

Cheektowaga Senior Services

May 2020



686-3930

**3349 Broadway Street
Cheektowaga NY 14227**

DIRECTOR'S CORNER

Dear Friends,

I sure didn't expect to be getting our newsletter ready for May with the Center closed. Our full time staff certainly didn't expect that I would be asking them to give me a photo of them and that they would be our cover photo collage but I wanted you to see our smiling faces. I want you to know we are still here for you and are just a phone call or an email away. Yes, these are unprecedented times and we are all adjusting to things we didn't expect but we are all in this together and we are all figuring things out day by day. Let's focus on some positive things.

Though our building is closed to the public, the full-time staff IS STILL WORKING AT THE CENTER, busier than ever, because we have lots of new challenges to overcome. We are working on ways to stay in touch with our members and as many of the other older adults in our community as we can reach. Please be a good ambassador for us and share our phone number with other people you know that may not be as familiar with us but might need us. Also know that because we don't know how long our center will be closed, we are working on other programming ideas and consulting with senior centers all over the nation through the National Council on Aging to see how we can alter our operations and engage with our members again.

This newsletter is meant to be informational and also a little fun. We want you to know what we still have going on but there are also some activities, puzzles and silly stuff for you. Take a look at the calendar centerfold—play along and see how many of the “holiday tasks” you can accomplish. See if you can unscramble the words and figure out the “brain games”.

While sometimes it seems like the world has stopped, that just isn't the case. I recognize most of us are tired of staying home but please be patient and be positive. Take good care of yourself. Use this time to explore new interests, connect with family and friends using your phones and computers and be sure to find some joy in every day. Until we see you again, please stay well my friends.

Warm Regards,

Kerry Peek

My quote for the month: “Man never made any material as resilient as the human spirit.” -Bern Williams

VAN SERVICES

In cooperation with the Erie County Department of Senior Services, the Town operates five (5) vans to pick up Senior Citizens, age 60+ (who cannot use any conventional means of transportation) at their home and take them to the doctor, food shopping, and other necessary services. **This is a curb to curb service. Residents requiring assistance getting in/out of their home or the van should bring a friend or family member along to assist them.**

The suggested donation for a one-way trip is \$3 and \$8 one way for the wheelchair van, but the donation is confidential and each person determines what he or she can pay. The vans run five days a week from 8:30 am to 3:30 pm. Please try to make your appointments early in the day, allowing plenty of time for your return home.

Van reservations for **MEDICAL APPOINTMENTS** can be made a **minimum of 24 hours and a maximum of two weeks in advance** (the sooner the better). All **OTHER APPOINTMENTS** (shopping, banking, etc.) can be made a **minimum of 24 hours and a maximum of one week in advance**. Appointments will be scheduled on a space availability basis—medical being the priority. **For the health & safety of other passengers and our drivers, we do not transport residents to the Laundromat with dirty laundry. WHEN GROCERY SHOPPING, EACH RIDER IS LIMITED TO 4 BAGS.** Van drivers can help unload the bags but are not permitted to enter the rider's home.

PHONE NUMBER—858-RIDE (858-7433)
WEEKDAYS, 8:30 AM—4:20 PM TO MAKE A RESERVATION.



OUTREACH COORDINATOR, JAMIE ACOFF, IS STILL AVAILABLE TO ASSIST YOU

For those of you who know Jamie Acoff, you know she is our “information booth” at the center. She assists our members with numerous things such as:

- Applying for entitlements & benefits (HEAP, SNAP, etc.)
- Insurance coverage questions/Health Insurance Reviews
- Budgeting and financial stability
- Housing Information
- Medicaid Applications
- Referrals for home assistance (lawn care, health care, pet walkers, transportation, plumbers, and many more.)

And questions on just about anything—if she doesn't know the answer, she will find it for you. If you're not sure we can help you, CALL, we will help you figure it out.

