



Amherst Center for Senior Services
 370 John James Audubon Parkway
 Amherst, NY 14228-1142

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Network Special Edition August 2020



CENTER HOSTS POP-UP PROGRAMS!

In June, we introduced our outdoor “Pop-Ups”. These programs were scheduled one week prior to the program to ensure proper weather conditions. We got the word out through our member emails, Facebook posts, and Twitter posts. (If you’re on Facebook or Twitter-please follow us!) We are going to try and schedule these for August with the understanding that these are WEATHER PERMITTING.

Participants will meet at the Center or various Amherst parks for chair exercise, Tai Chi, word games, coffee and conversation and brown bag lunches. Participants are asked to bring their own chair, refreshments, and masks. This is a great way to get outside and enjoy the companionship of other members while still following proper social distancing.



EMAILS: If you would like to receive emails from the Center on a weekly basis, please email our Public Relations Coordinator, Christina at cyensan@amherst.ny.us.

Brian Bray- Director, Amherst Center for Senior Services
Brian J. Kulpa- Amherst Town Supervisor
Deborah Bucki-Senior Services Liaison





Readers,

This month marks the twentieth anniversary of the Amherst Center for Senior Services location. The Center moved from its 30 North Union Road location to 370 John James Audubon Parkway in August 2000. At that time, you may have caught *Gladiator* starring Russell Crowe at the movies or watched *The West Wing* on television. You may have been looking forward to Doug Flutie leading the Bills for another season. Twenty years does not seem like a terribly long period of time until you reflect on the amount of

changes that have since happened.

The Center has transformed greatly in the 20 years since opening. Since 2000, the Center has added its Wellness Room, Library, Computer Room, Audubon Café, and Food Pantry. However, we have added much more than rooms to our Center. Our membership has grown to more than 10,000 members. Our members have a diversity of interests, resulting in an increase in member clubs from 14 to 45. We also offer more classes, increasing from 50 per trimester offerings to 85. The number of monthly programs that we have added has been the most noticeable increase in services; our cooking, financial, health, and social programming have increased by 70 percent from an average of 15 programs per month to 65 per month.

Two important projects in Amherst are moving forward that will leave a similar legacy for our community. Amherst Supervisor Brian Kulpa is working to develop an Amherst Central Park, a large Town park that will be an asset for the entire community. The Amherst Town Board paved the way for the construction of a medical and surgery center near the Northtown Center recreation complex. That project is the launching point for the larger Amherst Central Park on the former Westwood Country Club location.

Amherst officials have also been working with a developer to transform Boulevard Mall. As more shopping happens online or in open-air shopping centers, malls continue to decline and are often obsolete. The Town is taking action to give the Boulevard Mall site a productive use. Amherst plans to begin carving new streets through the Boulevard Mall next year. The developer will begin what is expected to be a 10-year overhaul of the 63-acre property by constructing an apartment building along Alberta Drive between the Mall and neighboring Wegmans.

The Center has been open for twenty years, and we have witnessed a fair amount of transformation. Amherst, too, has made progress on two projects that will be reflected on twenty years from now. Change, as they say, is the one constant in life. We hope and expect that the Amherst Central Park and the Boulevard Mall projects will be as successful as the project completed twenty years ago that resulted in the construction of the Amherst Center for Senior Services.

Brian

Editor's Note: At this time we are awaiting clearances from both State and Local Officials as to the timing and plans to phase in operations at the Center. We do not have a definitive date to reopen at this time. We will update membership via our database robocall with any information when it becomes available.

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IMPORTANT CONTACT INFORMATION:

The Center has a receptionist answering the phone each morning from 8:30 am-4:00 pm, so please do not hesitate to call if you need assistance at 636-3050.



GO TO THE TOWN OF AMHERST WEBSITE AT AMHERST.NY.US FOR LOCAL INFORMATION

On the first page of the site there is information on Executive Orders, Emergency Operations Center Planning Division, Board Meeting Information, Amherst Planning Board Information, Notices of Public Hearing, Town Hall Status, Courts and Village of Williamsville Courts, Amherst School Information, Town Cancellations and Postponements, and Erie County Department of Health Information.



