



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



amherstcenterforseniorservices.com

**FEBRUARY 2021**



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



# THE NETWORK

*Winter Wonderland of Hope*  
Saturday, February 6

1:00-3:30 pm

SPONSORED BY ELDERWOOD

Amherst Center for  
Senior Services

Crafts, treats, games & more!

Online reservations required by  
going to:

[https://  
amherstyouthandrec.org/](https://amherstyouthandrec.org/)

or

[https://myactivecenter.com/  
#signup/](https://myactivecenter.com/#signup/)

[USA.NY.Amherst.Amherst-  
Center-for-Senior-Services](https://USA.NY.Amherst.Amherst-Center-for-Senior-Services)

*Use only if you do not have a  
Y & R account.*

Space is limited.



# DIRECTOR'S NOTE

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**Editor's Note:**

*All information was correct at time of printing. The online version of the Network has the most current information.*



There is no better time to focus on your heart health than February which has been federally designated as American Heart Month. President Lyndon B. Johnson proclaimed the first American Heart Month in February of 1964 via Proclamation 3566 on December 30, 1963 by joint resolution with Congress.

Cardiovascular disease, including heart disease and stroke, remains the leading cause of death globally, taking over 17.6 million lives. That number is expected to rise to more than 23.6 million by 2030. Heart disease is a leading cause of death in the United States, causing one in four deaths each year.

**The Amherst Center for Senior Services is committed to the heart health of its members.**

The Center supports heart health in three different ways: exercise, nutrition, and social work. The U.S. Department of Health and Human Services recommends that most older adults participate in at least 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent combination of each per week. Regularly attending our exercise classes, available on Zoom, is an easy way to meet this requirement.

A healthy diet is also key to heart health. Eating a well-balanced diet filled with foods rich in antioxidants and nutrients keeps the heart in peak condition. Additionally, having a nutritious diet lowers the risk of weight-related illnesses which can impact cardiovascular function. Eating the meals available through our kitchen is one way to make sure you are eating food that is good for your health.

Prolonged stress increases the risk of developing heart disease and related conditions, including high blood pressure, high cholesterol levels, damage to the arteries and irregular heart rhythms. Taking time to engage in stress-relieving activities can eliminate the possibility of developing long-term complications from stress. If you do not know where to get started to reduce your stress, look through our regular social work programs.

Maintaining heart health is a crucial component in maintaining wellness. It is always a good time to start being more active, eating healthier foods and reducing your stress.

*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



*Brian Bray, Director and Donna Muck, Kitchen Manager stand outside of new outdoor freezer located at the Center.*

*This freezer was purchased with federal grant money to ensure the Center has the ability to house emergency frozen meals.*

# 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 HAS TEMPORARILY SUSPENDED ACTIVITIES AT THE CENTER WITH THE EXCEPTION OF FROZEN MEAL PICKUPS AND APPOINTMENTS MADE WITH OUR SOCIAL WORKER. WE WILL OPEN AS SOON AS IT IS SAFE.

**The Center is closed on February 15 in observance of President's Day**

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
- Billiard Room
- Card Room
- Computer Lab
- Gift Shop
- Library
- Wellness Room



**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

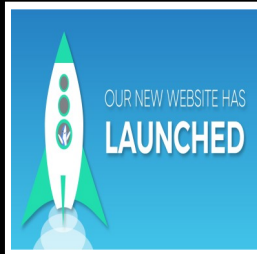
*A household is defined as two people living at the same address.*

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.*

PHOTO CONTEST-\$5 Tim Horton's Gift Cards for five best photos as judged by Center Staff. Please send in one of your favorite pictures that was taken at the Center or at a Center event. Pictures will be published in March Network. Email to cyensan@amherst.ny.us or mail to Center to the attention of Christina Yensan

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.



The Amherst Center for Senior Services recently introduced their very own website. The Center will remain a presence on the Town of Amherst website but will now offer a new platform for you to reach us. Our new website showcases our facilities as well as all of our ways to ensure active aging-classes, programs, volunteering, supportive services, nutrition and clubs. It will also be a great resource to find current and past issues of the Network.

**Check us out at [amherstcenterforseniorservices.com](http://amherstcenterforseniorservices.com)**



# MY ACTIVE CENTER

The screenshot shows the 'Activate Account' page on the MyActiveCenter website. It includes a text box for the MySeniorCenter Key Tag number, a field for the Home Phone Number, an E-mail Address field, and Password and Confirm Password fields. A checkbox at the bottom allows users to share their email address with their spouse. A 'Continue' button is at the bottom.

## REGISTRATION

The Amherst Center for Senior Services implemented an online registration program for classes and programs. It is called **MyActiveCenter**.

Thank you to all the members who have already set up your account. Please use the link below if you have not done so:

<https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services>

Your MySeniorCenter keytag number is needed to set up your account. If you are unable to find your keytag please call 636-3050 and a Senior Center staff member will assist you.

We have also created an instructional video that is available on YouTube at:

<https://www.youtube.com/watch?v=fDrO3Qomol0>

to help walk you through the steps of creating your account.

