

# Cheektowaga Senior Services June 2020



**686-3930**

**3349 Broadway Street  
Cheektowaga NY 14227**

## **DIRECTOR'S CORNER**

Dear Friends,

As I sit here at my desk it is June 1st and I realized it has been TWELVE weeks Since we have had any people in our senior center, other than our amazing Meals on Wheels volunteers who continue to deliver meals to our senior residents and our dedicated Senior Van Drivers who have willingly stayed on the job to make sure our seniors with no other means of transportation can get to their necessary appointments. Our very capable full-time staff members continue to work and we are all still here for you, our members, if/when you need us.

The last week of May we were given the opportunity to distribute over 1,500 Senior PPE Kits in a drive-thru, contactless distribution in the front of our building. Erie County gave us the supplies and some of OUR VERY DEDICATED VOLUNTEERS you see on our front cover assembled all our kits, plus about 1,000 other kits that were given out at other locations. Shown from L to R are: Dave Zajac, Chris Kasprzak, Jim Pilat, Christine Pilat, Bibianne Jozwiak and Sue Zilbauer. Standing from L to R are: Allan Weidrich, Laurie Russo, Sue Owens and Jerri Powers.

The morning of the kit distribution, we were supposed to begin at 10:00 am but there were cars everywhere by 9:00 am. Thankfully our Cheektowaga Police were handling the traffic control and they recommended we start handing out the kits at 9:30 am. The Police did an outstanding job keeping everyone in line and safe and things went very smoothly—even when it started to rain like a monsoon. With the help of senior volunteers Chris Kasprzak, Jerri Powers, Allan Weidrich and Dave Zajac we handed out the kits until just passed 12:30 pm when the distribution ended. IT WAS A TOTAL TEAM EFFORT and we are so grateful to our Police Force, our volunteers and Dawn, Jamie and Linda, our staff who helped pull this off. As much work as it was (and it was A LOT OF WORK), it felt good to have so much activity in front of the center. Thanks to everyone who waited patiently in line to get their kits.

Though we still don't know exactly when our Senior Center will be able to open again and when we can begin running some of our activities, please know we are working on our reopening safety plans. Please stay safe—we miss you and can't wait to see you again!!

Warm Regards,  
*Kerry Peek*

## **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. The only dumb question is one that doesn't get asked...SO DON'T BE AFRAID TO ASK US...WE WILL HELP YOU!**

## **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 closest 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, of all ages, are struggling with food insecurity during this crisis. Please know that there are 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.



## **HEARTS AND HANDS: FAITH IN ACTION IS HELPING IN CHEEKTOWAGA DURING THIS PANDEMIC**

Erie County Senior Services has partnered with Hearts and Hands, a faith-based, best-effort volunteer organization who has temporarily expanded their capacity to Cheektowaga to assist with transportation, grocery and essential needs delivery. This is another great resource for our older adults who aren't comfortable or able to venture out on their own. If you or someone you know needs transportation or needs someone to pick up their groceries or run other essential errands (like picking up medications), please call 406-8311, hit prompt #1 and you can schedule an intake over the phone. Hearts and Hands will do their very best to fill your need and their services are free. Please note they are a curb to curb service offering only minimal assistance so you must be able to get in and out of the vehicle on your own. They do NOT offer wheelchair accessible transportation. Anyone interested in volunteering with Hearts & Hands should also call the number listed.



## **GET ON OUR EMAIL LIST**

We now have close to 2,500 members we can connect with this way and are adding names daily. Send us an email at [seniors@tocny.org](mailto:seniors@tocny.org) and let us know if you want to be added. We try to send out a weekly email with any updates/important information mixed with a little bit of humor and positivity. \*If you do not have an email, ask a friend of family member if they would be willing to let us send your email to them...this way you can stay informed.



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 Cheektowaga Senior Center on

Facebook and then LIKE US.

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

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

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. Or, ask a family member or friend to watch our Facebook page for you so you can still get our information.

## **A BIG THANK YOU...**

...to all of the advertisers on the last two pages of this newsletter whose ads pay for the printing & delivery of our monthly bulletin. When you are looking for goods and services, we encourage you to support those who so generously support us.

## **TOWN GRASS CLIPPINGS UPDATE**

We have received numerous phone calls from Cheektowaga residents asking why their grass clippings are not being picked up when they are bagged and set down next to their trash tote.

### **GRASS CLIPPINGS WILL NO LONGER BE PICKED UP SEPARATELY.**

It is recommended that you mulch your grass and not bag it. If you must bag it, you have two options: you can either throw it right in your garbage tote and it will be picked up OR you can bring the bags/containers of clippings to the Sanitation Garage, off Union Road back behind the Senior Center, and dump your clippings into the two garbage trucks that are parked by the building.



