



THE NETWORK

The Monthly Newsletter of the Amherst Center for Senior Services



This issue of the
Network is sponsored by :
*Friedman &
Ranzenhofer
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1955 **67** 2022
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*All information was correct
at time of printing*

DIRECTOR'S NOTE

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PHONE NUMBERS

Main Line.....	636-3050
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*The Network is arranged and designed by Christina Yensan,
Public Relations Director: cyensan@amherst.ny.us*

AMHERST TOWN BOARD

Brian Kulpa, Supervisor

Jacqui Berger, Town Board / Deputy Supervisor

Deborah Bucki, Town Board, Liaison to Senior Services

Shawn Lavin, Town Board

Michael Szukala, Town Board

All of the presentations in this newsletter have been scheduled for educational purposes only. The Town of Amherst and the Amherst Center for Senior Services are not affiliated with any outside organizations.



Spring is a perfect time to enhance our mental and physical health. The weather is getting warmer and the days are getting longer!

Summer Class registration begins on April 11. We are especially excited to announce six new classes at the Center: Mindfulness, Smartphone Photography & Image Post Processing, Archery, Tennis, Circuit Training, and Nordic Walking. Check out the full course catalog online or pick up a copy at the Center.

April is a time to get outside with us and start gardening! Gardening brings a multitude of health benefits. Listening to the birds chirp and breathing the fresh air only improves your emotional health. On a physical level, digging, planting, and weeding can improve strength, flexibility, and agility. Join us on Earth Day, April 22, as we begin our New Center Garden Club. Plus, everyone likes to play in the dirt once in a while!

This is just the beginning of what we have planned to increase programs and services in Amherst for older adults. So whether you need to put on your thinking cap or your walking shoes, consider participating in a class or a program so you can try something new.

Let's look ahead to a warm and sunny April!

Melissa

MEMBERSHIP



The Town of Amherst Center for Senior Services is a human service agency serving the community's older residents and their families. The Department's mission is to foster the physical and mental well-being of senior citizens by providing educational and recreational activities, nutritional, health-related, social and support services, and opportunities for volunteerism. The Department is an advocate for senior citizens and seeks to promote and sustain independence or optimal level of well-being.

HOURS OF OPERATION

Monday, Wednesday, Friday: 8:30 am-4:30 pm
Tuesday, Thursday, 8:30 am-7:30 pm

ABOUT THE CENTER

The Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst New York 14228
716-636-3050

AmherstCenterForSeniorServices.com

The Center is a 53,000 square foot facility that includes:

- Art Gallery—*Monthly Art is sponsored by Asbury Pointe*
- Audubon Café—*Sponsored by Independent Health Temporarily Closed*
- Billiard Room
- Card Room
- Craft Room
- Computer Lab
- Dance Room—*Sponsored by Univera*
- Gift Shop—*Sponsored by Blue Cross Blue Shield*
- Health & Wellness Rooms—*Sponsored by Independent Health*
- Library
- Nutrition Room—*Sponsored by Blue Cross Blue Shield*

NETWORK SUBSCRIPTIONS

To have the Network Newsletter delivered to your home, please send a \$6 check (payable to the Amherst Center for Senior Services) and your name, address, and telephone number to:

Amherst Center for Senior Services
Attention: Nancy LeClair
370 John James Audubon Parkway
Amherst, New York 14228

EMAIL UPDATES

If you do not receive email updates from the Center and would like to be added to our email list, please notify Christina Yensan at cyensan@amherst.ny.us.

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

- \$30/Individual Membership
- \$50/Couple or Household Membership

Non-Resident—Annual Membership

- \$30/Individual Membership
- \$50/Couple of Household Membership

Non-Resident—Lifetime Membership

- \$100/Individual Membership
- \$150/Couple of Household Membership

A household is defined as two people living together at the same address.

To join the Center go to:

AmherstCenterforSeniorServices.com/membership-plans, complete the application, print it out and bring it to the Center with payment or simply stop in and we'll provide you with an application. Payments can be made by cash, check or credit card. After joining, you will be given an opportunity for a tour and to sign up for programs and classes.

NEW MEMBER SOCIAL

Tuesday, April 5 at 6:00 pm or

Tuesday, April 26 at 11:00 am

Come to one of these socials to meet some of the newest Senior Center members and find out more about everything the Center has to offer. There will be an opportunity for a tour and to ask any questions that you may have.

