

# **Cheektowaga Senior Services July 2020**



**686-3930**

**3349 Broadway Street  
Cheektowaga NY 14227**

## **DIRECTOR'S CORNER**

Dear Friends,

Well, here we are in July. It sure has been a surreal past three months. I recognize that many of you are patiently waiting to hear when our Senior Center will be reopening and welcoming you back inside. For so long I haven't had an answer for you but I am cautiously optimistic to tell you that **MONDAY, AUGUST 10th** is our target reopening date, providing we don't see a new spike in cases and our County and State go backwards in phases.

I realize that August 10th is still a long way off. I want you to know that this decision was made with a lot of thought and planning—always with the **HEALTH & SAFETY OF ALL OUR MEMBERS AT THE FOREFRONT OF DISCUSSION**, based on the ever-changing information. On Wednesday, June 24th I presented our reopening safety plan to our Town Board, after careful review of all the guidelines regarding safety measures we would need to consider. The Town Board agreed that our plan was detailed and well put together and they supported our August 10th target date. We wanted to be sure Phase 4 was going well and that we had a chance to see how other public places were faring as they reopened too. Since there is no "pandemic playbook" to follow, we definitely thought it would be smart to err on the side of caution.

We (the Center staff) worked hard on the plan and we know one thing for certain—**HOW OUR REOPENING GOES WILL DEPEND DIRECTLY ON HOW OUR MEMBERS & GUESTS ADHERE TO THE NEW POLICES WE HAVE PUT IN PLACE** until the pandemic is officially over and we can move freely about our planet.

Please take a look at the next page of this newsletter and review very carefully some of the new policies and procedures we have to put in place. Ultimately, the decision to return to the Senior Center will be up to each individual member. You must weigh the risks and decide if you are comfortable. Please also note that just because Phase 4 reopening guidelines did not specifically spell out how a senior center should reopen, doesn't mean that New York State won't give us more specific guidelines in the near future, so please be flexible in case our plan needs to change.

We have much work to do to get the Center ready for your return. In the meantime, we have planned some "POP-UP PROGRAMMING IN THE PARKS" to invite those of you who are comfortable, to meet us in the park for a little fun. Take a look at the 6th page of this newsletter for all the details.

Please stay safe—we miss you and can't wait to see you again—even if it is over the top of a face covering!

Warm Regards,

*Kerry Peek*



## **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 and answers 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!**

## **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, all passengers must wear a face covering at all times while on the van and use the hand sanitizer the driver will provide.** Please also note, 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.**

## **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!**

**ON OUR COVER:** For this month we pulled up a photo from our "archives" to celebrate summer and show off a little fun we've had in the past. We will have plenty of time to make new memories together and take photos for lots of front covers in the future. Pictured on our cover is Edna Juliano, one of our Sunshine Club members. She was with our group at Becker Farms and enjoyed getting to meet one of their horses, up close and personal. Edna is also active in our Wii Bowling League and enjoys all the friendships she's made at our Center.

## **WHAT YOU CAN EXPECT AS THE CENTER REOPENS...**

We know reopening under new guidelines with policies that are new and different is going to be hard for all of us. We wish we could go back to "the way things used to be", but for now, we can't. So, we are doing all we can to offer most of the programs and services we always have, but in the safest way we possibly can. Here are SOME of the new policies. **YOUR COOPERATION WILL DETERMINE IF WE CAN KEEP OUR DOORS OPEN.**