HOME DELIVERED MEALS PROGRAM

In partnership with FeedMore WNY, we offer five-day delivery of hot and cold meals to homebound seniors in the Cheektowaga community. We recognize that you may not have been interested in temporarily receiving home delivered meals when this whole pandemic first began, but now you may be wishing you had signed up. IT'S NOT TOO LATE!

PERSONS INTERESTED IN RECEIVING HOME DELIVERED MEALS TEMPORARILY DURING THIS CRISIS SHOULD CALL ERIE COUNTY CONNECTS AT 858-8526. One of their case managers will assist you.



Would you or someone you know be willing to donate an hour (11:30 am -12:30 pm) one day per week to help us help others? Many of the “regular” volunteers who usually deliver meals have had to step away temporarily due to health issues so we need drivers and meal servers to deliver the meals. There are three sites in Cheektowaga. Call our

Center at 686-3930 and we will connect you to the site closes to you!

WORRIED ABOUT GROCERIES?

We recognize that just going to the grocery store can be scary right now. If you are looking for help with getting your shopping or errands done, we do have volunteers willing to help with this. Please call our office so we can get some details from you and we will work on getting you linked to a volunteer.



FOOD PANTRIES ARE OPEN

We recognize that many residents are struggling with food insecurity during this crisis. Please know that there are still some food pantries in Cheektowaga operating and ready to help you. The pantries are doing everything they can to make food pick up as safe as possible for their volunteers and the residents who need the food. Some of our pantries have even expanded their hours. Call our office and we can connect you with the pantry closest to you.



Our local food pantries are looking for volunteers who could assist them with many aspects of their pantry operations. Many of their “regular” volunteers have had to step back from their volunteer roles to protect their own health. Times and shifts vary but many helping hands are needed to continue making sure our most vulnerable get the food they need. Call our office and we can tell you more about this awesome volunteer opportunity. If you can’t help but know someone who may be able to, please help us spread the word.

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United States®
**Census
2020**

The US 2020 Census was launched in mid-March. **For the first time you were offered the opportunity to respond online.** We believe the actual Census forms will now be arriving in mailboxes all over the country for anyone who did not or could not take advantage of the online response option. Once you have your printed form, if you need help filling out any of the questions please just call our office and we will happily coach you through it.

Remember, it is your civic duty and critical for fair representation, congressional and state legislative redistricting, as well as federal funding to support states, counties, schools, hospitals, public works and cultural organizations. **BE SURE TO BE COUNTED!!!**



GET ON OUR EMAIL LIST

Dawn Bellere, our Recreation Supervisor, who is usually very busy planning all our upcoming special events, besides organizing and keeping track of our busy, day to day schedule of activities, has been working non-stop on updating and sending out messages using our very large email list. We now have close to 2,000 members we can connect with this way and are adding names daily. Send us an email at seniors@tocny.org and let us know if you want to be added. THANK YOU DAWN for your patience and dedication to this project.



Find us on:
facebook®

If you have a Facebook page and would like to follow us to see what sort of shenanigans we are up to, be sure to search for us on Facebook and then LIKE & FOLLOW US. I misspoke in my debut video on our page by telling you all to “friend us”. Our page isn’t set up for that—but we DEFINITELY WANT YOU TO FOLLOW US and hopefully LIKE what we are posting for all of you.

You can use this link to find us quickly or search for us as “Cheektowaga Senior Center”.

<https://www.facebook.com/Cheektowaga-Senior-Center-101190208243887/>

Getting this page up and running and managing all the content has been a huge project for Camille Russell. Camille is our Recreation Leader who is usually planning and teaching all our awesome craft and cooking classes, overseeing the computer lab and helping to plan our large special events. I am so grateful to have staff that are so versatile and willing to help with most anything. THANK YOU CAMILLE!

If you haven’t ventured into the Facebook world but have a computer or smartphone give it a try. It’s easier than you might think to join and have your own account. If you need help, call us and Camille can coach you through it.

