



SENIOR CITY LIFE



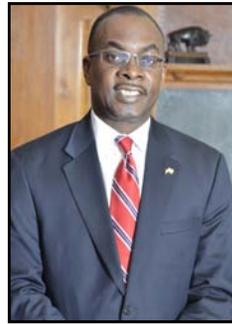
March 2016 • Vol. 8, Number 3

CITY OF BUFFALO
DIVISION OF SENIOR
SERVICES

Otis T. Barker, Sr.
Commissioner
Douglas R. Ruffin
Director



Greetings from Mayor Byron Brown



Spring will soon be upon us and I look forward to all sorts of festive events, including our city's two nationally renowned St. Patrick's Day parades. Let's cross our fingers for good weather.

So far, 2016 is off to a busy start. Last month, we celebrated Black History Month at City Hall, honoring individuals and groups who have worked to make Buffalo a better place to live, work and raise a family. Our honorees included the Var-Son Community Choir, the city's first Grammy nominated gospel choir, and we posthumously honored Dr. Charles Anderson, a beloved medical professional in the city. Other honorees were, Dr. Catherine Collins, Karen Saxon, Tawann Slaughter, Dr. Katherine Conway-Turner, Leonard Lane Paulette Harris and the Pridgen Family.

I'm proud to announce that the City's Cars Sharing Main Street project received the 2015 Transportation Project of the Year Award from The American Public Works Association. Congratulations to all involved! Cars Sharing Main Street is the city's continued effort to return vehicular traffic to the stretch of Main Street that was closed when the metro-rail line was constructed in the 1980s.

The Buffalo Police Department now has a new Language Access Plan in place that will assist police officers in their interactions with limited English proficient residents. I was joined by Police Commissioner Daniel Derenda, Office of New Americans Director Jessica Lazarin and members of our foreign-born community to announce this new policy, which will enable us to better serve the city's growing refugee and immigrant population. Currently there are 77 different languages spoken in the city of Buffalo.

For those of you with who know city residents, between the ages of 14 and 21 that are looking for a summer job, please let them know that applications are now available for the 2016 Mayor's Summer Employment and Internship program. This paid six-week program gives students the chance to gain valuable job experience and life skills training. Applications can be downloaded from the city's website, www.city-buffalo.com, or picked up at Buffalo City Hall, Room 1701.

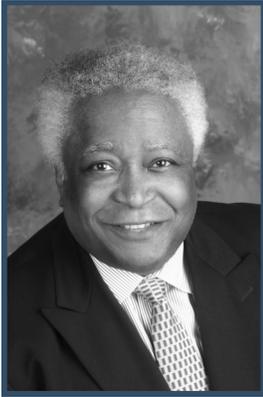
In closing, I congratulate our March 'Senior of the Month', Beatrice Williams. You can read about Ms. Williams' contributions to our community on page 3. I thank all of you for your continued support and I wish you well.

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65 Niagara Square / 8A City Hall / Buffalo, N.Y. 14202-3324
(716) 851-4141 / Fax: (716) 851-5803 / druffin@city-buffalo.com

Greetings from Douglas Ruffin, Director



Hello Buffalo Seniors:

We have been receiving some requests and suggestions from Buffalo's older adult population about the possibility of the Division of Senior Services extending its' program services to other Senior Centers or Community Based Organizations on a regular bases.

We have heard your request, and we are looking into ways that some of your suggestions can be implemented in an effective and cost efficient way. The majority of the services and activities implemented from the Division of Senior Services main office are open to any senior citizen living within the City of Buffalo. For more information on our programs and activities you can call our office directly.

In some cases, we would like interested participants to go through their local senior center or make contact with the Senior Housing Manager where you live. There may be others within your site who have the same interest, however we realize that some of the requested services or activities may have a conflict with the activities schedule at your particular site. We leave that choice or option up to you.

The older adult population in the City of Buffalo is increasing; and it is estimated that only one-third of our older adults regularly attend a local senior center or community based organization. Transportation remains a major problem, but we also recognize that "programming" and finances also has an impact on planned services. Our research doesn't show a "lack of ideas" for programming, only a "lack of resources."