- ⇒ BEFORE you even leave your house to come to the Center, you must be able to answer NO to the following questions:  
1) Have you experienced any of the COVID-19 symptoms in the past 14 days? 2) Have you tested positive for a COVID-19 test in the past 14 days? 3) Have you come in close contact with anyone with a confirmed or suspected case of COVID-19 in the past 14 days? 4) Have you traveled to or been in contact with anyone in the past 14 days who has traveled to any of the states on New York's current required quarantine list? If you answered yes to any of these four questions, you should NOT come to the Center and put anyone else at risk.
  - ⇒ All guests entering the building shall wear face coverings while moving through the building. Face coverings may be removed if a 6-foot distance can be maintained during an activity.
  - ⇒ The Senior Center doors will not open until 9:15 am and will close at 4:15 pm, to allow staff adequate set up and clean up time.
  - ⇒ Most activities will be BY APPOINTMENT ONLY. Activity times may be different but we have tried to keep them on the same days of the week.
  - ⇒ Not all activities will be offered right away, we may phase some activities in as we see how things go.
  - ⇒ Every room in the Center will have a "GUEST LOG BOOK" to aide with contact tracing should someone contract the virus and anyone exposed to them would need to be notified. Everyone MUST be diligent about signing in and out, including the date, name, phone number, time in and time out. Please bring your own pen with you!
  - ⇒ All Center exterior doors have been numbered. To avoid everyone entering through the same door at the same time, participants who are signed up for a particular activity may be told to enter through a specific door. We will have a "door number map" available to help you.
  - ⇒ Markings may be placed on the floor, 6 feet apart, in areas where it is necessary to control public interaction.
  - ⇒ Hand sanitizer will be readily available. Everyone should be diligent about washing their hands. You are encouraged to bring your own sanitizer if you wish.
  - ⇒ Maintenance staff will be ramping up their cleaning procedures but you will be asked to assist with sanitizing your own work area for certain activities (like fitness equipment, crafting table space, etc.).
  - ⇒ There will be no communal coffee stations and water fountains. You should bring your own beverages. Communal snacks (bringing in cakes, pastries, etc. to share with friends) will not be permitted. Only individually wrapped items will be allowed.
  - ⇒ Each room will have the "Room Rules" clearly posted.
  - ⇒ As NYS Guidelines change, we will adjust our guidelines to comply.
  - ⇒ More policies will be detailed in our August newsletter.
- You will need to decide if you can help us by adhering to these policies and if you're not comfortable, we ask that you not come to the Center until we can go back to a more normal way of operating.**

### **LIBRARY BOOKS & PUZZLES BY APPOINTMENT**

Starting July 7th, we will now welcome seniors, BY APPOINTMENT, to come and select books and/or puzzles from our library. Please call 686-3930 and let us know when you want to come in and we will do our best to accommodate you. Once you have an appointment, park in the FRONT LOT, ring the bell that is to the left of the front door handles, and one of our staff members will come to let you in. Please remember to bring your face covering.

## **TOWN RESUMES PICK UP OF GRASS CLIPPINGS**



**Starting Monday, July 6th, the Town will once again be picking up your GRASS CLIPPINGS & YARD WASTE at your curb.** Grass clippings & yard waste should be put in biodegradable bags or open containers. Larger tree branches should be bundled together (not tied up) and left at the curb.

## **FOOD PANTRIES ARE OPEN**



**Feeding the Community**

*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.*



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



## **GET ON OUR EMAIL LIST**

We now have 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.*

## **UNSCRAMBLE THE WORDS**

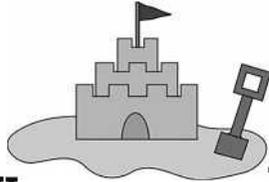
**"A DAY AT THE BEACH"**

1. GRFAILDUE \_\_\_\_\_
2. IBSKNII \_\_\_\_\_
3. SSSSLEAGUN \_\_\_\_\_
4. TLEASBKN \_\_\_\_\_
5. SOLEROC \_\_\_\_\_
6. NNSESECUR \_\_\_\_\_
7. DSALSNA \_\_\_\_\_
8. GASLUSEL \_\_\_\_\_
9. CENTLDAASSS \_\_\_\_\_
10. SLABLERMU \_\_\_\_\_

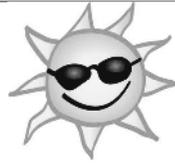
*The answers can be found on the last page before the ads.*



**Sunday**



**Monday**



**JULY**

**Tuesday**

**20**

**Wedn**



**POP-UP PROGRAMMING IN THE PARKS**

If you want to join us for the Pop-Up Programs on July 15, 20, 23, 28 or August 6, REMEMBER THAT YOU MUST PRE-REGISTER. Call our office right away so you don't miss out. All the details are on the next page of this newsletter.

**National Post**

Watch for your mail carrier to arrive and give them a BIG THANK

**5**

**National Bikini Day**

Donate a few pieces of clothing that have gotten too small for you.



**6**

**National Fried Chicken Day**

Do the Chicken Dance around your kitchen as you hum the melody.



**7**

**Global Forgiveness Day**

Write a letter to someone you want to forgive...then decide if you want to mail it.

**Coca C**



**12**

**Simplicity Day**

See how long you can go today without using any electronic devices.

**13**

**Music Appreciation Day**



Turn ON your favorite music and turn OFF the TV for the day.

**14**

**National Nude Day**

Clothing is optional today...but keep your drapes closed, for your neighbor's sake.

**POP-UP P**  
10:00 Bring Y  
Bunch  
at Cheektowa  
@ the Lion  
(you must p

**19**

**National Ice Cream Day**

Treat yourself to your favorite cone or sundae.