## CLASS AND PROGRAM SEARCH

Once you have created your account, you are able to search for upcoming Classes and Programs that are being offered. The listing is in alphabetical order. You can use the Search box to put in the name of a Class or Program the way it is listed in the Network or Class Catalog. You can also use filters to narrow the list.

Once you have found the Class or Program that you are looking for you can click on the name or on the Details button to the right to bring up a description and a calendar that shows the days and times that it is being offered. Classes and Programs are scheduled in different ways. Please review the next pages to learn how to register for a Class or a Program.

**Classes are set up as a Series which means** when you click on a date in the calendar **there are multiple days that the class will meet.** (See page 5) This does not apply to one day classes.

**Programs are set up as single events which means** you will click on each date that you would like to sign up for. (See page 6)

The screenshot shows the 'Activities' page on the MyActiveCenter website for the Amherst Center for Senior Services. It features a search bar, a filter dropdown, and a list of activities. Each activity entry includes the name, time, duration, and a 'FREE' label with a 'Details' button. A 'feedback' button is visible on the right side of the list.

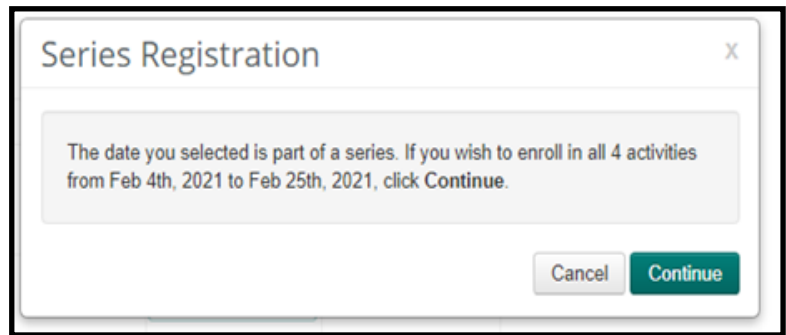
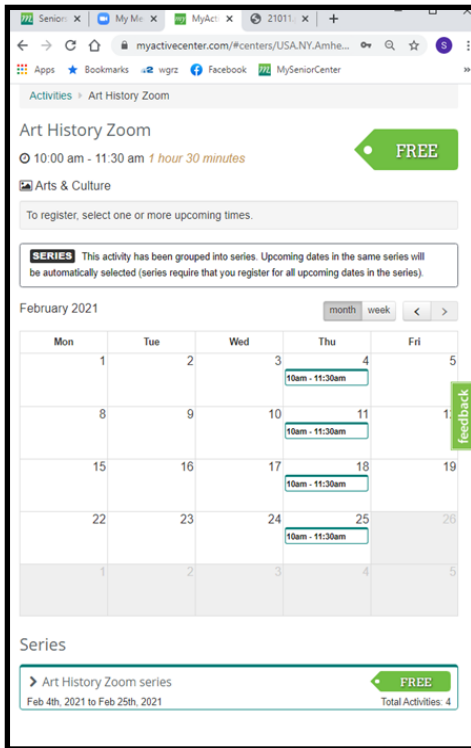
### Important Information:

- Please sign up for classes/programs at least 48 hours prior to the start of the class/program to allow time for the Zoom link to be emailed to you.
- The Zoom link will be emailed to you within 24 hours of the class or program start time. If you have not received the Zoom link within an hour of the start time please call the Center at 636-3050.
- For those who are unable to register for classes in MyActiveCenter, a Class Registration form will be available for printing from the Center's website: <https://www.amherstcenterforseniorservices.com/>

# MY ACTIVE CENTER-continued

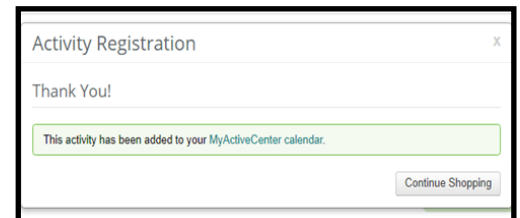
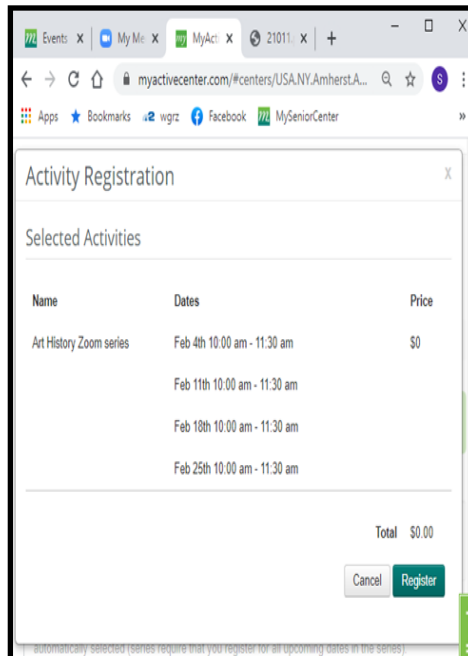
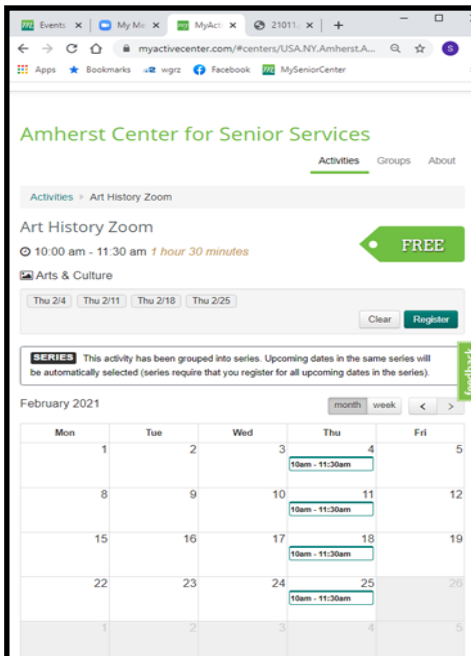
## CLASSES:

Classes are set up in a series which means there are multiple days that the class will meet. This does not apply to one day classes.



1. Click on the date in the calendar for the class you wish to take.

2. When you click on that date, it will ask you if you would like to register for the series. Click the Continue button to go to the next step.



3. Click the Registration button.

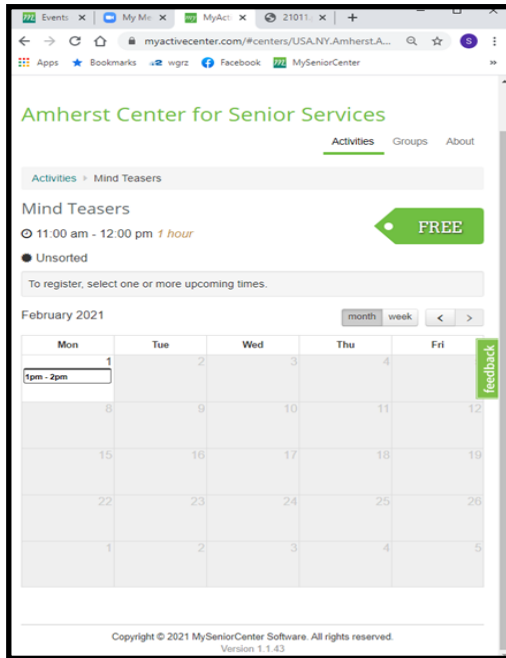
4. This screen will appear with a list of classes in the series that you are signing up for. Click the Register button.

5. When you register for February classes, you will see this screen, as Classes are free. This will change for March.

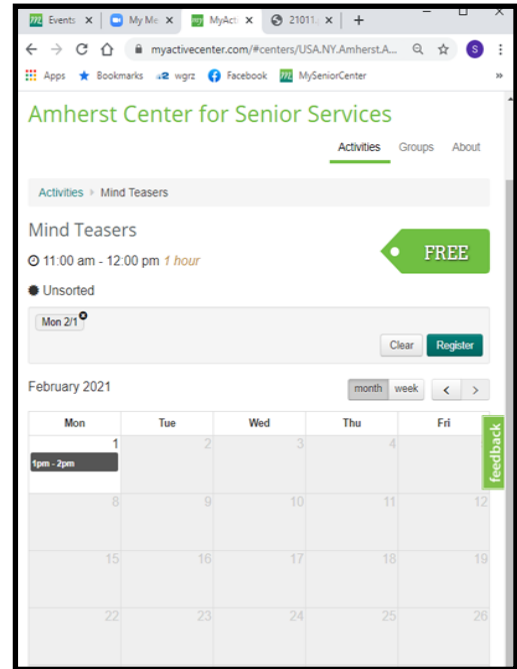
# MY ACTIVE CENTER-continued

## PROGRAMS:

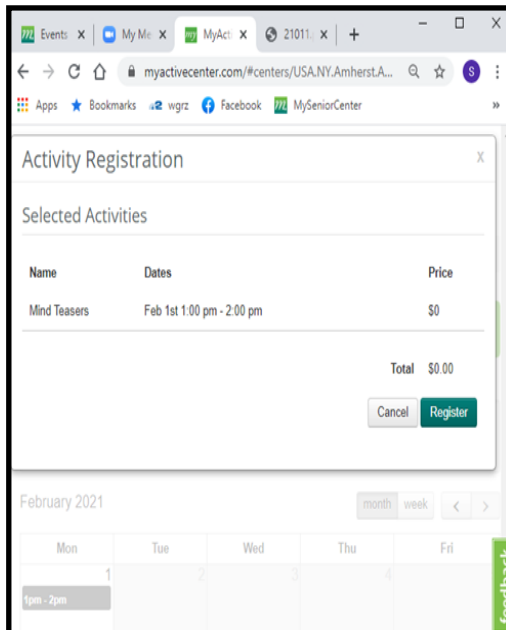
Programs are set up as single events.



