



MESSAGE FROM THE COMMISSIONER

It is my pleasure to welcome you to the first edition of the Erie County Senior Services magazine! Each month we will be highlighting the different events that we have going on in our health and nutrition department. Be sure to check in each month for the latest up to date information.

The September highlight was farmer market coupons give away. County Executive with members of the Erie County Senior Services staff distributed the coupons to eligible seniors at the Clinton/Bailey farmers market.

Front row: ECSS Dietitians Betsy Anderson, Michelle Werneiwski, Leanne Chung.

Back row: ECSS Project Coordinator James Strusienski, ECSS Nutrition Coordinator John Glebe, EC Executive Mark Poloncarz.



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SPECIAL POINTS OF INTEREST

- FARMERS MARKET COUPONS
- REOPENING OF STAYFIT DINING
- VIRTUAL CLASSES
- VOLUNTEER (RSVP)

NUTRITION

Here is some exciting news about our Stay-Fit Dining Program:

After being closed for over 5 months due to COVID 19, we are finally re-opening at several of our locations! I am sure you miss going to the senior center and seeing your friends and so, we are trying to resume regular operation in a gradual and safe manner. You will be required to wear a mask at all times when not eating or away from your table. You will also have to sit 6 feet apart from each other except for people who live

together. Lastly, remember to wash and sanitize your hands frequently!

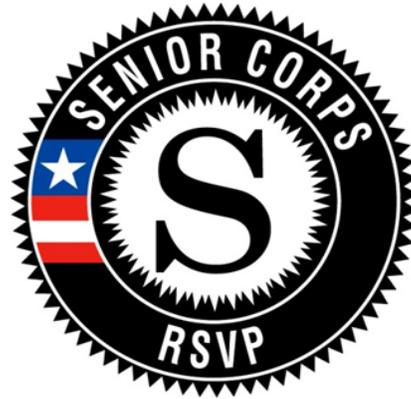
With COVID 19 still around, it is very important that we adhere to social-distancing rules. All these steps will better ensure the infection rates remain low and still allow us to enjoy activities we like, such as coming to our lunch program!

If you are interested to dine-in at a senior center or have any questions, call 858-8526 to locate the nearest site that is currently open! We look forward to seeing you!



Erie County Stay Fit Dining Program Standard Menu September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3 Labor Day Meal	4
7 No Meals Served 	8 Ham Steak with Honey Mustard Sauce Scalloped Potatoes Brussels Sprouts Rye Bread Lime Sherbet (649)	9 Baked Salmon with Pineapple Salsa Vegetable Rice Pilaf Broccoli Wheat Dinner Roll Baked Pear Crisp (694)	10 Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella over Pasta Wax Beans Chef Salad with Dressing Tropical Fruit (615)	11 Steakhouse Burger with Gravy on a Whole Wheat Bun Potato Salad Lima Bean Bake Fruit Punch Fruited Gelatin (997)
14 Italian Sausage with Peppers, Onions & Tomato Sauce on a Bun Roasted Red Potatoes Mixed Vegetables Pineapple (597)	15 Creamy Vegetable Lasagna Italian Green Beans Cauliflower Dinner Roll Frosted Cherry Cake (828)	16 ENTRÉE SALAD Julienne Salad with Iceberg & Romaine Lettuce Cherry Tomatoes & Carrots Wheat Dinner Roll Peach Crisp (681)	17 Meatloaf with Gravy Mashed Potatoes Broccoli White Bread Vanilla Mousse (822)	18 Chili con Carne Carrots Fruit Punch Combread Fresh Plum  Chocolate Milk (853)
21 Pork Ribette with BBQ Sauce on a Bun Cheesy Mashed Potatoes Seasoned Mixed Greens Frosted Lemon Cake (950)	22 WELCOME FALL Chicken, Mandarin Orange & Sunflower Salad with Classique Dressing Whole Grain Crackers Pumpkin Bavarian (673)	23 Beef Macaroni Casserole California Mixed Vegetables Corn Rye Bread Fruit Compote  Chocolate Milk (844)	24 Roast Turkey with Stuffing & Gravy Mashed Potatoes Peas & Carrots Oatmeal Raisin Cookies Molded Cranberry Salad (885)	25 Breaded Fish with Tartar Sauce on a Whole Wheat Bun Macaroni & Cheese Italian Green Beans Mandarin Oranges Coleslaw (924)
28 Cheese Ravioli with Tomato Meat Sauce Peas Seasoned Summer Squash Italian Bread Peaches  Chocolate Milk (813)	29 Roast Beef with Gravy and Horseradish Sweet Potatoes Savory Cabbage Rye Bread Frosted Marble Cake (811)	30 Quarter Chicken with Gravy Mashed Potatoes Carrots Whole Wheat Roll Sugar Cookies (828)	1 Bratwurst with Baked Beans & Mustard on a Bun Vegetable Pasta Salad Roasted Potatoes Mixed Vegetables Mandarin Oranges (805)	2 Stuffed Pepper with Meat Sauce Mashed Potatoes California Mixed Vegetables Dinner Roll Peach Bavarian (662)



Volunteer Gasper Aronica, a docent at the Buffalo & Erie County Naval & Military Park and a greeter at Reinstein Woods Nature Preserve, stopped by our Amherst Tribute Day to say hello and pick up his thank you gift.

RSVP

Over the past few weeks, your Erie County Retired and Senior Volunteer Program (RSVP) team has been busy conducting our first socially distanced Tribute Day to thank our volunteers for serving!

Volunteers with 40-100 hours of service were mailed a thank you card with a few special surprises inside. Those with 100 or more hours of service were invited to a drive-thru Tribute Day that took place at Senior Centers across the County. We loved getting to see all of our volunteers who came through to be honored—and we know how much they have all missed volunteering during COVID 19. A special thanks to the staff at the Evans, West Seneca, Amherst, Tonawanda and Concord Senior Centers for being wonderful hosts.