**20**

**POP-UP PROGRAM**

9:00 Gab & Games with the Director @ Nob Hill Park (you must pre-register)

**21**

**National Junk Food Day**

Don't overdo it, but indulge in a just a little bit of your favorite not-so-healthy food.

**2**

**Hamma**

Take a bre while in your most comfort

**26**

**Chili Dog Day**

Grill yourself a hot dog and add some chili sauce...or support one of your local hot dog stands.

**27**

**Dance Day**

Who cares if you have two left feet...dance like nobody's watching.

**28**

**POP-UP PROGRAM**

10:00 Pokeno in the Park at Cheektowaga Town Park @ the Lion's Pavilion (you must pre-register)

**2**

**Intern  
Chicken**

Order from pizzeria or ba healthier wi

# 20



Again this month you can celebrate some silly "holidays". If you choose to play along, we have given you "something to do" each day that corresponds. See how many you can accomplish.

## Monday

## Thursday

## Friday

## Saturday

**1**  
**Postal Worker Day**



ur  
YOU.

**2**  
**I Forgot Day**



Write down three  
**GOOD THINGS**  
you want to  
remember  
about today.

**3**  
**Independence Day**  
**HOLIDAY**



**Senior Center Staff**  
**IS OFF today!**



**4<sup>th</sup>**  
**JULY**  
INDEPENDENCE DAY

**8**  
**Soda Day**

Treat yourself  
to a nice cold  
glass of  
soda pop.

**9**  
**No Caffeine Day**

Try to go all day without  
eating or drinking anything  
with caffeine.

**10**  
**Pina Colada Day**



Add some coconut  
or pineapple  
(or both) to  
your menu today.

**11**  
**Cheer Up The Lonely Day**

Make a friendly phone call  
to someone who might be a  
little lonely today.

**15**  
**POP-UP PROGRAM**

our Own Lunch  
Activity  
aga Town Park  
n's Pavilion  
(pre-register)

**16**  
**Fresh Spinach Day**



Add some  
fresh spinach  
to **TWO** of your  
meals today.

**17**  
**Robin Hood Day**

Clean out a closet or a  
drawer and donate some  
clothes that don't fit to a  
local charity.

**18**  
**Be Kind To A Stranger Day**

Do something kind for  
someone you don't know,  
even if it's simply to smile  
and say hello.



**22**  
**Rock Day**

reak and rest a  
r hammock or  
table outdoor  
chair.



**23**  
**POP-UP PROGRAM**

**10:00 Clean Out Our Prize  
Closet Bingo  
At Cheektowaga Town Park  
@ the Lion's Pavilion  
(you must pre-register)**

**24**  
**Cousins Day**



Phone one of  
your cousins  
and let them  
know you're  
thinking  
about them.

**25**  
**Red Shoes Day**

Who cares if they match  
your outfit...put on a pair of  
red shoes and take a little  
walk to show them off!



**29**  
**National  
Wing Day**

your favorite  
ake/grill some  
ngs at home.

**30**  
**International Day of  
Friendship**

Make a date to spend time  
with a friend today.

**31**  
**Best Summer  
Memories Day**

From childhood up until  
now, make a list of your  
top ten summer  
memories.

**Thursday, August 6**

**POP-UP PROGRAM**  
9:00 Gab & Games  
with the Director  
@ Stiglmeier Park—near the small  
gazebo as you enter  
(you must pre-register)

## POP-UP PROGRAMMING IN THE PARK

For members who are comfortable venturing out, join us for some “safe fun” in the park. All these activities are FREE and open to Cheektowaga Seniors. **ADVANCED SIGN-UP IS REQUIRED FOR ALL THESE ACTIVITIES** due to space limitations. Please call our office at 686-3930 to register. Each activity will last about 1- 1 1/2 hours.

### BRING YOUR OWN LUNCH BUNCH

Wednesday, July 15 @ 12Noon

At the Lion's Picnic Pavilion in Cheektowaga Town Park  
(this is the “mega shelter” to the right of the Pulaski band shell)

Stop and pick up your lunch from a restaurant or pack your own and meet Dawn for this month's version of “Lunch Bunch”. We will enjoy lunch and each other's company. Please bring a face covering for when we can't be at least 6 feet apart. Social distancing rules will be in effect. You must pre-register by calling 686-3930.

