

ERIE COUNTY (716) 858-8526
SENIOR SERVICES
NY CONNECTS

LIVE WELL ERIE



Live Well Erie is a VISION to help every resident of Erie County achieve his or her full potential. It uses five guiding principles to focus on nine broad goals across three populations: Children, Working Families, and Older Adults. One of the guiding principles is to maintain a clear focus on the social determinants of health—things like neighborhood resources, school



CONT. ON PAGE 2

WHAT'S INSIDE

	PAGE
University Express Program	2
Dietitian's Roles in Improving Senior Nutrition	3
Medicaid & Social Isolation During COVID-19	4
Club 99	5
A Matter of Balance	6
Erie County Department of Senior Services Stay Fit Dining	7
Stay Fit Dining Nov 2020 Calendar	8
Long Term Care & Going Places	9
Erie County Retired & Senior Volunteer Program	10
Commissioner's Message	11

LIVE WELL ERIE

CONT. FROM PAGE 1

quality, workplace safety, fresh food, clean air and water, and social relationships, which are all critical factors that contribute to the overall health and well-being of individuals in a community.

With a clear focus on the guiding principles, Live Well Erie unites with diverse partners in the private, non-profit, academic, and philanthropic sectors to implement specific community strategies that will make meaningful improvements to peoples' lives.



Erie County Senior Services Commissioner David Shenk with Coordinator of Volunteer Training and Development Katie Earl

You can explore this website further to get more detailed information about the Live Well Erie guiding principles, the Live Well Erie goals for each of the three populations, and the community strategies Live Well Erie will undertake to achieve the goals. By working together, we hope all Erie County residents can truly LIVE WELL! <http://www2.erie.gov/livewellerie/>

UNIVERSITY EXPRESS PROGRAM

The University Express program offers free educational classes for older adults in Erie County. The classes take place during spring and fall semesters and are usually offered in-person at many locations throughout the county. Due to the pandemic, we have temporarily reimagined the program to be mostly virtual so we can continue to learn together in a safe way.

Classes are offered in seven categories, including current affairs, history, law and finances, and science and medicine. There is sure to be something for everyone! The classes are primarily taught by retired college professors, school teachers, medical providers and other professionals. We are always looking for new instructors to join us, so please reach out if you are interested!

We are planning for our fall semester to be a hybrid program. Classes will be live streaming every weekday and some locations in the county may host in-person showings of the classes. You can find more information about the fall semester and class recordings from the spring semester on our website at erie.gov/universityexpress. You can also call the program coordinator Katie Earl at 716-858-7605 if you do not have internet access or if you have specific questions.

DIETITIAN'S ROLES IN IMPROVING SENIOR NUTRITION

Did you know that Erie County Department of Senior Services offers affordable and nutritious lunch to Erie County residents 60 years of age and older? The suggested confidential contribution is only \$3.00, however, no one will be turned away for lack of ability to pay.

Participants definitely receive the most bang for their buck since we have Registered Dietitians to plan the menus. All the menus meet the state nutrition requirements. Dietitians analyze the menu using nutrition software and visit the contracted kitchens once a week to ensure the meals are prepared at the appropriate standard.



Erie County Executive Mark Poloncarz visits West Seneca Senior Center

A common misconception is that healthy meals are not going to taste as good. However, the Dietitians understand it is important to strike a balance between nutrition and flavor especially while working with older adults. They do taste-tests, ask for feedback and send out surveys to the older adults. Based on the feedback, 6-7 types of entrée salads such as Chicken Caesar Salad and Cranberry Chicken Salad are now offered every 3 months, and soups and sandwiches are also offered at times. On special holidays, popular menu items are served such as cabbage roll, chicken cordon bleu, breaded chicken drumsticks, pork chops and BBQ chicken quarters.

Our Registered Dietitians in the Department of Senior Services wear many hats! They are actively involved in health promotion and disease prevention effort for our seniors. For example, they run free workshops on how to manage diabetes and other chronic diseases. They also offer free nutrition counseling and no insurance is required for the service. During Covid-19, the Dietitians have started offering nutrition education videos that you can watch from home. The videos are available through our department website at: erie.gov/seniorservices.