While many of our volunteers are not back to volunteering just yet, there are opportunities for socially distanced volunteering. We currently have over 30 community volunteers working on sewing masks for a collaborative project with the Erie County Department of Health, and are looking for more participants! If you're interested in sewing masks, or in other opportunities to serve with the RSVP program, contact the RSVP team at 716-858-7548.



UNIVERSITY EXPRESS

We have an exciting virtual University Express lineup for the fall semester beginning on October 1st! At least one new topic will be live streaming every weekday during the semester, with the possibility of watching the session in-person at a participating location. Check out the website at erie.gov/universityexpress for more information! During the month of October you will see classes from about seven Senior Services staff members. Highlights from the Wellness and Nutrition Unit include Richard Derwald's class titled Life and Lifestyle on October 20th at 2 pm and Janice Nowak's class titled Inflammation: The Silent Perpetrator on Wednesday, October 28th at 10 am.

We hope you can make it! If you would like to be added to our email list please contact Katie Earl at 716-858-7605, Katherine.earl@erie.gov and follow on facebook—University express page .



Pictured above: ECSS Commissioner David Shenk and Coordinator of Volunteer Training and Development Katie Earl.

A flyer for University Express Fall 2020. The top section features the title "UNIVERSITY EXPRESS" in a serif font, with "FALL 2020" in a smaller font to the right. Below the title is the tagline "Lifelong Learning for Adults Age 55+". The main body of the flyer features a photograph of a smiling man with a grey beard, wearing a grey sweater, sitting at a desk with a laptop. To the left of the photo, the text reads: "ERIE COUNTY DEPARTMENT OF SENIOR SERVICES NY CONNECTS", "858-8526", "ERIE.GOV/SENIORSERVICES", "FREE VIRTUAL CLASSES", and "ON CURRENT AFFAIRS, HISTORY, SCIENCE, THE ARTS, WELLNESS, AND MORE!". At the bottom of the flyer, it says "UNIVERSITY EXPRESS IS BROUGHT TO YOU THROUGH A COLLABORATION OF:" followed by logos for Wegmans, Excelsior Orthopaedics, ERIE COUNTY DEPARTMENT OF SENIOR SERVICES, and BlueCross BlueShield of Western New York.

FALLS PREVENTION

Don't miss out on our falls prevention week virtual seminar happening September 21st-25th at 10 am. Join us for presentations from Erie County Falls Coalition members Erie County Medical Center, Neighborhood Health, Catholic Health, Blue Cross and Blue Shield, Wellness Institute of Greater Buffalo and Erie County Senior Services .The presentations topics are medications and Falls, home hazards, vestibular system, exercise, nutrition, Matter of Balance classes and a falls prevention tip of the day. If you would like to register contact Julie Ruzala at 716-858-6403 or Julie.ruzala@erie.gov.



Pictured above:
ECSS Wellness Warriors
Richard Derwald
and Julie Ruzala.

RECIPE OF THE MONTH

I share with you today...the **BEST Peanut Butter Cheerio Bar** recipe in existence! This quick and easy, no-bake treat is a hit with kids and adults alike. I don't know about you, but I look for great-tasting recipes that are simple to make. This one fits the bill.

Simply melt the peanut butter and honey in a pan and mix together. Remove from heat, and then stir in the Cheerios. Press mixture in a 8"x 8"pan. Refrigerate for an hour, and then cut as desired.

You now have bars that are moist, crunchy and incredibly satisfying. It's a great snack and a good source of protein and fiber. ENJOY....stay well, and look for a delicious new recipe next month.



Submitted by John Glebe Nutrition Coordinator.

CLUB 99



It is often said in sports that the best offense is having the best defense. A great way to build your defense is participating in Erie County's premier exercise program. Richard Derwald resistance band program has been running strong for twenty plus years and continues to grow. Inquire at your local senior center to see if your Club 99 classes have resumed. You can visit our website erie.gov/seniorservices to view Richards workout videos from home.



AMP

AGING | MASTERY | PROGRAM.



Check out Erie County Aging Mastery special elective class on Sexual health. The topics that class will cover are Intimacy, Barriers to Intimacy, Cognitive Factors, Dating and Protection Methods. The class will be held virtually on October 8th at 10 am. Please contact Julie Ruzala if you would like to attend. 858-6403. or Julie.ruzala@erie.gov. Check our magazine next month for additional class opportunities.

STAY FIT DINING RE-OPENING

County Executive Mark Poloncarz and Senior Services Commissioner David Shenk recently welcomed back seniors for the reopening of Erie County Senior Services Congregate dining at West Seneca Senior Center. Due to COVID 19 we ceased congregate dining mid-March. During the shutdown we were able to provide temporary delivered meals to seniors that requested them. Currently, 16 sites have successfully reopened and an additional 8 will be opening real soon, making half of the sites that we serve up and running by October! The remaining sites we serve are in the planning phase. Contact your center to inquire about availability. Come join us and your friends to help combat social isolation and enjoy a nutritious, hearty lunch in a safe friendly environment. Thank you West Seneca Senior center for having us welcome your seniors back.

Pictured below: Erie County Executive Mark Poloncarz and
Erie County Senior Services Commissioner David Shenk



Pictured above:

Front Row (Lt to Rt) ECSS Commissioner David Shenk, ECSS Health Wellness Coordinator Julie Ruzala

Second Row (Lt to Rt) ECSS project Coordinator James Strusienski, ECSS Dietitian Michelle Werneiwski, West Seneca Senior Center Director Mary Josepfiak.