### CLEAN OUT OUR PRIZE CLOSET BINGO

Thursday, July 23 @ 10:00 am

At the Lion's Picnic Pavilion in Cheektowaga Town Park  
(this is the “mega shelter” to the right of the Pulaski band shell)

Join Dawn & Camille for a morning of Bingo at the park. Please be sure to bring a face covering for when we can't be at least 6 feet apart. Social distancing rules will be in effect. Bring your own beverage if you wish. Bingo boards will be provided and we will play four round-robin games. Prizes will be treasures we found in our storage closet at the senior center. You must pre-register by calling 686-3930.

### POKENO IN THE PARK

Tuesday, July 28 @ 10:00 am

At the Lion's Picnic Pavilion in Cheektowaga Town Park  
(this is the “mega shelter” to the right of the Pulaski band shell)

Camille will offer some Pokeno Shenanigans at the park. In case you don't know what Pokeno is, it's like Bingo but with playing cards instead of numbers. Prizes will be a surprise! Bring your own beverage if you wish. Please be sure to bring a face covering for when we can't be at least 6 feet apart. Social distancing rules will be in effect. You must pre-register by calling 686-3930.

### GAB & GAMES WITH THE DIRECTOR

Monday, July 20 @ 9:00 am at Nob Hill Park Shelter

(Nob Hill Park is off Cleveland Drive, between Union and Cayuga)  
OR

Thursday, August 6 @ 9:00 am at Stiglmeier Park by Small Gazebo on right side as you enter the park—near the pond

(Stiglmeier Park is on Losson Road, between Union & Borden Roads)

Come sit with Kerry for a spell and gab a little before we begin a few rounds of SCATTEGORIES. You can practice by trying the “Scattegories With Friends” game over in the next column. Please be sure to bring a face covering for when we can't be 6 feet apart. Social distancing rules will be in effect. Participants need to bring: their own chair, a notebook of some sort & a pen and your morning beverage of choice if you wish. No prizes, just fun & fellowship. IF IT RAINS, DON'T SHOW UP, IT WILL BE CANCELLED.

**ALL THESE POP-UP PROGRAMS ARE FREE!**

## SCATTEGORIES WITH FRIENDS

Fill in each of the blanks with a word that begins with the letter 'G'. Then call a friend or two and compare your answers and earn a point for each answer you have different than theirs. Then pick a new letter and play again...and so on, and so on.

1. Boy's first name\_\_\_\_\_
2. Dessert\_\_\_\_\_
3. Model of Car\_\_\_\_\_
4. US City\_\_\_\_\_
5. Something Crunchy\_\_\_\_\_
6. At the Barber Shop\_\_\_\_\_
7. Something you Play\_\_\_\_\_
8. Something Round\_\_\_\_\_
9. See it at the Circus\_\_\_\_\_
10. Hobby\_\_\_\_\_
11. Cartoon Character\_\_\_\_\_
12. School Course/Subject\_\_\_\_\_
13. Something made of Wood\_\_\_\_\_
14. Picnic Favorite\_\_\_\_\_
15. Kitchen Utensil\_\_\_\_\_

## TRAVEL PLANS

I have been in many places, but I've never been in Kahoots. Apparently, you can't go alone. You have to be in Kahoots with someone. I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my children, friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenaline flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in Continent, but I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp.

-Author Unknown.

Thanks to Bob Weekley for sending us this little “funny”

### UNSCRAMBLE THE WORDS ANSWER KEY

- |               |                |
|---------------|----------------|
| 1. LIFEGUARD  | 6. SUNSCREEN   |
| 2. BIKINIS    | 7. SANDALS     |
| 3. SUNGLASSES | 8. SEAGULLS    |
| 4. BLANKETS   | 9. SANDCASTLES |
| 5. COOLERS    | 10. UMBRELLAS  |



## QUEEN OF QUOTES

Notice how the stiffest tree is easily cracked, while the bamboo or willow survives by bending with the wind. -Bruce Lee

The way you speak to yourself matters. -Unknown

Your vibe attracts your tribe. -Unknown

Be the person that makes others feel included. -Unknown

Kindness is a gift everyone can afford to give. -Unknown

**Ritter & Sentry  
Plumbing & Heating Svc.**

"Servicing Erie County Since 1909"  
Your Complete Plumbing Service

- Kitchen & Bath Remodeling
- Hot Water Tanks
- Sump Pumps
- Underground Sewer & Waterline Installation & Repair