If you have any questions about our nutrition services or to find the nearest dining site location, you can call us at 716-858-8526!

By: Leanne Chung, MS, RD, CDN Dietitian Consultant

BENEFIT ENROLLMENT CENTER



DO YOU HAVE MEDICARE?

It's Your Time To Save!

Call the **Benefit Enrollment Center** to see if you qualify for benefit such as SNAP, HEAP, Medicaid and other programs that could pay for some of your Medicare costs!

The Benefit Enrollment Center can also help you with the application process.

*Income limits change yearly

Call (716) 858-8526



Brought to you by Erie County Senior Services

SOCIAL ISOLATION DURING COVID-19

The Erie County Department of Senior Services unveiled a new webpage packed with activities and lessons to combat social isolation. We are tapping into the expertise of our Health and Wellness staff and are leveraging pre-existing online resources. Watch Registered Dietitians speak about nutrition, healthy eating, and learn tips for managing chronic diseases. Get fit from home with videos by Mr. Fitness and other Wellness staff. Watch our University Express instructors talk about local history, wellness, humanities, and more. Learn about our Aging Mastery Program's Starter Kit, a self-guided program with lessons and activities to engage and inspire you. Explore virtual aquarium and museum tours, browse downloadable content from the Buffalo and Erie County Public Library, listen to renowned musicians, and much more.

"This is an exciting initiative that provides opportunities for online learning and socialization for our older adults. We know that staying active and informed helps to combat social isolation and we make that a priority," said David J. Shenk, Erie County Commissioner of Senior Services. "We want to share this with everyone. Even though we are home, we are still connected." The mission of the Department of Senior Services of Erie County is to promote the wellbeing of all older adults through coordinated and cost-effective services which enhance their independence, dignity, and quality of life. For more information on the Erie County Senior Services Department and programs, go to erie.gov/seniorservices or call 716-858-8526.

CLUB 99



Club 99 helps all members attain optimal well-being by providing a wide variety of programs and services designed to enhance quality of life and help maintain physical independence.

Club 99 was created by Richard Derwald our very own “Mr. Fitness.” Richard created the resistance band exercise program over 20 years ago after he identified the need and importance that physical activity is for seniors. When you enroll in the class you receive a resistance band, a ball and a club 99 t-shirt, these are all free of charge. The only requirement to join is that you are 60 or older. Richard, with the help of Julie Ruzala, our wellness coordinator, together they continue to train senior volunteers to lead classes at various locations. If you are interested in joining the program you can call Richard at 716-858-6975 or through email at Richard.Derwald@erie.gov and Julie. Ruzala@erie.gov.

A MATTER OF BALANCE

A Matter of Balance is a community-based, small-group (8-12 participants) program that helps older adults reduce their fear of falling and increase activity levels. It is a train the trainer program with Master Trainers training Coaches (lay leaders). Coaches work in pairs to lead small group community classes which consist of eight two-hour sessions. The behavior change curriculum addresses the fear of falling and engages the participant to view falls and the fear of falling as controllable. Exercises are introduced and performed in 6 of the 8 sessions. Participants are involved in group discussion, problem-solving, skill-building, assertiveness training, sharing practical solutions, and exercise training. Developing an action plan to address ongoing exercise, reducing risk factors and changing behaviors that contribute to risk factors supports ongoing efforts to reduce the fear of falling in participants. We are currently forming classes for the 2021 season.



MANAGING CONCERNS ABOUT FALLS



Pictured above: Orchard Park Senior center Graduating Matter of Balance Class. Pay close attention to the smiles. This could be you! Contact Julie Ruzala 716-858-6403 or Julie.Ruzala@erie.gov for additional information.