UNSCRAMBLE THE WORDS

“Things You Might Find In A Junk Drawer”

1. OCSRSISS _____
2. RCCEKOSRW _____
3. GEMATN _____
4. CRRWEEDVSIR _____
5. LIKCEN _____
6. HEELCOSA _____
7. HOOTHGAPPR _____
8. TREATBY _____
9. AALLCCOURT _____
10. PRICETE _____

The answers can be found at the top of the calendar page.



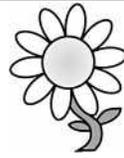
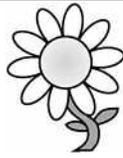
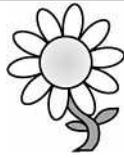
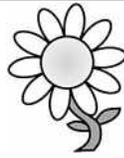
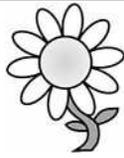
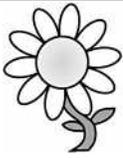
QUEEN OF QUOTES

Before you assume, learn the facts. Before you judge, understand why. Before you hurt someone, feel. Before you speak, think. *-Unknown*

At some point you just have to let go of what you thought should happen and live in what is happening. *-Unknown*

Only when normal things are not normal anymore do we realize how special normal things are. *-Unknown*

Someday we will look back on this moment and it will forever remind us to never take the little things for granted. It will remind us to hug with all our hearts, to pause to appreciate holding someone’s hand, and to live in the moments that we are surrounded by others. *-Laura Jones*



MAY

Sunday

Monday

Tuesday

Wedn

Each day this month you can celebrate a "holiday". If you choose to play along, we have given you "something to do" each day that corresponds. See how many you can accomplish.

WACKY WORDIE ANSWERS

- 1a Just between you and me
- 1b Hitting below the belt
- 1c Head over heels in love
- 1d Shrinking violets
- 1e Bermuda Triangle
- 2a Cry over spilled milk
- 2b Lying in wait
- 2c *Unfinished Symphony*
- 2d Pineapple upside down cake
- 2e You're under arrest
- 3a Nothing on TV
- 3b Fly-by-night
- 3c Raise a big stink
- 3d Add insult to injury
- 3e Railroad crossing
- 4a At the point of no return
- 4b The inside of a shell
- 4c Long underwear
- 4d Ostrich with its wings
- 4e Lucky break
- 5a World without peace
- 5b Way behind
- 5c Word to the wise
- 5d Search high and low

3

World Laughter Day

Stand up and laugh out loud for ONE WHOLE MINUTE.



4

International Firefighters Day

If you know a firefighter, call and thank them for their service.

5

Senior Citizen's Day

CELEBRATE YOU! Write down 10 things you like about yourself..

Try A New Recipe

Cook something new

10



List 5 things you love about your mother.

11

Twilight Zone Day

Watch a Sci-Fi movie today.



12

International Nurses Day

If you know a nurse, call and thank them for their service.



Brunch for Mom

Eat something for lunch

17

Pack Rat Day

Clean out and organize a drawer or closet today.

18

Visit Your Relatives Day

CALL one of your family members today.

19

Boy's Club Day

Make a list of 10 boy's names that all start with the first letter or your first name.

2

Be a Millionaire

Write down 10 things you love if you were a Mega Millionaire

24 Neighbor Day

Call and say hello to a neighbor today.

Eat something with coconut in it.

Macaroon Day 31

25



Say a prayer for all who have made the ultimate sacrifice for our freedom.

26

Paper Airplane Day

Make yourself a couple paper airplanes and see if you can fly them into your trash can.

2

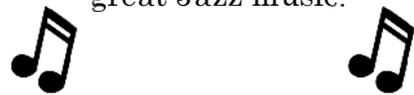
Write a Poem

Try your hand at writing a poem—on any subject or matter you choose.

2020

NOT OUR USUAL BUSY CALENDAR, THAT'S FOR SURE...but maybe a little silly fun is just what we need.