We are looking into productive ways to address your concerns, requests and suggestions. We ask for your patience, and continued interest.

Douglas R. Ruffin
Director, Senior Services

Senior Services Donation Coupon

Please accept my donation to Senior Services for basic needs, activities, leisure, recreational programming, and general activities.

Name: _____

Address: _____

City: _____

State/Zip Code: _____

**MAIL TO: Division for Senior Services
65 Niagara Square, Room 8A
Buffalo, New York 14202**

Mayor Brown Joins Major National Effort to Increase Colorectal Screening

Buffalo's largest healthcare systems made history today as they announced their commitment to implement changes within their individual organizations that will increase colorectal cancer screening in Buffalo. To date, no other city has united this many health organizations around an initiative to fight colorectal cancer.

The national percentage of adults 50 and older that are up to date with recommended colorectal cancer screening has increased from 56 percent in 2002 to 65 percent in 2010. In New York State, 69.3 percent have been screened; and in Erie County, that number is 71.7 percent. By focusing on target audiences – newly insured, financially challenged, insured procrastinators/rationalizers, African Americans, and Hispanics – Erie County is in a good position to achieve 80 percent screened for colorectal cancer by the year 2018.

"Colorectal cancer screening has been proven to save lives and I'm pleased to be part of an initiative that could save the lives of so many people in the City of Buffalo," said City of Buffalo Mayor Byron Brown. "Our city's economic revival is only as healthy as the people who live, work and invest here and today I ask all city residents to help us work toward the shared goal of 80% of adults aged 50 and older being regularly screened for colorectal cancer by 2018. I also thank the American Cancer Society for its commitment to further strengthening the health of our community by spearheading this effort that brought together public health organizations and hospital officials to sign a pledge in support of improvements to colon cancer."

For more information about colorectal cancer screening, please visit www.cancer.org/colon or contact the American Cancer Society at 1-800-227-2345. For more information about the 80% by 2018 initiative, visit www.nccrt.org.

Senior Spotlight

SENIOR OF THE MONTH: **Beatrice Williams**



Mrs. Beatrice Williams has been a member of the Salvation Army Golden Age Center since 1995. She devotes her time at the center socializing with other seniors, sits on the Women's Auxiliary and loves to travel with the center to see movies and go shopping. Before devoting her time at the Salvation Army, Bea worked at Deaconess Hospital from 1953 until they merged with Buffalo General Hospital in the mid 1980's. After the merge, Bea continued working with Buffalo General Hospital working in the Central Supply Department where she sterilized hospital equipment. She retired in 1995.

Bea has been a member at Calvary Baptist Church since 1953 and she continues to sing in the choir praising the Lord.

Do you know a special senior who you'd like to see featured in the Senior Spotlight? If so, please send us a letter detailing the individual's life, a photo and your contact information to Senior Services, 65 Niagara Square - Room 8A, Buffalo, NY 14202. You can also email us at druffin@city-buffalo.com.

Senior Center - Activities

Autumnwood Senior Center

1800 Clinton Street, Buffalo, New York 14206

Julianne Panty, Director

(716) 826-7895 / Fax: (716) 826-7897

Mar. 2	10:30	Bulkie Sandwich Lunch & Bingo Party Refreshment, Raffles & Prizes \$5 due 2/25
Mar. 4	10:30	Mystery Trip
Mar. 7	9:00	AARP Safe Driving, Must pre-register, class size limited. AARP mem \$20/Non mem \$25
Mar. 9	10:30	Lasagna Lunch & Bingo Refreshment, Raffles & Prizes \$5 due 3/2
Mar. 10	12:00	Celebrate March Birthdays Free cake & coffee w/meal purchase
Mar. 10	1:00	Birthday Bingo- 2 free Bingo board for birthday celebrants
Mar. 14	9:30	Bingo @ Holy Mother of the Rosary
Mar. 17	10:00	St. Patricks Day Celebration Rince Na Tiarna Irish Dancers
Mar. 17	12:00	In House Corn Beef or Ham Sandwich Lunch w/sides, dessert & beverage
Mar. 17	1:00	Bingo Party Refreshments, Raffles, Prizes \$5 due 3/9
Mar. 18	10:30	Mystery Trip
Mar. 21	10:30	Easter Brunch & Bingo Refreshment, Raffles & Prizes \$5 due 3/17

