

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 Palumbaro
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
Kathy Moeller
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

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

Return Service Requested

Time Value
July 2019

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 **Safe Driving Courses—July 24th & July 25th**

Coming Events around the City
Silver Xtreme and Bobby Lebel—July 3rd
Sugar N Jazz Concert—July 4th
Rockwell Brass Concert—July 7th
Dead Flowers and Stoneflower—July 10th
Art on the Riverwalk—July 14th
Canal Fest—July 14th-21st
Golden Warriors Reunion Picnic—July 14th
Flip Side & Allen Degenerates—July 24th
Tonawanda's Got Talent—July 26th
Woodstock Revisited Concert—July 27th
Harmony Music Concert—July 28th
Meet the Bacons Concert—July 28th
In-Good Co. Theater "Madagascar Jr. & Frozen Jr." - 7/29—8/1
West of the Mark & Caitlin Koch—July 31st

Dinner Meeting

The monthly business meeting and dinner is **Monday, July 29th**. Bingo at 4:00pm with a picnic dinner served at 5:00pm and the business meeting at 6:00pm. The tickets are \$8.00 and must be purchased by **Friday, July 26th**. All members are welcome to attend the meeting.

Services at the Center

Blood Pressure Screening

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

Univera

Will have a representative at the center on **Tuesday, July 16th from 2:00pm-3:00pm.**

Fidelis Medicare

Will have a representative at the center on **Tuesday, July 30th from 1:00pm-2:00pm.**

Blue Cross & Blue Shield

Will have a representative at the center on **Tuesday, July 23rd from 1:00pm-3:00pm.**

United Health Care

Will have a representative at the center on **Wednesday, July 10th from 1:00pm-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.

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 16th, 23rd and 30th and Wednesday, July 10th 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.

Newsletters

If you would like to receive your newsletter via email, please contact Phyllis at 505-1172. It is also available on the City's website www.tonawandacity.com on the Senior Center & Senior Services page.

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 **9:30-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**. Materials will be supplied. Any questions call the center.

Scrap Booking

Due to the many Summer activities and Holidays this class will return in September.

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 room is available for open billiards until the tournaments return in September.

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 bocce season starts Monday, May 13th. Anyone interested in playing can call Jim at 694-4038. They are always in need of substitutes.

Bargemen

Several members of this group are interested in revising the Bargemen, any male member interested please call the center, 692-7029. The group will meet on Tuesday morning at 10:00am, starting August 6th.

Member Updates

The Officers for the 2019 year are:

President - Cheryl Doran
Vice President—Jean Hammond
Secretary—Sue Toth
Treasurer—Carol Dammann

Board Members:
Arlene Cooper
Myrna Waite
Marnitta Cooper
Joe Toth

Sunshine Secretary

Joanne Catipovic will serve for the 2019-2020 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:

Ruth Weber

Council President Jenna Koch

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

Park Shelter 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 and recreation department **Monday thru Friday 7am-3pm closed 12pm-1pm** to purchase your permit. Rates for Veterans Park (large shelters only) and Eastern Park resident \$75.00; non resident \$150.00. Small shelter rates are resident \$50.00; non resident \$75.00.

Medical Disposal System

Senator Chris Jacobs with the UB school of pharmacy partner to distribute drug deactivation systems pouches. The purpose for the pouches is to dispose of the prescriptions rather than flushing medications down the toilet where they can pollute our waterways or leave them in a medicine cabinet. Unused pills, patches or liquid medication can be placed into the pouch along with warm water. After 30 seconds the medications deactivate. The pouches can then be disposed of in normal trash. Making them safer for landfills as well as directly removing unwanted pharmaceuticals from potential misuse or abuse. Senator Jacobs is at the City of Tonawanda City Hall the second Wednesday of the month 9:30am- 11:30am. You will be able to get a pouch at that time or call his office at 854-8705.

