



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

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**October 2020**



# THE NETWORK

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*Brian J. Kulpa*- Amherst Town Supervisor  
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**BY APPOINTMENT ONLY**

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**Editor's Note:** *All information was correct at time of printing.*

## 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



One impact of the COVID-19 pandemic is the toll it has had on everyone's emotional health. I see it in friends and family and I feel it in myself. None of us are in the same headspace now that we were in at the beginning of the pandemic. We are all feeling stress, anxiety, grief, and worry about contracting the virus. Simultaneously, we feel isolated and lonely as a result of the public health actions, such as social distancing, designed to mitigate the spread of the virus. In this way, the pandemic has adversely impacted everyone's health.

There are steps you can take to regain emotional health if the current situation is overwhelming. Eating healthy, well-balanced meals, regular exercise, and adequate sleep can make a world of difference. You should also avoid alcohol, tobacco and other drugs. It is crucial to connect with others and take time to unwind. Additionally, while it is vital to stay informed, overexposure to the news has frequently been proven to be stressful. As we enter October, the days will continue to get shorter and the weather will be getting colder. We will be spending more time indoors, which is going to be an additional challenge to our emotional well-being.

If you haven't yet started, it is crucial to begin to monitor your emotional health - it is just as important as monitoring your physical health. Some common signs of emotional health distress are: feelings of fear, anger, sadness, worry, numbness or frustration; changes in appetite, energy, and activity levels; difficulty concentrating and making decisions; difficulty sleeping or nightmares; physical reactions such as headaches, body pains, stomach problems and skin rashes; and worsening of chronic health problems.

If you are experiencing challenges to your emotional health, particularly if it is impacting your ability to carry out your normal responsibilities, it is important to get the help you need. In this issue, we have a list of events to help you with your emotional health on page 12 and more information about emotional health on page 14. Additionally, our numerous programs and classes-offered at the Center, online and in community Locations-are available to help you feel more connected to the outside world.

This pandemic has been hard on everybody. We hope the Center can make it just a little bit easier.

*Just Dishin*

**Dishin' with the Director (Room 2)**

Friday October 16 at 10:00 am  
Have questions you would like to ask the Director? Come join us for an open conversation and get to know our newest staff member! Questions to be emailed to [tjacobs@amherst.ny.us](mailto:tjacobs@amherst.ny.us)

# SENIOR CENTER REOPENING GUIDELINES

We are reopened under new guidelines that must be followed by all members. If you are not comfortable with any of the new guidelines or cannot comply with any of the guidelines, we ask that you do not come to the Center at this time.

You are to enter and exit through the Main Doors ONLY (by the flag pole). You must follow all signage as posted. If you are sick, coughing, or have a fever, do not come to the building. Before you enter the building:

- You will have your temperature taken. Anyone with a fever over 100.0 will not be allowed entry.
- You must have an appointment for an activity to enter.
- You must be able to answer NO to ALL of the following questions:

1. Have you experienced any of the COVID-19 symptoms in the last 14 days?
2. Have you tested positive for COVID-19 in the last 14 days?
3. Have you come in contact with someone with a confirmed case of COVID-19 in the last 14 days?
4. Have you traveled to or been in contact with anyone in the last 14 days who has traveled to any of the states on New York's current required quarantine list.

<https://www.governor.ny.gov/news/governor-cuomo-announces-five-states-removed-covid-19-travel-advisory-requiring-14-day>

Everyone entering the building must wear a face mask that properly covers your nose and mouth. This must remain on while moving through the building. If you cannot wear a face covering, please do not enter the building. The face covering may be removed during an activity IF there is a safe 6 foot distance maintained. This will be monitored by staff.

## Hand Sanitizer:

You must use hand sanitizer upon entering the building. Additional sanitizer is provided throughout the building. You are also encouraged to bring your own. Please also wash your hands throughout the day.

## Social Distancing:

Everyone must social distance at all times while in the building. Those living in the same household may sit together. All seating and table setups will be maintained per social distancing guidelines. Markings will be on the floors where social distancing is mandatory. There will be a limited number of people in the building. The Center staff reserves the right to limit this number. There are no exceptions.



## Classes, Programs, and Congregate Dining:

ALL classes, programs, and congregate dining are by appointment only and space is limited. You must register by calling 636-3050 from 8:30 am to 4:00 pm. Voice mails will not be accepted.

- There will be **no fee** for classes this Fall.
  - A limited number of classes will be offered each week.
  - Registration opens every Monday for classes held the following week.
  - If a particular class is held more than once a week, you can only register for one of those classes.
  - Staff reserves the right to limit the amount of programs that an individual can participate.
  - Members should not arrive any earlier than 15 minutes prior to the start of a program, class, or for dining.
  - Once the program or class is complete, we ask that you leave the building.
  - Bring your own water bottle. There will be no available water fountains or coffee stations.
- Staff will check you in and confirm your appointment. We will utilize this information if needed for contact tracing.

