



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

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Buffalo, NY



DECEMBER 2020



THE NETWORK



**HOLIDAY HAPPENING
DRIVE THRU
Friday, December 5
5:00 pm -7:00 pm
See page 6**

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



DIRECTOR'S NOTE

TABLE OF CONTENTS

Cancellation Guide	13
Class Information	6
Holiday Happening Drive Thru	4
Mail Subscription	12
Membership	3
Program Information	7-9
Resources	12
Social Work	10
Volunteer News	11

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Editor's Note:

All information was correct at time of printing.

The online version of the Network is the most current edition.



December marks the end of 2020. I think we can all agree we are happy this year is over!

A divisive Presidential election causing arguments with our friends and family. Protests across the

United States concerning the relationship between the police and the African-American community. And, of course, a deadly virus causing us to social distance and wear masks when out in public. It will be difficult to look back on 2020 fondly.

While 2020 was difficult, we can still find bright spots to make us hopeful for our community, nation, and world. Healthcare professionals work diligently to protect their patients and the community. Grocery store employees working through a pandemic to make sure we have access to food. Public servants taking on new roles and responsibilities to make sure critical services are delivered. Friends, family, and neighbors going out of their way to make sure that vulnerable members of their community remained safe throughout the pandemic. Although this year was tough, our collective resiliency is truly inspiring.

Vaccines are the light at the end of the tunnel but will not be available to the general public until spring 2021. Our job now is to get as many people as possible through that tunnel alive. We have to exercise patience and continue to wash our hands, social distance, and wear masks. Doing so will allow 2021 to be more joyful than what we are experiencing in 2020. Only a few more months until we can bet back to more normalcy. I wish you a happy holiday season. Stay safe!

Brian

MAIN LINE 636-3050

Amherst Generations Foundation	636-3055, 3125
Amherst Meals on Wheels	636-3065
Amherst Senior Transportation	636-3075
Event Registration	636-3050
Nutrition	636-3050
Ralph C Wilson Jr Adult Day	689-1403
Senior Outreach	636-3070
Support Group Info	636-3050



Deborah Bucki, Councilmember and Senior Services Liaison presents Director, Brian Bray and Melissa Abel, Deputy Director with a Proclamation for the Center's 20th Anniversary at 370 John James Audubon Pkwy **2**

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.

AFTER DELIBERATION WITH COUNTY OFFICIALS, THE CENTER TEMPORARILY SUSPENDED ACTIVITIES WITH THE EXCEPTION OF FROZEN MEAL PICKUPS AND APPOINTMENTS MADE WITH OUR SOCIAL WORKER.



The Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228
636-3050
www.amherst.ny.us

MEMBERSHIP DUES

AMHERST RESIDENT

lifetime fee

- \$30 individual membership
- \$50 couple or household membership

NON-RESIDENTS

annual fee

- \$30 individual membership
- \$50 couple or household membership

Lifetime individual membership is \$100, Lifetime couple or household is \$150

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

If you are 55 and older and are interested in membership, please call Tammy at 636-3055, ext. 3172 to make an appointment.

The Amherst Center for Senior Services has eligibility requirements.

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

- Art Gallery
Monthly art is displayed compliments of Asbury Pointe
- Audubon Café
- Billiard Room
- Card Room
- Computer Lab
- Gift Shop
- Library
- Wellness Room



We are sorry for any of our members whose family and friends were affected by the coronavirus. We also extend our sympathy to the families and friends of those members who have recently passed.



Amherst Senior Transportation Department

636-3075

Currently driving to and from medical appointments and must be reserved one week in advance.

Roundtrip rides to medical appointments are \$10. If you can not afford this, please contact our social work department at 636-3050.

Visitors to the Amherst Center for Senior Services voluntarily agree to assume all risks related to COVID-19 and accept sole responsibility for any injury to him- or her-self including, but not limited to, personal injury, disability, and death, illness, damage, loss, claim, liability or expense of any kind, that he or she may experience or incur in connection with his or her visit to the Center.

HOLIDAY HAPPENING DRIVE THRU

Sponsored by:

Independent
 Health®



Friday, December 4
5:00 pm-7:00 pm

Seasonal stops with goodies and characters along the way. Experience the holidays right from the comfort of your car. AND drop off letters to Santa!