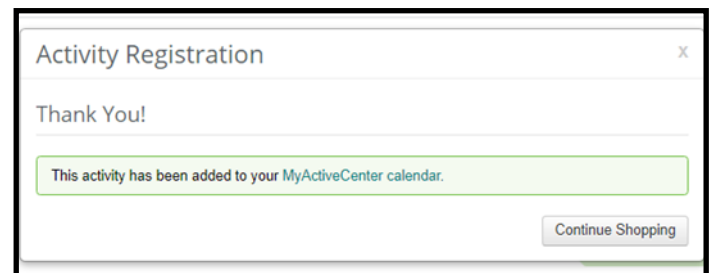
1. To register for programs, click on the dates on the calendar that you want to sign up for.



2. Click the Register button.



3. Click the Register button again. A list of dates that you selected will be shown.



4. You will receive a Thank You! The Program will now be added to your MyActiveCenter calendar.

# VIRTUAL CLASSES

Register at MyActiveCenter for ALL the Senior Center Classes listed below. Once registered, a link will be emailed to you within 24 hours of the start of the first class.

MyActiveCenter: <https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services>

There will be fees beginning on March 1.



## AARP Defensive Driving Classes:

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

**AARP Tax Aide** will be available by appointment ONLY at the Center on Tuesdays, Wednesdays and Fridays from 10:00am- 3:00pm from Feb. 2-April 13. Appointment can be made by calling Joanne at 636-3055 ext. 3107. Individuals MUST bring all required documents to complete income taxes. Documents will be scanned into the AARP system. Tax forms will be prepared and you will be given a date and time to return when your forms are completed. COVID protocols will be followed.

## Functional Living Everyday Exercise (FLEE) ZOOM

Enjoy 50 minutes of activities that will help improve balance, mobility, and strength. Discover how functional fitness exercises that mimic activities of daily life can help promote better balance and reduce the risk of falls.

*Instructor: Jill Bronsky*

Mondays, 2/1-2/22 (3x) no class 2/15 10:00-11:00 am

## Yoga ZOOM Tuesday or Thursday

Variations will be presented for beginner to intermediate so you can work at your own level transitioning from floor to feet.

*Instructor: Tina Phillips*

Tuesdays, 2/2-2/23 (4x) 9:00-10:15 am

Thursdays, 2/4-2/25 (4x) 9:00-10:15 am

## Ballet Stretch ZOOM

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

*Instructor: Dawn Tarbox Szerbiak*

Tuesdays, 2/2-2/23 (4x) 9:30-10:20 am

**NEW  
CLASS  
TIME!**

## Yoga & Meditation ZOOM Tuesday or Friday

This class is a combination of meditation and yoga exercise, done from a chair. The ultimate goal is to achieve a gentle and healing experience.

*Instructor: Jennifer Nuwer*

Tuesdays, 2/2-2/23 (4x) 11:30 am-12:30 pm

Fridays, 2/5-2/26 (4x) 1:00-2:00 pm

## East Meets West-Survey of Orientalism Part 1 ZOOM

The fascination of Western culture with the cultures of the Near and Far East has been a longstanding attraction – the Occidental and Oriental worlds almost having a Yin/Yang complementary relationship. In this course, we will examine some of the leading works of the Western Imagination that have tried to capture the wisdom, beauty, exoticism and eroticism of the Orient: the China of Marco Polo and Pearl Buck, the Japan of Puccini and Gilbert & Sullivan, the India of Rudyard Kipling and the Middle East of Sir Richard Burton's 1001 Arabian Nights and Edward FitzGerald's The Rubaiyat of Omar Kayaam.

*Instructor: Michael Harris*

Tuesdays, 1/26-2/23 (5x) 1:00-3:00 pm

## Current Events ZOOM

This weekly discussion group will touch upon local, national and world events and topics. Space is limited.

*Leaders: Jeff Goodman, Dick Mallison, Dick Schanley or Joann Shafer*

Wednesdays, 2/3-2/24 (4x) 9:30-11:30 am

## Watercolor Intermediate Google Meet

Create a watercolor painting using various techniques. Photo reference will be provided by the instructor. All classes are directed towards individuals with previous watercolor painting experience.

*Instructor: Dan Meyer*

Wednesdays, 2/3-2/24 (4x) 10:00 am-12:00 noon



# VIRTUAL CLASSES-continued

Register at MyActiveCenter for ALL the Senior Center Classes listed below. Once registered, a link will be emailed to you within 24 hours of the start of the first class.

MyActiveCenter: <https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services>

There will be fees beginning on March 1.



## Essential Phone Skills – Texting and More ZOOM

In this class you will be texting and receiving a selfie, adding, and editing your contacts and more.