ERIE COUNTY SENIOR SERVICES: <https://www2.erie.gov/seniorservices/>

Erie County Senior Services mission 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. Visit their site for information on caregiving, wellness, housing, nutrition, volunteer and employment, community resources, services, benefits and transportation.

FRIENDLY CALL PROGRAM:

The Center has developed a Friendly Call Program where volunteers can reach out by telephone to members who may just need to hear a friendly voice. People who wish to receive calls can contact Jodi directly at 636-3055 ext. 3126.

HEALTHY MEALS:

NY Connects Call Center 858-8526 (8:30-4:30 Mon-Fri) Home Delivered Meals, Emergency Food Boxes

Go and Dine Program Expanded 858-8526 (8:30-4:30 Mon-Fri)

Participants receive (8) restaurant vouchers to be used at participating restaurants per month

Supplemental Nutrition Assistance Program (SNAP) Please call Senior Outreach Services at 636-3070

HEAP (Home Energy Assistance Program):

HEAP provides a Cooling and Assistance Component benefit (CAC) and applications are being accepted now through August 31, 2020. HEAP-CAC benefit provides an air conditioner or a fan (including installation) to HEAP eligible households that include an individual with a documented medical condition that is exacerbated by extreme heat. Contact the Social Work Department or Senior Outreach Services, 636-3070 for more information, income guidelines, and/or application assistance.

LEGAL:

The Center for Elder Law & Justice 844-481-0973 (9:00-11:00) E-mail helpline@elderjusticenyny.org with your name and phone number. A licensed attorney will respond to you within 1 business day

MEDICARE SAVINGS PROGRAM: Please call Senior Outreach Services at 636-3070

MENTAL HEALTH:

Erie County Warm Line 844-749-3848 or text 392-2221 (Confidential support and information for non-crisis residents of the County)

Mental Health Advocates of WNY 886-1242, for additional information <https://mhawny.org/>

SAMHSA (Substance Abuse and Mental Health Services Administration) 800-662-4357, Distress Hotline 800-985-5990, or text TalkWithUs to 66746

SENIOR OUTREACH SERVICES:

Through a partnership with Erie County 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 to assist in the cost of services. Call Senior Outreach Services directly at 636-3070.

TRANSPORTATION:

The Amherst Senior Transportation Department 636-3075 (Currently driving to and from medical appointments)

Hearts & Hands 406-8311 (Transportation-non-essential, delivery-needed items, and social connections)

VOLUNTEERS:

People who wish to receive calls or make calls can contact Jodi directly at 636-3055 ext. 3126.

The Center has developed a Friendly Call Program where volunteers can reach out by telephone to members who may just need to hear a friendly voice.

CLUB UPDATES:

Clubs are operating on their own. Please note that dates, activities and times may vary depending on the status of mandated regulations due to COVID-19. As always, it is recommended that you practice appropriate safety measures – social distancing; thorough hand-washing; and wearing appropriate facial covering when necessary.

AMHERST CENTER DINNER CLUB-Thursday, August 20 at 5:00 pm Cash bar at 4:00 pm

Ripa's Restaurant Lancaster Enjoy chicken parmesan (\$30/\$32) char broiled fish (\$30/\$32) or baked rigatoni (\$25/\$27) (*member/nonmember*). All dinners come with salad, rolls, coffee, tea and vanilla ice cream with mint sauce.

For further information go to <http://www.amherst.ny.us/pdf/trackus/attachments/dinnerclub.pdf> or contact Ed & Sylvia Stachura at (716-634-8432) or efs4170@aol.com

AMHERST CENTER CAMERA CLUB-Tuesday, August 25 at 6:30 am Buffalo River and Silos

This trip starts at the waterfront deck off Ohio Street @Tewksbury Lodge. We will take photos of the water side of Riverworks and other nearby activities. We will then drive to Bison City Rod and Gun Club, where we will take photos of the old ADM building and other subjects. We will hike to the Ohio Street Bridge for more photos. We will then drive over to the 1st Ward-Mutual Riverfront Park for more silos, kayakers and local area shots. We then drive back to Buffalo Riverworks, for additional photo opportunities. When completed, we will head to breakfast at the Swan Street Diner. Please bring camera and tripod. Wear outdoor clothing and comfortable walking shoes. Carpooling and event is being coordinated by Claire Kaymon, 650-1551. *Members, friends, family and NFRCC Members welcome also.*