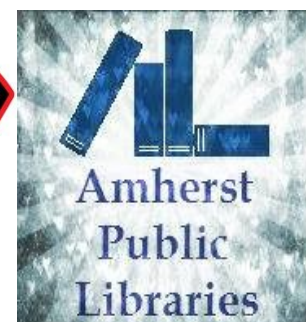
Online reservations required by going to
<https://amherstyouthandrec.org/>

Donations of new socks and underwear for those in need will be accepted. Thank you in advance for your generosity.

This event is brought to you by the Town of Amherst's Center for Senior Services, Youth & Recreation Department, Police Department and Amherst Libraries.



Town of
**Amherst Youth
& Recreation**
Department



HOW TO MANAGE YOUR MENTAL HEALTH DURING THE HOLIDAYS

By: Dr. Deidre Wheat, MD, Medical Director-Quality, Disease & Case Management,
Executive VP Medical Director



The holiday season is meant to be a time of joy and excitement. However, it can also lead to stress, anxiety and depression due to the dizzying array of demands it brings. As we continue to deal with the COVID-19 pandemic, the holidays may present new challenges and stressors this year. The good news is there are things you can do to help support your own well-being.

Create a plan

- Make a list and prioritize important activities. Try not to overschedule yourself. Choose activities that fit your goals and emotional needs.
- Give yourself permission to let go or say “No!”
- Keep it affordable. Plan how you spend your time and resources. Most people prefer a thoughtful gift rather than one that's simply expensive.

Acknowledge your feelings

- Be mindful of your mood so you can recognize unhealthy thinking and emotional patterns. This can help you accept yourself and your feelings with greater ease.
- Practice being present and grateful each day. Don't allow holiday pressures to cloud what's important. When you choose to focus on what you have, rather than what you lack, your emotions can shift from stress and sadness to joy and vitality.

Reach out

- Due to COVID-19, traditional holiday gatherings may be put on hold this year. However, you should still connect with family and friends, whether by mail, email, telephone or video chat.
- Contact a friend or relative who may otherwise be alone.
- If you have frequent or overwhelming feelings of anxiety and/or depression, talk with your doctor.

Take care of yourself – mind and body

- Keep up with your doctor appointments. Your annual visit with your primary care provider is an important way to stay up to date with all your care and gives you a chance to discuss any concerns with your doctor. Many offices are offering remote patient visits through telehealth services as an alternative to in-person visits.
- Take medications regularly, as prescribed. If you think medications need adjusting, talk to your doctor before stopping or changing anything.
- Exercise. Physical activity keeps mood in check, releases endorphins to produce positive feelings, and yields better sleep.
- Get a good night's sleep. Try to go to bed at a certain time each night. Adequate sleep allows the body to reset and handle challenges each day.
- Find time to relax. Allow yourself time each day for relaxing activities like meditation, reflection, or reading.
- Eat well. Be mindful of excess sweets, caffeine, alcohol, or other substances that might negatively impact your health.

*Independent Health wishes you a happy and healthy
holiday season!*

VIRTUAL CLASSES

All classes in this category are being held virtually. Please follow the instructions listed for each class to register.

Functional Living Everyday Exercise (FLEE) PREREGISTER

Instructor: Jill Bronsky Mondays, 10:00 am (Ends 12/14)

https://us02web.zoom.us/join/tZMrdOmvqDgoEtWh6iIc1e_vTepSmfy-16lw

If you participated in the summer session we will be using the same Zoom link for the Fall, so there is no need to preregister.

Yoga-PREEGISTER

Instructor: Tina Phillips Tuesdays & Thursdays, 9:00 am (Ends 12/17)

https://us02web.zoom.us/join/tZcpcO-opz0qG9cgy_XDAffIO0yRYz9n8ApI

After registering, you will receive an email containing information about joining the meeting.

Ballet Stretch-PREREGISTER

Instructor: Dawn Tarbox-Szerbiak Tuesdays, 9:45-10:40 am (Ends 12/15)

This workout combines ballet and stretch for a low-impact, fat burning workout. Have a chair available to help with balance and resistant bands, if you have them.

<https://us02web.zoom.us/join/tZ0vdemqj8iHdLf9R0dROQBO6fYuOH8yH8i>

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

Yoga & Meditation-PREREGISTER

Instructor: Jennifer Nuwer Tuesdays, 11:30 am (Ends 12/15)
Fridays, 1:00-2:00 pm (Ends 12/18)

https://us02web.zoom.us/join/tZclcO2rrjstGNVTFdDHEFqs8b8kv_H60WAF

After registering, you will receive an email containing information about joining the meeting.

