

Cheektowaga Senior Services August 2020

686-3930

**3349 Broadway Street
Cheektowaga NY 14227**

DIRECTOR'S CORNER

Dear Friends,

As of right now, we are on track to open our Senior Center doors and welcome you back starting on **MONDAY, AUGUST 10th!** You will notice when you glance at our calendar page, that not everything is coming back all at once and not all programs/activities are at the same time, or in the same room. More of our programs will be phased in as we move along. You will also notice no activity lasts more than two hours. We hope you understand and we appreciate your continued patience.

We recognize not all of you will be comfortable or feel safe coming back yet, and **WE RESPECT THAT!** For those of you who are comfortable, please know we have had to make a lot of changes and we need your cooperation to ensure we can stay open. Our new policies and procedures were put in place based on the best information we had at the time but since the information about this virus is changing almost daily, our plans may need to change and we just want you to be prepared in case that happens.

Probably the **BIGGEST CHANGE** is that we will be, for now, operating with an **"ACTIVITY BY APPOINTMENT"** format and you will have to make a reservation for almost every activity. You can begin calling our office on Monday, July 27 to register for the events the week of August 10th and then we ask that you only sign up for things one week in advance. You will also notice on the calendar pages that each activity listed has a corresponding **DOOR NUMBER** next to it. Familiarize yourself with the insert that we put in this newsletter—a map of our Center and where all the doors are and what's their number. **PLEASE PARK CLOSEST TO THE DOOR YOU NEED TO ENTER THROUGH FOR THE ACTIVITY YOU ARE COMING FOR AND DO NOT ARRIVE MORE THAN 10 MINUTES BEFORE YOUR ACTIVITY BEGINS.** We have to control the traffic flow in our building and the number of people in each room.

We know these changes are not going to be easy to adjust to but we must and we will adjust them as needed. Be sure you have a face covering when you enter our Senior Center and be sure you have asked yourself the health screening questions (we printed them for you at the top of our calendar pages) before you even leave your house to come to the Center. We cannot stress enough that if you answered **YES** to any of those four questions, you should **NOT** be coming to the Center. Please stay home for all our sakes.

There will be **"Room Rules"** in each classroom at our Center so you know exactly what is expected of you and we will change them as needed to ensure the safest environment we can. **BY WORKING TOGETHER** we can enjoy the fun & friendships we have all missed these past five months. Thank you so very much for all your patience and your support of our staff as we continue to work through this. We have missed you!

Warm Regards,

Kerry Peek

OUTREACH DEPARTMENT

Remember that Jamie Acoff and Pat Wojcinski, our Outreach Coordinators are the "information gurus" at our Center. They assist our members with numerous things and answer questions on just about anything. If they don't know the answer, they 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: Our first "Pop-Up Program in the Park" was Bring Your Own Lunch Bunch. Dawn met this "masked bunch" at Town Park for some great food & fellowship. Pictured (but not so easy to identify) are kneeling L to R: Bibianne Jozwiak and Marie Krupski. Standing L to R: Fred Bloom, Mary Bloom, Darlene Ott, Virginia Cody, Norma McDermott, Jan Sauer, Barb Cross, Judy Schrader, Sue Switalski, Lorraine Mazurkiewicz, Ruth Mulcahy, Roberta Jones and not pictured Joan Leysa. We have another Bring Your Own Lunch Bunch planned for August 24th.

PLEASE READ THESE

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.

- ⇒ **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.**
- ⇒ 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 COVID-19 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 properly (covering nose & mouth) while moving through the building. Face coverings may be removed if a 6-foot distance can be maintained during an activity. If you cannot wear a face covering, please do not come to the Center.
- ⇒ 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, some activities will be phased 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. YOU ARE ENCOURAGED TO BRING YOUR OWN PEN!
- ⇒ 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. The "door number map" has been inserted in this bulletin. Keep it for future reference.
- ⇒ 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 can bring your own beverages or purchase pop/water from the machine in our lobby. 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 or we get different directives from the Town of Cheektowaga, we will adjust our guidelines to comply.