Mar. 23	12:00	Stay fit Dining Eater Brunch Lunch Refreshments, Raffles & Prizes \$3 reserve lunch by 3/17 Bingo after lunch
Mar. 25		Closed- Good Friday
Mar. 28	9:30	Bingo @ Holy Mother of the Rosary
Mar. 30	10:30	Buffalo History & Architecture Presentation by Chuck LaChiusa "Art Deco in Buffalo"
Mar. 30	10:30	Subs & Bingo Party Refreshment, Raffles & Prizes \$5 due 3/23

Daily Programs

Tuesday & Thursday	2:00-4:00	Water Class @ the Belle Center
Tuesday, Wednesday & Thursday	1:00	Jingo
Friday	1:00	Pinochle Club

Upcoming Events

Apr. 11	9:00	AARP Safe Driving, Must pre-register, class size limited. AARP mem \$20/Non-member \$25 3/31
Apr. 20	10:30	Buffalo History & Architecture Presentation by Chuck LaChiusa "Greek Roots of Buffalo Architecture"
Apr. 20		Special in House Lunch-Chicken Greek Salad with Sides, dessert & beverage \$5 due 4/14

Richmond-Summer Senior Center

337 Summer Street, Buffalo, New York 14222

Kerry Saunders, (716) 885-3290

Mar. 1	9:00	Senior Shopping- Walmart
Mar. 2	11:00	Senior Exercise
Mar. 3	10:00	Tai Chi
Mar. 4	12:00	Lunch Chili and Corn Bread/Bingo \$4
Mar. 8	9:00	Senior Shopping- Wegmans
Mar. 9	10:00	Senior Crafts
Mar. 9	1:00	Senior Exercise
Mar. 9	12:00	Out to the Movies
Mar. 10	9:00	AARP Smart Driver Class
Mar. 10	10:00	Tai Chi
Mar. 11	12:00	St. Patrick's Day Corn Beef and Cabbage/ Bingo \$5
Mar. 14	10:00	Hair Cuts w/George
Mar. 15	9:00	Senior Shopping- Walmart

Mar. 16	10:00	Maple Syrup Farm/Lunch
Mar. 17	10:00	Tai Chi
Mar. 18	12:00	Easter Brunch, Breakfast and Lunch/ Bingo \$6
Mar. 22	9:00	Broadway Market for Easter Shopping
Mar. 23	10:30	Senior Crafts
Mar. 23	11:00	Senior Exercise
Mar. 24	10:00	Tai Chi
Mar. 25		Closed Good Friday
Mar. 30	11:00	Senior Exercise
Mar. 30	1:30	Internet Classes for Beginners
Mar. 31	10:00	Tai Chi

Daily Programs:

Mondays	11:00	Zumba
Tuesdays	10:00	Qigong and Drumming
	1:30	Line Dancing w/Barbara
Every Other Wednesdays	11:30	Yoga

C.R.U.C.I.A.L. Senior Center

230 Moselle Street, Buffalo, New York 14211

(716) 895-8891 / Fax (716) 895-1182

Daily Schedule:

Tuesday	11:30-3:30	Crafts
	12:00-4:30	Jewelry
Wednesday	1:00-4:30	Bridge Club

Thursday	11:30-12:30	Line Dancing
	12:30-1:15	Group Lunch Cards, Dominoes, Bridge, etc.
Friday	1:00-4:30	Bridge Club

Bible Study: every 2nd- Wednesday of the Month

The Salvation Army Golden Age Center
960 Main Street, Buffalo NY 14202
Lisa Holmes, 888-6261

Wednesday cont.

