe Driving Course

Upon completion of the course you will get a 10% discount for the next three years on your liability insurance. The next class will be Wednesday, **October 25th and Thursday, October 26th. Please note the change of dates.** 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.

Bazaar

Saturday, October 6th is the date this year. Donations are being accepted and may be dropped off at the center anytime. Volunteers are needed to set up and work the day of the Bazaar. If you would like to volunteer call or stop in the office. Baked goods would be appreciated.

Coffee with the Council

Council members will be at the center on **Saturday October 13th, 9:00am—10:30am.** Have coffee and meet with their constituents.

Health Insurance

You have from October 7th to December 5th to decide to stay with your current carrier or make a change.

Daylight Savings

Daylight savings ends at 2:00am **Sunday, November 4th.** Remember to set your clocks back one hour. This is a good time to change the batteries in your smoke detectors.