



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

Presorted Standard
 U.S. Postage
PAID
 Permit No. 4694
 Buffalo, NY



NOVEMBER 2020



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



THE NETWORK



NATIONAL
FAMILY CAREGIVER MONTH

Caring for the Caregiver

DIRECTOR'S NOTE

TABLE OF CONTENTS

Class Information	7-8
Club News	11
Center Programs	5-6
Guidelines	3
Mail Subscription	12
Membership	4
Movies	6
Nutrition	13
Social Work	10
University Express	8
Virtual Programs and Classes	9
Volunteer News	11

Editor-in-Chiefs:

Brian Bray (bbray@amherst.ny.us) and
Melissa Abel (mabel@amherst.ny.us)

Editor:

Christina Yensan (cyensan@amherst.ny.us)

Reporters:

Joanne Cole, Program Leader (jcole@amherst.ny.us)
Tammy Jacobs, Program Coordinator (tjacobs@amherst.ny.us)
Angela Jones, Social Worker (ajones@amherst.ny.us)
Jodi Kwarta, Volunteer Director (kwarta@amherst.ny.us)
Jennifer Lazarz, Program Leader (jbono@amherst.ny.us)
Donna Muck, Kitchen Manager (dmuck@amherst.ny.us)
Cindy Weiss, Class Coordinator (cweiss@amherst.ny.us)

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



Like many, my family looks forward to Thanksgiving every year. It is an opportunity to get together with relatives our lives do not provide the opportunity to see enough. Some family members

even travel from out-of-town and it is usually the only time we get to see them all year. We usually argue about politics and commiserate about the seasons of the Bills and Sabres but at the end of the day are happy we get to see each other.

Due to COVID-19, this Thanksgiving will be unlike any we have ever experienced. Experts are advising that people should not be gathering for Thanksgiving with people outside of their immediate households. That, however, is easier said than done. Thanksgiving is a sacred time in our society, meant to give thanks and reconnect with our loved ones. It is difficult to imagine letting the fourth Thursday of November pass without connecting with my family.

The risk of having a traditional Thanksgiving, however, is really high. Throughout 2020, family get-togethers, such as weddings, funerals, and reunions, have resulted in many people contracting the virus. I know that I cannot comfortably celebrate Thanksgiving as usual because I would never want to put my family at risk.

Instead, my family will be doing a Zoom Thanksgiving this year. My immediate family will be setting a time to eat a meal with our extended families and be able to see and talk to each other over the internet. We will also try to find time to make desserts together earlier in the day. While it will not be the same as a traditional Thanksgiving, it will allow us to connect with our families while keeping each other safe.

We should all be thinking about how we are going to celebrate the holidays this year. What is your plan for Thanksgiving and Christmas? How are you going to keep you and your family safe while still being able to celebrate what is important to you?

Brian



Director, Brian Bray was recently interviewed by Linda Pellegrino on WBEN Senior Radio.



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 must have on a face mask that properly covers your nose and mouth and this must remain on while moving through the building.
- You must have an appointment for an activity to enter. This will be verified by staff.
- You will have your temperature taken. Anyone with a fever over 100.0 will not be allowed entry.
- Hand sanitizer will be available at check-in (*Additional sanitizer is provided throughout the building. You are also encouraged to bring your own.*)
- 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.
- You will then use your membership keytag to check-in and again at check-out.

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.

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.



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.
- Masks must be worn throughout all classes and programs. (*If you feel you can not do this, please refrain from coming at this time*)
- Registration opens every Monday for classes and programs 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.

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:

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

The Billiard Room will open on November 2 by appointment only and you must bring your own stick and chalk.

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:

November 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 (Open by appointment only)
- Card Room*
- Computer Lab*
- Gift Shop*
- 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.



GANDHI MONUMENT DONATED

A 617 pound bronze Gandhi bust was unveiled on October 2. This was a donation to the Town of Amherst by the Consulate of Heritage and Arts on India (CHAI). The bust is a public art representation of peace, harmony, and nonviolence. A peaceful sitting area for members is in the planning stages and this will be the first step of many to beautify the space between the Senior Center and the Library.

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.

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 page 3.