Please Note: If you have participated in the Tuesday class we will be using the same Zoom link for Fridays, so there is no need to preregister. If you have never taken Yoga & Meditation on Zoom before, just click on the link to preregister.

After registering, you will receive an email containing information about joining the meeting.



AND IF I'M ELECTED... The Great Campaigns for the United States Presidency-REREGISTER

Instructor: Michael Harris Tuesdays, 1:00-3:00 pm (Ends 12/15)

<https://us02web.zoom.us/join/tZUpd-yprD4oHNGsUgzhE0zejpEg1KatpJ4x>

After registering, you will receive an email containing information about joining the meeting.



Current Events

Leaders: Dick Mallison, Jeff Goodman, Joann Shafer or Dick Schanley Wednesdays, 9:30-11:30 am
Please contact Cindy

at cweiss@amherst.ny.us to RSVP and obtain the Zoom link.

Watercolor Intermediate

Instructor: Dan Meyer Wednesdays 10:00-12:00 pm (Ends 12/16)

All classes are directed towards individuals with previous watercolor painting experience. Call Cindy at 636-3055 x3109 or email her at cweiss@amherst.ny.us to make a reservation.

Drawing Intermediate

Instructor: Dan Meyer 10:00-12:00 pm (Ends 12/17)

Expand your drawing abilities. All classes are directed towards individuals with previous experience. Call Cindy at 636-3055 x 3109 or email her at cweiss@amherst.ny.us to make a reservation.

All the News & Issues

Leader: Geoffrey McCauley Fridays, 10:00-11:30 am
Please contact Cindy at

cweiss@amherst.ny.us to RSVP and obtain the Zoom link.



VIRTUAL PROGRAMS

THE LINKS TO ALL THE FOLLOWING VIRTUAL PROGRAMS CAN BE FOUND ON:

<https://tinyurl.com/ACSSZoomLinks>



Morning Coffee

Tuesday, December 1 at 9:00 am

Game Chain Reaction

Tuesday, December 1 at 10:00 am

Lunch with Jen!

Tuesday, December 1 at 12:00 pm

Morning Coffee

Wednesday, December 2 at 9:00 am

Lunch with Joanne!

Wednesday, December 2 at 12:00 pm

Word Up Wednesday

Wednesday, December 2 at 2:00 pm

Morning Coffee

Thursday, December 3 at 9:00 am

Fun with Cranberries: *Cranberry Scones*

Thursday, December 3 at 11:00 am

Recipe to be sent after registration

Trivia

Thursday, December 3 at 2:00 pm

Dishin' with the Director

Friday, December 4 at 10:00 am

Morning Coffee

Monday, December 7 at 9:00 am

Cooking with Jen *Everything Bagel Casserole*

Monday, December 7 at 11:00 am

Recipe to be sent after registration

Game Jeopardy

Monday, December 7 at 2:00 pm

Morning Coffee

Tuesday, December 8 at 9:00 am

Game Smart Ass

Tuesday, December 8 at 11:00 am

Cooking with Jen-*Hot Chocolate Bombs*

Tuesday, December 8 at 1:00 pm

Recipe to be sent after registration

Morning Coffee

Wednesday, December 8 at 9:00 am

Beating the Winter Blues

Wednesday, December 9 at 11:00 am

Please RSVP Tammy at tjacobs@amherst.ny.us

Word Up Wednesday

Wednesday, December 9 at 2:00 pm

Morning Coffee

Thursday, December 10 at 9:00 am

Book Lover's Club-*Tell us about a book you've read!*

Thursday, December 10 at 1:00 pm

Hanukkah Traditions

Thursday, December 10 at 11:00 am

Trivia

Thursday, December 10 at 2:00 pm

Morning Coffee

Friday, December 11 at 9:00 am

Hanukkah Trivia

Friday, December 11 at 1:00 pm

Fun With Cranberries: *Cranberry Christmas Cake*

Friday, December 11 at 2:00 pm

Morning Coffee

Monday, December 14 at 9:00 am

Game: Match Game

Monday, December 14 at 11:00 am

VIRTUAL PROGRAMS -continued

THE LINKS TO ALL THE FOLLOWING VIRTUAL PROGRAMS CAN BE FOUND ON:

<https://tinyurl.com/ACSSZoomLinks>



Morning Coffee

Tuesday, December 15 at 9:00 am

Movie Trivia

Tuesday, December 15 at 11:00 am

One Bowl Wonders

Tuesday, December 15 at 2:00 pm

Cherished Ornament

Wednesday, December 16 at 10:00 am

Lunch with Tammy!

