Erie County Senior Services
Monthly Magazine

October Edition
Volume 2, Issue 1

Erie County Department of Senior Services Commissioner,

David Shenk

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Greetings for Erie County Senior Services and Happy Autumn!

This month, we want to share some simple and effective self-care tips to help maintain overall wellness as the cooler days begin to roll in. We hope you will find a few that you love!

Go for a walk outside— As the temperatures cool down, take advantage of opportunities to exercise outdoors and enjoy the beautiful fall colored trees. Be prepared with extra layers if needed.

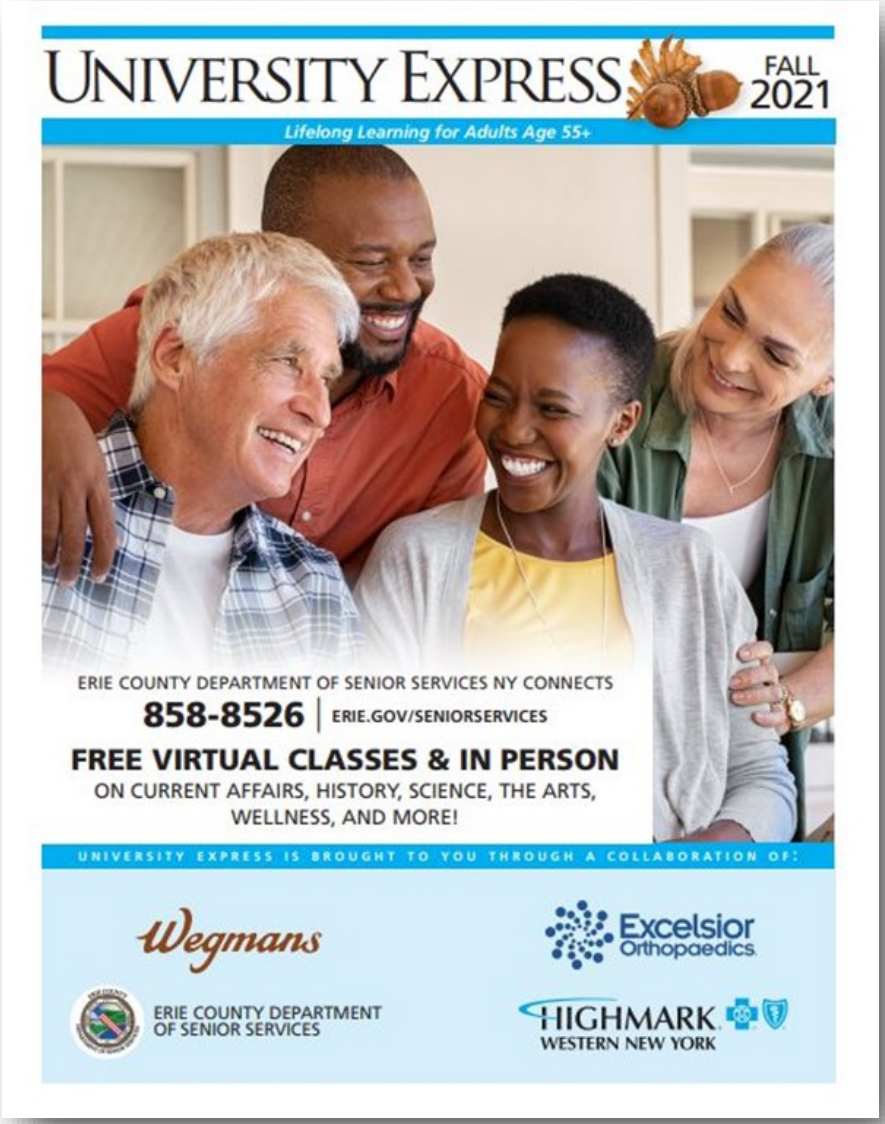
Color—You don't need much to create a masterpiece. Grab some pieces of paper and markers and let your creative side shine.

Read a book—All you need is a good book and a warm cozy blanket.

Just rest—It might be a while since you've taken the time to have some quiet time to rest. This can help you recharge your batteries.

Light a scented candle— Bring a little warmth and cozy light to your home

Contribute to a cause you believe in—There are tons of causes that are recognized during October and November. Putting your time and energy into something you feel passionate about can help you feel more hopeful and empowered.



Greetings from University Express! We are excited to announce that our Fall 2021 University Express semester will offer traditional in-person classes and virtual classes! The fall semester will run from October 1st through December 10th.

These are free, one-hour classes on approximately 80 topics in-person and 30 different topics virtually. The classes cover current events, law and finances, science and medicine, humanities, wellness, and history. There is sure to be something for everyone!

Pre-registration for in-person classes is required by calling the location where the class will be held. You can register for virtual classes online and can log on or call in from home. Visit our website at erie.gov/universityexpress or call 716-858-7605 for more information!