## Additional Requirements:

Everyone must have their own equipment and/or supplies needed for an activity, unless otherwise noted. No one will be allowed in a room unless it has been sanitized. Sanitizing will be done per Center Policy.

There will be no sharing of food or drinks. No one is allowed in the kitchen except staff or designated volunteers.

## ACTIVITIES NOT OFFERED AT THIS TIME:

All Clubs (within the building), Wellness Room, Computer Lab, Library, Billiard Room, The Audubon Café, Gift Shop, TV Room, and Card Room.

# 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: October 2020 (8:30 am-4:00 pm)

Entrance to the Amherst Center for Senior Services is by reservation only. All programs and classes must be reserved by calling 636-3050. No voice mails please.



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

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

- Art Gallery\*

*Monthly art is displayed compliments of  
Asbury Pointe*



- Audubon Café\* (10:00-1:00)
- Billiard Room\*
- Card Room\*
- Computer Lab\*
- Gift Shop\* (9:00-3:00)
- Library
- Wellness Room\*

\*Temporarily closed due to social distancing guidelines. We are working diligently to open areas as we can while still keeping our members safe.

## 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.



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.

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.

Update

## EXEMPTION PROCESS FOR 2021 STAR PROGRAM RENEWALS AND NEW APPLICATIONS

The Town of Amherst Assessor's Office has implemented a "touchless" process for 2021 Exemption Renewals and new applications as a result of COVID-10 restrictions.

- Renewals will be sent out after October 15, 2020.
- All completed renewals and new applications will be handled by email, postal mailing, or drop box at Town Hall.

Additional information will be mailed and provided on the Town of Amherst website at [http://www.amherst.ny.us/content/departments.php?dept\\_id=dept\\_02](http://www.amherst.ny.us/content/departments.php?dept_id=dept_02).

If you have any questions, please call the Assessor's Office at 716-631-7038 or email at [dmarrano@amherst.ny.us](mailto:dmarrano@amherst.ny.us).



## School Tax Payment Changes

Town Clerk Francina J. Spoth would like to remind Amherst residents that school taxes are due on or before October 15, 2020 and has announced alternative methods for collection.

**COVID-19 NOTE:** The Town is encouraging all residents to please pay by mail, drop box, or online to help comply with CDC guidelines.

**Mail** – Please mail your payments to Amherst Town Clerk, 5583 Main Street, Williamsville, New York 14221. Checks or money orders made payable to “Francina J. Spoth”.

**Drop Off** – Please put your check or money order in an envelope and place in the drop box located on the wall left of the back door at Amherst Town Hall. Checks or money orders payable to “Francina J. Spoth”.

**Online** – To pay online, choose the “Tax Bills Online” link on the Home page [www.amherst.ny.us](http://www.amherst.ny.us) of the website. Please note: there is an added charge for credit card payments (echeck \$1.75, Visa Debit card \$3.95 and Credit Card 2.45%)

**Receipts** – If you need a receipt when you pay by mail or drop box be aware that receipts are always available by visiting our website at <https://egov.basgov.com/amherst/> to verify that your payment has been received and to print your receipt. Please note it could take up to 72 hours to process.

*Taxes are due, and must be postmarked, no later than October 15th, 2020 to avoid late fees. If you have not received your tax bill by September 30th, please contact their office at (716) 631-7021.*

## BEWARE OF SCAMMERS!

### Tips to Avoid Coronavirus Scams

- Avoid online offers for coronavirus-related vaccines or cures; they aren't legitimate.
- Be wary of emails, calls and social media posts advertising "free" or government-ordered COVID-19 tests. Check the [FDA website](https://www.fda.gov) for a list of approved tests and testing companies.
- Don't click on links or download files from unexpected emails, even if the email address looks like a company or person you recognize. Ditto for text messages and unfamiliar websites.
- Don't share personal information such as Social Security, Medicare and credit card numbers in response to an unsolicited call, text or email.
- Be skeptical of fundraising calls or emails for COVID-19 victims or virus research, especially if they pressure you to act fast and request payment by prepaid debit cards or gift cards.
- Ignore phone calls or emails from strangers urging you to invest in a hot new coronavirus stock.

Sources: FTC, FCC, FBI, SEC

<https://www.aarp.org/money/scams-fraud/info-2020/coronavirus.html>

# CENTER EVENTS

Attendance at all events is by reservation only by calling 636-3050 from 8:30am-4:00pm. No voicemails.

Registration opens every Monday for programs held the following week.

Please see Reopening Guidelines on pages 3-4.



**Amherst BEE Chat (Health Room)**  
11:00 am Thursdays,  
October 1, 8, 15 22, & 29.

## Games

• **Trivia (Health Room)**

Thursdays, October 1, 8, 15, 22, at 2:00 pm

• **Wheel of Fortune (Room 2)**

Monday, October 5 at 11:00 am

• **Word Up Wednesdays (Craft Room)**

Wednesdays, October 7, 14, 21 at 2:00 pm

We work as a group to complete word games.