MARCH NETWORK SPONSOR

Friedman & Ranzenhofer
Attorneys at Law



AMHERST CENTER FOR SENIOR SERVICES MAIN LINE 636-3050

MARCH HIGHLIGHTS

Members attend a program during National Nutrition Month



Bob and Jenn enjoy "Cooking with Frank VIRTUAL" (below)



Thank you to everyone who donated soup!
We collected 250 cans



Chinese Club

SPRING

As spring makes an entrance and Covid seems to be making an exit, things are picking up in the Department. You will begin to see some new faces and programs both at the Center and out in the community! Please welcome two new staff people who are looking forward to new opportunities. Mr. Mike Frysz is a long-time employee of the Youth & Recreation Department who is now based out of the Center. You will find him in the Program Office and out and about in the building. He is quite the pool player, so expect to see him offering some activities in the Billiards Room. In addition, he loves to garden so there will be new offerings in that area as well. Mr. Angelo Lorenzo is also a long-time Youth & Recreation Department employee who will be transitioning to the Center in the coming months. Some of you may know him as our tennis instructor, but he has many talents. Recently certified as a personal trainer, he will be based in the fitness center on Thursday afternoons/evenings in the coming weeks. He will also be offering senior tennis and senior archery lessons this summer and a Football 101 class this fall for those of you who would like to experience the game more fully. Please stop by and welcome these folks and look for additional new faces in the coming months!

Mary-Diana Pouli, Executive Director, Youth & Recreation Department

WALTON WOODS WALKS

Wednesdays April 6, 13, 20, 27
3:00 pm
Meet by the front doors of the Center

PAUTLER'S

Friday, April 29 at 12:00 pm
Join us for our 1st lunch of the season at 6343 Transit Road. You are responsible for your own purchases



Friday,
April 22
11:00 am

Do you like to get your hands dirty?

We will be starting some seeds and bulbs for flowers to be planted around the Center.



Saturday April 23
1:00-3:00 pm

Join us for a fun-filled day with activities for everyone.

Brought to you by the Town of Amherst Center for Senior Services, Libraries, Police Department and Youth & Recreation Departments.

Free and open to all!

RESERVATIONS REQUIRED FOR ALL PROGRAMS

APRIL IS FINANCIAL LITERACY MONTH

CENTER FOR ELDER LAW AND JUSTICE SPEAKER SERIES

Tuesday, April 12 from 4:00-6:00 pm
Join Dr. Kathleen Grimm and Attorney Rachel Baldassaro for a conversation about planning for your future medical & legal decision making. Learn about palliative care, substituted decision making, and the documents you can execute now to make life easier in the future.

Tuesday April 19 from 4:00-6:00 pm
Join Attorney, Daniel P. Schaus and Funeral Director, John Biddlecom, Lombardo Funeral Home, for a presentation on how to handle the passing of a loved one. Learn what to expect when a loved one passes away and what steps you might take.

EVANS BANK PRESENTATION

Monday, April 18 at 11:00 am

Topics will include:

- Online Banking Safety and Security
- Power of Attorney-*Should you file it at your bank?*
- Titling Bank Accounts-Joint Owners vs Power of Attorney's vs Beneficiaries -*Who can act on a bank account after someone passes?*



FIFTEEN WAYS TO AVOID PROBATE

Tuesday, April 26
from 4:00-5:15 pm

Learn estate and asset protection planning techniques, probate legal procedures, the risks and benefits of avoiding probate, the best forms of real estate ownership, the most common estate planning mistakes,

recent changes in estate and gift tax laws, the duties of trustees and executors, myths about living trusts, when to update your will, and how to prevent will contests

Presented by: Robert Friedman, Friedman & Ranzenhofer

FOURTEEN WAYS TO PRESERVE YOUR ASSETS WITH THE MEDICAID LAWS

Thursday, April 28 from 4:00-5:15 pm

Learn how to preserve your assets if nursing home care is necessary and plan for incapacity with powers of attorney, health care proxies, living wills, trusts, transferring your home to family members, long term care insurance, prepaid funeral accounts, IRAs, properly documented gifts, spousal allowances and transfers, caregiver agreements, and emergency Medicaid planning

Presented by: Robert Friedman, Friedman & Ranzenhofer



APRIL IS STRESS AWARENESS MONTH

CHAKRA RITUALS AND REIKI

Friday, April 8 at 11:00 am

Learn more about these holistic practices

DOCUMENTARY

Tuesday, April 12 at 2:00 pm

Stress: Portrait of a Killer 52 minutes

STRESS FUNDAMENTALS

Thursday, April 14 at 11:00 am

We worry about our finances, health, and families. However, too much stress can be dangerous. We'll discuss how stress affects our health, ways to manage stress and benefits of humor-everyone can use a good laugh!

Presented by: Jennifer Johnson, Blue Cross Blue Shield

DIY CALM DOWN BOTTLE Fee is \$1

Thursday, April 14 at 1:00 pm

Calm down bottles calm your breathing and help you to regulate your emotions. Paid reservations by 4/12 with no refunds after that date

DIAMOND ART Fee is \$7.