GAMES



Board Games (Health Room)

Please bring a pen.

Monday, November 2-Headbands

Monday, November 9-Taboo

Monday, November 16-Outburst

Word Up Wednesday (Room 3)

November 4 and 18 at 2:00 pm

November 25 at 11:00 am

Trivia Thursdays (Room 2)

November 5, 12 (Health Rm), 19 at 2:00 pm

Mind Teasers (Room 2)

Friday, November 13, at 11:00 am

Please bring a pen

Can You Top That? (Health Room)

Tuesday, November 17 at 11:00 am

Everyone has a story, a talent or an experience please join us as we try to top one another.

Bingo (Activity B)

Wednesday, November 18, at 11:00 am

Please bring a highlighter, pen or pencil.



HEALTH

Medicare Options with the Clarity Group (Craft Rm)

Tuesday, November 3 from 1:00-3:00 pm

Monday, November 23 from 10:00-12:00 pm

Appointments must be made by calling Lisa at 864-4886

Flu Shots-Please Bring Insurance Card (Health Rm)

Thursday, November 5 from 12:00-2:00 pm

Shots provided by Kaleida Health. Appointments must be made by calling Tammy at 636-3055 ext. 3172.

Independent Health

Friday November 6 at 10:00 am (Craft Room)

Monday November 16 at 10:00 am (Craft Room)

Appointments must be made by calling Tammy at 636-3055 ext. 3172.

Chiropractic Wellness (Health Room)

Tuesday November 10 at 1:30 pm

Dr. Chris Acquisto will share a chiropractic, unique vision for your health and wellbeing.

Flu Shots & Shingles Shots (Health Room)

Thursday November 12 from 9:00 am-12:00 pm

Shots provided by Tops Pharmacy

Appointments must be made by calling Tammy at 636-3055 ext. 3172.

Medicare Options with Univera (Room 3)

Tuesday November 17 at 2:00 pm

Appointments must be made by calling Michele at 572-8315.

Medicare Options with Sheridan Benefits (Craft Rm)

Wednesday November 18 at 1:00 pm

Appointments must be made by calling Maria at 345-0337.

Latest Innovations in Dental Implants (Activity B)

Tuesday, November 17 at 12:00

FEATURED SPEAKER: TODD SHATKIN

The Truth About Headaches (Health Room)

Thursday November 19 at 1:30 pm

Presented by Dr. Chris Acquisto

JUST FOR FUN



Pen Pals

The Town of Amherst's Youth and Recreation Department have young citizens looking for a pen pal. Call Jen at 636-3055, ext. 3112 if you are interested.

Tuesday Chats (Health Room)

November 3, 10, and 24 at 11:00 am Join us for casual conversation and friendship!

Ask a Cop (Dining Room)

Wednesday, November 4 at 1:45 pm

Join us for casual conversation with Amherst Police Officers

CENTER EVENTS-continued

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 page 3.

Town of Amherst's Emergency Services
 Tuesday, November 24 at 11:00 am (Health Room)
 Do you have questions or concerns about COVID, the flu and/or other safety precautions? Hear from these local experts on current topics.

Funny Fridays (Room 2)

November 6 and 20 at 11:00 am

Enjoy some laughs watching the *Carol Burnett Show*

Flashback Fridays (Room 2)

Fridays November 6, 13, 20 at 2:00 pm

Join us as we look back at this day in history.

Cooking with Jen (Room 2)

Tuesday, November 10 at 10:30 am

Thanksgiving Egg Rolls

Please bring a container to take home.



Dishin' with Brian (Health Room)

Friday November 20 at 10:30 am Looking to get to know the Senior Center Director? Come join us for casual conversation.

Ask the Realtor (Craft Room)

Friday, November 20 at 11:00 am

Please call Jennifer at 636-3055, ext.3112 to make your appointment.



Documentary & Discussion: *Score* (Activity B)

Friday, November 20 at 1:00 pm

Documentary bringing Hollywood's elite composers together to give viewers a privileged look inside the musical challenges and creative secrecy of the world's most international music genre: the film score. 93 min.