ERIE COUNTY DEPARTMENT OF SENIOR SERVICES STAY FIT DINING

SITE NAME	ADDRESS	PHONE
Akron-Newstead Senior Citizen	5691 Cummings Rd., Akron 14001	542-6645
Alden Community Center	13116 Main St., Alden 14004	335-8009
Amherst Senior Center	370 John James Audubon Pkwy., Amherst 14228	636-3050
Autumnwood Senior Center	1800 Clinton St., Buffalo 14206	826-7895
Baptist Manor	276 Linwood Ave., Buffalo 14209	819-1820
Belle Center (The)	104 Maryland St., Buffalo 14201	845-0485 X 232
Blasdell (Lilly Housing Dev.)	36 Arthur Ave., Blasdell 14219	827-0245
Boston Senior Citizen Center	8500 Boston State Rd., Boston 14025	941-5773
Buffalo Urban League	86 Pine Street St., Buffalo 14204	847-8951
Cayuga Village Apartments	100 Hutchens Dr., Cheektowaga 14227	583-4141
Cheektowaga	3349 Broadway, Cheektowaga 14227	686-7417/686-3930
Clarence Senior Citizen Center	4600 Thompson Rd., Clarence 14031	633-5138
Concord Nutrition Site	40 Commerce Dr., Springville 14141	592-2741
Delavan Grider Community Ctr.	877 Delavan Ave, Buffalo, 14215	896-7021 x3
Edward Saunders Community Ctr.	2777 Bailey Ave., Buffalo 14215	332-4380
Friends to the Elderly	118 E. Utica St., Buffalo, 14209	882-0602
Gloria Parks Community Ctr.	3242 Main St., Buffalo 14214	832-1010X206
Hamburg (Creekbend Hgts. Apts.)	25 Buffalo St., Hamburg 14075	648-2414
Hennepin Center	24 Ludington Street. Buffalo 14206	895-4074
Hispanics United of Buffalo	254 Virginia St., Buffalo 14201	856-7110
Kenmore Senior Nutrition Program	135 Wilber Ave., Kenmore 14217	346-5800
Lackawanna Senior Center	230 Martin Rd., Lackawanna 14218	827-6669
Lancaster Senior Center	100 Oxford Pl., Lancaster 14086	685-3498
Maryvale East Senior Complex	100 Moorman Dr., Cheektowaga 14225	583-1190
North Buffalo Community Center	203 Sanders Rd., Buffalo 14216	874-6133 X 10
Northwest Buffalo Community Center	155 Lawn Ave., Buffalo 14207	876-8108 X 17
Orchard Park Senior Center	4520 California Rd., Orchard Park 14127	662-6452 X 3
Richmond-Summer Center	337 Summer St., Buffalo 14222	885-3290
St. John's Community Church	2871 E. Church St., Eden 14057	913-0279
Salvation Army-Tonawanda Branch	46 Broad St., Tonawanda 14150	693-3110 X 305
Schiller Park Senior Center	2057 Genesee St., Buffalo 14211	895-2727
Seneca-Babcock Community	1168 Seneca St. , Buffalo 14210	822-5094
Sloan Senior Center	140 Halstead St., Sloan 14212	897-1389
Tosh Collins Center	35 Cazenovia St., Buffalo 14220	828-1093
Town of Aurora Senior Center	101 King St., Suite A, East Aurora 14052	652-7934
Town of Elma Senior Center	3007 Bowen Rd., Elma 14059	652-3374
Town of Evans Senior Center	999 Sturgeon Rd. , Derby 14047	947-0974
Town of Hamburg Senior Center	4540 Southwestern Blvd, Hamburg 14075	646-0096
Town of Marilla	1810 Two Rod Rd., Marilla 14102	652-5350 X402
Town of Tonawanda Senior Center	291 Ensminger Rd., Tonawanda 14150	874-3266
United Church Manor	50 North Ave., West Seneca 14224	668-5804
Walden Park Senior Complex	101 Bakos Blvd., Buffalo 14211	892-9070
West Seneca Senior Center	4620 Seneca St., West Seneca 14224	675-9288
Violet Housing	11 Haley Lane, Cheektowaga 14227	534-6486
William-Emslie Senior Center	585 William St., Buffalo 14206	845-5440
Williamstowne Village	2940 William St, Cheektowaga 14227	892-2263

Come dine with us Monday-Friday at various locations around Erie County. You or your spouse must be 60 years of age or older and the suggested confidential contribution is \$3.00

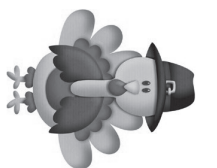
Due to COVID-19, not all locations are currently open. Please call to check.