Thursday, April 21 at 1:00 pm

Learn a form of mosaic art in which the artist applies shiny resins onto a pre-glued canvas to complete the painting. The final result of several hours of labor is a beautiful piece of art. Paid reservations by 4/19 with no refunds after that

DIY HERBAL EYE PILLOW Fee is \$2.

Thursday, April 28 at 1:00 pm

Filled with soothing scents and flax seeds, this aromatherapy pillow can be used to reduce stress or to relax before bed. Paid reservations by 4/26 with no refunds after that

PROGRAMS

PROGRAM REGISTRATION

 AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

PLEASE NOTE: *Be sure to sign up for Clubs and Programs as space is limited. If you are unable to attend a Program that you have signed up for please contact us or use MyActiveCenter.com to cancel as there are often other members on the waiting list.*

CENTER PROGRAMS

SILVER PRIDE TEA

Friday, April 1 from 10:00-12:00 pm

This is an opportunity for LGBT seniors to come together and enjoy a morning of refreshments and conversation. Held the First Friday of the month from at the Amherst Senior Center. ALL are welcome. *Hosted by the Pride Center of WNY*



APRIL FOOLS JOKES

Friday, April 1 at 11:00 am

Bring your sense of humor and your best joke!

MUSICAL MEMORIES CAFÉ with West Falls Art Center

Tuesdays, April 5 and April 19 at 2:00 pm.

Enjoy time with your loved one for entertainment, socialization, reminiscing and refreshments. Please make reservations by calling 570-6520 or email westfallsartcenter@gmail.com

CHINESE CLUB SQUARE DANCING AND SINGING

Tuesday, April 5 at 4:00 pm

Before Dinner, enjoy the graceful dancing of the Chinese Senior Club and their joyful songs

WHAT'S
JEN
COOKING

EASTER COOKING WITH JEN \$2.

No-Bake Chocolate Bird Nests

Wednesday, April 6 at 11:00 am

Paid reservations by 4/8 with no refunds after that. Please bring a 12-count muffin pan

CALLING ALL ROCK PAINTERS

The Center is partnering with the Amherst Youth & Recreation Department for our *Spring Fling* on Saturday, April 23. One of the crafts, for the kids at this event is rock painting. We need a group of volunteers to paint rocks so the kids can put their finishing touches on them. If interested please RSVP for the following days. Wednesday, April 6, 13, and 20 at 1:00 pm

HOT DOG SALE \$1.50

Thursday, April 7 at 11:00 While supplies last

INTRODUCTION TO BILLIARDS

Thursdays, April 7 through May 12 at 1:30 pm

Join us for hands on instructional lessons.

TALK SAVES LIVES

Thursday, April 7 at 2:00 pm

Join us for a talk about suicide, one of the leading causes of death. Learn about research on prevention, risk factors, warning signs and what you can do in the community to save lives. *Presented by: Anne Nowak, Sweet Home Family Support Center, Board Member - American Foundation Suicide Prevention*

PASSOVER COOKING WITH JEN \$3. Passover Brownies

Wednesday, April 13 at 11:00 am

Please bring a 9x13 pan. Paid reservations by 4/11 with no refunds after that

PAULA'S DONUTS AND COFFEE \$2.

Wednesday, April 20 at 9:30 am

Paid reservations by 4/19 with no refunds after that

ASK THE REALTOR

Wednesday April 20 at 11:00 am

Presented by: Anne Kader, RSES, licensed associate real estate broker with the Olear Team at MJ Peterson

MIND TEASERS

Thursday, April 21 at 11:00 am

GAME Taboo

Monday, April 25 at 11:00 am

FRIENDS OF HARMONY

Tuesday, April 26 at 6:15 pm

Dessert will be served

RESERVATIONS REQUIRED FOR ALL PROGRAMS

PROGRAMS

PROGRAM REGISTRATION

 AmherstCenterForSeniorServices.com/Register

 716-636-3051

 In person at the Center's Registration Desk.

CENTER PROGRAMS CONTINUED

PARKINSONS EXERCISE PROGRAM

Wednesday, April 27 at 10:30 am

In honor of Parkinson's Awareness Month we will be highlighting an exercise program specifically designed for those with Parkinson's Disease, resources available in WNY and a new speech therapy, *Speak Out*. If you or a loved one have Parkinson's Disease, please take advantage of this opportunity

Presented by: Lauren Grawe, Physical Therapist, Brothers of Mercy Outpatient Therapy Clinic

PIZZA AND GAME NIGHT \$6.

Thursday, April 28 at 5:00 pm

Pizza by John and Mary's followed by a game of *Family Feud*. Paid reservations in cash by 4/27 with no refunds after that

VIRTUAL PROGRAMS

HAPPY HOUR-Friday, April 1 at 2:00 pm

MOVIE TRIVIA-Monday, April 4 at 11:00 am

GAME Match Game -Tuesday, April 19 at 11:00 am

HYBRID PROGRAMS

BINGO WITH YES KIDS-Thurs, April 7 & 14, 4:00 pm

BOOK CLUB-Monday, April 25 at 1:00 pm

Madness of Crowds by Louise Penny

PARKINSON'S FOUNDATION – RAISING AWARENESS

Thursday, April 28 at 10:00 am

Join Chris Jamele, Development Director of the New York & New Jersey Chapter as he talks about services and support that the Foundation has available and research that is being done for treatment options and hopefully someday finding a cure.