HOW OUR REOPENING GOES DEPENDS ON HOW EVERYONE ADHERES TO THESE POLICIES, 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.

FITNESS CLASS

TUESDAYS---9:30-10:15 am *Enter at Door 4

Come join our fitness instructor, Kim Kawa, for aerobic exercise. There are standing exercises and floor exercises. This class provides an excellent workout and you will be reminded to work at your own pace. Seniors are encouraged to dress comfortably, wear sneakers (no bare feet or open-toed shoes please), bring a mat or towel to lay on and 1-3 lb. hand-held weights are optional. ALL senior residents, age 60 plus, are welcome to join this FREE program.

FITNESS ROOM *Enter at Door 7

Our fitness room is open for your use during our Center's operating hours (M-F, 9:30-11:30 am & 1:30-3:30 pm). Be sure to check in the office first. **To use the room you must pay our fitness room membership fee (\$35 for the year), get an I.D. Card and update your doctor's release. If it is your first time using the room, set up an appointment with Kim to give you a brief training before you begin.** Remember you should bring dry shoes to put on before using the equipment—not your wet shoes from outside. *****Non-Resident Guest Memberships Available—we invite our non-resident guest friends to join our fitness room for the year at the rate of \$55.** We've had a few requests for this and we certainly want to be inclusive, not exclusive, as long as it means our residents still have priority. **Fitness Room Memberships are for a FULL ONE YEAR PERIOD!** For example, if you sign up on August 6, 2020 and pay your \$35 fee, your membership will expire August 6, 2021. There is not a half-year rate. *****All memberships that were paid before March 13, 2020 will be extended for six months to make up for the time we were closed.**

ZUMBA CLASS

MONDAY NIGHTS, 6:00-7:00 pm *Enter at Door 4

\$3.00 per class. Wear comfortable, COOL clothing & .

ZUMBA is a fusion of Latin and International music with dance themes creating a dynamic, exciting, effective fitness system! It targets areas such as the glutes, legs, arms and the most important muscle in the body—the HEART! Dance experience is NOT needed. Come and see what ZUMBA is all about. Our instructor is Julia Kiesznowski.



FACE COVERINGS MUST BE WORN UNTIL YOU ARE IN YOUR SOCIALLY DISTANCED "SPACE ON THE FLOOR" FOR THESE CLASSES, THEN YOU CAN REMOVE THEM WHILE YOU EXERCISE.

UNSCRAMBLE THE WORDS

"HOBBIES/HOBBYISTS"

1. NCCGIYBL _____
2. GINNURN _____
3. RNEAGDI _____
4. MARESCCI _____
5. KPOSNRACBGOI _____
6. MMCUIISSTAN _____
7. GREENRAD _____
8. PTOYHHGPOAR _____
9. TWICNGDBRAHI _____
10. LLTTIIEPSAH _____

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



Sunday

YOU CAN BEGIN REGISTERING FOR OUR FIRST WEEK OF ACTIVITIES AND PROGRAMS ON MONDAY, JULY 27th.

Monday

AUGUS

Tuesday

Wedn

“ACTIVITY BY APPOINTMENT”

will be our new “motto” for now.

To visit our Senior Center for most of our activities and programs, you **MUST SIGN-UP, BUT NOT MORE THAN A WEEK IN ADVANCE**, by calling our office at **686-3930**. We realize this is a challenge but at least for now, we have to be able to control the number of people in each room and how long they stay.

Before you come

- 1) Have you exp
 - 2) Have you tes
 - 3) Have you con
 - 4) Have you tra
- New York's c

If you answered us all at risk and

2

Sister's Day

If you have a sister or someone who is like a sister to you, call her and thank her for being in your life.

3

International Friendship Day

Send a special card or two out to your friends to let them know you appreciate them.

4

Chocolate Chip Day



Make a good old-fashioned batch of chocolate chip cookies.

Underw

Today's the perfect day to clean out your underwear drawer.