CBD 101 (Activity B)

Tuesday, November 24 at 1:00 pm

Learn the fundamental basics of CBD to include; cannabinoids and how they work to help your body handle stress, pain and anxiety.

SAVE THE DATE:

HOLIDAY HAPPENING DRIVE-THRU (Parking Lot)

RESERVATIONS REQUIRED.

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

Bring your family and friends and come and see holiday characters, crafts and goodies for all kids in the car. You can wear pj's and snuggle with blankets from the comfort of your car. Please consider donating adult and children sized socks and underwear for those in need.



MOVIES ARE SHOWN ON MONDAYS AT 1:00 IN ACTIVITY

Date	Movie	R	Duration	Description
Nov 2	Motherless Brooklyn	R	2 hr. 24 min.	Set in 1950s New York, a PI with Tourette's Syndrome seeks to avenge his boss' murder by breaking the case he was working on.
Nov 6 	Shawshank Redemption MOVIE & REVIEW	R	2 hr. 22 min.	The Shawshank Redemption "Red" Redding is a lifer who knows the ropes at Maine's Shawshank State Prison. New inmate Andy Dufresne is a quiet banker, unjustly convicted of murder. Immediately following movie, review with our Director Brian Bray)
Nov 9	Downton Abbey	PG	2 hr. 3 min.	The beloved Crawleys and their staff prepare for the most important moment of their lives-A royal visit from the king and queen of England soon. Scandal, romance and intrigue-leaves the future of Downton hanging in the balance.
Nov 16	A Beautiful Day in the Neighborhood	PG	1 hr. 49 min.	Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers.
Nov. 23	Cats	PG	1 hr. 50 min.	A tribe of cats must decide yearly which one will ascend to the Heaviside Layer and come back to a new life.
Nov. 30	Little Women	PG	2 hr. 15 min	Writer-director Greta Gerwig (Lady Bird) has crafted a Little Women that draws on both the classic novel and the writings of Louisa May Alcott.

RESERVATIONS 636-3050

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 page 3.

UPDATE MASKS MUST BE WORN THROUGHOUT EVERY CLASS

Tai Chi Intermediate (Dance Room)

Class Leaders: Alberta Heidinger or Marie Zafron 1:30–2:30 pm
Thursdays, November 5, 12, 19

Must have completed Beginning Tai Chi Class or have advanced Tai Chi experience.

Chair Yoga (Card Room)

Instructor: Jennifer Nuwer
Wednesdays, November 4, 18, 25 from 1:30 -2:30 pm
Fridays, November 6, 13, 20 from 2:30 -3:30 pm

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

Instructor: Jean Widlicka 9:30–10:30 am
Mondays, November 2, 9, 16, 23, 30
Wednesdays, November 4, 18, 25
Thursdays, November 5, 12, 19

Acrylic/Oil Painting (Arts & Craft Room)

Instructor: Elaine Grisanti 10:00 am–12:00 noon
Mondays, November 2, 9, 16, 23, 30

Tone & Shape with Bands & Weights (Dance Room)

Instructor: Marilyn Ciaravella 11:45 am – 12:45 pm
Mondays, November 2, 9, 16, 23, 30
Fridays, November 6, 13, 20
Bring your own bands and light weights to class

Yoga (Dance Room)

Instructor Tina Phillips 9:00 – 10:15 am
Tuesdays, November 3, 10, 17, 24
Wednesdays, November 4, 18, 25



Tap Dancing Intermediate (Dance Room)

Instructor: Dawn Tarbox-Szerbiak 10:45 – 11:40 am
Tuesdays, November 3, 10, 17, 24

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, November 3, 10, 17, 24
Some prior Tai Chi experience necessary



Watercolor Intermediate (Art Room)

Instructor: Dan Meyer
10:00 am-12:00 pm
Wednesdays, November 4, 18, 25

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.



Using Windows (Room 2)

Instructor: Nancy Wise
1:00– 2:00 pm
Wednesday, November 4
Getting familiar with Windows is essential in order to take advantage of all the useful and helpful things for which you use your computer. This class is specific to Windows 10 PC's, however, Mac users will also benefit from this computer basic class. If you have a laptop, please bring to class.

CLASSES-continued

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 page 3.