MOVIES

AFTERNOON MOVIES-Monday's at 1:30 pm

Monday, April 4 *Belfast* Rated PG 13 (98 min)

Monday, April 11 *A Journal for Jordan* PG-13 (131 min)

Monday, April 18 *Nightmare Alley* Rated R
(2 hrs 30 min)

Monday, April 25 *West Side Story* Rated PG-13
(2 hrs 36 min)

EVENING MOVIES

Tuesday, April 5 at 6:00 *Singing in the Rain* (1 hr 43 min)

Thursday, April 7 at 5:30 *Belfast* Rated PG 13

Tuesday, April 12 at 6:00 *Encanto* (1hr 42 min)

Thursday, April 14 at 5:30 *A Journal for Jordan* PG-13

Tuesday, April 19 at 6:00 SILENT MOVE-*The Battleship Potemkin* (1 hr 15 min)

Thursday, April 21 at 5:30 *Nightmare Alley* Rated R

Thursday April 28 at *5:15 *West Side Story* Rated PG-13
**Time change due to length of movie.*

FOREIGN FILM

Friday, April 8 at 2:00 pm *Manuscripts Don't Burn*
(Persian) Not Rated (2 hrs 6 min)

ARMCHAIR TRAVELER Greece

Tuesday, April 26 at 2:00 pm (1 hr 58 min)

FRIDAY FUNNYS *The Best of the Tonight Show*

Friday, April 29 at 2:00 pm

HEALTH INSURANCE

Our health insurance presentations have been scheduled for educational purposes only. The Town of Amherst and the Amherst Center for Senior Services are not affiliated with any health insurance provider or broker

Blue Cross Blue Shield

Tuesday, April 12 9:00 – 12:00 pm

Thursday, April 21 9:00 – 12:00 pm

Call Meghan at 887-8403 to schedule an appointment

Clarity Group

Monday, April 4 9:00 – 11:00 am

Call Lisa at 864-4886 to schedule an appointment

EPIC Information Table

Thursday, April 14 11:00 – 1:00 pm

Univera

Tuesday, April 5 10:00 – 12:00

Call Michele at 572-8315 to schedule an appointment

RESERVATIONS REQUIRED FOR ALL PROGRAMS

CLASSES

SUMMER CLASS CATALOG!

The Summer Class Catalog is available in hard copy at the Center, Amherst Libraries and online at: AmherstCenterforSeniorServices.com.



Registration for the Summer classes begins on Monday, April 11.

AUDIT A CLASS

If you are uncertain about a particular class, we encourage you to observe the class by obtaining a guest pass at the Reception Desk.

REFUNDS

UPDATED POLICY

If you are uncertain a particular course is for you, we encourage you to audit the class prior to registration. Requests for refunds or transfers will be honored only if a member makes the request at least 4 full business days prior to the scheduled class start date. **A \$5 processing fee will be applied for withdrawals or transfers.** After the session begins, **NO** refunds are granted except for medical reasons and/or the advice of the instructor. Refunds will be credited to your Senior Center account.

DEFENSIVE DRIVING CLASSES

Safe Driver Academy (\$35)

Wednesdays, 4/27 OR 5/26 from 9:00-3:30 pm
Checks made payable to Safe Driver Academy. No fee waiver. Checks are held and submitted to the instructor on the day of the class.

AARP Smart Driver (\$25-AARP Member/\$30-Non AARP Member)

Wednesdays, 4/20 OR 5/11 from 9:00-4:00 pm or
Checks made payable to AARP Smart Driver. Write your AARP membership number on your check and class registration form. No fee waiver. Checks are held and submitted to the instructor on the day of the class.

ENGLISH AS A SECOND LANGUAGE

Improve your speaking, listening, and pronunciation to communicate more effectively in English. Practice using English to solve problems and learn to select appropriate vocabulary to better communicate your intended message. Topics include Family, Food, and Shopping. If this class is of interest to you, please call Cindy at 636-3055 x3109 or email at cweiss@amherst.ny.us

NEW TO THE CENTER FOR SUMMER 2022

Full descriptions, including day, time and price, are in the Summer Class Catalog.

MINDFULNESS

Wondering how you can reduce stress, stay focused, and engage your 5 senses? Come see what mindfulness meditation is all about. Class held at the Harlem Road Community Center.