*Instructor: Nancy Wise*

Wednesday, 2/3 (1x) 1:00-2:00 pm

## Essential Phone Skills – Using Handy Apps ZOOM

Have you found the Flashlight? Used the calculator? Set Alarms and Timers? Entered events and reminders in Calendar? Touched an address to get directions and more? These are only a few of the useful apps we carry around with us. *Instructor: Nancy Wise*

Wednesday, 2/10 (1x) 1:00-2:00 pm

## Essential Phone Skills - Setting Controls ZOOM

How do I? Control the volume? Adjust the brightness? Connect to Wi-Fi? Stop the screen from turning? Make The text larger? Know how much battery life is left? Learn more about these and other settings to manage your device. *Instructor: Nancy Wise*

Wednesday, 2/17 (1x) 1:00-2:00 pm

## Essential Phone Skills-Using Your Personal Assistant ZOOM

The more you use your device, the more it learns, so it Can help make your life easier. It's like having your own Personal Assistant! Come and meet your assistant. *Instructor: Nancy Wise*

*Instructor: Nancy Wise*

Wednesday, 2/24 (1x) 1:00-2:00 pm

## Laugh For Health ZOOM

Laughter, breathing exercises and meditation will boost your immune system, lower tension and stress and put you in a better mood. This is a laughter exercise program being practiced in over 200,000 clubs in 110 countries. Celebrating started by Dr. Kataria 25 years ago. No equipment necessary and can be done sitting or standing. *Instructor: Jenny May*

Wednesday, February 10 (1x) 11:00-11:50 am

## Art History ZOOM

Study different artists and their work within their time period each week. *Instructor: Laura Watts Sommer*  
Thursdays, 2/4-2/25 (4x) 10:00-11:15 am

## Drawing Intermediate Google Meet

Create a drawing using various techniques. Photo reference will be provided by the instructor. All classes are directed towards individuals with previous drawing experience. *Instructor: Dan Meyer*  
Thursdays, 2/4-2/25 (4x) 10:00 am-12:00 noon

## Guitar or Ukulele REMOTELY

Individual one-half hour lessons will be offered. No prior musical experience is necessary, but you must have your own instrument. Once registered you will be contacted regarding your time slot. *Instructor: Jenny May*  
Fridays, 2/5-2/26 (4x) 9:30-11:30 am

## All News & Issues ZOOM

This weekly discussion group will touch upon local, national and world events and topics. Space is limited. *Leader: Geoffrey McCauley*  
Fridays, 2/5-2/26 10:00-11:30 am

## Mean Jean's Exercise

Don't forget we have two recordings of Jean's Exercise Classes on our YouTube channel. Click on the link below any time to see her classes along with recordings of other classes we have offered.

<https://www.youtube.com/channel/UCErtKsMD11Dk>

On Jan. 8, Joanne, Program Leader, hosted virtual Bills Trivia.





# VIRTUAL PROGRAMS

Register at MyActiveCenter for ALL the Senior Center Programs listed below. Once registered, a link will be emailed to you within 24 hours of the start of the first class.

MyActiveCenter: <https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services>



**Good Company Coffee Hours** No coffee on Mon. Feb. 15  
Monday – Friday at 9:00 am

## Games

- Monday, February 1 at 11:00 am *Jeopardy*
- Monday, February 8 at 11:00 am *Battle of the Sexes*
- Friday, February 12 at 11:00 am *Newlywed Game* (Calling all couples!)
- Wednesday, February 17 at 11:00 am *Family Feud* (Staff vs Members)
- Monday, February 22 at 11:00 am *America Says*

## Mindteasers

Monday, February 1 at 1:00 pm

## Dollar Tree Crafts

- Tuesday, February 2 at 11:00 am Heart Wreath Supplies: wire coat hanger and red, white and pink tissue paper.
- Tuesday, February 16 at 11:00 am Mail A Hug Supplies can be picked up at the Senior Center Wed. February 10<sup>th</sup> between noon and 1:00 pm (Must be registered to receive supplies) Children are welcome!

## Snack & Chats

Tuesday, February 2, 9, 16, 23 at 1:00 pm  
Bring your favorite snack and join us for casual conversation

## Bingo

Tuesday, February 2, 9, 16, 23 at 2:00 pm



## Cooking with Jen

- Wed. February 3 at 11:00 am *Pasta e Fagioli* (Santasiero's Style)
- Wed. February 17 at 1:00 pm *Mac n Cheese Bites* Children are welcome!

## Word Up Wednesdays-Share or expand your vocabulary

- Wednesday, February 3 at 2:00 pm
- Wednesday, February 10 at 2:00 pm
- Wednesday, February 17 at 2:00 pm
- Wednesday, February 24 at 2:00 pm

## Medicare 101 - Clarity Group

Wednesday, February 3 at 3:00 pm  
New to Medicare or thinking about retiring?  
Call Lisa at 864-4886 to receive the Zoom link

## Trivia Thursdays Test your smarts!

Thursday, February 4, 11, 18, 25 at 2:00 pm

## I Can't Believe I Didn't Know That!?

Friday, February 5 at 11:00 am  
Do you know why some milk jugs have a circular dimple on them? Find out why and other random facts.