AARP Defensive Driving Classes

AARP is not offering any *in house* Smart Driver Classes for the remainder of the year. Therefore, if you need to renew your car insurance discount, you can take the AARP Smart Driver Online course by going to www.aarpdriversafety.org. Promo code for 25% discount: DRIVINGSKILLS



2020 is a monumental year for the Amherst Center of Senior Services (and not only because of COVID-19). We will be celebrating 20 years in our building. In August 2000, the Center moved from its 30 North Union Road location to 370 John James Audubon Parkway.

After four years of extensive studies, the 1998 Amherst Town Board approved the construction of our building and began construction of our 53,000 square foot facility a month later.

We anticipated celebrating this together with you but for the time being, we will have to settle for virtual programs and small groups. On behalf of the entire staff of the Center, we look forward to the next 20 years and working towards consistently updating our offerings to meet the needs of the older adults in our community.

FRIDAYS AT ISLAND PARK IN CELEBRATION OF OUR 20TH ANNIVERSARY

	9:00 am	10:30 am	12:00 noon
August 7	<i>In the News</i> Discussion	20 Questions-Christina Yensan, Public Relations Coordinator, ACSS	Brown Bag Lunch
August 21	<i>In the News</i> Discussion	20 Questions-TOA Emergency Services	Brown Bag Lunch
August 28	<i>In the News</i> Discussion	20 Questions-Melissa Abel, Deputy Director, ACSS	Brown Bag Lunch

RSVP toasszoom@gmail.com. Please bring your own chair, refreshments, and mask. See guidelines on page 9.

ADDITIONAL CELEBRATORY EVENTS:

Breakfast with Brian-Friday, August 14 at 10:00 am (Amherst Center for Senior Services Tent)

Enjoy a *Bring Your Own Breakfast* with Brian Bray our new director. Brian will host 20 members and answer 20 questions. RSVP Tammy at tjacobs@amherst.ny.us

20-20-20 Exercise Class-Monday, August 17 at 9:00 am (Garrison Park)

20 minutes of light aerobics, 20 minutes of resistance, strength training/weights, and 20 minutes of stretching. Bring a water bottle, hand weights, bands, floor mat, towel (in case grass is damp). Instructor: Marilyn Ciavarella

A BIG Thanks to our Sponsors!

The Center could not do what we do without the help of our sponsors. We would like to express our sincere gratitude to the Amherst Generations Foundation, Beechwood Continuing Care, Asbury Pointe, Elderwood, Brompton Heights and all of other past sponsors.

The Amherst Generations Foundations congratulates the Amherst Center for Senior Services on the 20th Anniversary in the building on John James Audubon Parkway. As an ardent supporter of the Center the Foundation will continue to support the members and staff in the coming years as it continues to grow and offer programs. Good luck and continued success.

~Dal Giuliani, Executive Director, Amherst Generations Foundation

Full day at Island Park-Tuesdays in August! August 4, 11, 18, and 25

9:00 am-Join us for casual conversation & fellowship (Bring your own coffee)

10:30 am-Engage in word games

12:00 pm-Have lunch together (Bring your own lunch)

Please bring a chair and face mask. RSVP toasszoom@gmail.com

Wednesday Walks-9:00 am Ellicott Creek Trailways (North Forest and Maple Road)

August 5, August 12, August 19, August 26

Join us after the walk for an 11:00 Amherst BEE chat, then at 12:00 we will have lunch

Please bring a chair, lunch and mask. RSVP to jlazarz@amherst.ny.us

Essential Word Skills –Wednesday, August 5th at 1:00 pm- PREREGISTER

If you are thinking about finally writing that book, are working at home, completing a newsletter, or like to write letters, this class will give you the skills to get the job done easily. Instructor: Nancy Wise