SMARTPHONE PHOTOGRAPHY AND IMAGE POST PROCESSING

Journey into the joy of using your Smartphone to take and process beautiful photos. Explore Smartphone camera features, learn video basics and survey useful camera and photo editing applications.

ARCHERY

Learn basic archery skills including safety, shooting form, and scoring. Join others and "Take A Shot"! All equipment provided – personal equipment not allowed. Class held at Clearfield Community Center.

CIRCUIT TRAINING

Under the guidance of a certified personal trainer, learn how to use a variety of bands, hand weights, balls and so much more. Each session helps to improve strength, mobility, flexibility, and balance. Equipment provided.

NORDIC WALKING

Using specially designed poles this activity provides more stability, creates resistance, helps improve balance, and targets more muscles than regular walking. Class held around the outside of the Senior Center and on the Walton Woods paths.

TENNIS – Beginner

Skills include Forehand, Backhand, Volley and game play. Courts are located at the Ellicott Creek Trailways

OPEN PICKLEBALL

- Wednesdays from 2:00-4:00pm, April 6, 13, 20
- Thursdays from 4:00-7:00pm, April 7, 14, 21
- Fridays from 2:00-4:00pm, April 8, 22

Register for classes online at MyActiveCenter.com/register, by mail, walk-in or by calling 636-3051

VOLUNTEER

ALZHEIMER'S ASSOCIATION WNY CHAPTER

The following opportunities for volunteerism are currently available: Educators; Representatives; Volunteer Leaders; Early Stage Social Engagement Leaders; Faith Outreach Representatives; Promoters; Support Group Facilitators (Caregiver or Early Stage). Additional volunteer opportunities include Office Reception & Support; Special Events & Fundraising; Committee Membership; and Opportunities in Advocacy or Experience and skills in graphic design/art. If any of the above areas are of interest to you, please contact Courtney Sipes, Director of Community Engagement at (716) 271-9255 or CLSipes@alz.org.

WEINBERG CAMPUS

The following opportunities for volunteerism are currently available: chatting with the residents, pushing wheelchairs in the Clinic, cleaning equipment, completing crafts with the residents and if you enjoy performing, you can spend some time sharing your talent with the residents.

Note: You must complete a health screening, be fully COVID-19 vaccinated, wear a mask, clean hands frequently and answer the same screening questions employees and visitors do prior to entering any of the Weinberg facilities.

If interested, please visit: <https://www.witnbergcampus.org/about-us/volunteer>

SLEEP IN HEAVENLY PEACE

Sleep in Heavenly Peace is a national organization (with a local chapter in the Eastern Hills Mall) that operates on the premise that a bed is a basic need for the proper physical and emotional support of a child. They are dedicated to building and delivering bunk beds to children and families in need. We are collaborating with the Town of Amherst Youth & Recreation Dept. to include senior volunteers to sand the wood alongside youth volunteers on Mon. April 25 from 3:30-5:00 pm. If interested in volunteering, please contact Jodi.

NEW VOLUNTEER GROUPS

If you have an idea for a new volunteer group that can assist worthwhile organizations or entertain in the community, please let us know. Interests change over time and there are likely possibilities for volunteerism that we would never think of on our own. Please contact Jodi if you have an idea.

COMMUNITY SERVICE CLUBS

Our community service clubs earn volunteer hours for the time they spend creating items to either sell at the Center or donate within the community. The items made by this group are donated in the community or sold at Club Sales, with proceeds to be used to purchase additional materials.

BAKERS RACK SALE

Wednesday, April 13 beginning 9:00 while supplies last

COMMUNITY SERVICE SEWING PROJECTS CLUB

Leader, Rena-574-8010

KNITTING CLUB

Leader, Marylou-688-4023

QUILTING CLUB

Leader Jan-836-8580

VOLUNTEER PERFORMANCE CLUBS

Our volunteer performance clubs earn volunteer hours for their performances and rehearsals at the Center and within the Community. Donations received are given to the Senior Center.

AMHERST SENIOR SINGERS

Leader: Carol Mayo, 632-3929

Wednesday rehearsals at 1:00 pm-3:00 pm

Performs at the Center and community organizations

AMHERST ROCKY BLUES BAND

Leader: Ed Morgan, 633-4309

Friday rehearsals at 12:30 pm

Performs at the Center and community organizations

Check them out at:

<http://rockyblues.epizy.com/rockyblues.html> or <https://www.youtube.com/watch?v=1JLCK0tvLgg>

MUSIC COMBO

Leader: Susan Florek-Birney, 839-3628

Thursday rehearsals, 1:00 pm-2:30 pm

Performs at the Center and community organizations

READER'S THEATER

Leader: Pam Williams, 912-0053

Mondays at 1:30 pm

JODI KWARTA, DIRECTOR OF VOLUNTEER SERVICES 636-3055, EXT. 3126

SENIOR SERVICES

AARP TAX PREPARATION

Appointments will be available Tuesdays, Thursdays and Fridays 10:00am – 3:00pm until April 8 at the Senior Center. At the appointment you will drop off all of the required paperwork to have the taxes prepared then a day and time will be set for you to return to pick up your completed tax forms. Appointments can be made by calling 636-3055 ext. 3108 between 9:00am and 1:00pm.

