

GREATER BUFFALO COMMUNITY WELLNESS COUNCIL

February, 1999 - Community Wellness Calendar

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Website of the Month: American Heart Association - <http://www.americanheart.org/>

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Education & Community Based Programs

Common Sleep Disorders - Tuesday, February 2, 8:30-10:00 am, The DeGraff Community Center, 139 Division St, N. Tonawanda. \$3.50 members, \$4 non-members. Blood pressure and weight monitoring available. (690-2271)

Caregiver Support Group - Thursdays, February 4, 11, 18, 25, 7-8:00 pm, Elmwood Health Center, 2128 Elmwood Ave, Buffalo. Support group for those involved in the care of a sibling, parent or adult child with a disability. (874-4500 ext. 458 - Anne Wetzen)

After a Parent Dies - Wednesdays, February 17-April 7, 7:00-8:30 pm, Life Transitions Center, 3580 Harlem Rd, Buffalo. Educational support group for adults who have experienced the death of a parent within the last 18 months. Registration fee: \$60 (836-6460)

Advocacy for Older Adults Through the Senior Action Council - Thursday, February 18, 12:00-2:00 pm, The DeGraff Community Center, 139 Division St, N. Tonawanda. \$6 members, \$7 non-members (includes lunch). (690-2271)

Healthy Community Forum - Tuesday, February 23, 8:30-Noon, WNED-TV Studios, Horizons Plaza, Buffalo (next to the Adam's Mark Hotel). Dr. Trevor Hancock, and international expert on the healthy communities movement, will speak on "Healthy Cities - Past, Present & Future" \$15 registration fee (851-4052)

Tobacco, Alcohol & Drug Prevention

Erie-Niagara Tobacco-Free Coalition - Erie and Niagara County divisions will have a joint meeting on Wednesday, February 3, 4:30-6:00 pm, DeGraff Memorial Hospital, Community Room, 445 Tremont, North Tonawanda. New members welcomed and encouraged. (855-6789)

Innovative Suspension Alternatives - Friday, February 19, 9:00-10:30 am, Erie I BOCES, 1050 Maryvale Dr, Cheektowaga. Sponsored by the E.C. Council for the Prevention of Alcohol & Substance Abuse (831-2298)

Cancer Prevention

Breast Cancer Discussion and Support Group - Wednesday, February 3, 7:00 pm, The DeGraff Community Center, 139 Division St, N. Tonawanda. (690-2277)

Open House at The Center for Hospice & Palliative Care - Tuesday, February 16, 7:00 pm, 225 Como Park Blvd, Cheektowaga. Overview of services, tour and refreshments. (free) (686-8070 to register)

Diabetes

Diabetic Cooking - Wednesday, February 3, 7:00-9:00 pm, Tops Markets, 3980 Maple Rd, Amherst. (515-2000 to register)

Diabetes Teaching Class - Tuesday, February 9 through Friday, February 12, 10:00-11:30 am, The DeGraff Community Center, 139 Division St, N. Tonawanda. Appointments required. (690-2116)

Diabetes Education Classes - Ongoing diabetes education classes, insulin pump classes and Diabetes Patient's Forum at the Diabetes-Endocrinology Center of WNY, Millard Fillmore Health System, 3 Gates Circle, Buffalo. (887-4869)

Heart Health

Eat to Your Heart's Content - Monday, February 1 (Amherst), Thursday, February 11 (West Seneca), 7:00-9:00 pm, Tops Markets, 3980 Maple Rd, Amherst (515-2000 to register); 355 Orchard Park Rd, W. Seneca (517-3006 to register). Learn to cook some new low fat dishes - \$12 fee.