<https://us02web.zoom.us/meeting/register/tZcod-GrrTsuHdXIUW3ebZBCAF3TPmcHo0CH>

After registering, you will receive a confirmation email containing information about joining the meeting

Word up Wednesdays-Share your knowledge and skills as we play a variety of word games at 2:00

August 5-Bassett Park Band Shelter (359 Klein Rd)

August 12-Amherst Senior Center Tent

August 26- Amherst Senior Center Tent

RSVP to Tammy at tjacobs@amherst.ny.us . We will hold via Zoom if the weather prevents us from meeting

Yoga Class-Thursdays from 9:00-10:15 am

Variations will be presented for beginner to intermediate so you can work at your own level transitioning from floor to feet. Instructor: Tina Phillips. Please contact Cindy at cweiss@amherst.ny.us to RSVP and she will send you the link.

Virtual Art History with Laura Watts-Thursdays at 10:00 am

Please email Cindy at cweiss@amherst.ny.us to RSVP and she will send you the link.

Zoom Movie Review, “Little Women” (2019) starring Meryl Streep Thursday, August 6 at 10:00 am

Please watch the movie beforehand- PREREGISTER

<https://us02web.zoom.us/meeting/register/tZlvdOutqTgsGtKwWpoRRLWnDxcFKOQv9Nvj>

After registering, you will receive a confirmation email containing information about joining the meeting

Secrets of a Good Night’s Sleep-Thursday, August 6 at 11:00 am

Sleep is a basic necessity of life. So why do so many of us have trouble sleeping? Approximately 60 million Americans experience insomnia, the inability to sleep, each year. Join us as we discuss the basics of sleep and learn to identify “sleep stealers.” Presenter: Jennifer Johnson, BC/BS Meeting link:

<https://nyhmeetings.webex.com/nyhmeetings/j.php?MTID=me3d34781fc3b8ca08ec58c09b1497b8e>

or join by phone at 716-795-4033 Meeting number 131 337 3912 Meeting password G3tSdzjdG24 or

Walk at Walton Woods (370 John James Audubon Parkway) at 10:00 am

August 7, August 14 (*9:00 am*), August 21, August 28

Please RSVP Joanne at jcole@amherst.ny.us



Flashback Fridays-August 7, 14, 28 Amherst Senior Center at 2:00 pm

Join us for a look back at this day in history. RSVP to Tammy at tjacobs@amherst.ny.us

(If it rains, you will be sent a Zoom Invite)



ZOOM Fun POPCORN Snacks at 2:00 pm (Who doesn't love popcorn?)

- Monday, August 10 **Caramel Popcorn**

Supplies: Large skillet pan with glass bowl for lid, popcorn kernels, 2 tbsp. butter and Werther's Original candies. Join Zoom Meeting

<https://us02web.zoom.us/j/89362175746?pwd=VGIQVFFJNXpuWDNyYU02VVZSVTJaQT09>

Meeting ID: 893 6217 5746 Passcode: 458137

- Wednesday, August 19 **Rainbow Popcorn**

Supplies: Large skillet with glass bowl for lid, popcorn kernels, 2 tbsp. oil and Skittles candy

Join Zoom Meeting

<https://us02web.zoom.us/j/86901498478?pwd=SHEzZTVHOG05dTJHZ2xxS0pOSzRWUT09>

Meeting ID: 869 0149 8478 Passcode: 178347

- Thursday, August 27 **Taco Popcorn**

Supplies: 1 bag light butter microwave popcorn, 2 tbsp. butter, melted, 1/4 c. crushed Doritos, 1 tbsp. freshly chopped cilantro & juice of 1 lime. Join Zoom Meeting

<https://us02web.zoom.us/j/89472234399?pwd=WGIoN0M4a3JUc2srQ21PVkpJTXVGQT09>

Meeting ID: 894 7223 4399 Passcode: 873495

I'm a Widow/Widower, Now What?-Tues. August 11 at 11:00 am

Are you a Widow/Widower? Ok, so, what does that mean? We all know the formalized English definition of a widow/widower. However, what does it mean to have this "title" in the midst of grieving the loss of a significant other? Please RSVP to Angela at ajones@amherst.ny.us