9

POOL ROOM OPEN DAILY

9:45-11:45 am
(not on Tuesdays—Mens' Club uses the room)
and
1:30-3:30 pm
*Door 14
(You must sign-up in advance)

10

WELCOME BACK!

9:30-11:30 Ceramics (\$2.00) *Door 3
9:30-11:30 Quirky Quilters (craft rm.) *Door 15
1:00-3:00 Ceramics (\$2.00) *Door 3
6:00-7:00 Zumba (\$3.00) *Door 4
7:00 CREB Board Mtg. (gazebo)

11

9:30-10:15 Fitness Class (FREE) *Door 4
10:00-12:00 Watercolor Studio \$1.50 (craft rm.) *Door 15
10:45-11:30 Chair Fitness (FREE) *Door 4

9:30-10:30 Tai Chi (already taken before March) *Door 11

16

FITNESS ROOM OPEN DAILY

9:45-11:45 am
and
1:30-3:30 pm
*Door 7
(No sign up in advance but pay attention to room capacity)
Annual membership fee must be paid

17

9:30-11:30 Ceramics (\$2.00) *Door 3
9:30-11:30 Quirky Quilters (craft rm.) *Door 15
9:30-11:30 Euchre (mtg. rm. B) *Door 7
1:00-3:00 Ceramics (\$2.00) *Door 3
2:00 Beginner Watercolor (craft rm.) *Door 15
6:00-7:00 Zumba (\$3.00) *Door 4

18

9:30-10:15 Fitness Class (FREE) *Door 4
9:30-11:30 Cribbage (mtg. rm. B) *Door 7
10:00-12:00 Watercolor Studio \$1.50 (craft rm.) *Door 15
10:00-12:00 Mens' Club (ceramic rm. & card & game rm.) *Door 3
10:45-11:30 Chair Fitness (FREE) *Door 4
1:30-3:30 Pool Room Open *Door 14

9:30-10:30 Tai Chi (pre-re taken before we closed in March) *Door 11
9:30-11:30 Contract Bridg *Door 15
10:00-12:00 Craft—Dish *Door 15
2:00-4:00 Pinochle Tour *Door 11
2:00-4:00 Mexican Train *Door 15

23 & 30

COMPUTER ROOM/LIBRARY OPEN DAILY

10:00 am-3:00 pm
*Door 4
(No sign up in advance but pay attention to room capacity)

24 & 31

9:30-11:30 Ceramics (\$2.00) *Door 3
9:30-11:30 Quirky Quilters (craft rm.) *Door 15
9:30-11:30 Euchre (mtg. rm. B) *Door 7
AUGUST 24—12:00 POP-UP PROGRAM—Bring Your Own Lunch Bunch @ Cheektowaga Town Park @ the Lion's Pavilion (you must pre-register)
1:00-3:00 Ceramics (\$2.00) *Door 3
6:00-7:00 Zumba (\$3.00) *Door 4

25

9:30-10:15 Fitness Class (FREE) *Door 4
9:30-11:30 Cribbage (mtg. rm. B) *Door 7
10:00-12:00 Watercolor Studio \$1.50 (craft rm.) *Door 15
10:00-12:00 Mens' Club (ceramic rm. & card & game rm.) *Door 3
10:45-11:30 Chair Fitness (FREE) *Door 4
1:30-3:30 Pool Room Open *Door 14

9:30-10:30 Tai Chi (pre-registration was al closed in March) *Door 11
9:30-11:30 Contract Bridg *Door 15
2:00-4:00 Pinochle Tou (banq. hall) *Door 4
2:00-4:00 Mexican Train *Door 11

ST 2020

Wednesday Thursday

MAKE IT A HABIT...
Bring your FACE COVERING & YOUR OWN PEN to the senior center each time you visit.