Free Blood Pressure Screenings - Monday, February 1, 10:00-2:00 pm, Rath Building, 13th Floor, 95 Franklin St, Buffalo. (For additional sites & dates, call 858-8965)

Free Blood Pressure Screenings - Wednesday, February 3, 9:00-Noon, American Red Cross, Clarence/Amherst Donor Site, 4350 Bryant & Stratton Way. (For additional sites & dates, call 878-2159)

Cholesterol Control - Thursday, February 11, 7:00-9:00 pm, Promedicus Health Group, Northtowns Medical Center, 8750 Transit Rd, Amherst. Topics: Good & bad cholesterol; why elevated cholesterol is worrisome; role of antioxidants, nutrition, physical activity; impact of stress, family history, smoking. (652-7073, ext. 120 to register) Free to PHG patients.

DIRECTORY

All America City	851-4052
AIDS Community Services	847-2441
American Cancer Society	689-6981
American Diabetes Assoc.	835-0274
American Heart Association	564-1100
American Lung Association	691-5864
Arthritis Foundation	837-8600
Battle of the Businesses	992-2732
Blue Cross / Blue Shield	884-0774
Buffalo Prenatal-Perinatal Task Force	884-6711
Central Referral Service	851-5555
City of Buffalo Senior Services	851-4141
Erie County Health Dept.	858-6462
Erie County Physical Activity Coalition	851-4052
Erie County Senior Services	858-8526
Erie-Niagara Tobacco-Free Coalition	855-6789
Healthy Women's Partnership	886-9201
Hospice Buffalo	686-1900
March of Dimes	626-1671
Meals on Wheels	852-2626
Medical Society of Erie Co.	852-1811
National Kidney Foundation	853-6675
National Multiple Sclerosis Society	634-2261
NYS Health Department	847-4520
Preventionfocus Inc.	884-3256
Red Cross	886-7500
United Way	887-2626
Food & Drug Administration	551-4461 x3118
Vision for Tomorrow	851-4052
WNY Council - Occupational Safety & Health	833-5416
YMCA of Greater Buffalo	565-6000
YWCA of WNY	852-6120

3M-12

Maternal and Infant Health

Parenting 101: Infant Safety & CPR (session I), Infant Comfort, Massage & Development (session II) – A program designed especially for new parents and grandparents. Please call 824-4511, ext. 137 for dates, times and places. \$15 per person

Mental Health

Bereaved Parents Support Group – Wednesday, February 3, 7:00pm, Niagara Hospice Service Center, 4675 Sunset Dr, Lockport. (439-4417)

Physical Activity and Fitness

P.A.C.E. (People with Arthritis Can Exercise), Fridays, February 5, 12, 19, 26, 9:30-11:00 am, The DeGraff Community Center, 139 Division St, N. Tonawanda. Exercise program designed for people with arthritis to help reduce pain, stiffness and feelings of isolation and depression. \$2.00 per session

Erie County Physical Activity Coalition will meet on Tuesday, February 9, 8:00 am, Blue Cross & Blue Shield of WNY, 1901 Main St, Buffalo. If you are interested in helping to improve the level of physical activity in our community, come join us. (851-4052)

**Community Wellness Council
Special Event!**

Tuesday, February 23, 1999, 8:00 a.m. - Noon

Healthy Community Forum

Featuring: Dr. Trevor Hancock

Leader of Canadian Healthy Community Movement

WNED-TV (next to the Adam's Mark Hotel)

*15 registration fee. Contact the Wellness Institute of Greater Buffalo at 851-4052

Please copy and share! Everyone is welcome!

Fax (851-4309) or e-mail (wellness@ci.buffalo.ny.us) your listings for the March calendar by February 15, or mail to: Wellness Institute of Greater Buffalo, 65 Niagara Square, Room 607, Buffalo, NY 14202 (851-4052)