ACCESSIBLE PARKING TAG

If you need assistance with an application and paperwork to get an accessible parking tag, we are available on the second Monday of each month from 10:00-noon and the third Thursday from 1:00-3:00pm. Please call Vijaya Tomar for an appointment if these times do not work for you.

AMHERST MEALS ON WHEELS

Provides the nutritional support for older adults and disabled adults living in the Town of Amherst to maintain their independence in their home.
AmherstMealsOnWheels.org | 716-636-3065

AMHERST SENIOR TRANSPORTATION SERVICES

Provides rides to the Amherst Senior Center, health-related visits, and grocery shopping.
AmherstVans.org | 716-636-3075

Home Energy Assistance Program (HEAP)

The HEAP Program is a federally funded program governed by the New York State Department of Social Services. It is administered on the local level and provides financial assistance to eligible households for energy needs.

Clients should have the following information ready:

- Proof of income,
- Proof of Residency
- Proof of Resources
- Proof of Personal Identification

For more information or to make an appointment for application assistance, please contact the Senior Outreach Department at 636-3070.

MEDICARE SAVINGS PROGRAM

The **Medicare Savings Program (MSP)** is a Medicaid-administered program that can assist people with limited income to pay for their Medicare premiums. There is no resource test for the MSP programs. This means many Medicare beneficiaries who may not qualify for Medicaid because of excess resources may qualify for an MSP. Please contact the Senior Outreach Department at 636-3070 for more information on qualifications.

SHORT-TERM NON-CLINICAL COUNSELING

*Non-clinical services are **therapeutic**, but relate to providing resource information, education, screening, and support until appropriate referrals can be made to primary care or formalized health care services.* The Social Work Department is available to discuss concerns on a short term basis with assessment for clinical referrals if needed.

The Supplemental Nutrition Assistance Program (SNAP)

SNAP benefits can help you put healthy food on the table. SNAP monthly benefits can be used to purchase food at authorized retail food stores. SNAP benefits are provided through an Electronic Benefit Transfer (EBT) card, similar to a bank debit card or credit card. If you are eligible, an EBT account is set up for you, and every month your benefits will be deposited right into your account. To see if you are eligible to apply for SNAP, please contact the Senior Outreach Department at 636-3070.

YOUTHWORK\$

Are you an Amherst resident in need of assistance with extra jobs around your home? Youthworks is a year-round service that works as a liaison between residents who need assistance with jobs around their home and Amherst youth ages 12-20 who are interested in working with these residents. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth through the Youthworks program, please contact Robin Erwin

SOCIAL CASEWORKERS:

VIJAYA TOMAR, MSW, 636-3055, EXT. 3165 or vtomar@amherst.ny.us
Reservations are required for all programs or one-on-one appointments .

SENIOR SERVICES

FRIENDS HELPING FRIENDS SHORT TERM FOOD ASSISTANCE

If you or someone you know is in need of non perishable food items, we have an on-site pantry. Please contact a Social Case Worker to make arrangements.

SENIOR OUTREACH SERVICES

Through a partnership with Erie County Department of Senior Services, the Center has an in-house senior outreach program. Trained staff are available to provide assessments for home and community-based services, such as Meals on Wheels, Home Care, Adult Day Care, and Personal Emergency Response Buttons. There may even be funds available to assist in the cost of services. Call Senior Outreach Services directly at 716-636-3070.

SOCIAL CASE WORKER

Social Work Services are Here for You!

Your needs are important to us and we want to assure you that we are committed to working diligently to provide information and referrals for programs and services. Social Work is available to meet for in-person office visits **by appointment only**, as well as telephone or virtual appointments. Please call the Social Work office for your appointment.

MINDFULNESS MATTERS

Our Mindfulness program is temporarily on hold.

VISION ENHANCER

If you're having trouble viewing documents or any print material, we have vision enhancement screens in our Computer Room and in our Library. They are available anytime the Center is open.



BENEFITS OF ATTENDING A SUPPORT GROUP

- 1) Realizing you are not alone
- 2) Expressing your feelings
- 3) Learning helpful information
- 4) Improved social skills
- 5) Gaining hope
- 6) Reducing distress
- 7) Increased self-understanding
- 8) Helping others
- 9) Learning coping skills
- 10) Making Friends

MONTHLY SUPPORT MEETINGS

WIDOW/WIDOWERS SUPPORT GROUP

Tuesday, April 12 at 11:00 am

If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone. Please join our monthly widow and widower support group on the second Tuesday of the month. This support group can help you to learn coping skills and give you an opportunity to share personal experiences and coping strategies. This month's topic is "Daily Living Skills".