## SuperBowl Trivia

Friday, February 5 at 1:00 pm  
Test your knowledge of all things Superbowl

## Happy Hours

- Friday, February 5 at 3:00 pm Touchdown Tea**  
1 cup vodka  
1/2 cup tequila  
1 cup rum  
1 cup gin  
1 cup orange juice  
3 cups lemon-lime sports drink (Gatorade)  
1 splash cola (for color)
- Friday, February 12 at 3:00 pm Be Mine Mimosa**  
3/4 cup champagne, chilled  
1/4 cup orange juice
- Friday, February 19 at 3:00 pm Quarantini**  
1 oz Cointreau  
1 oz Cranberry  
1 1/2 oz Gin  
1/2 oz Apple  
Top off with Champagne



- Friday, February 26 at 3:00 pm Moscow Mule**  
1 1/2 oz Vodka  
1/2 oz lime juice  
1/2 cup ginger beer  
1 lime wedge for garnish

# VIRTUAL PROGRAMS -continued

Register at MyActiveCenter for ALL the Senior Center Programs listed below. Once registered, a link will be emailed to you within 24 hours of the start of the first class.

MyActiveCenter: <https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services>



## Soup and Superbowl

Monday, February 8 at 12:00 pm

Enjoy your lunch & chat about the highlights from the big game

## Book Club

- Monday, February 8 at 1:00 pm *Cold Day In Hell* by Lissa Marie Redmond
- Monday, February 22 at 1:00 pm *The Only Street in Paris: Life on the Rue des Martyrs* by Elaine Sciolino

## Fun with Food at 11:00 am

- Tuesday, February 9 Sweet Potato Chili
- Tuesday, February 23 Butternut squash, Butterbean & Mushroom cobbler

*Recipes will be emailed to you once you have registered*

## Lunch with Jen

Wednesday, February 10 at 12:00 pm



## Make a Friend Lunch

Thursday, February 11 at 12:00 pm

Are you new to the Center or are you missing having lunch with your friends? Join us for a lunchtime Zoom and make some new friends. *Eating together is better!*

## Chinese New Year Trivia

Friday, February 12 at 1:00 pm

## What's New at the Center?

Thursday February 18 at 11:00 am

Find out the latest details of what is happening at the Center and talk about programs and classes that you would like to see at the Center or on Zoom

## Birthday Celebrations

Friday, February 19 at 12:00 pm

Join us as we celebrate those born in February. Party bags will be available for the first 25 that register for the program. Pickup will be coordinated at a later date.

## Do you miss Donna's Café's Chili?

Friday, February 19 from 1-2:30 pm

Call Jennifer at 636-3050, ext. 3112 or at

[jlazarz@amherst.ny.us](mailto:jlazarz@amherst.ny.us) to order yours!

Fee is \$3 at pickup. Cash only, please



## Virtual Tour of the Darwin Martin House

Wed. February 24 at 11:00 am  
Frank Lloyd Wright designed a unique residential estate for

wealthy Buffalo businessman Darwin D. Martin and his family between 1903-1905. The most substantial and highly developed of Frank Lloyd Wright's Prairie Houses in the Eastern United States, The Darwin D. Martin House received National Historic Landmark status in 1986. The house is considered by leading Frank Lloyd Wright scholars as one of Wright's finest achievements of the Prairie period and of his entire career. Join us on for a virtual tour of the estate via Zoom. <https://us02web.zoom.us/j/81479122042?pwd=aCtHUUR1QTIwQjBKcGVlQXVoRVJNZZ09>  
Meeting ID: 814 7912 2042 Passcode: 854058

## Winter Photo Contest

Have you taken a winter photo that you think is award winning? Submit your photo to Jennifer

at [jlazarz@amherst.ny.us](mailto:jlazarz@amherst.ny.us) by Friday, February 26

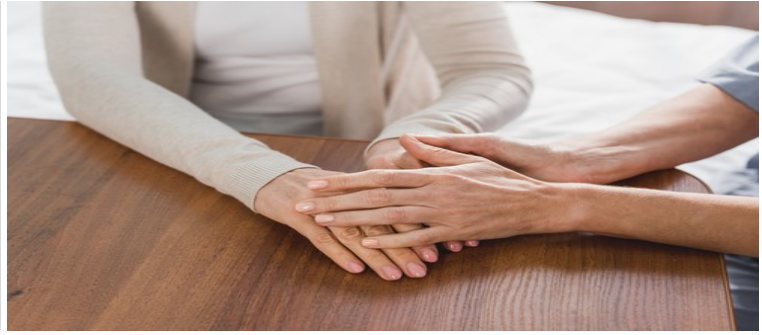
## Health Insurance

*Appointments are available in-person at the Center*

- Univera  
Tues. February 9, 10:00-1:00 pm  
Call Michele at 572-8315 to schedule appointment
- Clarity Group  
Wed. February 10, 9:00-11:00 am  
Call Lisa at 864-4886 to schedule your appointment
- Sheridan Benefits  
Tues. February 16, 10:00-12:00 pm  
Call Maria at 716-345-0337 to schedule your appointment or email her at [mschenk@sheridanbenefits.com](mailto:mschenk@sheridanbenefits.com)
- Blue Cross Blue Shield  
Thurs. February 18, 9:00-12:00 pm  
Contact Tammy at [tjacobs@amherst.ny.us](mailto:tjacobs@amherst.ny.us) or at 636-3055, ext. 3172.