FEBRUARY, 1999

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 7-9pm Eat to Your Heart's Content	2 8:30-10 Common Sleep Disorders	3 4:30pm Erie-Niagara Tobacco-Free Coalition Meeting 7pm Breast Cancer Discussion & Support Group 7pm Bereaved Parents Support Group 7-9pm Diabetic Cooking	4 7-8pm Caregiver Support Group	5	6
7	8	9 8-10am EC Physical Activity Coalition New Members Welcome	10	11 7-8pm Caregiver Support Group 7-9pm Eat to Your Heart's Content 7-9pm Cholesterol Control	12 9:30-11am PACE (People With Arthritis Can Exercise)	13
10-11:30 am Diabetes Teaching Class						
14	15	16 7pm Open House – Ctr. for Hospice & Palliative Care	17 7-8:30pm "After a Parent Dies"	18 12-2pm "Advocacy for Older Adults..." 7-8pm Caregiver Support Group	19 9-10:30am "Innovative Suspension Alternatives" 9:30-11am PACE (People With Arthritis Can Exercise)	20
21	22	23 8:30 am Healthy Community Forum	24 7-8:30pm "After a Parent Dies"	25 7-8pm Caregiver Support Group	26 9:30-11am PACE (People With Arthritis Can Exercise)	27
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CWC Calendar published by the Wellness Institute of Greater Buffalo as a community service through the support of the City of Buffalo and Wellness Council member donations.



The Wellness Institute

of Greater Buffalo and Western New York, Inc.

January 19, 1999

Philip L. Haberstro
Executive Director

Dear Community Member,

The non profit Wellness Institute of Greater Buffalo, a healthy community advocacy agency, is preparing for **The 11th Annual Greater Buffalo Movin' in May** physical activity promotion campaign. May is National Physical Fitness and Sport Month and our 1999 campaign theme is "Move For Life". As a community service the Wellness Institute produces the Greater Buffalo Movin' in May calendar to advertise local activities which promote a healthy and active lifestyle for the citizens of Greater Buffalo. In addition to the calendar, the Wellness Institute and the Erie County Physical Activity Coalition coordinate two exciting events to encourage moderate levels of physical activity for all ages, The Downtown Employee's Walk and The Golden Years Wellness Walk in the Park.

The 11th Annual "Downtown Employee's Walk" is held in celebration of National Employees' Health and Fitness Day. Downtown employees meet in Niagara Square, in front of City Hall, at 12 noon on Wednesday, May 19, 1999 for an enjoyable walk through Buffalo Place and back to Niagara Square. The event includes health demonstrations, refreshments and prize give-aways and is a wonderful way to join the hundreds of working Americans walking towards wellness and improved employee productivity.

The 7th Annual "Golden Years Wellness Walk in the Park" is part of National Senior Health and Fitness Day and will be held the morning of Friday, May 28, 1999 in Delaware Park. The event is designed for Western New York's older adults to promote health and physical activity while encouraging physical activity on a regular basis. Registration and a health fair will begin at 9:00 a.m., the main program will kick-off at 10 a.m., and entertainment, door prizes, refreshments will follow an invigorating walk around the park.

We would like to invite your organization to be a sponsoring partner in this important community campaign to promote physical activity. Please take a few moments to review the enclosed materials and consider the positive public relation opportunities for your organization.

CALENDAR SPONSOR:

- With a 3" x 2" calendar ad or coupon, your organization could become a calendar sponsor and enjoy the benefits of a viewership of approx. 100,000 Erie County residents and a calendar shelf life of 6 weeks.

EVENT SPONSOR:

- Sponsor either or both the 11th Annual "Downtown Employee's Walk" or the 7th Annual "Golden Years Wellness Walk in the Park" and enjoy the benefits of TV/Radio media promotion, an exhibit booth at the event(s), an opportunity to display your company's banner at the event(s), an opportunity to have an ad seen by approximately 100,000 area residents, and much more!

We hope that you will take advantage of this advertising opportunity to promote your organization and physical activity throughout our community. A sponsorship form is enclosed for your convenience. We need to receive your sponsorship information, payment and camera ready artwork by March 23, 1999. To learn more about Greater Buffalo Movin' in May Celebration or if you have a creative idea about working with us, please contact me at 851-4052.

Sincerely,

Amy Lewis, Coordinator
Greater Buffalo Movin' in May Campaign

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"Quality of life in any community is best measured by the health of its people"

C/O ROOM 607 • 65 NIAGARA SQUARE • BUFFALO, NEW YORK 14202 • (716) 851-4052 • FAX (716) 851-4309





The Wellness Institute

of Greater Buffalo and Western New York, Inc.