Wednesday, December 16 at 12:00 pm

Word Up Wednesday

Wednesday, December 16 at 2:00 pm

Morning Coffee

Thursday, December 17 at 9:00 am

Lunch with Joanne!

Thursday, December 17 at 12:00 pm

Trivia

Thursday, December 17 at 2:00 pm

Cooking with Jen-Beef Barley Soup

Friday, December 18 at 11:00 am

Flashback Friday (Will be held via Zoom and In House)

Friday, December 18 at 2:00 pm

Morning Coffee

Monday, December 21 at 9:00 am

Name That Carol

Monday, December 21 at 11:00 am

Bingo

Monday, December 21 at 1:00 pm

Morning Coffee

Tuesday, December 22 at 9:00 am

It's a Wonderful Life Movie Trivia

Tuesday, December 22 at 11:00 am

Craft: Clothes Hanger Snowflakes

Tuesday, December 22 at 2:00 pm

Supplies needed:

- 16 white clothes hangers
- bow or ribbon to make a bow
- glue gun and hot glue sticks

Fun with Cranberries: Cranberry Orange Muffins

Wednesday, December 23 at 10:00 am

Santa Storytime

Wednesday, December 23 at 2:00 pm

Christmas Traditions

Thursday, December 24 at 9:00 am

Peppermint Candy Ornament

Grandkids are invited in the kitchen with us.

Thursday, December 24 at 11:00 am

Trivia (this is offered in house and via zoom)

Thursday, December 24 at 1:00 pm

Coffee

Monday, December 28 at 9:00 am

Game-America Says

Monday, December 28 at 11:00 am

Book Club-*The Guest List* by Lucy Foley

Monday, December 28, at 1:00

Coffee

Tuesday, December 29 at 9:00 am

Dollar Store Craft

Tuesday, December 29 at 11:00 am *Supply list TBD*

VIRTUAL PROGRAMS & CLASSES-continued

THE LINKS TO ALL THE FOLLOWING VIRTUAL PROGRAMS CAN BE FOUND ON:

<https://tinyurl.com/ACSSZoomLinks>



Breakfast with Joanne

Wednesday, December 30 at 9:00 am

New Year's Resolutions

Wednesday, December 30 at 11:00 am

Word Up Wednesday

Wednesday, December 30 at 2:00 pm

Coffee with Joanne

Thursday, December 31 at 9:00 am

Name That Tune

Thursday, December 31 at 11:00

Trivia

Thursday, December 31 at 2:00 pm

ARE YOU
AWESOME?

WE'RE HIRING!

The Amherst Center for Senior Services is looking for Class Instructors for a Cardio Drumming and Pilates.

Do you have another talent, interest or hobby that you would like to share?

Please call our Class Coordinator, Cindy Weiss at 636-3055, ext. 3109 for more information or email your resume to cweiss@amherst.ny.us.

PROJECT SNOW ANGEL-Helping Older Adults In Need

This is a particularly hard time of year for many older adults in our community not only due to limited funds but also social isolation.

Please consider donating:

\$25 or greater gift cards to Tops, Rite Aid, Target, Walmart, Dash's, Trader Joe's and Wegmans

Gift Cards must be mailed by December 7 to:

Amherst Center for Senior Services
Attn: Joanne Cole
370 John James Audubon Parkway
Amherst, NY 14228



We thank you in advance for your generosity.



I love that the Center has provided us with the opportunity to work out in the Williamsville Parks. This was the first time that I encountered "Mean Jean." I love her sense of humor and encouragement. She's right-most of us have lost out on fitness during the pandemic. For me, it was the first time that I participated in a group since March. I've even done some plank push-ups. Also, the yoga classes have been very beneficial and relaxing. By comparing situations with my friends, our Center has "bent over backwards" in providing us with fitness-both physical and mental (mindfulness meditation classes on-line, via our social worker Angela). Our social worker has also provided me with needed links for the programs since I don't have a computer at home and access my e-mail through the Amherst Audubon Library. I've even sent 2 "gratitude" postcards to old aunts in Indiana, due to Natalie Hoerner's gift of postcards class. Thank goodness for the Center. It has provided a needed focus and opportunities to take classes and get together socially.