• **Scattergories (Health Room)**

Monday, October 19 at 11:00 am

Space is limited. Please bring a pen.

• **Bingo (Activity B)**

Wednesday, October 21 at 1:00 pm

Please bring a pen.

• **Five Second Rule (Health Room)**

Monday, October 26 at 11:00 am

• **Who Done It? (Health Room)**

Friday, October 30 at 10:30 am

Halloween Mind Teasers. Please bring a pen.

• **Funny Fridays (Room 2)**

October 2, 9, 16, 23 at 11:00 am

Come and enjoy some Carol

Burnett Show episodes with us!



• **Flashback Fridays (Patio)**

October 2, 9, 16, 23 at 2:00 pm

Take a look back at this date in history

Friday 10/30 on Zoom

Register in advance for this meeting:

<https://us02web.zoom.us/j/93829196898>

• **Tuesday Chats (Gallery)**

October 6, 13, 20, 27 (Health Room) at 11:00 am



## University Express:

All classes will be viewed together on ZOOM  
Space is limited

- *Hat as Art* (Health Rm)  
Monday, Oct. 5 10:00 am
- *Breast Cancer-What You Need to Know* (Dining Rm)  
Tuesday, Oct. 6 at 2:00 pm
- *Financial Benefits Check-Up: You Gave, Now Save!*  
(Room 2) Thursday, Oct. 15 at 10:00 am
- *COVID-19, The Flu, and You* (Dining Rm)  
Thursday, Oct. 15 at 10:00 am
- *Grief & COVID 19 Loss* (Health Rm)  
Wednesday, Oct. at 10:00 am
- *Healthy Eating Basics and Healthy Aging* (Activity B)  
Friday, Oct. 23 at 10:00 am
- *The Road to the White House 2020* (Activity B)  
Tuesday, Oct. 27 at 10:00 am
- *Vampires, Werewolves, Witches & Other Creatures of the Night* (Activity B) Friday, Oct. 30 at 10:00 am

All University Express Classes for the remainder of the year will be virtual. There will be no in-person speakers. To see full list of classes offered go to <https://www2.erie.gov/universityexpress/>

*Hamilton : One Shot to Broadway* (Activity B)



Monday, October 19 at 1:00 pm

"Through exclusive interviews and rare footage ... tells the story with accounts from Lin-Manuel Miranda and the rest of the cast revealing the extraordinary story of the man, the music, the show, and the phenomenon that has inspired the world".

One hour and 14 minutes.

# RESERVATIONS 636-3050

# CENTER EVENTS

Attendance at all events is by reservation only by calling 636-3050 from 8:30am-4:00pm. No voicemails.

Registration opens every Monday for programs held the following week.

Please see Reopening Guidelines on pages 3-4.

## Where in the World

### Wednesdays? (Room 3)

October 7, 14, 21, 28 at 11:00 am



### Medicare Program Assistance (Room 1)

Friday, October 9 10:00am – 12:00pm

Please contact Lisa Giancarlo, Clarity Group, at 864-4886 to schedule your appointment.

### CBD 101 (Activity B)

Friday, October 9 at 10:30 am

Cannabidiol is a phytocannabinoid discovered in 1940. Recently, it has been used medicinally.

### Book Review (Room 2)

Wednesday, October 14 at 10:30

*The Tattooist of Auschwitz* by Heather Morris

### Flu Clinic (Health Room)

Friday, October 16 at 11:00 am

Provided by Tops Pharmacy

Mandatory appointments can be made by calling Tammy at 636-3055 ext. 3172.

### Univera (Room 1)

Monday, October 19 from 10:00am-12:30 pm

Need information to help you make decisions about your health care plan? Call Michele at 572-8315 to set up your appointment.

### Medicare Options with Sheridan Benefits

Tuesday October 20 at 10:00am – Virtual

Thursday October 22 at 1:30pm – Rm 1

Thursday October 29 at 10:00 – Virtual

Contact Maria 345-0337 to obtain link to the virtual meetings or to set up an in person appointment..



### Cooking with Jen (Room 2)

Monday, October 26, at 1:00 pm

We will be preparing an Amish Friendship Bread Starter Kit.



**ALL MOVIES ARE SHOWN AT 1:00 pm (Activity B)**

DATE	Movie		Duration	Description
Fri. Oct 2	<i>Driveways</i>	PG 13	1 hour, 23 minutes	A lonesome boy accompanies his mother on a trip to clean out his late aunt's house, where he ends up forming an unexpected friendship with the retiree who lives next door.
Thurs. Oct 8	<i>The Good Liar</i>	R	1 hour, 49 minutes	Starring Helen Mirren. Consummate con man Roy Courtney has set his sights on his latest mark: the recently widowed Betty McLeish, worth millions.
Tues. Oct 13	<i>Knives Out</i>	R	2 hours, 10 minutes	The circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there's one thing that renowned Detective Benoit Blanc knows for sure: everyone in the wildly dysfunctional Thrombey family is a suspect.
Tues. Oct 20	<i>Parasite</i>	R	2 hours, 12 minutes	Greed and class discrimination threaten the newly formed symbiotic relationship between the wealthy Park family and the destitute Kim clan.