Medicare 101 - Presented by Sheridan Benefits-Wednesday August 12 at 10:00

Join meeting <https://global.gotomeeting.com/join/619357541>

You can also dial in using your phone (312) 757-3121 Access Code 619-357-541

Zoom Cooking with Jen PREREGISTER

- Thursday, August 13, at 2:00 "Crustless Zucchini Quiche". The recipe will be emailed to you after you register

<https://us02web.zoom.us/meeting/register/tZcvcOqrrzstH9MuHGF1wTRHhomuX7zaLm7>

- Monday, August 31, at 11:00 "Old Fashioned Peach Pie". The recipe will be emailed to you after you register

<https://us02web.zoom.us/meeting/register/tZEvdOqtqjgtHdQvp51El7zv1fCQNnfp91if>



Sweet Treat Meet Up Glen Park Falls-Friday, August 14

Bring your own lunch, chair and mask to Falls and then join us for a walk to Sweet Jenny's for dessert.

You are responsible for your purchases. RSVP Joanne at jcole@amherst.ny.us

Ted Talk & Discussion-"Happiness" -August 18 at 1:00 pm

We will meet via Zoom and watch a Ted Talk on "Happiness" with a facilitated discussion to follow. All you need is an open mind and an opinion to share.

Contact Angela at ajones@amherst.ny.us to register and receive the link.

CLASS UPDATE:

For the safety of our members and instructors, our in-person summer classes have been cancelled and we will not be putting out our Fall Class Catalog. We are adjusting the ways that we can provide services to our members. We are committed to providing educational opportunities to our members and have been rolling out virtual classes as well as outdoor pop-up fitness classes. The amount of classes have decreased but certainly not the expertise of our instructors or the interest of our topics. We will keep you posted on any upcoming classes through member emails, Facebook posts and in our Network Special Editions.



SPECIAL UPDATE: The Center has developed their very own YouTube Channel. This channel is designed so that if you miss one of your favorite classes, you may be able to view it on YouTube. Check it out at: <https://www.youtube.com/channel/UCertKsMD11Dk>



Jodi Kwarta, Volunteer Services Director shares a little volunteer inspiration...

Never underestimate the impact of your volunteer contribution or its effect on who might be watching you do it. A story overheard at a Lions Club Meeting...***It's 1:00 am!***

The Lions Club supports an Eye Bank in Washington and Idaho. The Eye Bank performs over 400 cornea transplants each year. Frequently, donated corneas from deceased persons must be specially packed and delivered by bus or train to the donor's location requiring a volunteer to pick up the package and deliver it to the hospital. One night, the Program Coordinator was desperate; she had a package on a bus to Spokane and no one to pick it up. She frantically called the list of emergency volunteers... it was 1:00 am.

She reached a very sleepy man and explained what she needed. The irritated man told her that yes, he had volunteered to be on the contact list, but had specified afternoons and evenings before 8:00 pm and in good weather only. "It's 1 am and it's snowing here!" he protested. "I'll do it this once, but please, do not ever call me again." He got up, and as he was getting dressed, his 13 year old son came out and asked him what he was doing. When he learned that dad had to "run an errand," he asked to go along. They drove in silence, picked up the package, and drove it to the hospital. On the trip home, the son asked what the package had been. Dad explained that it was tissue from eyes of someone who had died and that tissue was going to help someone else see again. The boy digested that for a moment, then said, "Gee Dad, I never knew you did such important things!" The next day, the man called the coordinator back. "You can call me anytime you need to," he said. -Piece by Donna Oiland, Lions Eye Bank Employee Submitted to ENERGIZE Newsletter, 02/13/2014, by Samantha Bowes, Director of Business/Community Relations, South District YMCA of Greater Seattle Copied on 7/1/20 from: energizeinc.com

IMPORTANT INFORMATION REGARDING NEW DIRECTOR, BRIAN BRAY

What was your first job?