## **UNSCRAMBLE THE WORDS**

"TUTI FRUITY"

1. CPITARO \_\_\_\_\_
2. EENNTICRA \_\_\_\_\_
3. AEPLENPIP \_\_\_\_\_
4. FEARPUGTRI \_\_\_\_\_
5. MORETENLAW \_\_\_\_\_
6. ACEPTNOUAL \_\_\_\_\_
7. HARRBUB \_\_\_\_\_
8. TOUCCNO \_\_\_\_\_
9. WYRTRESABR \_\_\_\_\_
10. GREENAMPTOA \_\_\_\_\_

The answers can be found on the last page before the ads.



## **QUEEN OF QUOTES**

I discovered I always have choices and sometimes it's only a choice of attitude. -Judith M. Knowlton

Your body hears everything your mind says. Stay positive. -Unknown

When life gets blurry, adjust your focus. -Unknown

A grateful heart is a magnet for miracles. -Unknown

Don't trade your authenticity for approval. -Unknown

Always be kinder than you feel. -Unknown

Storms don't last forever. -Laura Jones



# JUNE 20

**Sunday**

**Monday**

**Tuesday**

**Wedn**

**SMILE:**  
See  
Miracles  
In  
Life  
Everyday.



*\*Thanks to Carol Ann B. for sending us this to share.*

**1**  
**National Say Something Nice Day**

Say something nice to everyone you see today (even yourself).

**2**  
**Random Acts of Kindness Day**

Do something nice for a stranger without asking for something in return.

**Repe**

Stand in front of a mirror, smile and thank yourself for everything you did today. REPE

**7**  
**National Play Outside Day**



Spend some time outside today "playing".

**8**  
**Best Friends Day**

Call your best friend just to tell them how much you appreciate them.



**9**  
**National Hero Day**

Write and send a thank you note to someone you consider a hero.

**Herbs & S**

Clean out your kitchen cabinet and alphabetize the spices.

**14**  
**Flag Day**



If you have a flag, proudly display it today (and every day).

**15**  
**Smile Power Day**

Smile at everyone you see today and when you answer the phone, smile extra wide as you say hello.

**16**  
**Fresh Veggies Day**

Have some FRESH VEGGIES with at least one of your meals today.



**Eat Your V**

Eat vegetables of some sort with EVERY meal today.

**21**  
**Father's Day**

Take time to list 5 special memories of your dad. If he is still living, share your list with him and thank him for being a great dad!

**22**  
**World Rainforest Day**

Set a timer for 10 minutes and list as many animals from the rainforest as you can think of.

**23**  
**National Hydration Day**



Drink at least 8 glasses of water today—try to make this a daily habit.

**2**  
**Celebrat**

Notice five things that are beautiful in your neighborhood—taste, smell, touch, sight, and sound.

**28**  
**Clean Out Your Fridge Day**

Time to update your refrigerator. Throw out all your expired stuff and wipe it all down—inside and out.

**29**  
**Hug Holiday**

Give someone you love an extra long hug—hugging yourself is also encouraged!

**30**  
**Social Media Day**

Can you go the whole day without checking your Facebook page or any other social media?

**NO ASK A HELP**

We realize not all of you get information out of family member information to you. added to our maili

# 20



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.

## Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

**3**  
**at Day**  
... of a mirror,  
... tell yourself  
... is going to be  
...  
**EAT OFTEN.**

**4**  
**National Cheese Day**  
Add a bit of cheese to one of your meals today.



**5**  
**World Environment Day**  
Change a habit at your house that will positively impact our environment. (like turning off lights, using less water, combining trips to drive less)

**6**  
**National Gardening Exercise Day**  
Do a little digging in the dirt today...plant or water something.



**10**  
**Spices Day**  
... your spice  
... and organize it  
... etically.

**11**  
**Corn on the Cob Day**  
Treat yourself to a piece of corn on the cob today.



**12**  
**Flip Flop Day**  
Wear your flip flops all day today.



**13**  
**Weed Your Garden Day**  
Spend some time weeding your garden today or help a neighbor with theirs.



**17**  
**Vegetables Day**  
... es



**18**  
**International Picnic Day**  
Pack yourself a little lunch and eat it out in your backyard or go to a park and enjoy.



**19**  
**National Kissing Day**  
Give your spouse or significant other an extra kiss today.



**20**  
**National Hollerin' Contest Day**  
Stand outside in your driveway and practice your best holler.



**24**  
**... of the  
... ses**  
... things that are  
... n the world  
... —see, hear,  
... and/or touch  
... em.

**25**  
**Color TV Day**  
Turn off your TV today and find other things to occupy your time.



**26**  
**Forgiveness Day**  
Life is too short to hold grudges. Reach out to someone you need to forgive and talk things through.

**27**  
**Sunglasses Day**  
Protecting your eyes from the sun's rays is very important for good eye health. Always wear your sunglasses!