RSVP

Retired & Senior Volunteer Program staff and volunteers were one of 60 sites across the nation that participated in the 9/11 Flag of Honor Memorial on Saturday, September 11th, honoring those who lost their lives 20 years ago. Special thanks to all who participated, including the Erie County Department of Veterans Services, the Erie County Department of Emergency Services and Homeland Security, the Buffalo & Erie County Naval and Military Park, Buffalo Fire Department, Buffalo Police Department, and United States Coast Guard Sector Buffalo. The day was commemorated as a day of service with a blood drive hosted with the American Red Cross and a food drive for FeedMore WNY.

Recipe of the Month

Mini Breakfast Quiches

Mini Breakfast Quiches are the perfect single-serve muffin tin bakes for breakfast, brunch, or even lunch!

Ingredients:

- 12 large eggs
- 1 cup diced ham or bacon, cooked
- 2 medium tomatoes, diced
- 5 green onions, chopped
- 2 cups fresh spinach leaves, coarsely chopped
- 1 cup mild cheddar cheese, shredded
- 1/4 teaspoon pepper
- 1 teaspoon salt

Instructions:

1. Preheat oven to 350 degrees. Grease muffin tins and set aside.

2. Whisk the eggs together in a large mixing bowl. Add remaining ingredients and mix thoroughly.

3. Fill muffin tin cups to almost full.

4. Bake for approximately 20 minutes until tops are slightly spongy and a toothpick inserted in the centers comes out clean.

5. Immediately run a knife around each quiche and gently lift them out of the cups with a small offset spatula.

PLEASE JOIN US FOR THE ERIE COUNTY SENIOR SERVICES FREE FALLS PREVENTION SEMINAR

Presentations include:

HOME SAFETY - ECMC TRAUMA NURSE, BETH MOSES

VESTIBULAR SYSTEM - CATHOLIC HEALTH PHYSICAL THERAPIST, DAVID MAY

EXERCISE- FITNESS COORDINATOR "MR. FITNESS," RICHARD DERWALD

MEDICATION AND FALLS - PHARMACIST AT NEIGHBORHOOD HEALTH, ANTHONY PIETRZAK

MATTER OF BALANCE CLASS - ERIE COUNTY SENIOR SERVICES, CLAIRE SOLAK

FALLS PREVENTION TIP OF DAY - BLUE CROSS BLUE SHIELD, DOREEN RUSSO

DATE: October 26th

TIME: 10:45 am—12:45 pm

LOCATION: Orchard Park Senior Center, 4520 California Rd Orchard Park NY 14127

TO REGISTER: Contact Julie Ruszala Erie County Senior Center at 898-6403

Julie.ruszala@erie.gov

Catholic Health

ECMC TRAUMACENTER

NEIGHBORHOOD HEALTH CENTER

BlueCross BlueShield of Western New York

ERIE COUNTY SENIOR PICNIC

As most programs were either canceled or paused due to COVID-19, the yearly summer senior picnic was no exception. The picnic would normally be held at Como Lake Park, packed with fun-filled activities such as games, door prizes, photo booths, dancing and live music. Unfortunately, it would be challenging to plan an event this large with all the unknowns.

Therefore, Erie County Senior Services has decided to provide an alternate picnic method this year by offering a special catered picnic meal. All congregate sites that have approved re-opening plans and are currently serving meals (frozen or congregate/both) are eligible.

Besides that, sites are encouraged to coordinate activities for the day of the picnic to enhance their center and create community awareness of the services available.

For this special picnic meal, Joseph's Catering Service has been selected to cater:

- Char-Broiled Barbecue Chicken

- Homestyle Potato Salad

- Marinated Fresh Tomato, Pepper and Onion Salad

- Dinner Roll with Butter

- Summer Watermelon

- Chocolate Chip Cookies

We hope everyone who is invited to the picnic enjoys the meal and hopefully we will gather again at Como Lake Park next year!

Combating Social Isolation:

SPORTS

NHL- Virtual tales of the cup video stories, Wayne Gretzky and Gordie Howe tribute, Legends spotlight, etc.

MLB- Ask the expert and become a virtual volunteer!

NFL- Pro Football!

MLS- Watch the tour and explore the website!

Tennis- News tournaments, scores, videos, players and players rankings!

PGA- News, lifestyle, gear, instructional videos/podcasts, and leaderboard.

Nascar- Learn about drivers, historic results, silly season tracker, shop, schedule, race results, and news.

Pickleball- What is Pickleball? Introduction to pickleball, history of Pickleball and learn how to play!

NBA- Watch games, standings, news, and players!

Basketball- Website Covers Multiple Leagues: NBA, ABA,WNBA,G-League, In addition the website covers Top International players, NBA teams, seasons, awards and statistics.

CLUB 99

Look out for Erie County Senior Services premier exercise program at local senior centers across Erie County. We offer both virtual and in person classes. The in person class time and dates vary depending on the center. The virtual class is held Monday-Friday at 9am-10am. Classes include resistance band exercises, cardio, stretching and use of small exercise ball.

All 60 plus are welcome to join in. The side effects of regular exercise are: improved sleep, increase in blood circulation, improved heart health, increase in confidence, weight loss or maintenance, increased flexibility and overall increase in health and well-being. If you have any questions please contact Julie Ruszala 858-6403 julie.ruszala@erie.gov.