CAREGIVERS SUPPORT GROUP

Wednesday, April 20 at 1:00 pm

Caregiving can be overwhelming and we are here to offer support. This month's topic is "Local Aging Services and Resources." Please RSVP to Vijaya Tomar.

Caregiver Support

We will be providing support over the phone for caregivers. If you would like to be on our weekly call list let us know. During the weekly call resources and information about caregiving will be provided. If you are interested in signing up please call us.

LOSS AND GRIEF GROUP

Thursdays at 11:00 am

This is a six-week series that began on March 24 and will continue through April 28 discussing coping strategies, healing techniques and stages of loss and grief. Please call Vijay Tomar if you have any questions.

SOCIAL CASEWORKERS:

VIJAYA TOMAR, MSW, 636-3055, EXT. 3165 or vtomar@amherst.ny.us

Reservations are required for all programs or one-on-one appointments .

CLUBS

CLUB REGISTRATION

 AmherstCenterForSeniorServices.com/
Register

 716-636-3051

 In person at the Center's
Registration Desk

ART CLUB

Leader: JoAnn Jarmusz, 565-3332
Mondays & Tuesdays, 1:00-3:30 pm

BIKE CLUB

Leader: JoAnne Stepien, 254-2614

BRIDGE CLUB

Every Tuesday 3-5:00 pm

NEW

CAMERA CLUB

Leader: Claire Kaymon, 650-1551 or
ckaymon@sbcglobal.net
Meetings will resume Sep. 2022

CANASTA CLUB

Leader: Mary Ann Devlin, 839-1858
Thursdays, from 1:00-4:00 pm

CHESS CLUB

Leader: Bill Rich, 908-9223
Tuesdays 12:30-3:30 pm

CREATIVE WRITERS CLUB

Leader: Carolyn Takach, 632-7478
First and Third Mondays, 10-12:00pm

CRIBBAGE CLUB

Leader: Mark Pascale,
senior.pascale@gmail.com
Thursdays at 12:45

DINNER CLUB

Membership Chair: Mary Bashore,
691-6714 or mrybash@gmail.com
New members welcome!

DOMINOS CLUB

Leader: Jean Hallac, 688-6895
Mondays, 12:30-3:00 pm

DUPLICATE BRIDGE (THURS)

Leader: Bruce Brown, 352-9878
Thursdays 9:00 – 12:00 pm

DUPLICATE BRIDGE (FRI)

Leader: George Mayers, 957-4408
Fridays, 1:00 – 4:00 pm

EUCHRE CLUB

Leader: Bob Peluso, 689-0094
Tuesdays, 1:00 pm

GENEALOGY CLUB

Leader: Sally Clements, 835-9248

MAH JONG

Leader: Hillary Hurwitz 837-5810
Tuesday, 1:00 – 3:30 pm

MEN'S GOLF CLUB

Meeting on April 5 at 2:00 pm
Leader: Lafayette Jones, 688-1636

PATHFINDERS

Leader: JoAnne Stepien, 254-2614

PINOCHLE CLUB (MON)

Leader: Leonard Ciappa, 691-6713
Mondays at 12:45 pm

PINOCHLE CLUB (WED)

Leader: Joanne Hall, 880-0875
Wednesdays from 12:45-3:30 pm

RUMMIKUB CLUB

Leader: Mary Migliore, 240-1101
Fridays, 1:00-3:00 pm

SCRABBLE

Leader: Carol Hensel, 689-7417
Tuesdays 10:00 – 12:30

STAINED GLASS CLUB

Leader: Tom Richards, 832-5641
Thursdays, 9:00-11:30 am

TAI CHI CLUB

Leader: Frank Chi, 688-6680
Wednesdays and Fridays at 1:30 pm

UPHOLSTERY CLUB

Leader: Kate Wagner, 836-2439
Meetings are Wednesdays from
9:00-12:00 pm

WALKING CLUB

Leader: Bill Albrecht, 565-0634
Will resume in May

WOOD CARVING CLUB

Leader: Bill MacDougall 208-4631
Tuesdays, 9:00-11:30 am

WOMEN'S GOLF CLUB

Will begin on Wednesday, May 18
Leader: Mary Ann Young, 639-1169
or mamy2944@yahoo.com
Meet in the parking lot at the

OPEN CARDS

TUESDAYS AND THURSDAYS
4:30-7:30 pm

Bring a friend or friends and play
your favorite card games!

NEW

CLUB FAIR-Wednesday, April 27 from 10-12:00 pm

Thinking of joining a club? Stop by the club fair and see if one of our clubs is what you have been looking for
(Club Leaders, please RSVP by 4/22 to reserve a table.)