# CLASSES

Attendance at all classes is by reservation only by calling 636-3050 from 8:30am-4:00pm. No voicemails.

Registration opens every Monday for classes held the following week. If a particular class is held more than once a week, you can only register for one of those classes. It does not need to be the same day each week.

Please see Reopening Guidelines on pages 3-4.



Many classes are now available on YouTube by subscribing to the Amherst Center for Senior Services Channel.



## Tai Chi Intermediate (Dance Room)

*Class Leaders: Alberta Heidinger or Marie Zafron* 1:30–2:30 pm  
Thursdays, October 1, 8, 15, 22, 29  
Must have completed Beginning Tai Chi Class or have advanced Tai Chi experience.

## Chair Yoga (Card Room)

*Instructor: Jennifer Nuwer*  
Fridays, October 2, 9, 16, 23, 30 from 2:30 -3:30 pm  
Wednesdays, October 7,14,21,28 from 1:30 -2:30 pm

## “Mean” Jean’s Exercise Class (Activity B)

*Instructor: Jean Widlicka* 9:30–10:30 am  
Mondays, October 5, 19, 26  
Wednesdays, October 7, 14, 21, 28  
Thursdays, October 1, 8, 15, 22, 29



## Acrylic/Oil Painting (Arts & Craft Room)

*Instructor: Elaine Grisanti* 10:00 am – 12:00 noon  
Mondays, October 5, 19 & 26  
Masks must be worn for entire class

## Tone & Shape with Bands & Weights (Dance Room)

*Instructor: Marilyn Ciaravella* 11:45 am – 12:45 pm  
Fridays, October 2, 9, 16, 23, 30  
Mondays, October 5, 19, 26  
Bring your own bands and light weights to class

## Yoga (Dance Room)

*Instructor Tina Phillips* 9:00 – 10:15 p.m.  
Tuesdays, October 6, 13, 20, 27  
Wednesdays, October 7, 14, 21, 28

## Tap Dancing Intermediate (Dance Room)

*Instructor: Dawn Tarbox-Szerbiak* 10:45 – 11:40 am  
Tuesdays, October 6, 13, 20, 27  
The first half of class will work on technique and the second half will work on new dance material and routines. \*Previous Tap Dance experience is required.



## Tai Chi (Dance Room)

*Instructor: Robert Sachs* 1:30 – 2:30 pm  
Tuesdays, October 6, 13, 20, 27  
Some prior Tai Chi experience necessary

## Watercolor Intermediate (Art Room)

*Instructor: Dan Meyer* 10:00 am-12:00 pm  
Wednesdays, October 7, 14, 21, 28  
Create a complete watercolor painting in one class session using simple techniques. All classes are directed towards individuals with previous watercolor painting experience. Students are required to bring their own art supplies. No sharing of equipment. Masks must be worn for entire class

## Using Apps Together (Room 2)

*Instructor: Nancy Wise* 1:00– 2:00 pm  
Wednesday, October 7<sup>th</sup> Android  
Wednesday, October 21<sup>st</sup> iPhone  
Lesson includes texting a selfie, using Contacts, basic keyboarding, forms, saving, downloading, camera, etc.





# CLASSES

Attendance at all classes is by reservation only by calling 636-3050 from 8:30am-4:00pm. No voicemails.

Registration opens every Monday for classes held the following week. If a particular class is held more than once a week, you can only register for one of those classes. It does not need to be the same day each week.

Please see Reopening Guidelines on pages 3-4.

## Drawing Intermediate (Craft Rm)

*Instructor: Dan Meyer* 10:00 am-12:00 pm

Thursdays, October 8, 15, 22, 29

Create a complete drawing in one class session using simple techniques. All classes are directed towards individuals with previous drawing experience.

Students are required to bring their own drawing supplies including drawing pads and pencils. No sharing of equipment. Masks must be worn for entire class

## Ballet Stretch (Card Room)

*Instructor: Dawn Tarbox-Szerbiak* 9:45 – 10:40 am

Thursdays, October 8, 15, 22, 29

This signature workout combines ballet and stretch for a low-impact, invigorating, fat burning workout. Wear comfortable

clothing and ballet shoes or socks. Please bring a hand towel to class. Note: Due to COVID Regulations, individual chairs will be used, instead of ballet bars, to help with balance.

## Getting Familiar with ZOOM (Room 2)

*Instructor: Nancy Wise*

Thursday, October 8 from 1:00 – 2:00 pm

Get more comfortable using Zoom so you can sign up for many online classes!

## Guitar Lessons (Music Rm)

*Instructor: Jennifer May*

Fridays, October 9, 16, 23, 30

Times: 9:30,10:05,10:40,11:15am

Individual one-half hour

lessons will be offered. You must bring your own guitar. No prior musical experience is necessary. Masks must be worn the entire class.