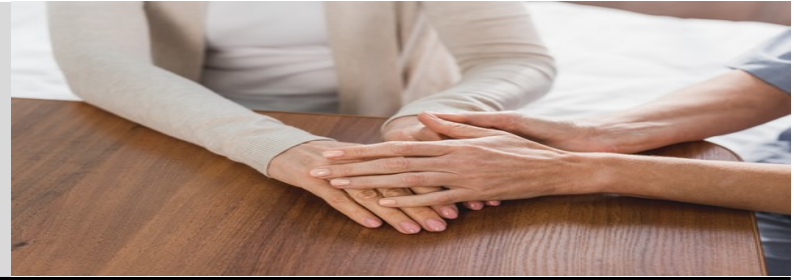
~Shelly Gerovac 9

SOCIAL WORK

Social Work Services are Here for You!

Here at the Center we understand that we are all in the midst of some challenging times. As we slowly get back into some of our familiar daily practices, we want to remind you that **YOU ARE WHY WE'RE HERE.**

Your needs are important to us and we want to assure you that we are still committed to working diligently to provide information and referrals for programs and services.



OPEN ENROLLMENT ENDS DECEMBER 7TH

We have trained Health Insurance Information Counseling and Assistance Program (HIICAP) Counselors available to help answer any last minute questions you may have regarding health insurance and long-term care.

If you would like to speak with one of the counselors contact the Social Work office.

Although our Support Groups are not being held, support is available. Please call Angela if needed.

Mindfulness Matters:

Special Guest Dr. Louise Ferretti

December 11th at 2:00 pm

Louise Ferretti is a Clinical

Psychologist serving families in WNY. She has been exploring Mindfulness practices for over 20 years, with experience in Vipassana and Tibetan Meditation traditions. With Louise we will discuss Mindfulness Meditation. Mindfulness Meditation is a type of training in awareness. We learn to quiet ourselves and to look inwardly. We cultivate a deep understanding of our mind and heart, and compassion for the suffering that is inherent in life. Our understanding ripples outward and helps us to take care of those around us and our larger world. Mindfulness is powerful medicine for our troubled times. Come and explore the power of these ancient practices to help us live with greater clarity and open-heartedness.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZctfu6hpzgoEtH-dYT2xFNNaP8oDe63eO-6>

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



Ted Talk & Discussion: All it takes is 10 Mindful Minutes

Thursday December 17th at 1:00 pm

When is the last time you did absolutely nothing for 10 minutes?

Mindfulness expert, Andy Puddicombe, describes the transformative power of doing just that. Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in uncomfortable positions.) We will meet via Zoom and watch the Ted Talk with a facilitated discussion to follow. All you need is an open mind and an opinion to share.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZUtcuuvrT8qE9GcHVqH1xuhHBxYbExMlrid>

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



Friendly Visitor Program is going virtual!

The Friendly Visitor Program provides socialization to isolated, home-bound individuals living in the Amherst area. Individuals will meet virtually for a *Friendly Visit*.

The program is provided by the Amherst Center for Senior Services. If you would like more information on how to become a participant or volunteer please contact the Centers Social Work office.

Virtually Just Say It!

Monday, Dec, 28th at 10:00 am

Do you find yourself wanting to say something but unsure if its *appropriate*? If

so, this is the group for you. Join us via Zoom, as we respectfully share thoughts and simply talk freely amongst peers. Please note; what we talk about in this group stays in this group.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZYucOCtqDouHtU-qwZpiD478u1FkRGOYHwg>

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



ARE YOU OR SOMEONE YOU KNOW IN NEED OF HOME BASED 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 available to assist in the cost of services.

Call Senior Outreach Services directly at 636-3070.

**FOR PROGRAM RESERVATIONS OR APPOINTMENTS: ANGELA JONES,
SOCIAL WORKER 636-3055, EXT. 3129 or ajones@amherst.ny.us**

VOLUNTEER NEWS

CALLING ALL VOLUNTEERS!