Wednesday Thursday Friday Saturday

<p>5 ERS dope wear its head in the ground k out end d the times wise n and low</p>	<p>5e Go off half-cocked</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>How many did you get correct?</p> </div>	<p>1 Mother Goose Day  Recite a Nursery Rhyme you can remember by heart.</p>	<p>2 National Fitness Day Do some sort of physical activity for 15 minutes. </p>
<p>6 Recipe Day thing using a recipe.</p>	<p>7 Lemonade Day  Drink or eat something with lemon in it.</p>	<p>8 No Socks Day Don't wear any socks today. </p>	<p>9 World Belly Dance Day Stand up and give belly dancing a try—don't worry, nobody is watching.</p>
<p>13 Lunch Day ng with eggs h today. </p>	<p>14 Dance Like A Chicken Day Do your best rendition of the Chicken Dance. </p>	<p>15 Self Compliment Day Sit down and write with TEN compliments to yourself.</p>	<p>16 Wear Purple for Peace Day Wear something purple today. </p>
<p>20 onaire Day n the first 5 would buy won the ons Jackpot. </p>	<p>21 World Baking Day Bake yourself something sweet today. </p>	<p>22 Polka Day 1, 2, 3 and 1, 2, 3. Practice your best Polka steps.</p>	<p>23 International Jazz Day Tune your radio to WBFO 88.7 FM to listen to some great Jazz music. </p>
<p>27 oem Day nd at writing any subject ou want.</p>	<p>28 Puzzle Day Spend some time doing a puzzle today—jigsaw, crossword, etc.</p>	<p>29 No TV Day Turn off the TV for ONE hour today and find something else to do.</p>	<p>30 Creativity Day Spend some time today being creative (draw, paint, write, etc.).</p>



GOLDEN WEDDING ANNIVERSARY CELEBRATION

Cheektowaga couples who are celebrating their 50th Wedding Anniversary anytime in 2020 are cordially invited to attend our special celebration in conjunction with our Center's Anniversary, tentatively scheduled for Wednesday, October 14. Please call our office if you were married in 1970 and are celebrating your golden wedding anniversary. **DEADLINE TO SIGN-UP IS AUGUST 1st.**

WORD SCRAMBLE ANSWERS

"Things You Might Find In A Junk Drawer"

1. SCISSORS
2. CORKSCREW
3. MAGNET
4. SCREWDRIVER
5. NICKEL
6. SHOELACE
7. PHOTOGRAPH
8. BATTERY
9. CALCULATOR
10. RECEIPT

CHEEKTOWAGA SENIOR CITIZEN'S FOUNDATION NEWS

MARCH MONTHLY RAFFLE HELD OVER FOR NOW

On March 17th we were supposed to draw the winner of our "Be as Lucky as a Leprechaun Prize" of \$100 in ASSORTED LOTTERY SCRATCH-OFFS but then we had to close down the center. So, we are holding over the prize and waiting until we can open again to pull the winning ticket. Last chance tickets will be sold when we open again and are \$1 each or 3 for \$2. The drawing date will be announced. So far we've raised over \$500 on this prize and we are going to try and break our monthly prize profit record. Stay tuned for more details. *The prize was donated by the Cheektowaga Seniors Travel & Social Club.

Our Foundation's "Dine To Donate" event at Texas Roadhouse that was originally scheduled for May 6th will be postponed.

WACKY WORDIES

See how many of the "wacky wordies" you can figure out. The object is to discern a familiar phrase, saying, cliché, or name from each arrangement of letters and/or digits. For example, box 1a depicts the phrase "Just between you and me". *The answers can be found on the top of the calendar page.*

	a	b	c	d	e
1	you just me	belt hitting	lo head ve heels	VIOLETS	BE DUMR
2	cry milk	..c 30..+	Symphon	ajddeaujd cake	arrest you're
3	O TV	night fly	STINK	injury + insult	r rail d
4	at the . of on	dothepe	wear long	stich ground	lu cky
5	worl	the x way	word YYY	search and	go off coc

TRAVEL NEWS

The Cheektowaga Seniors Club has postponed their "LANCASTER, PA—QUEEN ESTHER" TRIP into late October.