## Using Your Personal Assistant (Room 2)

*Instructor: Nancy Wise* 1:00 – 2:00 pm

Wednesday, October 14<sup>th</sup> for Android Phone

Wednesday, October 28<sup>th</sup> for iPhone

You'll never miss an event or forget anything by having "your assistant" to remind you. This lesson concentrates on using the Clock and Calendar apps.

# OUTDOOR EVENTS

These events are held outdoors at local parks and outside at the Senior Center.

You do not need to reserve in advance.

Just POP IN!

THESE EVENTS ARE WEATHER PERMITTING.

## SENIOR CENTER

370 James Audubon Parkway

### Tai Chi

**THIS CLASS IS WEATHER PERMITTING**

*Instructor: Robert Sachs* 1:30-2:30 pm

Thursdays, October 1, 8, 15, 22, 29

## GARRISON PARK

Garrison Road

### "Mean" Jean's Exercise

*Instructor: Jean Widlicka* 10:30-11:30 am

Fridays, October 2, 9, 16, 23, 30

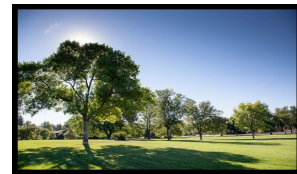
## ISLAND PARK

5577 Main Street

### 11:00 Trivia-12:00 Brown Bag Lunches

Tuesdays, October 6, 13, 20, 27

Please bring a chair, mask and a brown bag lunch if staying for lunch.



## WALTON WOODS

John James Audubon Parkway

### Walton Woods Walks

October 2, 9, 16, 23, 30 at 10:00 am

### Outdoor Lunches

Friday, October 2, at 12:00 pm

Friday, October 16, at 12:00 pm

Please bring a brown bag lunch, chair, and a mask.


# VIRTUAL PROGRAMS & CLASSES

All programs and classes in this category are being held virtually.

Each class provides instructions on registering.

## Healthy Living Strategies

Thursday October 1 at 11:00am  
 Presented by: Jennifer Johnson,  
 HealthNow



Learn how to get and stay healthy by making simple changes to what you eat and your level of activity.

<https://nyhmeetings.webex.com/nyhmeetings/j.php?MTID=macd82e5ff90b8e827891f3edc7c2b1bd>

## Functional Living Everyday Exercise (FLEE)-PREREGISTER

*Instructor: Jill Bronsky*  
 Mondays at 10:00 am  
[https://us02web.zoom.us/meeting/register/tZMrdOmvqDgoEtWh6iIc1e\\_vTepSmfy-161w](https://us02web.zoom.us/meeting/register/tZMrdOmvqDgoEtWh6iIc1e_vTepSmfy-161w)  
 (There is an underscore after e and before v)  
 If you participated in the summer session we will be using the same Zoom link for the Fall, so there is no need to pre-register.

## Yoga & Meditation-PREREGISTER

*Instructor: Jennifer Nuwer*  
 Tuesdays at 11:30 am  
[https://us02web.zoom.us/meeting/register/tZclcO2rrjstGNVTFdDHEFqs8b8kv\\_H60WAF](https://us02web.zoom.us/meeting/register/tZclcO2rrjstGNVTFdDHEFqs8b8kv_H60WAF)  
 (There is an underscore after v and before H)  
 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-PREREGISTER

*Instructor: Michael Harris*  
 Tuesdays, 1:00 -3:00 pm Began Sep. 8-Dec. 15  
<https://us02web.zoom.us/meeting/register/tZUdp-yprD4oHNGsUgzhe0zejpEg1KatpJ4x>  
 After registering, you will receive an email containing information about joining the meeting.

## Current Events

*Class Leaders: Dick Mallison, Jeff Goodman, Joann Shafer or Dick Schanley*  
 Wednesdays, 9:30 – 11:30 am  
 Please contact Cindy at [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us) to see if space is available and to receive the Zoom link.



## Yoga-PREREGISTER

*Instructor: Tina Phillips*  
 Thursdays at 9:00 am  
[https://us02web.zoom.us/meeting/register/tZcpcO-opz0qG9cgy\\_XDAffIO0yRYz9n8ApI](https://us02web.zoom.us/meeting/register/tZcpcO-opz0qG9cgy_XDAffIO0yRYz9n8ApI)  
 (There is an underscore after y and before X)  
 After registering, you will receive an email containing information about joining the meeting.

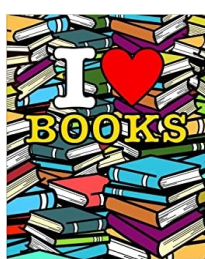
## Art History: American landscape painting with a bit of divergence for the Canadian “Group of Seven” Painters

*Instructor: Laura Watts*  
 Thursdays at 10:00 am  
 Please email Cindy at [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us) to RSVP and she will send you the link.

## All The News & Issues

*Class Leader: Geoffrey McCauley*  
 Fridays, 10:00 – 11:30 pm SPACE IS LIMITED.  
 Please contact Cindy at [cweiss@amherst.ny.us](mailto:cweiss@amherst.ny.us) to see if space is available and to receive the Zoom link.