Erie County Stay Fit Dining Program

Standard Menu

November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Cheese Omelet with Peppers, Onions, Tomatoes & Cheese Sauce Tater Tots Raisin Bread Fruit Compote (777)</p>	<p>3 Election Day Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Peas Dinner Roll Cinnamon Pear Crisp (687)</p>	<p>4 Baked Rigatoni with Italian Sausage & Tomato Sauce Broccoli <i>Chef Salad with Dressing</i> Dinner Roll Peach Bavarian (746)</p>	<p>5 Breaded Pork Chop with Gravy Lazy Pierogi Carrots Whole Wheat Dinner Roll Pineapple & Mandarin Oranges (678)</p>	<p>6 Entrée Salad Tuna Macaroni Salad on a Bed of Lettuce Club Crackers Fresh Apple Chocolate Milk (774)</p>
<p>9 Breaded Chicken Breast with Herb Gravy Roasted Red Potatoes French Bean Medley Dinner Roll Fresh Orange Chocolate Milk (618)</p>	<p>10 Veterans Day Meal Savory Chicken Breast with Herbed Cream Sauce Apple-Cranberry Stuffing Broccoli Spears <i>Chef Salad with Dressing</i> Boston Cream Pie (775)</p>	<p>11 No Meals Served</p>	<p>12 Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach with Mushrooms Cauliflower Italian Bread Lorna Doone Cookies (791)</p>	<p>13 Roast Beef with Gravy & Horseradish on a Roll Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit Cocktail (792)</p>
<p>16 Ham Steak with Pineapple Topping Sweet Potatoes Creamy Dill Cabbage Whole Wheat Dinner Roll Shortbread Cookies (692)</p>	<p>17 Hearty Beef Stew Brussels Sprouts Warm Biscuit Cinnamon Applesauce Chocolate Milk (675)</p>	<p>18 Cheese Tortellini with Chicken & Cream Sauce Carrots <i>Chef Salad with Dressing</i> Italian Bread Fresh Orange (618)</p>	<p>19 Entrée Salad Chicken, Mandarin Orange & Sunflower Seed Salad Whole Grain Crackers Strawberry Bavaria (628)</p>	<p>20 Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli Dinner Roll Fruit Compote (658)</p>
<p>23 Polynesian Chicken over Rice California Blend Vegetables Zucchini & Summer Squash Chocolate Cake with Whipped Topping (707)</p>	<p>24 Thanksgiving Meal Roasted Turkey with Stuffing & Gravy Sweet Potatoes with Brown Sugar Green Bean Casserole Hearty Wheat Roll Cranberry Gelatin Salad Pumpkin Pie with Whipped Topping (1051)</p>	<p>25 Sloppy Joe on a Bun Cheesy Mashed Potatoes Carrots Fresh Banana Chocolate Milk (922)</p>	<p>26 No Meals Served <i>Happy Thanksgiving</i></p>	<p>27 Beer Battered Fish with Tartar Sauce German Potato Salad Mixed Vegetables Dinner Roll Tropical Fruit (668)</p>
<p>30 Rotini & Meatballs with Tomato Sauce & Mozzarella Cauliflower Seasoned Spinach Fruit Cocktail (701)</p>	<p>1 Entrée Salad Cranberry Chicken Salad on a Bed of Lettuce Club Crackers Fresh Apple Chocolate Milk (766)</p>	<p>2 Soup & Salad Navy Bean Soup Brussels Sprouts <i>Chef Salad with Dressing</i> Savory Cornbread Tapioca Pudding with Peaches (769)</p>	<p>3 Hearty Beef Stew Mashed Potatoes Warm Biscuit Chocolate Mousse (727)</p>	<p>4 Roast Pork with Warm Cinnamon Apples Mashed Potatoes Carrots Wheat Bread Frosted Spice Cake (770)</p>

LONG TERM CARE

Long-term care is needed when you have a long-term illness or disability that causes you to need help with everyday activities of daily living. Activities of Daily Living (or ADLs) include bathing, dressing, moving from bed to chair, toileting, and/or feeding); because of injury, disease, or age many people will need some type of long-term care services during their lifetime.