Bus 1 for June- 4-6 is rescheduled to Oct 21-23
 Bus 2 for June 9-11 is rescheduled to Oct 28-30

Balance of payment will now be due Sept. 1st

Travel Arrangements made by Wendt Touring, Inc.

This is a 3 day/2night tour. \$499 pp Double Occupancy and \$649 Single Occupancy. Trip highlights include: Sight & Sound Theatre's "Queen Esther", Bird-in-Hand Farmers Market, Mount Hope Estate & Winery, Lancaster Brewing Company, Kitchen Kettle Village, Julius Sturgis Pretzel Bakery & Litzitz.

Cost of the tour includes all sightseeing & admissions, lodging, motor coach transportation, 4 meals (2 breakfasts/2 dinners), baggage handling and all gratuities for group leader, tour guides, driver and porter. **THERE ARE SOME OPENINGS IF YOU WOULD LIKE TO JOIN US. Call the center for a trip flyer.**

A \$100 deposit will hold your reservation and Optional trip insurance is available and highly recommended, \$41 double/triple occupancy and \$53 single occupancy. Trip insurance cost is due at time of deposit. *****If we are still unable to travel in October due to the current pandemic, refunds will be given.*****

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Our practice believes in the medicinal value of the marijuana plant. Medical Marijuana recommendation should be available to those who would benefit by its medicinal use and choose to do so under the care of a licensed and authorized provider as authorized by the State of New York and interpreted by current medical practice.

Dr. Nerfis Elminowski, DNP-BC, is a veteran and native Buffalo, New Yorker. She is a pioneer in integrative and alternative medicine delivery. Dr. Elminowski is a Board Certified Nurse Practitioner with a Doctorate of Nursing Practice degree. She is an authorized medical marijuana provider for patients in New York State. Dr. Elminowski received her Masters and Doctorate from Daemen College in Amherst, New York. She has over 21 years' experience in her field.

As a child, Dr. Elminowski already knew that she wanted to be a medical provider. Her passion for healing evolved from growing up with a family member who required around the clock care. She learned from a young age that helping others requires extensive preventative care and a holistic approach to body, soul, and environment. While classically trained in all the clinical and technological advances of modern medicine, Dr. Elminowski also has a deep appreciation of cultural anthropology and the natural sciences, all of which she integrates into this medical philosophy. She has also worked, studied, and traveled abroad extensively. Dr. Elminowski is a veteran and served our country as a flight medical provider. She obtained her flight degree through the US Airforce Academy. She was a member of elite Special Operations Aviation Medicine Team, and was promoted to Lieutenant Commander in 2008. Dr. Elminowski earned numerous awards and commendations during her service, including the Hazardous Duty Service Award, which she received six times in one year, the Crisis Response Service Award with Bronze Star and Foreign Duty Service Award.

We believe in compassionate care through a holistic approach, and we work with your other healthcare professionals to provide ideal treatment.

We treat patients whose lives have been severely impacted by chronic forms of the following conditions or associated symptoms:

- | | | | |
|--------------------------------|---|---|-------------------|
| ALS (Lou Gehrig's) | Terminal Diagnosis or equivalent symptoms | Opioid Replacement | Severe Nausea |
| Rheumatoid Arthritis | Huntington's Disease | Spasticity | Muscle Spasms |
| Cancer | Crohn's Disease | Vomiting Syndrome | Anorexia |
| Crohn's | Neurological Disorders | Palliative Care | Vomiting Syndrome |
| Epilepsy | Neuropathy | Any of the following conditions where it is clinically associated with, or complication of: | |
| HIV/AIDS | Pain (chronic and severe) | Cachexia or wasting Syndrome | |
| IBS (Irritable Bowel Syndrome) | Parkinson's Disease PTSD (Post Traumatic Stress Disorder) | | |
| MS (Multiple Sclerosis) | Seizures | | |
| Muscle Spasms | | | |