**EMAIL ADDRESS TO GIVE US?**  
**FRIEND OR FAMILY MEMBER TO**  
**YOU STAY CONNECTED TO US.**  
... our members have email addresses but it a very good way for us to  
... to a large group at once. If you don't have an email, ask a friend  
... if they would be willing to get on our list so they can relay our  
... Have them send us an email to seniors@tocny.org and ask to be  
... ng list.



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.

## **APTITUDE TEST**

1. How much dirt would be in a hold 6 feet deep and 6 feet wide that has been dug with a square edged shovel?
2. A rooster is sitting on the peak of Joe's roof. If it lays an egg, will it roll to the left or the right?
3. How many birthdays does the average man have?
4. Some months have 30 days, some have 31; how many have 28?
5. Why can't a man living in Winston-Salem, NC be buried west of the Mississippi?
6. Two men play five games of checkers. Each man wins the same number of games. There are no ties. How can this be?
7. Divide 30 by 1/2 and add 10. What is the answer?
8. A man builds a house rectangular in shape. All sides have southern exposure. A big bear walks by. What color is the bear?
9. If you take two apples from three apples, how many do you have?
10. A farmer has 17 sheep, and all but 9 die. How many are left?
11. How many of each species did Moses take on the Ark?
12. A clerk at the butcher shop is 5'10" tall. What does he weigh?
13. If a plane crashes on the border of the US and Canada, where are the survivors buried?
14. Mr. and Mrs. Smith have six daughters and each daughter has one brother. How many people are in the family?
15. If the greatest amount of something is called M-O-S-T, a synonym of brag is spelled B-O-A-S-T, and a haunting spirit is spelled G-H-O-S-T, then how do you spell what you put in the toaster?

*\*Answers are upside down at the bottom of this page.*

## **I'VE GOT A SECRET TRIVIA QUESTIONS**

Many TV shows have been based on the premise that a character or group of characters has a secret. Given the secrets, can you identify the shows?

1. ...my horse talks
2. ...a genie lives with me
3. ...my wife is a sorceress
4. ...my "uncle" is an alien
5. ...an alien lives with our family
6. ...my roommate is an alien
7. ...my roommate and I are really men
8. ...my car's name is Kit and he talks
9. ...my mom has been reincarnated as a 1928 Porter
10. ...my daughter is half-alien
11. ...Bigfoot lives with my family
12. ...I turn into a monster when I get angry

*\*Answers are upside down at the bottom of this page*

### **QUESTIONS WITH NO ANSWERS AT THE MOMENT...**

- When the center opens, will you be offering income tax assistance?—we don't know yet.
- When the center opens, will you have AARP Safe Driving classes?—we don't know yet.
- When will the center open?—we know you are anxious but we just don't know yet.



## **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. \*Due to the COVID-19 Pandemic, plans may need to change but we are keeping it on our schedule in hopes that we can still host some kind of event for our celebrants. **DEADLINE TO SIGN-UP IS AUGUST 1st.**

## **TRAVEL NEWS**

The Cheektowaga Seniors Club realizes that group travel will be a challenge while we are all still having to stay apart and wear masks but please know they are doing their best to postpone trips instead of cancelling them outright. We know many of our travelers are anxious to get "back on the road" but please know we want to be sure it is safe and we must also follow our state, county and town guidelines. We will certainly keep you updated!

### **UNSCRAMBLE THE WORDS ANSWER KEY**

- |               |                 |
|---------------|-----------------|
| 1. APRICOT    | 6. CANTALOUPE   |
| 2. NECTARINE  | 7. RHUBARB      |
| 3. PINEAPPLE  | 8. COCONUT      |
| 4. GRAPEFRUIT | 9. STRAWBERRY   |
| 5. WATERMELON | 10. POMEGRANATE |

### **APTITUDE TEST ANSWERS**

1. None (it's a hole)
2. Roosters don't lay eggs
3. Just 1
4. All 12
5. He is still living
6. They were not playing each other
7. 70
8. White (it's a polar bear because the house is sitting on the North Pole)
9. 2
10. 9
11. Moses did not take any, Noah did
12. Meat (he's at a butcher shop)
13. You don't bury survivors
14. 9
15. B-R-E-A-D

### **I'VE GOT A SECRET ANSWERS**

1. Mr. Ed
2. I Dream of Jeannie
3. Bewitched
4. My Favorite Martian
5. ALF
6. Mork & Mindy
7. Bosom Buddies
8. KnightRider
9. My Mother the Car
10. Out of This World
11. Harry & The Hendersons
12. The Incredible Hulk

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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.

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- |                                |   |   |                   |
|--------------------------------|---|---|-------------------|
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| 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: |                   |
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| MS (Multiple Sclerosis)        | Seizures  |   |                   |
| Muscle Spasms                  |   |   |                   |



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