If you need long-term care you may need one or more of the following:

- Services in your home (home-delivered meals, homemaker, personal care, physical therapy or nursing services)
- Care in the community (congregate dining, respite, adult day care)
- Care in a variety of long-term facilities (enriched housing, assisted living, adult home, nursing home)

Long-term care may help you get the services you need so that you may live safely in the most comfortable setting.

For more information, or to discuss your particular situation, contact
Erie County NY Connects:
Telephone: (716) 858-8526 (local calls)
1-800-396-2705 (toll-free long distance)

GOING PLACES

Transportation programs may be limited in their services. As a service to older adults (aged 60+) in Erie County, in collaboration with community partners, the Department of Senior Services offers the Going Places Transportation Program. The curb-to-curb van service is available to seniors who are unable to use conventional means of transportation. *Wheelchair van service may be available upon request - please specify when requesting rides.

For new registrants, call 858-8526 to register.

Registered members can call (716) 858-RIDE or (716) 858-7433 - 8:30 am to 4:20 pm Monday through Friday.

Schedule health-related trips two weeks ahead of the day of your appointment and schedule non-medical trips one week ahead of the day of your appointment. There is a brief registration that is required for service.

A suggested contribution is \$3 per one-way trip or \$6 per round-trip; wheelchair service is \$8 per one-way trip or \$16 per round-trip. Contributions are always voluntary. Any amount you wish to give is greatly appreciated and will be used to expand the transportation program.

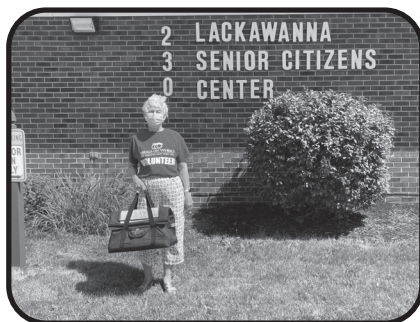


ERIE COUNTY RETIRED & SENIOR VOLUNTEER PROGRAM

For 49 years, the Erie County Retired & Senior Volunteer Program (RSVP) has connected seniors 55+ with volunteer opportunities throughout Erie County. This national-level program serves as the largest older adult volunteer program in the nation, and last year over 500 older adults in our county participated!



RSVP volunteers respond to the needs of our community, whether delivering meals to homebound seniors, reading to children in elementary school classrooms, giving tours of retired naval ships, maintaining trails in local nature preserves, or driving Veterans to appointments at the VA Hospital. Our volunteers commit anywhere from 1 hour a month up to 40 hours per week at volunteer positions—and many volunteers give their time at 2 or more volunteer sites! Some RSVP volunteers prefer to do one-time events, such as playing games with residents at Terrace View or serving dinner at Friends of Night People. Whatever way our volunteers choose to serve, the RSVP team is here to support them.



While COVID-19 has changed a lot of things, many of our volunteers have continued volunteering while maintaining social distancing, like **Patricia Gurney** and **Maria Zoyhovsky** with FeedMore WNY. Others are just returning to their volunteer stations as they reopen. Some volunteers are taking a break to focus on their health and wellbeing. And over 30 are currently helping on a mask sewing project we started with the Erie County Department of Health to distribute masks to vulnerable populations throughout the County.

2020 also changed the way we honored our volunteers, and we adapted our Tribute Day to be a drive-thru event honoring our volunteers who served over 100 hours with RSVP in the previous year. 250 volunteers met that incredible milestone—and 22 had over 500 hours of service! We are very proud of all our volunteers and the commitment they have to making Erie County a great place to live, work, and visit. We were happy to see volunteers like **Art Walier** and his amazing crew at Operation Good Neighbor (who paused on a busy Tuesday to accept their thank you gifts and pose for a quick photo) and **Raymond Wood**, who came through on the most unique vehicle of the day.



If you're interested in volunteering, please contact RSVP at 716-858-7548 or email us at RSVP@erie.gov.