UPDATE MASKS MUST BE WORN THROUGHOUT EVERY CLASS

Drawing Intermediate (Craft Rm)

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

Thursdays, Nov. 5, 12, 19

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.

Ballet Stretch (Card Room)

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

Thursdays, November 5, 12, 19

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. Due to COVID Regulations, individual chairs will be used, instead of ballet bars, to help with balance.



Guitar Lessons (Music Rm)

Instructor: Jennifer May

Fridays, November 6, 13, 20

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.

Copy & Paste (Room 2)

Instructor: Nancy Wise 1:00 – 2:00 pm

Thursday, November 12

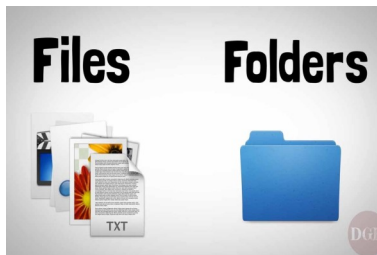
There is always something over here that you also need over there. Knowing how to quickly copy & paste is THE essential computer skill for all users. This class will give you tips to help newbies and veteran users. If you have a laptop, please bring to class.

Using the Internet (Room 2)

Instructor: Nancy Wise 1:00 – 2:00 pm

Wednesday, November 18

The Internet is our resource for almost everything. We'll talk about browsers, search result lists, copying, downloading and the Cloud. If you have a laptop, please bring to class.



File & Folder Management (Room 2)

Instructor: Nancy Wise

1:00 – 2:00 pm

Wednesday, Nov. 25

This class will show you how to access and manage all those files, pictures, downloads and saves. Finding, Opening, Renaming, Moving, Copying, Deleting, Organizing and Sharing Files and folders is essential to today's computer user. If you have a laptop, please bring to class.



UNIVERSITY EXPRESS

All University Express classes will be held virtually this year.

Join us as we view virtually!

10:00 AM Wednesday, November 4 (Act B)

Finding your Female Ancestors

2:00 PM Thursday, November 5 (Dining Room)

Step by Step Rightsizing: How to Simplify it

10:00 AM Monday, November 9 (Activity B)

"The Chrysanthemums"

2:00 PM Thursday, November 12 (Dining Room)

Four Deployments Part I: Desert Storm and Iraqi Freedom

2:00 PM Tuesday, November 17 (Dining Room)

Adventures in Writing a Memoir

10:00 AM Friday, November 20 (Activity B)

Putting Your Affairs in Order

10:00 AM Tuesday, November 24 (Activity B)

Does Communication Technology Divide Our Generations?

10:00 AM Monday, November 30 (Activity B)

A Judge's Journey

For more information, please go to:

<https://www2.erie.gov/universityexpress/>

VIRTUAL PROGRAMS & CLASSES

All programs and classes in this category are being held virtually. Each class provides instructions on registering.

Functional Living Everyday Exercise (FLEE) PREREGISTER

Instructor: Jill Bronsky Mondays, 10:00 am
https://us02web.zoom.us/join/zoom-join-161w-tZMrdOmvqDgoEtWh6ilc1e_vTepSmfy-l61w

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.



FUN with Pumpkin (PREREGISTER)

- **Monday, Nov. 2, 11:00 am-2 Ingredient Pumpkin Cake**

<https://us02web.zoom.us/join/zoom-join-66gqzMpGdElaUTdo6W27TROH3mIzgBE>

- **Monday, Nov. 16, 11:00 am-Pumpkin Dip**

<https://us02web.zoom.us/join/zoom-join-tZEkduisrD8iGNwULnQrNwRXuC1uXJjRWzwU>

After registering for each session, you will receive a confirmation email with information about joining the meeting as well as the ingredients.

Medicare Options with Sheridan Benefits

Tuesday November 3, 10:00 am

Please contact Maria at 345-0337 to RSVP and obtain the meeting link.