Friday Saturday

CHEEKTOWAGA SENIOR CENTER HEALTH SCREENING
 To the senior center each time, you must be able to answer NO to the following questions:
 Experienced any of the COVID-19 symptoms in the past 14 days?
 Tested positive for COVID-19 in the past 14 days?
 Come in contact with anyone with a confirmed or suspected case of COVID-19 in the past 14 days?
 Traveled to or been in contact with anyone in the past 14 days who has traveled to any of the states on our current required quarantine list?
YES to any of these four questions, YOU SHOULD NOT COME to the senior center. You are putting your health at risk. We ask that you stay home until you can answer NO to them all.

1
FACE COVERINGS REQUIRED
 To comply with state mandate, everyone is required to wear face coverings properly (covering nose & mouth) while in our senior center, when social distancing guidelines cannot be followed. If you cannot wear a face covering, please do not come to the Center. Thank you for showing courtesy to others!

5
Senior Day

 Senior Day

6
POP-UP PROGRAM
 9:00 Gab & Games with the Director
 @ Stiglmeier Park—near the small Gazebo on the right as you enter (you must pre-register)
 *Remember to bring your face covering, a notebook & pen and a chair.

7
Brother's Day
 If you have a brother, or someone who is like a brother to you, call him and thank him for being in your life.

8
International Cat Day
 Stop in at your local pet store and visit the kitties. Perhaps you'd like to bring one home with you?

12
 Pre-registration was required. We closed in the afternoon.

13
 9:30-10:15 Intermediate/Advanced Line Dance \$2.50 *Door 11
 9:30-11:30 Ceramics (\$2.00) *Door 3
 10:45-11:30 Beginner Line Dance \$2.50 *Door 11
 1:00-3:00 Ceramics (\$2.00) *Door 3

14
 9:30-10:15 Yoga \$3.00 *Door 11
 10:00-12:00 Acrylic Painting \$10 (craft rm.) *Rm. 15
 10:45-11:30 Chair Yoga \$3.00 *Door 11
 2:00-4:00 Acrylic Painting \$10 (craft rm.) *Door 15

SENIOR LUNCH PROGRAM
 Details on when and how we will be bringing our Senior Lunch Program back were not all settled at the time this newsletter was sent off to be printed. Please know we are working on our plans in partnership with Erie County Senior Services.
 We will keep you posted and let you know when lunch is being served.

9
 Pre-registration was already required (March) *Door 11
 10:00-11:00 Scrabble (mtg. rm. B) *Door 7
 Towels \$5 (craft rm.)
 1:00-3:00 Mah Jongg (banq. hall) *Door 4
 Dominoes (atrium)
 Towels \$5 (craft rm.)

20
 9:30-10:15 Intermediate/Advanced Line Dance \$2.50 *Door 11
 9:30-11:30 Ceramics (\$2.00) *Door 3
 10:00 POP-UP PROGRAM—Not Such Big Money Bingo
 Cheektowaga Town Park @ the Lion's Pavilion (\$5—you must pre-register)
 10:45-11:30 Beginner Line Dance \$2.50 *Door 11
 1:00-3:00 Ceramics (\$2.00) *Door 3
 1:00-3:00 Mah Jongg (mtg. rm. B) *Door 7

21
 9:30-10:15 Yoga \$3.00 *Door 11
 9:30-11:30 Woodcarvers (ceramic rm.) *Door 3
 10:45-11:30 Chair Yoga \$3.00 *Door 11
 1:30-3:30 Scrabble (ceramic rm.) *Door 3

26
 Pre-registration was already taken before we started (11:00-12:00) *Door 11
 10:00-11:00 Scrabble (mtg. rm. B) *Door 7
 1:00-3:00 Mah Jongg (atrium)
 Dominoes (atrium)

27
 9:30-10:15 Intermediate/Advanced Line Dance \$2.50 *Door 11
 9:30-11:30 Ceramics (\$2.00) *Door 3
 10:45-11:30 Beginner Line Dance \$2.50 *Door 11
 1:00-3:00 Ceramics (\$2.00) *Door 3
 1:00-3:00 Mah Jongg (mtg. rm. B) *Door 7

28
 9:30-10:15 Yoga \$3.00 *Door 11
 9:30-11:30 Woodcarvers (ceramic rm.) *Door 3
 10:00-12:00 Crafty Painted Pots \$10 (craft rm.) *Door 15
 10:45-11:30 Chair Yoga \$3.00 *Door 11
 1:30-3:30 Scrabble (ceramic rm.) *Door 3
 2:00-3:00 Crafty Painted Pots \$10 (craft rm.) *Door 15

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.