COMMISSIONER'S MESSAGE

The mission of the Department of Senior Services of Erie County is to promote the well-being of all older adults through coordinated and cost-effective services which enhance their independence, dignity, and quality of life.

I have been the Senior Services Commissioner for over a year now and find this position challenging and very rewarding. I am fortunate enough to work with a team of committed people who are proud and eager to serve our older adults.



Many older adults have a vital role in our community whether they are mentors, volunteers, supporting family, or in the workforce. I often refer to older adults as walking encyclopedias or the matriarchs and patriarchs of our community. I am thankful and proud for what they have done for the rest of us.

The COVID19 Pandemic has been a challenge for all of us. The Erie County Department of Senior Services has responded well by conducting a PPE give away in May to help seniors deal with the crisis. In concert with members of the Erie County Legislature we were able to distribute masks to seniors in Independent Senior Housing. We took many of our group activities and made them available on our Combat Social Isolation Web Page, and found numerous other resources to stimulate the mind from home. Currently, we are in the process of coordinating the opening of congregate dining sites, while adhering to CDC guidelines.

If there are any questions, concerns, or suggestions to help in these areas, please email me at David.Shenk@erie.gov or call me at 858-7881.

Also, a reminder that the fall hybrid semester of University Express began October 1st. Please visit www.erie.gov/seniorservices for more information and also follow us on Facebook www.facebook.com/ECSeniorServices/ and Twitter twitter.com/ECSeniorSvc.

HEALTH INSURANCE INFORMATION COUNSELING AND ASSISTANCE PROGRAM

Starting October 15 through December 7th people who are enrolled in Medicare should review their prescription drug coverage. Many plans change the list of medicines that they cover or increase what you would need to pay for your medicine. The Erie County Department of Senior Services- Health Insurance Information, Counseling and Assistance Program could provide you with unbiased options. We are funded by a grant from the U.S. Administration for Community Living and therefore do not represent any insurance company. Please call 858-7883 for a confidential counseling session. Please have a list of your current prescriptions when you call.



NY Connects
Your Link to Long Term
Services and Supports

of ERIE COUNTY

(800) 342-9871 (716) 858-8526



NYCONNECTS
is published by the
Erie County Department
of Senior Services
(716) 858-8526

Mark Poloncarz
County Executive

David J. Shenk
Commissioner

Funded through grants from the NYS Office for the Aging

www2.erie.gov/seniorservices

NY Connects is a trusted place where you can get the information and assistance you need to make informed decisions for the care you need. Long Term Care can include many services that will help people of all ages remain independent in their daily lives. Finding those services can be confusing. A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Erie County NY Connects at (716) 858-8526 or NYConnects@erie.gov to discuss needed services.

Fall Word Search
Find all the words below.

V V W H A W K S W Y Z Q H S V W Q T N U	APPLECIDER
V G N I V I G S K N A H T S J H W V K D	COOL
L X O E W J W I L A X F C F S N O G D E	FOOTBALL
A C U N R O C B E U Y J O F I Y R Z G P	LEAF
T R M U M C I A A T K B O O M H C U B I	SCARECROW
L E F S E J G U F U S A L B T Y E O B T	AUTUMN
X N W U V P Q O Q M A Z M G L B R M N C	CORN
Q J F R H C V E W N A E K A R W A Z M V	HALLOWEEN
N K K J R E D I C E L P P A N R C L C M	PUMPKIN
O G S C T D J Z J D A F E R N C S V L Q	THANKSGIVING
F B V R L S G J N E E W O L L A H T B S	COLORFUL
K G Y X E R M D I P C Z N C Y Y F L H O	FALL
Z F Y P H T A N Y M O P I D R A C E A V	HARVEST
H A N T C Y Y O C N L J H V L P J E R B	RAKE
N O G N H L E Z M I O M E L L U J V V O	TURKEY
B D K M P I K N J K R Q G Y B Q K Y E R	
A Z Y L J L R T W P F P A D K E A L S U	
E X D K H M U U L M U X T U L Z T U T Z	
Y Z A V Q R T T G U L C E G L I D I F J	
A I Q U A L N D M P U K K P L Q U N G V	