Yoga & Meditation-PREREGISTER

Instructor: Jennifer Nuwer Tuesdays, 11:30 am

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

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 in September through December 15 (no class 11/3)

<https://us02web.zoom.us/join/zoom-join-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 (no class 11/11)

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

Putting a Stop to Diabetes

Wednesday, November 4, 11:00 am

Learn kinds of testing that can be done, risks of high blood pressure, causes of sugars to rise, and different risk factors. You'll also receive prevention tips. Join Microsoft Meeting at 716-236-8765



Yoga-PREREGISTER

Instructor: Tina Phillips Thursdays, 9:00 am (no class 11/26)

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

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, 10:00 am

Please email Cindy at cweiss@amherst.ny.us to RSVP and obtain the meeting link.

All The News & Issues

Leader: Geoffrey McCauley Fridays, 10:00-11:30 am (no class 11/27)

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

End of the Year Financial Check-Up w/Kristen Meyer

Monday, November 9 at 2:00 pm

Please email Tammy at tjacobs@amherst.ny.us to RSVP and obtain the meeting link.

BBB's Senior Scam Prevention Program

Tuesday, November 10, 2:00 pm

Receive the most up-to-date information on trending scams and where the scam activity is happening in Upstate New York.

[https://zoom.us/j/96091775121?](https://zoom.us/j/96091775121?pwd=UGk3cEp3TXJ6QWg4Z2pIdC94bFJRQT09)

[pwd=UGk3cEp3TXJ6QWg4Z2pIdC94bFJRQT09](https://zoom.us/j/96091775121?pwd=UGk3cEp3TXJ6QWg4Z2pIdC94bFJRQT09)
or Phone in at 929-205-6099

Meeting ID: 960 9177 5121 Passcode: 045180



Medicare Options with the Clarity Group

Friday November 13, 10:30 am

Please call Lisa at 864-4886 to obtain the link for meeting.

The Match Game-PREREGISTER

Monday, November 23, 11:00 am

<https://us02web.zoom.us/join/zoom-join-vqz0uHNSf7W5wOkutvJNY45YjZWTn>

Cooking with Jen-PREREGISTER

Monday, November 30, 10:30 am

CopyCat Panera Bread Broccoli Cheddar Soup

<https://us02web.zoom.us/join/zoom-join-tZAKdOqhrzksE939lhYxjfDlShpdeTlZSPb>

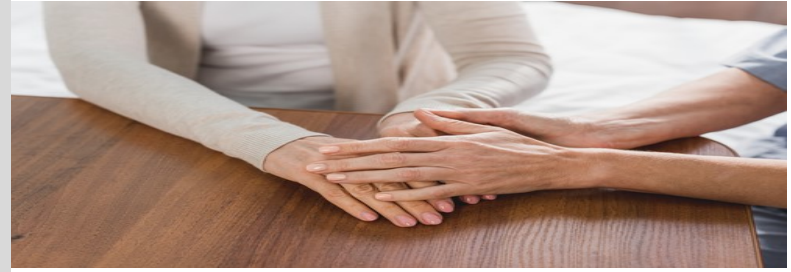


SOCIAL WORK

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.



Home Energy Assistance Program (HEAP)

HEAP fall-winter season opens Nov. 2 and will run through Mar. 15. HEAP is a benefit designed to help decrease annual costs associated with heating your home. Income guidelines have increased and you may be eligible for a benefit of up to \$741. Contact us for more information, income guidelines or to make an appointment for application assistance.



Widow/Widowers Support Group:

Share your love story

November 10th at 11 am

Losing a significant other may leave you feeling like you've lost a piece of your own heart. It can induce fear, insecurity, isolation and sometimes even anger. However, all of those emotions can emerge into an ability to live a life filled with compassion. You are invited to *Share Your Love Story* and celebrate your resilience.



Mindfulness Matters:

Let's Debunk Mindfulness Myths

Friday November 13th at 2 pm

We've discussed the benefits of Mindfulness, how practicing can help reduce stress, anxiety, as well as some depressive symptoms. So if Mindfulness has so many scientifically proven benefits, why do people choose not to engage in practice? The major reason is that there are a number of misconceptions or myths about Mindfulness. Let's *Debunk the Mindfulness Myths* and discuss how Mindfulness practice can be personalized to our specific individual needs.