"Radio-Dispatched Trucks"  
**894-4181 or 894-6266**

1053 Walden Ave., Cheektowaga, NY 14211  
**10% Discount with this Ad**

**WAGNER  
MONUMENTS**

MONUMENTS, MARKERS, URNS,  
VASES, CEMETERY LETTERING

2953 GENESEE STREET  
Between Harlem  
& Union

**892-5505**



- Independent Living
- Subacute Rehabilitation
- Assisted Living
- Skilled Nursing

**Elderwood at Cheektowaga**

681-9480

**Elderwood Assisted Living  
at Cheektowaga**

681-8631

**Elderwood Residences  
at Cheektowaga**

961-9663



**BELMONT HOUSING RESOURCES  
FOR WNY**

**SENECA WOODS APARTMENTS**

745 Indian Church Rd. • West Seneca

Rents based on 30% of adjusted gross income

Must be 62 or older • Heat & Water Included

All 1 Bedroom Apts • Laundry and Parking

**(716) 825-7200 • TDD 711 • www.belmonthousingwny.org**

Pre-Need / Medicaid  
Consultation at no cost



1949 Clinton St. / Kaisertown  
2275 George Urban Blvd.  
1629 Electric Avenue

**681-7078**

Cremation Funeral Options  
Family owned since 1917

**AVAILABLE  
FOR A LIMITED TIME**

ADVERTISE YOUR  
**BUSINESS HERE**

Kathy Buck to place an ad today!

[kbuck@lpiseniors.com](mailto:kbuck@lpiseniors.com) or (800) 477-4574 x6346

**NEVER MISS  
A NEWSLETTER !**

Sign up to have our newsletter  
emailed to you at

[www.ourseniorcenter.com](http://www.ourseniorcenter.com)



**WE'RE HIRING  
AD SALES EXECUTIVES**



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: [careers@4LPi.com](mailto:careers@4LPi.com)  
[www.4LPi.com/careers](http://www.4LPi.com/careers)



**FREE!**  
Savings Include an American  
Standard Right Height Toilet  
FREE! (\$500 Value)

*American Standard*  
Walk-In Tubs

**WALK-IN BATHTUB SALE! SAVE \$1,500**

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND Installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!

**844-889-2321**

Or visit: [www.walkintubinfo.com/safety](http://www.walkintubinfo.com/safety)



4-D-5-5

For ad info. call 1-800-477-4574 • [www.4lp.com](http://www.4lp.com)



14-0472

DELIVERY AVAILABLE! 632-4888

# TILE PHARMACY & Gift Shop

Come in and talk to us about vaccines!

1031 CLEVELAND DRIVE AT BEACH ROAD

**Pietszak**  
Funeral Home 

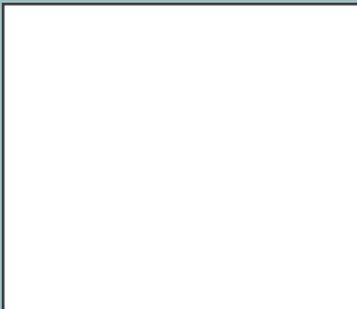
**897-2400**

2400 William St. • 806 Clinton St  
Wilhelmina, Janine & Michael Klimeczko  
LICENSED DIRECTORS

**PLUMBING**  
Need work done?  
**BEST PRICES | FREE ESTIMATES**  
15% Senior Discount  
**603-0327, Paul**  
Emergency 448-8967

  
Visiting Nursing Association of Western New York

**716-VNA-HOME**  
www.vnawny.com



TRUSTED FAMILY CARE  
*for when you can't be there...*

Care Management  
Companion Services  
Nursing Services  
Personal Care

  
Licensed Home Care Services & Fiscal Intermediary  
CCORhome.com | 844.546.1600

**Williamstowne Village**  
WE ♥ OUR RESIDENTS!

51A Williamstowne Ct.  
Cheektowaga, NY 14227  
**(716)892-2263**

Owned and Managed by 

55+ Active Senior Living Community

1 Bedroom/1 Bath - Starting at \$770/mo  
2 Bedroom/1 Bath - Starting at \$825/mo

- Heat, Water, & Trash Removal included
- Off Street Parking
- Pet Friendly
- Community Center
- Heated Pool
- Laundry Facilities
- Organized Activities

Resort Style Living!

892-2263



## ADULT HEALTH-DNP

### Specializing in Medical Cannabis

2234 Seneca St. • Buffalo, NY 14210

**716-331-3322 • www.cannabisdoctorbuffalo.com**

Hours: Monday, Tuesday, Wednesday 9am-4pm • Friday & Saturday Telehealth Only

**Nerfis Elminowski, DNP, ANP-BC • Fluent in Spanish**



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