Philip L. Haberstro
Executive Director

Community Wellness Council: News & Notes

January 21, 1998, 8:00 a.m., FDA Offices

- Diane Monaco - FDA, Offering a program on Herbal Remedies 551-4461 x3118
- Dorothy Levitt - E. C. Department of Senior Services, ECPAC is developing mini-grants for groups/organizations benefiting senior citizens (60+) relating to physical activity/nutrition .. 858-8081
- Marilyn Green, Coordinated Care
Doing Stress Management Programs for care-givers 858-2310
- Mary Damiano, Nutritionist 366-3553
- Eileen Stewart, Lifecycles Wellness Center, doing programs such as "Girl Talk" with teens 12-16 yrs. old, among other mother/daughter programs 885-2229
- Jill Bronsky, Health Promotion for the Worksite 684-0400
- Linda Aikin, Wellness Institute of Greater Buffalo & WNY 851-4052
- Phil Haberstro, Wellness Institute of Greater Buffalo & WNY 851-4052

Phil Haberstro – updated the group regarding the PAC: "March into May" program, physician's survey, mini-grants, promoting physical activity in "Movin' in May" Calendar. Civic Empowerment Awards applications are in; please hand them out to organizations. Healthy Community Forum, Feb. 23, 1999, Dr. Trevor Hancock, speaker, regarding Healthy Communities – Past, Present & Future.

Special Community Wellness Council Event:

Tuesday, February 23
8:30 am – 12:00 noon
WNED-TV Studios
(next to the Adam's Mark Hotel)

- * There is ample parking.
- See enclosed flyer/registration form.
- All coalitions are invited to exhibit!



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THE CHARTER REVIEW

JANUARY 1999

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Regular Commission Meetings

Thursdays 9:00 A.M. – 11:00 A.M.

Room 1417- City Hall

OPEN TO THE PUBLIC



If you have any questions, comments, or ideas, please contact the Buffalo Charter Revision Commission Office by phone at 851-4172, fax at 851-4176, or write to the Commission at Room 221 City Hall, Buffalo NY 14202, or e-mail us at charterreview@ci.buffalo.ny.us

PUBLIC HEARING UPDATE



Councilmember Beverly Gray with City Residents



Commissioners Randaccio, Jones and Halton

Our first set of public hearings was conducted in each of the nine Council Districts to encourage citizen participation and to identify citizen concerns about City government. The second set of hearings was conducted in November to seek public response to three tentative recommendations: (1) to retain and strengthen the office of the Comptroller as an independent fiscal watch dog; (2) to create an Office and Advisory Board of Telecommunication and Utility Relations to provide City government with the expertise necessary to deal on the most favorable terms with telecommunication and utility companies wishing to use the City streets for their distribution lines and to sell energy to the City and its residents; and (3) to eliminate the local Civil Service Commission and consolidate civil service, personnel and employment relations in a department of Human Resources, which would be charged among other things, with the development of a performance appraisal system for City employees. Public reaction to those recommendations, as expressed at the hearings, was largely favorable, with several suggestions for fine-tuning which the Commission will follow.

Schedule of Public Hearings 6:00 p.m.

Monday, February 1, 1999
City Hall
65 Niagara Square
Council Chamber, 13th Floor
Free Parking –Turner Ramp

Tuesday, February 2, 1999
Frederick Law Olmsted School 56
716 West Delavan Avenue

Wednesday, February 3, 1999
Southside Elementary School
430 Southside Parkway
Auditorium

Topics to be discussed

- | | |
|--|---------------------------------------|
| 1. Improvement of Capital Budget Process | 2. Consolidating Purchasing Functions |
| 3. Management Reporting and Review | 4. Salary Review Commission |
| 5. Citizen Review Board/Human Rights | 6. Planning & Development |
| 7. Construction Permit Process | |