Caregivers Support Group

Care♥Givers

Wednesday, Nov. 18 at 1pm

IT'S FAMILY CAREGIVERS MONTH! Being a Family Caregiver is a challenging and often unrewarding role. This month we would like to acknowledge YOU and the tireless work you put into caregiving by identifying tips that can help you get the support you need while caring for your loved one. You can be an effective, loving caregiver without having to sacrifice yourself.



Ted Talk & Discussion: "Can We All Have it All?"

Thursday, Nov. 19 at 1 pm

Typically, "having it all" is a conversation aimed at mothers who want to balance work with life. Anne-Marie Slaughter points out that having it all isn't a male or female issue, it's a human issue affecting us all. We will meet via Zoom and watch the Ted Talk "Can We All 'have it all?'" 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.

Just Say It!

Monday, Nov. 30 at 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.

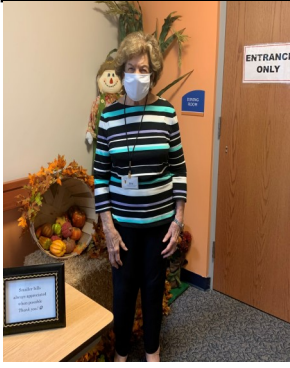


ARE YOU OR SOMEONE YOU KNOW IN NEED OF HOME BASED SERVICES?

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



It's volunteer recruitment time!

We've been waiting months to be able to say that. Now that we're beginning to bring members back to the Center, we find ourselves in need of filling volunteer roles a bit differently. Where we used to need one or two volunteers to cover any particular area, we now find ourselves needing *many more* to serve so that we can abide by our safety protocols. Positions are available in the following areas:



- Check-in (monitoring computer kiosks or reading COVID-19 questions as people enter the building)
- Check-out (using a hand-held scanner or computer monitor to scan members' cards as they exit the building)
- Dining Room (placing lunch trays on the tables of those attending lunch; removing trays from tables)
- Nutrition (accepting cash donations and making change)
- Information & Assistance Desk (basic data entry on computer to register members for classes; additional duties will be added as needed)
- Monthly Network Mailing (folding the publication, applying address labels and closure stickers)

All volunteers must attend a brief training (approx. 30 minutes) on Senior Center safety protocols prior to beginning volunteer service. The trainings are done at the Center, by the Volunteer Department Staff. All training for each volunteer position is provided by Senior Center Staff. For your safety, acrylic protective shields are provided at all check-in/check-out areas, as well as the I & A Desk and Nutrition Area. Gloves will be provided for Dining Room and Nutrition volunteers.



We invite our "pre-pandemic" volunteers to notify us if you are ready to return and have not yet been contacted, and we also welcome new volunteers to join us. We are committed to keeping you safe while you're at the Center and will do everything we can to earn your trust and confidence in knowing that we are doing so. We've missed our volunteers so very much over the previous several months and we are just beginning to feel a bit "normal" as we see you and get to work with those of you whom have already come back to be with us. Never underestimate how much you mean to us, not only as our volunteers, but as part of our family. For us, YOU are what make coming to work something more than just punching in for another shift. We sincerely thank you for your



continued dedication, commitment, flexibility and patience with us as we tread new territory. We're thrilled you're on this journey with us!

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

Most of the Center's Clubs are on a temporary hiatus with the exception of Book Club (*two clubs, one in-person and one online*) and we are bringing back the Knitting Club this month with limited seats.

Knitting Club: Tuesdays from 9:30-11:30 am (Music Room)

Please call 636-3050 for your reservation. No voice mails please.

Book Club:

- Thursday, November 19 at 10:00 am (Room 3)

The Pioneers: *The Heroic Story of the Settlers Who Brought the American Ideal West* by David-McCullough

Please call 636-3050 for your reservation. No voice mails please.

- Monday, November 30, at 1:00 pm *I Am Watching You* by Teresa Driscoll (PREREGISTER)

<https://us02web.zoom.us/meeting/register/tZYsfuGpQDkrE9bhHiPxBC6P2l6ddn89NuC4>



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

NOVEMBER-FAMILY CAREGIVERS MONTH

November Is National Family Caregivers Month. Presidential designation honors everyday heroes who sacrifice to help their loved ones

Since at least 2000, presidents have designated November as National Family Caregivers Month to honor the more than 40 million caregivers across the country who support aging parents, ill spouses or other loved ones with disabilities who remain at home.