## Zoom Book Lovers Club PREREGISTER



Monday, October 5, at 1:00 pm  
<https://us02web.zoom.us/meeting/register/tZwkd-6trToiGdVfdHhBwTnNPK36ohe29-z>  
 Have you read a book that you loved recently and want to tell fellow book lovers? Please email the list of books you would like to share to [jlazarz@amherst.ny](mailto:jlazarz@amherst.ny)

## Fifteen Ways to Avoid Probate

Wednesday, October 7 from 10:30-11:30 am  
*Presenter: Robert Friedman, Friedman & Ranzenhofer*  
 Learn estate and asset protection techniques, risks and benefits of avoiding probate, best forms of real estate ownership, most common estate planning mistakes, recent changes in estate and gift tax laws, etc. Register at [www.wny-lawyers.com/webinars/](http://www.wny-lawyers.com/webinars/) or call 631-9999.

# VIRTUAL PROGRAMS & CLASSES

All programs and classes in this category are being held virtually.

Each class provides instructions on registering.

## Zoom Games PREREGISTER

- Wednesday, October 7 at 1:00 pm *Jeopardy*

<https://us02web.zoom.us/join/joinMeeting?meetingId=9851234567890>

- Thursday, October 22, at 11:00 am *Match Game*

<https://us02web.zoom.us/join/joinMeeting?meetingId=9851234567890>

## Zoom Cooking with Jen PREREGISTER

- Monday, October 19, at 2:00 pm  
**Award Winning Chicken Noodle Soup\***

<https://us02web.zoom.us/join/joinMeeting?meetingId=9851234567890>

Recipe will be emailed to you when after you register

\*Pretty sure she's lying about the award~Editor



## Medicare 101

Wednesday, October 21, 3:00 pm

Presented by: Lisa Giancarlo, Clarity Group

Let the clarity group help you understand Medicare and all your options before you make a decision because not all plans work the same. Contact Lisa Giancarlo at 864-4886 to receive the meeting link.

## FUN with Apples on Zoom PREREGISTER

- Chocolate Turtle Apple Slices**

Friday, October 23 at 1:00 pm

<https://us02web.zoom.us/join/joinMeeting?meetingId=9851234567890>

- Cinnamon Apple Bundt Cake**

Thursday, October 29 at 2:00 pm

<https://us02web.zoom.us/join/joinMeeting?meetingId=9851234567890>

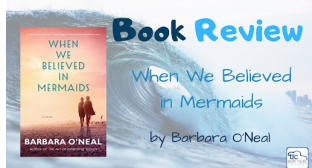
After registering, you will receive information regarding joining the meeting and a list of ingredients

## Zoom Book Review PREREGISTER

Wednesday, October 28 at 2:00 pm

*When We Believed in Mermaids* by Barbara O'Neil

<https://us02web.zoom.us/join/joinMeeting?meetingId=9851234567890>



## Free Aging Mastery Program Class- An Intimate Conversation on Sexual Health

October 8<sup>th</sup> at 10:00 am



JOIN ERIE COUNTY SENIOR SERVICES FOR A  
VIRTUAL SPECIAL ELECTIVE: SEXUAL HEALTH CLASS

TOPICS INCLUDE: INTIMACY

BARRIERS TO INTIMACY

COGNITIVE FACTORS

DATING

PROTECTION METHODS

WHEN: OCTOBER 8<sup>TH</sup> 10:00 am

WHERE: VIRTUAL



IF INTERESTED PLEASE CONTACT JULIE RUSZALA 858-6403 TO REGISTER.

## Sun Records and the Birth of Rock and Roll

Thursday Oct. 8 at 11:00 am

Presented by: Barbara Sims



Barbara Barnes Sims is the author of the *THE NEXT ELVIS: SEARCHING FOR STARDOM AT SUN RECORDS*.

At Sun Record Company in Memphis, where she was employed from 1957-1960, Barbara got a close-up view of some of the most remarkable events in American musical history. As the studio's one-woman publicity and sales promotion department, Barbara worked closely with founder Sam Phillips (the man who discovered Elvis) in launching several trend-setting singers. These included Johnny Cash, Jerry Lee Lewis, Carl Perkins, Roy Orbison, and Charlie Rich.

Barbara later joined the English faculty of Louisiana State University, where she taught for 36 years and received two university-wide awards for superior teaching

Register in advance for this meeting:

<https://us02web.zoom.us/join/joinMeeting?meetingId=9851234567890>

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

# 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.

While we are unable to take walk-in's at this time, we are available to meet for in-person office visits by appointment only. Please call the Social Work office to schedule an appointment or reserve your spot in one of the programs below.



### Mindfulness Matters: Mindful Body Scan Exercise & Discussion Friday October 9 2:00 pm

The Mindful Body Scan is an effective way to tune into your body, reconnect with your physical self, and notice sensations you are feeling without judgement. The goal is to encourage the mind to be more open and aware of sensory experiences, as well as being more accepting of them. The Mindful Body Scan can help you to focus and be fully present in your life.