Fall Prevention: Simple tips to prevent falls

Falls put you at risk for serious injury and continue to be a national public health concern. Prevent falls with these simple fall-prevention measures:

- **Make an appointment with your doctor** Begin your fall-prevention plan by making an appointment with your doctor. Your doctor will look at the medications you are taking, review your fall history, and look at any health conditions that could cause a fall.
- **Keep moving** Physical activity can go a long way toward fall prevention. You can start with small activities like walking, water aerobics and dancing. If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. Your doctor may recommend carefully monitored exercise programs or refer you to a physical therapist.
- **Wear sensible shoes** Consider changing your footwear as part of your fall -prevention plan. Floppy slippers, shoes with slick soles and high heels can make you slip, stumble and fall.

- **Remove home hazards** Repair loose, wooden floorboards. Immediately clean spilled liquids, grease or food. Use non-slip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.
- **Light up your living space** Keep your home brightly lit to avoid tripping on objects that are hard to see. Turn on lights before going up or down stairs. Store flashlights in easy-to-find places in case of power outages.
- **Use assistive devices** Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices include hand rails, nonslip treads for bare-wood steps, a raised toilet seat, or grab bars for the shower or tub.

Erie County Stay Fit Dining Program
Standard Menu
October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
4 *New Menu Item* Boneless Chicken Breast with Lemon Caper Sauce Cauliflower & Carrots Grape Juice Mushroom Farro Risotto Chocolate Chip Cookies (752)	5 Entrée Salad Tuna Macaroni Salad Fresh Salad with Classique Dressing Cherry Tomatoes Wheat Dinner Roll Fruit Cocktail (679)	6 Oktoberfest Polish Sausage with Sauerkraut & Mustard on a Bun German Potato Salad Broccoli Bavarian-filled Chocolate Éclair Marinated Cucumber & Onion Salad (992)	7 Tortellini with Tomato Meat Sauce Seasoned Spinach Italian Mixed Vegetables Italian Bread Fresh Grapes *Chocolate Milk* (643)	8 Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Breakaway Roll Strawberry Bavarian (795)
11 Sliced Turkey Breast with Gravy, Stuffing & Cranberry Sauce Mashed Potatoes Carrots Lorna Doones (699)	12 Beef Pepper Steak Casserole over Rice Broccoli Waxed Beans with Carrot Butterscotch Pudding (645)	13 Penne Pasta & Meatballs with Tomato Sauce & Mozzarella Cheese Country Cottage Mixed Vegetables Pineapple Juice Ambrosia (778)	14 Roast Pork Loin with Cranberry Chutney Sweet Potatoes Green Beans Whole Wheat Bread Chunky Cinnamon Applesauce *Chocolate Milk* (740)	15 Entrée Salad Cranberry Chicken Salad on a Bed of Fresh Salad Greens Club Crackers Brownie (708)
18 Veal Parmesan with Tomato Sauce & Shredded Mozzarella over Pasta Seasoned Spinach Apple Juice Chocolate Pudding (800)	19 Soup & Salad Broccoli Cheddar Soup with a Biscuit Carrots *Chef Salad with Dressing* Tropical Fruit (641)	20 Beef Bourguignon over Brown Rice Cauliflower French Bean Medley Oatmeal Raisin Cookies (796)	21 Entrée Salad *New Menu Item* Mediterranean Chicken Salad Dinner Roll Fresh Banana *Chocolate Milk* (826)	22 Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Cornbread Pear Crisp (800)
25 Chicken Vegetable Casserole with a Biscuit Broccoli Fresh Pear (618)	26 Hot Dog with Baked Beans on a Bun Roasted Red Potatoes Carrots Pineapple *Chocolate Milk* (751)	27 Entrée Salad Julienne Salad with Dressing Rye Bread Cinnamon Streusel Cake (791)	28 Lasagna Roll with Meat Sauce California Mixed Vegetables Grape Juice Dinner Roll Lemon Bavarian (754)	29 Halloween Meal Breaded Chicken Drumsticks Cheesy Mashed Potatoes Peas with Pearl Onions Dinner Roll Coconut Cream Pie Marinated Beet & Onion Salad (1095)

For more information call 858-7639

ERIE COUNTY DEPARTMENT OF SENIOR SERVICES
ERIE COUNTY DEPARTMENT OF HEALTH,
ERIE COUNTY DEPARTMENT OF PARKS, &
ERIE COUNTY MOVABILITY TEAM
PRESENT

ERIE WALKS! IN THE PARK 2021

Guided walks for all ages in the beautiful Erie County Parks!

REGISTRATION BEGINS 1 HOUR PRIOR TO START TIME
MEETING PLACES POSTED AT ENTRANCE.

9/24 - 10 AM - 2 PM Emery Park, Shelter 12
10/8 - 10 AM - 2 PM Akron Falls Park, Shelter 4
10/18 - 3 PM - 6 PM Ellicott Creek Park, Shelter 13
*10/18 is a walk oriented toward families/children

We will be offering information on services, and health-related vendors will be present.

For more information, please contact:
Julia Gruspier
Erie County Department of Health,
716-858-4752/julia.gruspier@erie.gov