Tonawanda H.S. Golden Warrior Picnic

All graduates of Tonawanda High School who have celebrated their 50th reunion, their spouse or adult guest are invited. It will be held at Tonawanda Fireman's Park on Two Mile Creek Road. Rain or shine tents are set up. The picnic date is Sunday, **July 14th from 1:00pm—6:00pm**. We will again be having picnic food, roast beef, hamburgers, hotdogs, Italian sausage and salads from 1:30pm-5:00pm. We will also provide beverages. The cost is \$20.00 per person. Any questions please contact Shirley Conley at 957-9293.

Summer Guide Books

If you have not received a copy of the Summer guide book they are available for pick up at the Center, City Hall, Library, Parks department and Kohler Youth Center. It is also posted on the city's website, www.tonawandacity.com.

Center Closed

The center will be closed July 4th in observance of the holiday.

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.

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.

Supplemental Nutrition Assistance Program

This program is also known as SNAP and food stamps. Income guidelines for those 60 years and older or disabled. Household size 1 - gross monthly income \$2,023.00 or 2 - \$2,743.00. For further information contact 858-7239. If you need help filling the forms out come to the center on the 1st and 3rd Wednesdays of the month when the United Way representative is here for assistance.

Garden Walk 2019

Unfortunately, due to circumstances beyond our control, the 2019 COT Garden Walk has been **CANCELLED**. This by far was not an easy decision, but is necessary. THANK YOU to all the gardeners who applied, and rest assured, we will be back in 2020!

Food Truck & Farmers Market Thursdays

The season is June 6th through September 26th from 5pm-8pm, with a week break for Canal Fest & July 4th. There will be at least 12 food trucks, music, local farmers and vendors.

July 2019

692-7029

692-7029

Monday	Tuesday	Wednesday	Thursday	Friday
1) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	2) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong	3) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men's Billiards	4) Closed Happy 4th of July	5) 9:30 Chair Yoga 10:30 Wii Bowling 1:00 Ladies Billiards 1:00 Prog. Pinochle 1:00 Ball Room Dancing
8) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney	9) 9:30 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 Men's Billiards 1:00-3:00 United Health Care 1:00-2:00 HICAP	11) 10:00 Crafts 11:00 Bridge 12:30 9 Ball 11:00 Blood Pressure	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 12:30 Pharmacist	16) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 2:00-3:00 Univera 1:00-2:00 HICAP	17) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men's Billiards	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) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00-3:00 Blue Cross Blue Shield 1:00-2:00 HICAP	24) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men's Billiards 9:00-12:00 Safe Driving Course	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
29) 11:00 Line Dancing 1:00 Pinochle 12:30 8 Ball Tourney Dinner Meeting 4:00-Bingo 5:00-Dinner 6:00-Meeting 6:30-Speaker	30) 9:30 Euchre 11:00 Combined Chorus 1:00 Ladies Pinochle 1:00 Mahjong 1:00-2:00 Fedelis 1:00-2:00 HICAP	31) 10:00 Adult Coloring 10:00 Ceramics 1:00 Pinochle 1:00 Canasta 12:30 Men's Billiards		

Wishing all our members and their families a happy and safe 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 7:00am thru 3:00pm. 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

The representative from United Way will not be at the center in July. If you have any questions call the office.

Pharmacist

Pharmacist Dawn Hoffmann of Walgreens will be at the center on **Monday, July 15th at 12:30pm**. She will do blood pressure at that time along with any questions you may have regarding your prescriptions.

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 this course you will get a 10% discount for the next 3 years on your liability insurance. The next class will be held at the center on Wednesday July 24 and Thursday July 25 or Wednesday September 18th and Thursday September 19th. The classes are held 9:00am to 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 you can call the office at 692-7029.

Summer Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

SAFETY TIPS

Propane and charcoal BBQ grills should only be used outdoors. The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches. Keep children and pets at least three feet away from the grill area. Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill. Never leave your grill unattended. Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel. If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire. Keep charcoal fluid out of the reach of children and away from heat sources. There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use. When you are finished grilling, let the coals completely cool before disposing in a metal container.