### Widow/Widowers Support Group-Can You Die of a Broken Heart? Tuesday, October 13 11:00 am

Unfortunately, the answer is yes. A variety of intense emotional and physical stressors such as death of a loved one can cause rapid and severe weakening of the heart muscle, a scientific medical condition referred to as, *Broken Heart Syndrome*.

### Ted Talk & Discussion "Why We All Need Emotional First Aid" Thursday October 15th 1:00 pm

*(Limited to TEN participants)*

We will meet via Zoom and watch the Ted Talk "Why we all need Emotional First Aid" with a facilitated discussion to follow. All you need is an open mind and an opinion to share.



### Caregivers Support Group Wednesday October 21<sup>st</sup> 1:00pm

The goal of this group is to provide an open judgement-free space for Caregivers to express thoughts and feelings while sharing advice with each other.



### Just Say It! Monday October 26<sup>th</sup> 10:00 am

Do you find yourself wanting to say something but unsure if its "appropriate"? Or often "speaking carefully" in fear of what others will think? If so, this is the group for you. Join us as we respectfully share thoughts and simply talk freely amongst peers. Please note: what we talk about in this group stays in this group

### Gratitude Campaign with Natalie Hoerner <http://ow.ly/Yef050zCJiq>

Join Natalie Hoerner on a gratitude campaign to spread some positivity into the world. Visit the website <http://ow.ly/Yef050zCJiq> to receive 3 free postcards to send to 3 special people in your life for whom you are grateful. Help spread some love and hope during this challenging time. Together let us bring some positivity to the world, one postcard at time. With Gratitude!

### 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](mailto:ajones@amherst.ny.us)**

# VOLUNTEER NEWS

Hello, Volunteers! That's what we're finally beginning to say **out loud!** You're beginning to come back to us--and thank goodness, because we've missed you terribly!



If you have not been contacted yet, please don't feel left out. We **WILL** be calling. It's important to fill positions deliberately and it's simply a matter of the best fit for the particular job at hand. We wish we could open our doors and invite you all back in, all at once, but unfortunately, that's just not possible.

If you **do** feel ready to return and would like us to know that, please do not hesitate to call the Volunteer Office at #636-3055 ext. 3126 to let us know. While we know many of you intend to return to us, you may just not be quite ready. And that's OK. We won't forget about you or be upset with you because you're not ready yet. We want you to feel confident and comfortable upon your return. As far as we're concerned, happy, healthy volunteers are what we strive for. We've all become somewhat of a family over the years and we value every single one of you and wish to see you here as soon as possible. So don't fret if you haven't heard from us yet. We're simply keeping our volunteer footprint small for the time being and plan to add to our **active** volunteer roster a little bit each week or two. Hopefully, before we know it, it'll be just like old times when we got to spend time with so many of you each day. Which is exactly the way we like it!

Looking forward to speaking to you...

Your Volunteer Services department friends, Jodi, Barb, and Pattie

## CLUBS

All of the Center's Clubs are on a temporary hiatus with the exception of Dinner Club.

As soon as we can allow more activities in the building while still maintaining social distancing we will let you know.

Dinner Club Information is available online at <http://www.amherst.ny.us/pdf/trackus/attachments/dinnerclub.pdf>

Dinner Club Leader: Myra Horowitz, 634-9223



### MAILING SUBSCRIPTIONS

You can have The Network delivered to your home for \$6.00 per year. Mail or bring this form, along with 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.

### GENERAL MAILING SUBSCRIPTION for One Year

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

The two most previous issues of the NETWORK are available online at [www.amherst.ny.us](http://www.amherst.ny.us).

# OCTOBER-EMOTIONAL HEALTH MONTH

Did you know your emotional well-being has powerful effects on your overall health? Mental and emotional stress can translate into negative physical reactions, a weakened immune system, and poor health.

“Emotional wellness” refers to our ability to process feelings in a healthy, positive way and manage the stress of everyday life. If you feel stressed or overwhelmed, try a soothing activity like meditation or yoga to slow down and clear your mind.

Use Emotional Wellness Month as an opportunity to take charge of your emotional wellness, find the soothing activities that work for you, and, most of all, breathe!



## History of Emotional Wellness Month

With our hectic schedules, devices pinging us from every direction, and modern life becoming increasingly uncertain, it's more crucial than ever to maintain a sense of calm and balance. Emotional Wellness Month, observed all October, reminds us to disconnect and take a time out for our brain.

Maintaining a healthy emotional balance helps us make healthy choices, have good relationships, and achieve our goals. Emotional wellness gives us a toolkit for handling life's stresses, navigating relationships, and keeping ourselves motivated. Mindfulness, a simple but powerful concept inspired by Eastern meditation traditions, is a useful way to practice engaging in the present, accepting events and feelings without judgment, and moving through life with calm and ease.