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HOW TO HAVE YOUR WILL PREPARED IN 8 EASY STEPS

The law firm of Friedman & Ranzenhofer, PC has been preparing wills and other estate planning documents for our clients for over sixty-seven years. We make estate planning easy, affordable, safe, quick, and convenient for you by offering Zoom and telephone consultations; home, hospital, and nursing home visits; and an online WILL INTAKE FORM. These are the Eight (8) Easy Steps to have your will and other estate planning documents prepared:

Step #1: Download our online WILL INTAKE FORM from our website, WNY-Lawyers.com or call us at 716.631.9999 to request that a form be mailed or emailed to you.

Step #2: Email, fax (716.542.4090), mail or submit to our website the completed WILL INTAKE FORM.

Step #3: We will call you to schedule a consultation.

Step #4: You will consult with an experienced attorney by Facetime, Zoom, telephone or in-person to discuss your will, power of attorney, health care proxy/living will, living trust, and other estate planning needs and questions. Payment can be made by check, credit card or cash.

Step #5: We will mail or email you the drafts of your estate planning documents for your review and approval.

Step #6: Call or email us to approve or revise your documents, and schedule an appointment for signing.

Step #7: Sign your documents in our office, your home, or in the hospital or nursing home.

Step #8: Depending on your directions, we will keep your original will in safekeeping at no additional charge. Give it to you to store for yourself.

Attorneys Mike Ranzenhofer, Robert Friedman, Justin Friedman and Sam Alba have nine offices, including 8207 Main Street, Suite 13, Williamsville, NY 14221. We educate our clients and the public about their legal rights through free webinars; seminars; newsletters; and blogs, forms, guides and videos on our websites. Visit WNY-Lawyers.com for free update-to-date information on our practice areas of Criminal and DWI Defense, Divorce and Family Law, Elder Law, Estate Planning, Guardianships, Landlord/Tenant, LLCs and Corporations, Personal Injury, Probate and Estate Administration, and Wrongful Death.

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APRIL NUTRITION

The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. Lunch is served Monday-Friday, from 12:00 pm-1:00 pm. Reservations must be made at least 24 hours in advance by calling 636-3051. There are NO walk-ins accepted. The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5.

<u>MONDAY</u> <i>Vegan Options</i>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
					1 Mac & cheese Stewed tomatoes Mixed vegetables 12 grain bread Orange
Lentil soup Small salad Bread Dessert	4 Polish sausage Sauerkraut Pierogi Mixed vegetables Roll Pears	5 Spaghetti Meatballs Cauliflower Grape juice Italian bread Fruit cocktail	6 Chicken stir fry Stir fry vegetables Broccoli Rice Fortune cookie	7 Breaded chicken Baked beans Spinach Corn muffin Cookie	8 Scrambled eggs Pancakes Orange juice Tropical fruit
Garden burger Roll Potato, vegetable Dessert	11 Meatloaf w/gravy Potatoes Lima bean bake Honey bran bread Diced pears	12 Chicken Caesar salad Chili Italian bread Angel food cake	13 EASTER LUNCH Broccoli ch chicken Garden rice Orange glazed carrots Dinner roll Cake	14 PASSOVER MEAL Roast beef w/ gravy Potatoes Green beans Roll Fruit tart	15 CLOSED  GOOD FRIDAY
Vegetable stir fry Rice Bread Dessert	18 DINGUS DAY Cabbage roll Mashed potatoes Mixed vegetables Dinner roll Donut	19 Turkey w/gravy Mashed potatoes Mixed vegetables Multigrain bread Cookie	20 Chicken Rice pilaf Carrots Wheat dinner roll Apple	21 Macaroni & Cheese Stewed tomatoes Broccoli White bread Diced pears	22 Julienne salad Veg & beef soup Fruit punch Italian bread Banana
Vegetarian chili Baked potato Bread Dessert	25 1/2 Reuben Garden vegetable Cranberry juice Rye bread Pineapple chunk	26 BBQ ribette Potato wedge Mixed vegetables Hoagie roll Mandarin oranges	27 Chicken leg Sweet potato casserole Spinach Corn muffin Apple crisp	28 Lasagna roll Meatballs Chef salad Broccoli Italian bread Lemon ice	29 Breaded fish Wild rice Mixed vegetables Dinner roll Apricots

Tues. April 5, 5:00 pm
Ham, Au gratin potato, Vegetable, Dessert

Tues. April 12, 5:00 pm
Open faced turkey, Potato, Vegetable, Cupcake

*What's
For
Dinner?*

Tues. April 19, 5:00 pm \$5
Swiss Steak, Mashed Potato, Vegetable, Dessert

Tues. April 26, 5:00 pm \$5
Chicken Chef Salad, Soup, Dessert

RESERVATIONS MUST BE MADE IN ADVANCE BY CALLING 636-3051