GAB & GAMES WITH THE DIRECTOR

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.** This event is free.

NOT SUCH BIG MONEY BINGO

Thursday, August 20 @ 10:00 am
\$5 per person—payable the day of—BRING EXACT CHANGE
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 all the cash we collect from those playing. You must pre-register by calling 686-3930.

BRING YOUR OWN LUNCH BUNCH

Monday, August 24 @ 12Noon (FREE)
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.

You must call to register in advance for ALL THESE POP-UP PROGRAMS!

COMPUTERS, LIBRARY BOOKS & PUZZLES

You are welcome to come to our Center to use our computers or borrow some books or puzzles. **YOU DON’T NEED A RESERVATION** but enter through Door 4. Please stop in but be considerate of other members and limit your time in the “library” so others have the chance to come in too. Remember to wear your face covering and be sure to sign in and out in the log book in that room. Donations of books & puzzles are being accepted. Thank you!

MEXICAN TRAIN DOMINOES

Wednesdays, August 19 & 26
1:00 pm in the ATRIUM
(will not be moved into the banquet hall)
Bring \$1.55 (13 dimes and 1 quarter)



All levels of play welcome—if you are a beginner, don’t be nervous, we’ll show you how to play!



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 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.*

FLU & PNEUMONIA SHOT CLINIC Sponsored by WEGMANS

FRIDAY, SEPTEMBER 4, 9:30 am-12:15 pm

**The Clinic will be held in our Gazebo & Atrium, please park in the back parking lot and come to the gazebo. PLEASE BRING YOUR OWN PEN TO FILL OUT YOUR PAPERWORK.*

BEGINNING JULY 27th, YOU CAN CALL OUR OFFICE AT 686-3930 TO MAKE AN APPOINTMENT. Most major insurances accepted. Wegmans will bill your insurance while on-site, please bring your insurance card and photo ID with you. For questions about specific vaccines, call Jonathan Paepflow from Wegmans at 254-1083.

TWO VOLUNTEERS ARE NEEDED TO HELP US WITH THIS (greet & distribute paperwork). Sign-up in our office if you can help us.

UNSCRAMBLE THE WORDS ANSWER KEY

- | | |
|-----------------|-----------------|
| 1. BICYCLING | 6. NUMISMATICS |
| 2. RUNNING | 7. GARDENER |
| 3. READING | 8. PHOTOGRAPHY |
| 4. CERAMICS | 9. BIRDWATCHING |
| 5. SCRAPBOOKING | 10. PHILATELIST |



QUEEN OF QUOTES

Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must unfold in their own time.
-John Kabat-Zinn

If you don’t use your head, you’re going to have to use your feet.
-Arlene Kopan’s Mom

Happiness is the new rich. Inner peace is the new success. Health is the new wealth. Kindness is the new cool. -Syed Balkhi

Sometimes angels are just ordinary people who help us believe in miracles again.
-Unknown but thanks to Barb Cross for sharing it on Facebook

Nothing ever goes away until it teaches us what we need to know.
-Pema Chodron

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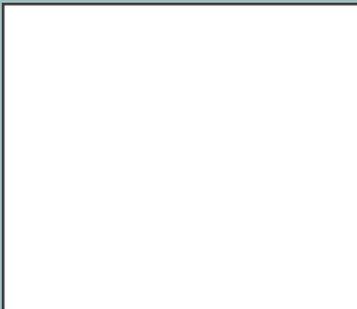
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Our practice believes in the medicinal value of the marijuana plant. Medical Marijuana recommendation should be available to those who would benefit by its medicinal use and choose to do so under the care of a licensed and authorized provider as authorized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

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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 | | |
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