"These everyday heroes, living quietly among us in families and communities across the country, are the major source of long-term care in America,"

President Bill Clinton said in his 2000 proclamation of National Family Caregivers Month. "By providing billions of dollars' worth of caregiving services each year, they dramatically reduce the demands on our Nation's health care system and make an extraordinary contribution to the quality of life of their loved ones."

The benefit to society also can be an individual burden, borne silently.

Isolation issues. Although a majority of caregivers told AARP researchers in 2019 that they had a friend or relative available to confide in and have contact with socially, almost 1 in 10 said they had no one to talk to about private matters and 1 in 5 said they had no one to call for help.

Lots of balls in the air. Most family caregivers must juggle their home lives with working a paid job and meeting the needs of the relatives or friends in their care. More than 60 percent of the caregivers surveyed in 2019 were working and about the same percentage were married.



A labor of love. Almost half of family caregivers are adult children caring for their parents. About 1 in 5 are wives or husbands caring for their spouses.



The nonprofit National Family Caregivers Association has said it began in 1994 to promote the idea of a month to recognize what used to be called "informal" caregivers to raise awareness about their value, both psychological and monetary. Today the organization chooses an annual theme; 2020 is #CaregivingInCrisis.

On page 10 of the Network, you will find our Social Work information. We offer a support group just for caregivers that meets monthly. We also can provide information, guidance, and referral information.

If you or a loved one need support, please feel free to contact the Center's Social Worker, Angela Jones at 636-3055, ext. 3129 for assistance.

<https://www.aarp.org/caregiving/home-care/info-2019/national-family-caregivers-month>

MAILING SUBSCRIPTIONS

You can have The Network delivered to your home for \$6 per year. Mail 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.

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

GENERAL MAILING SUBSCRIPTION for One Year

Name: _____

Street Address: _____

City: _____ **Zip:** _____

Telephone: _____




The two most previous issues of the NETWORK are available online at www.amherst.ny.us.

This menu is subject to change

NOVEMBER-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>
2 1/2 Reuben Garden veg. soup Cranberry juice Mandarin orange	3 Chicken w/gravy Rice Carrots Dinner roll Pineapple chunks	4 BBQ ribette Mixed vegetables Hoagie roll Cookie	5 <i>Thanksgiving Lunch</i> Turkey w/gravy Stuffing Sweet potatoes Carrots Dinner roll Pumpkin pie	6 Roast beef w/gravy Mashed potatoes Mixed vegetables Rye bread cake
9 Chili Baked potato Carrots Crackers Diced pears	10 Pork chop w/gravy Mashed potatoes Peas Multigrain bread Chocolate chip cookie	11 closed 	12 Breaded fish Wild rice Mixed vegetables Dinner roll Apricots	13 <i>Thanksgiving Lunch</i> Turkey w/gravy Stuffing Sweet potatoes Carrots Dinner roll Pumpkin pie
16 Beef stew Stew vegetables Mashed potatoes Diced peaches Biscuit	17 Cabbage roll Mashed potatoes Peas Dinner roll Brownies	18 <i>Thanksgiving Lunch</i> Turkey w/gravy Stuffing Sweet potatoes Carrots Dinner roll Pumpkin pie	19 Breakfast sandwich Hash brown potato Spiced apples Mandarin oranges	20 Hamburger French fries Corn Roll Cake
23 Chicken pot pie Mixed vegetables Carrots Apple	24 <i>Thanksgiving Lunch</i> Turkey w/gravy Stuffing Sweet potatoes Carrots Dinner roll Pumpkin pie	25 Fish Rice Mixed vegetables Multigrain bread Diced peaches	26 closed 	27 closed 
30 Sloppy joes Tater tots Carrots Roll Apricots				



Friendsgiving (Dining Room)
 Wednesday, November 25, at 2:30 pm
 Join us for a slice of pie, coffee (please bring your own cup of coffee) and friends.
(Pumpkin ice cream pie from John's Flaming Hearth)

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. 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 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.