My first job was at McDonald's. I was not the best student in high school, and when I graduated, I was not in a rush to go to college. I decided I wanted to go to work. Unfortunately, I could not afford an automobile and one of the few jobs within walking distance of my home was McDonald's. They hired me for the opening shift, meaning I showed up every morning at 5 a.m. to make Egg McMuffins, and staying to handle the lunch rush of Big Mac orders. I worked there for a year, at which point I bought a car and started college.



Been anywhere recently for the first time?

Last summer, I went to PNC Park for the first time to watch the Pittsburgh Pirates play. I usually go to Toronto a few times each year to watch Blue Jays games, but this was my first time seeing the Pirates play. The Pittsburgh ballpark is fun and I would recommend any baseball fan visit.

What are you reading right now?

I tend to listen to books rather than read them. I am listening to a book right now titled, *The Cuckoo's Cry*. It is extremely recent and takes place in Australia during the earlier stages of the COVID-19 pandemic. The story is about an older widower who receives a surprise visit at the beginning of Australia's lockdown. The visit is from a young woman who tells the widower she is the daughter of the child he put up for adoption when he was a teenager, and thus his granddaughter. She tells him she has no place to go, and he invites her to stay with him. However, not everything is as it seems...

If you could pick up a new skill in an instant what would it be?

I would like to be able to drive a stick shift someday. Every car I have ever owned has had an automatic transmission, so I never had the opportunity to learn. If I had that skill, I would go to a racetrack and drive as fast as I could.

Who's someone you really admire?

One person I really admire is my previous boss, Marie Cannon. I previously worked at the Erie County Department of Social Services as the Special Assistant Commissioner. Marie started as the First Deputy Commissioner shortly after I began my position, and we were colleagues for several years before Marie ascended to the Commissioner position. Marie has and continues to build the following principles into the work of the Department of Social Services: safety, choice, collaboration, trustworthiness, and empowerment. I hope to implement a similar ethos into the Amherst Senior Services system.

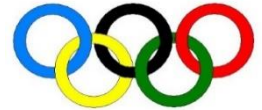


MILLENNIUM HISTORY QUIZ! How well do you know the 2000's?

1. In what year was the Department of Homeland Security created by the Bush administration?
2. Which two countries adopted the Euro as their currency in 2008?
3. Nancy Pelosi was elected the first female Speaker of the House in the US in what year?
4. Who was the "King of Pop" that died in 2009?
5. Which space shuttle disintegrated over Texas in 2003 upon reentry and killed all seven astronauts onboard?
6. George W. Bush beat which democratic hopeful in the 2004 presidential election?
7. In 2009, the "Swine Flu" was declared a global pandemic by the World Health Organization what was its other name?
8. In 2001, the US invaded what country after the September 11 terrorist attacks?
9. In 2003, Arnold Schwarzenegger was elected Governor of California after the recall election of what former California governor?



10. Who became the British Prime Minister in 2007?
11. In 2006, Pluto was downgraded from a planet to what by the International Astronomical Union?
12. Who was elected president of Mexico in 2000?
13. The Leaning Tower of Pisa reopened in 2001 after how many years of being closed for repairs?
14. Where were the 2008 Summer Olympics held?
15. In 2004, Colin Powell announced his resignation as the Secretary of State, who replaced him?
16. In 2000, the US state of Vermont passed HB847, which legalized what?
17. In 2004, CBS uncovered the systematic torture of Iraqi prisoners by US troops at what prison?
18. In what year was Saddam Hussein captured by US forces after the invasion of Iraq?
19. What country won the 2006 World Cup after defeating France?
20. In what year did Hurricane Katrina devastate Louisiana, Mississippi, and Alabama coastal regions and flood approximately 80% of the city of New Orleans?



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<https://www.youtube.com/channel/UCertKsMD11Dk>



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If you are not receiving weekly emails from the Center and would like to, please contact our Public Relations Coordinator at cyensan@amherst.ny.us

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IN-HOME ESTIMATION

For your convenience, we will visit with you in your very own home to discuss the level of relocation assistance you may require. After meeting with you, we will then prepare a highly detailed, estimate that is specifically tailored to your individual needs and goals.