Did you know good sleep and a healthy diet can have powerful effects on your emotions? If you're feeling depressed or anxious, make sure you're getting proper rest and eating nutritious food. Consider your relationship to yourself and your loved ones. Do you feel confident and optimistic about your future? Do you have good communication with those you care about? Are



you able to express your feelings and process difficult times in a healthy way?

High levels of stress can lead to physical complications like high blood pressure, headaches, and even chronic conditions like diabetes. If you're having a hard time enjoying life or experiencing the physical symptoms of high stress, talk to your doctor or a therapist who can guide you toward activities and treatment options that can help you feel like yourself again.

## Tips for Improving Your Emotional Health:

1. Brighten Your Outlook
2. Reduce Stress
3. Get Quality Sleep
4. Be Mindful
5. Cope With Loss
6. Strengthen Social Connections

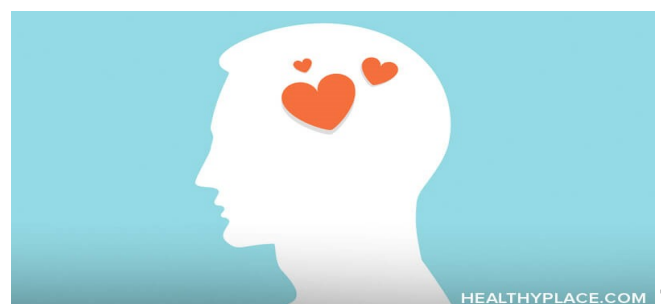
## Emotional Wellness Checklist

To complete the Emotional Wellness Checklist <https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist.pdf>

## Help From the Senior Center

Please refer to our Social Work page 13 for helpful programs to improve your emotional health and possibly make yourself a little bit happier.

We also have information on local resources on page 6.



**This menu is subject to change**

**OCTOBER-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 636-3050.**

**There are absolutely 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>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			1 Congregate Dining will begin on October 5.	2 Congregate Dining will begin on October 5.
5 Chicken Spanish rice Vegetable mix Wheat bread Cookie	6 Salisbury steak Mashed potatoes Vegetable mix Rye bread Tropical fruit	7 Omelet Garden veg rice Carrots Dinner roll Cake	8 Turkey w/gravy Mashed potatoes Peas & onions Stuffing Diced peaches	9 Fish Potato wedge Broccoli Wheat bread Banana
12 CLOSED  	13 Spag & meatballs Broccoli Grape juice Pasta Fruit Cocktail	14 Chicken stir fry Vegetables Carrots Rice Fortune cookie	15 Scrambled eggs Sausage Pancakes Orange juice Tropical fruit	16 Polish sausage Sauerkraut Pierogi Vegetable mix Roll Donut
19 Roast beef w/gravy Mashed potatoes Vegetable mix White bread Banana	20 Chicken Caesar salad Chili Italian bread Angel food cake	21 Meatloaf w/gravy Au gratin potatoes Lima bean bake Honey bran bread Tropical fruit	22 Pork chop w/gravy Mashed potatoes Peas Dinner roll Chocolate pudding	23 Breaded fish Rice Green beans Muffin Diced pears
26 Julienne salad Vegetable beef soup Fruit punch Italian bread ice cream	27 Turkey w/gravy Mashed potato Vegetable mix Dinner roll Cookie	28 Chicken Rice pilaf Carrots Wheat dinner roll Orange	29 Macaroni & Cheese Stewed tomatoes Broccoli White bread Banana	30 Pizza Wings Celery Grape juice Spooky Jell-o



**Supplemental Nutrition Assistance Program (SNAP)** may provide you a monthly supplement for purchasing nutritious food. If you qualify, you'll get a debit card to use for groceries. Call our social work department at 636-3050 for questions regarding your qualifications and any assistance you may need with the application process.



**AMHERST SENIOR TRANSPORTATION** will be providing rides to and from **RESERVED** lunches.

**You must schedule your ride at least 72 hours in advance. You must have a lunch reservation.**

**RESERVATIONS OR CANCELLATIONS 636-3050**

# 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. 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](http://www.aarpdriversafety.org). Promo code for 25% discount: DRIVINGSKILLS

## 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.

## FRIENDS HELPING FRIENDS:



The Center's pantry contains nonperishable food items, toiletries, toilet paper, and cleaning supplies. These items are available for our community members to obtain as needed. We are committed to ensuring

pantry access is provided with respect and confidentiality. Call the Social Work Office at the Amherst Senior Center for an appointment at 636-3050, ext. 3129

## HEALTHY MEALS:

636-3065

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



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

## LEGAL:

The Center for Elder Law & Justice 844-481-0973 (9:00-11:00) E-mail [helpline@elderjusticenyc.org](mailto: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)

**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

## TRANSPORTATION:

### Amherst Senior Transportation Department

636-3075



Currently driving to and from medical appointments and to RESERVED Center activities. Rides must be reserved 72 hours in advance.

### Hearts & Hands 406-8311

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





*Difficult roads often lead to beautiful destinations*