# SOCIAL WORK

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 the Center is currently closed for regular member use, we are available to meet for in-person office visits by appointment only, as well as telephone or virtual appointments. Please call the Social Work office to schedule an appointment.



**Mindfulness Matters:  
Chakra Discussion for Beginners,  
Friday February 12<sup>th</sup> at 2pm**



Chakra means “wheel” and refers to energy points in the body. By learning about Chakras, you can become more familiar with the natural energy cycles of the body. You can use this information to connect physical, emotional, and spiritual imbalances with the chakras that empower them. You can begin to balance your chakras and live a healthy and harmonious life. Join us via Zoom for a Beginners Discussion of Chakras.

Please register at:

<https://us02web.zoom.us/meeting/register/tZclcOyvrzkjHNMse6mMqiqWxnI-oEBoXysC7>

**Ted Talk & Discussion-  
“A Better Way to Talk About Love”  
Thursday February 18<sup>th</sup> at 1pm**



In love, we fall. We’re struck, we’re crushed, and we swoon. We burn with passion. Love makes us crazy and makes us sick. Our hearts ache, and then they break. According to Mary Len Catron, talking about love in this way fundamentally shapes how we experience it. If you have ever felt **“CRAZY IN LOVE”** this is a talk for you! We will meet via Zoom and watch the Ted Talk *“A Better Way to Talk about Love”* with a facilitated discussion to follow.

Please register at:

<https://us02web.zoom.us/meeting/register/tZEpf-yvrzsqHdO6IDPCsZyxG5dx-52V8MEt>

**Just Say It! Valentine’s Day &  
Commercialized Love?  
Monday February 22<sup>nd</sup> at 10am**



Join us via Zoom, as we respectfully share thoughts and simply talk freely among peers. This month our discussion will be central to Valentine’s Day and the “symbols” of love. No worries about being “appropriate” or “speaking carefully” in fear of what others will think. This group would like to hear what you have to say. **JUST SAY IT!** Please note: what we talk about in this group stays in this group.

Please register at:

[https://us02web.zoom.us/meeting/register/tZ0rdu-prTkpE93ZPqfQrJJb-VoC\\_RBWB19FC](https://us02web.zoom.us/meeting/register/tZ0rdu-prTkpE93ZPqfQrJJb-VoC_RBWB19FC)

**Widow/Widowers Support Group and Caregivers Support Group have paused all in-person meetings.**

However, the support you need will continue to be available.

Contact the Social Work office for all of your support needs and hear of the innovative ways support is able to be provided and shared.

## 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 [ajones@amherst.ny.us](mailto:ajones@amherst.ny.us) or at 636-3055, EXT. 3129**



# VOLUNTEER NEWS

At the time of this submission, resuming volunteerism at the Center is not even on the radar. While that is nearly an unbearable situation for some of us (especially those of us who get to work directly with our volunteers), I wanted to share some *Virtual Volunteer Opportunities* with you. Perhaps there will be something here that sparks your interest and motivates you to lend a hand, even with the limitations of doing it virtually.



**VOLUNTEER MATCH** is a long-running volunteer organization that matches passion and talent with important causes. They have hundreds of virtual volunteering experiences in areas ranging from health and medical, children and youth, education, to community building. They also created a COVID-19 hub specifically for corona virus volunteer opportunities. [www.volunteermatch.org](http://www.volunteermatch.org)

**POINTS OF LIGHT GLOBAL NETWORK** organizes an annual Global Volunteer Month that happens to be in April. They connect virtual volunteers with projects across 37 countries around the globe. You can search for off-site projects that fit your schedule and skills, or find do-it-yourself projects that you can do from home. [www.pointsoflight.org](http://www.pointsoflight.org)

**UN ONLINE VOLUNTEERING** has created an online portal of online volunteering activities, many that support women and youth. They currently have numerous COVID-19 specific virtual projects. Search volunteer opportunities ranging from translation, art & design, writing and editing, advocacy, community organizing, technology development, and more. [www.onlinevolunteering.org](http://www.onlinevolunteering.org)

**CRISIS TEXT HOTLINE** relies on volunteer crisis counselors who work from home. Trained crisis counselors answer texts from people in crisis, through active listening, collaborative problem solving, and safety planning. The current COVID-19 pandemic is having a huge impact on mental health, with many struggling with uncertainty, panic, unemployment, and overwhelming feelings. Now more than ever, those in crisis need support. Other crisis phone lines in your area may also be looking for support. [www.crisistextline.org](http://www.crisistextline.org)

**TRANSLATORS WITHOUT BORDERS.** If you're bilingual, this one is for you! Translators Without Borders uses volunteers to translate millions of words. Volunteers are used to translate medical texts and crisis responses, both of which are much needed right now. They also depend on volunteers for other roles, like project management, graphic or web design, and fundraising. ([www.translatorswithoutborders.org](http://www.translatorswithoutborders.org))

**BOOKSHARE** is an organization that makes print materials accessible to children and adults with disabilities. It counts on virtual volunteers to take on tasks like scanning, proofreading, describing images, and providing support for Bookshare teachers and families. [www.bookshare.org](http://www.bookshare.org)