APPOINTMENT ASSISTANCE

Our specialists can help you book service appointments with residential administrators movers, utilities, etc., as well as accompany you to appointments.

DOWNSIZING

Unfortunately, when changing residences, it's more than likely that you cannot take it all with you. Our specialists will help create a floor plan for your new home to ensure that you can take your most cherished possessions with you

DECLUTTERING

For those items you may need to leave behind, we will help sort and organize them with you, as well as sell, share, donate, recycle or dispose of them with care.

HOME-STAGING

By staging your home before placing it up for sale, we can maximize your profit while shortening the time your home is on the market. Our specialists create this effect by fine tuning each room in your home to showcase its best features, as well as making recommendations to have that curbside appeal.

RELOCATION

Packing, moving & unpacking, we will help you every step of the way. We personally help you sort, tag and pack all of your belongings before you move, as well help you unpack and place everything in your chosen location in your new home.

FINALIZATION

We ensure that all of your address changes have been correctly made, as well as ensure that your cable / telephone services are transferred and functioning properly at your new address.

PREPARATION TIPS

- 1 Start Early - End Happy.** It's never too early to begin the downsizing process. Begin by focusing on typical problem areas such as the attic, basement, garage, closets, file cabinets.
- 2 Save Your Memories.** You may have boxes of old photos from every holiday, vacation and birthday party. What do you do with them? Consider ways to preserve family photos and stories: a customized process of audio and video recordings called Life-Storying. Copy your special photos on to CDs, or try your hand at scrapbooking. Also, services now exist that will take all your photos, slides, and videos and do it for you.
- 3 Get Generous.** Since you can't take everything you own to your new home, now is the time to make arrangements to "gift" some of your treasures to special people in your life including, and especially family, helpful neighbors, friends, favorite organizations, or a church/ synagogue.
- 4 New Looks for Books.** If you own large quantities of books, you need to spend time downsizing your collections. Books occupy lots of space and are heavy to move. Consider donations to libraries or senior centers, or sales to used bookstores. Call on a book dealer for older books with potential value.
- 5 Use It Up. Don't Move It Out.** Take an inventory of your canned goods, frozen foods, & paper products. Use as many of these products as you can before moving or think about passing them on to a local food pantry.
- 6 Recycle the Toxins.** Put together a box of household, yard, & automotive cleaning products, as well as paint, that are hazardous. Visit Earth911.org for more information on hazardous collection in your area.
- 7 Don't Lose Touch.** Create a list of people, places, and utilities/ services that need to be notified of your upcoming change in address.
- 8 Space Plan Ahead.** Most Senior Move Managers can provide you with a customized floor plan of your new residence. A floor plan will help you determine the pieces of furniture that will fit in your new home. Knowing which pieces will fit in your new space will help you in your rightsizing process.
- 9 Pack a Survival Bag.** It might include personal needs (medications, eyeglasses, toiletries, change of clothes, papers, etc); kitchen needs (snacks, drinks, folding chair, disposable cups plates); basic tools (hammer, screwdriver, flashlight, tape, etc.); cleaning supplies (sponge, roll of paper towels, soap, etc.); and payment for mover – be sure you know which form of payment they accept.
- 10 Ask For Help.** Don't be too proud or independent-minded to ask for help. Don't wait until the last minute to ask for help. Some of these downsizing steps require months to accomplish. **"Angels on the Move"** have wings and will help you From Start to Finish. We will be there to de-stress' your move!

Good and Bad Medicare Help – and the #1 Tip in WNY

Think about your biggest expense in retirement? It's most likely your healthcare costs. Navigating the Medicare Maze sends seniors searching for answers to find their way through the chaos and confusion. The most common services to help, may be the actually be the least helpful...Senior Services, Senior Centers, Community Centers, or using the HICAP Volunteer Program.

The Department of Senior Services is a tremendous source for government assisted programs, and can provide a consolidated version of Medicare Insurance options, but is unable to assist you in filling out paperwork, submitting applications or coordinating care throughout the year.