PLEASE submit your 2020 volunteer service hours by Friday, December 31st. If you are already coming into



the Center, you can ask the volunteer at the Hospitality Desk to add in your volunteer hours when you check in. **YES, you CAN submit hours for service done OUTSIDE the Center,** as well as inside, as long as we have you in our database as a registered volunteer. If you cannot come into the Center to submit your hours by the end of December, please call the Volunteer Department and we can enter them in for you (but it still must be by 12/31). Please don't hesitate to contact us if you have



any questions or concerns regarding anything to do with volunteer service. At this time, we have come to accept that we will not be able to hold our usual Volunteer Recognition Luncheon, however we do have a plan to recognize our elite volunteers in the spring of 2021, that we hope you'll enjoy. (This falls under the category of: **"Life doesn't have to be perfect to be wonderful."**) Won't you please be sure we have your service hours so that we can continue to let our community know about the impressive contributions you continue to make in our community? Even a pandemic can't keep our committed volunteers down for long and our gratitude for your loyalty and dedicated service remains strong. We sincerely thank you!!



Little Portion Friary has an urgent call for new volunteers. This incredible organization provides temporary support to homeless men and women as they transition into new lives full of possibility and hope. They offer many opportunities to help others and offer a work schedule of your choice: weekly, bimonthly, or monthly. You can learn more or complete the volunteer form on their website at www.littleportionfriary.com



or call directly at 882-5705.

The Volunteer Department Staff are profoundly grateful to those of you who have already returned to the Center. We know it hasn't been easy; we've made so many little changes over the past several weeks since we re-opened and we are blown away by your patience and flexibility with us. You've just rolled with it and adjusted seamlessly, and always with a smile. It is our greatest pleasure to be able to come to work knowing we get to work side-by-side with you again (or at least within social distancing guidelines). Having you back has been such a lovely reminder of why we love what we do...it's all because of YOU! Our most sincere best wishes to you for an extraordinary 2021!!

If you are interested in volunteering or if you would like further information, please contact Jodi Kwarta at 636-3055, ext. 3126.



AMHERST CENTER FOR SENIOR SERVICES 2020-2021 CANCELLATION GUIDE

The safety and well-being of our members and visitors is our primary concern. The following information is for your reference.

STANDARD SENIOR CENTER OPERATING HOURS:

Monday through Friday, 8:30am-4:00pm by reservation only.

STORM CLOSINGS:

If Amherst, Sweet Home, or Williamsville school districts are closed, Center classes, clubs, and programs will be cancelled. If you want to know if the building or activities are cancelled during bad weather, please listen for "WEATHER CLOSING" announcements on:

TV Stations: WGRZ-Channel 2, WIVB-Channel 4, and WKBW-Channel 7

Radio Stations: WBEN 930AM, WNED 94.5FM, WNYM AM970, WGR 550AM, WKSE 98.5FM, and WTSS 102.5FM.

Robocalls may be used also.

Only upon notification by the Amherst Town Supervisor can the Amherst Center for Senior Services be officially closed.


RESOURCES

FOR LOCAL INFORMATION: AMHERST.NY.US

AARP DEFENSIVE DRIVING CLASSES:

AARP is not offering any in-house Smart Driver Classes for the remainder of the year. 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

AMHERST MEALS ON WHEELS:

 636-3065 <https://amherstmealsonwheels.org/>
Home Delivered Meals, Emergency Food Boxes. New volunteers welcome.

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 more information.

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.

FRIENDS HELPING FRIENDS:

 The Center's pantry contains nonperishable food items, toiletries, toilet paper, and cleaning supplies. These items are available to obtain as needed. We are committed to ensuring pantry access is provided with respect and confidentiality. Call the Social Work Office at 636-3050, ext. 3129

MAILING SUBSCRIPTIONS

To have the Network delivered to your home, mail this form, along with \$6 check payable to:

Amherst Center for Senior Services and mail to:

NANCY LECLAIR

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

This notice does not apply to members of the Travel and Dinner Club, since a portion of their dues covers receiving a copy off the Network in the mail.

RESOURCES

LEGAL:

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

MENTAL HEALTH:

NY Project Hope 844-863-9314

Free, confidential, emotional support helpline as part of the FEMA response to COVID 19

Erie County Warm Line

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

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

TRANSPORTATION:

Amherst Senior Transportation Department

636-3075



Currently driving to and from medical appointments and must be reserved one week in advance.

Roundtrip rides to medical appointments are \$10.

Hearts & Hands 406-8311

Transportation-non-essential, delivery-needed items, and social connections.

GENERAL MAILING SUBSCRIPTION for One Year

Name: _____

Street Address: _____

City: _____ **Zip:** _____

Telephone: _____