**TABLE WISDOM** connects adults and foreign-born students through weekly mentoring video chats. In light of the COVID-19 pandemic, it has launched Co-video Partner Program that matches volunteers with someone from a different city (to include those who are not foreign-born) who has been affected by social distancing. Participants will take part in 30-minute weekly video chats that allow for meaningful conversations during this crisis. [www.table-wisdom.org](http://www.table-wisdom.org)

*Copied on line at Personify, [www.wildapricot.com/blog/volunteer-from-home](http://www.wildapricot.com/blog/volunteer-from-home) on 12/23/2020.*



**Reader's Theater** is now meeting virtually on ZOOM.

If you are interested in participating as a performer or a guest, please email Pam Williams at [pamelajoyce14@hotmail.com](mailto:pamelajoyce14@hotmail.com) and she will kindly share the link with you.

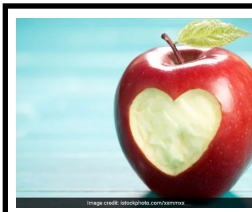
**Jodi Kwarta, Director of Volunteer Services, [kwartaj@amherst.ny.us](mailto:kwartaj@amherst.ny.us) or 636-3055, ext. 3126<sub>12</sub>**

# FEBRUARY IS HEART HEALTH MONTH

Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

<https://nationaltoday.com/american-heart-month/>



**Heart Health-Thursday February 11 at 11:00 am**

Presented by: *Jennifer Johnson from BCBS*

Learn how to live healthier and reduce your risk of heart attack and stroke by embracing good nutrition, exercise and stress management. Please email Tammy at [tjacobs@amherst.ny.us](mailto:tjacobs@amherst.ny.us) to receive the meeting link.

## HOW TO OBSERVE AMERICAN HEART MONTH

### 1. Take up a heart-healthy habit

Staying active, eating healthy, and watching your weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.

### 2. Educate yourself

Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

### 3. Get your cholesterol tested

If you're worried you might be at risk for heart disease, ask your doctor to preform a simple cholesterol test to let your know if you're at risk and should make adjustments to your diet.

## FIVE INTERESTING FACTS ABOUT HEART HEALTH

### 1. Heart attacks can be silent

One in five heart attacks occurs without the person even knowing they had one.

### 2. Heart attacks affect women differently

Women may experience different symptoms than men.

### 3. Young women are at higher risk than men.

Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.

### 4. Another reason to hate Mondays.

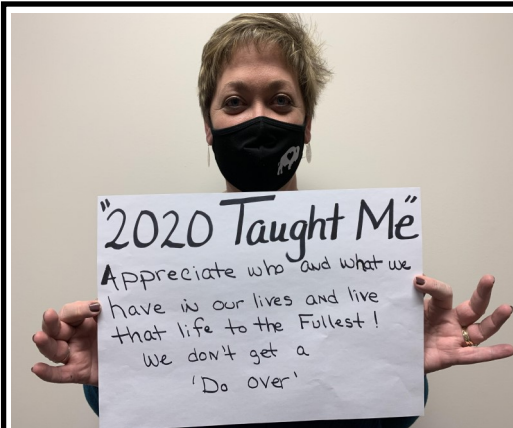
Heart attacks are more likely to occur on Monday mornings than any other day of the week.

### 5. Diet soda raises heart attack risk.

If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all.



For more information on heart health go to [heart.org](http://heart.org)



Melissa Abel, Deputy Director

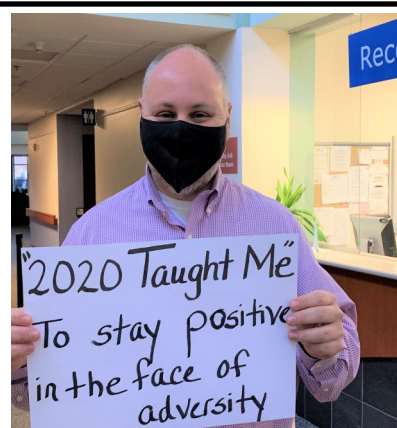
## What 2020 Taught Me-continued from January Network

*One thing that I learned in 2020 is that we do not control what happens to us. We can only control how we handle it.*

Beverly Spruill, Member

*Happy New Year. 2020 has taught me that the things we take for granted every day are truly blessings and that while we have technology, nothing supersedes human interaction!*

Mary Lou T de la Plante, Member



Brian Bray, Director

# RESOURCES

## 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, 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 for an appt.

## 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)



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

## NUTRITION:



## AMHERST MEALS ON WHEELS:

636-3065

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

welcome.

## FROZEN MEALS:

The Senior Center is preparing frozen meals. Please call 636-3050 if you are interested in ordering. You may order up to seven meals at one time for a suggested donation of \$3 per meal.

## TRANSPORTATION:



## Amherst Senior Transportation Dept. 636-3075

Currently driving to and from medical appointments for \$10. Must be reserved one week in advance

## Hearts & Hands 406-8311

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

## 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.*

## GENERAL MAILING SUBSCRIPTION for One Year

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

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

**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

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