Senior Centers are great for socialization and recreation, but a poor source of unbiased information regarding Medicare Insurance and healthcare planning. Typically, Senior Centers hold presentations sponsored by the Insurance Companies or Agents to increase funding opportunities, leading a very incentivized conversation with tremendous conflict of interest. This isn't unbiased advice!

The HICAP Program is a good idea, however feedback is underwhelming. This program consists of seniors, who volunteer to help other seniors pick a Medicare Insurance plan. There is a bit of concern with unqualified advice given in a peer to peer setting.

The WNY Medicare Resource Center has worked tirelessly to combine many of the positives from the above services and develop a landmark destination for the senior community. As a 501(c)3 nonprofit organization, they are NOT an Insurance Company, so you have confidence they are objective, unbiased and without incentive behind the conversation.

They are the only place offering independent Medicare Insurance services to compare ALL 9 COMPANIES within one building. A staff of licensed NYS Representatives provide one-on-one appointments to assist you with designing a personalized benefit plan, comparing 50+ plans in Erie County in less than one hour! Plus, they can complete any required paperwork and help manage your healthcare costs year-round.

Save Time. Save Uncertainty. Save your sanity – Guaranteed!

DO YOU HAVE THE COURAGE TO ASK FOR HELP?

WNY MEDICARE RESOURCE CENTER
Buffalo's most trusted place for Medicare Advice!

716-833-0252 or www.medicaremazeWNY.com

CLIP THIS Sanity Saver COUPON!

Coupon offers Exclusive Priority-Reserved Appointment at the WNY Medicare Resource Center only for members of Amherst Senior Center during the Medicare Enrollment Period (Oct – Dec).

The WNY MEDICARE RESOURCE CENTER is a 501(c)3 nonprofit with no affiliation to any one Medicare Insurance company. Meet with a Licensed Representative from NYS and compare all 9 companies (50+ plans) in less than 1 hour! Save Time. Save Uncertainty. Save Your Sanity!

APPOINTMENT
HOTLINE:
716-833-0252

“MR. MEDICARE”

Buffalo native is saving seniors thousands!

Buffalo native Andrew Hibbard stumbled into the Medicare Maze more than 5 years ago in 2015. Misguided, misdirected and misinformed, he was unable to assist his family with their health insurance planning needs. Watching how costly healthcare expenses burdened many of his retired relatives, Andrew, with the help of wife Lyndsey, decided to organize a community collaboration of senior resources all within a single landmark destination.

As an Air Force Intelligence Veteran, he understood the importance of objective and unbiased information to make clear and confident decisions. When attempting to assist his family members, he discovered many were being advertising victims without even knowing it. There was a lack of educating seniors to understand the Medicare Basics, how to use their benefits, and how to compare all choices.

In 2019, Andrew authored the first-ever Medicare Guidebook series in WNY, titled “Getting Through The Medicare Maze,” which includes 2 new titles in 2020 along with updated and revised editions of the first 5 titles previously released. Now, “Mr. Medicare,” as he is affectionately known has been featured on WECK Radio “Senior Matters” and hosts a speaker series in partnership with Erie County Senior Center’s and Senior Retirement communities entitled the “Medicare Education Program,” which teaches seniors to take back control of making a confident Medicare coverage choice.

At the first handshake, Andrew will look you in the eye with a confidence about him, and rightfully so because he knows his stuff. He talked to me about things no one ever mentioned before. Things I didn't even know about...almost like the Insurance Companies aren't telling us everything. I asked him why he founded the WNY Medicare Resource Center and he passionately shared

“Far too often, seniors give up control of their choices because they lack confidence in understanding what's actually available. They retire and stay with the same company because it's easier. Or they decide to compare, but after 5 minutes, decide it's too complicated and give up. No one is helping these people understand what they need to know. We are a 501(c)3 nonprofit, not an insurance company, so it's comforting to know we have no incentive to our conversation. And because of that, we are able to show all companies side-by-side in the same building...saves people time and money. They can finally get back their sanity – guaranteed!”

The WNY Medicare Resource Center provides FREE services through their community outreach team to assist any senior looking for help managing their healthcare costs year-round. Please call 716-833-0252 to learn more or visit their website at www.MedicareMazeWNY.com

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