11:00 GAC Gospel Choir Rehearsal
 1:00 Devotion
 1:30 Bingo, Walk the Walk Exercise

Thursday

9:00 Computer Classes
 9:30 Pickleball
 10:00 Book Club
 11:00 Nail Spa
 1:00 Stretch Bands
 1:30 Walk the Walk Exercise

Friday

9:00 Computer Classes
 10:00 Tai Chi
 11:00 Line Dancing
 1:00 Bingo
 1:30 Walk the Walk Exercise

Upcoming Events

March 9 Free Food Give A Way @1pm
 March 17 St. Patrick's Day Party @ 8:30 (\$8)

Monday

9:00 Computer Classes
 10:00 Chair/Ball Exercises, Chess Lessons
 10:30 Adult Coloring Classes
 11:00 Piano Lessons
 1:00 Raffles & Bingo
 1:30 Walk the Walk Exercise

Tuesday

9:00 Computer Classes
 10:00 Bridge Lessons, Painting with a Purpose Class
 10:30 Stretch Bands
 11:00 Nail Spa
 1:30 Walk the Walk Exercise

Wednesday

9:00 Computer Classes
 10:15 Bible Study

Delavan Grider Community Center
877 E. Delavan Avenue, Buffalo NY 14215
(716) 896-7021

Thursdays 9:30-2:30 Walking Exercise-Gym
 9:30-2:30 Fitness Room
 10:30-12 Line Dancing
 12:30-1:30 Inspirational Time
 Fridays 9:30-2:30 Walking Exercise-Gym
 9:30-2:30 Fitness Room
 10:00-11:15 Stretch Band Exercises
 12-3:00 Movies

Upcoming Events:

****Call the center****

Erie County Stay Fit Dining Site: 60+ residents; \$3.00/confidential donation, will not be turned way for inability to pay. Meals served Monday-Friday at 12:30

Mondays 9:30-2:30 Walking/Fitness-Gym
 9:30-2:30 Fitness Room
 10:30-12 Line Dancing
 12-1:30 Jewelry Making/Scrapbooking-
 (2nd & 4th Mondays)
 1:30-2:30 Rite Aid Health Topics
 Tuesdays 9:30-2:30 Walking Fitness-Gym
 9:30-2:30 Fitness Room
 12-1:00 Zumba Senior Class: \$3/class
 Wednesdays 9:30-2:30 Walking /Fitness-Gym
 9:30-2:30 Fitness Room
 1:00-2 Board and Card games

Pratt Willert Community Center
422 Pratt Street, Buffalo New York, 14208
Tiffany Lewis (716) 852-1671

Edward Saunders Community Center
2777 Bailey Avenue, Buffalo, New York 14215
Kenneth Simmons (716) 332-4380

Monday 10:00-11 Coffee/News/Exercise
 11:00-12 Memory Games/Puzzles
 12:00-1 Lunch
 12:00-1 Line Dancing (Pratt Willert Only)

****Edward Saunders Center: Please note: Movies trips once per a month****

Tuesday 10:00-11 Coffee/ News/Exercise
 11:00-12 Game Day
 12:00-1 Lunch
 1:00- 2 Art or Informational Presentation

**** Pratt Willert Center: Please note: Movie trips once per month****

****Bowling Trip once per month****

Wednesday 10:00-11 Coffee/News/Exercise:
 11:00-12 Arts/Crafting
 12:00-1 Lunch
 1:00-2 Pokeno
 Thursday 10:00-11 Coffee/News/Exercise
 11:00-12 Open Discussion: Presenters from
 different health organizations
 12:00-1 Lunch
 1:00-2 Games/Crafts
 Friday 10:00-11 Coffee/News/Exercise
 11:00-12 Shopping Trips twice per month
 12:00-1 Lunch
 1:00-2 Card Games

****Field Trips for the seniors**

@ Pratt & Edward Saunders: Call Center**

Schiller Park Senior Citizen Center
2057 Genesee Street, Buffalo, New York 14211
Marcey Ivey, (716) 895-2727

Monday

10:00 Wii Bowling
 12:00 Nutrition Program
 12:30 Trivia
 1:00 Bingo

Tuesday

10:00 Pokino
 10:00 Guitar Class
 12:00 Nutrition Program

Wednesday

10:00 Bible Study
 11:00 Quilting
 11:15 Stretchband Exercises
 12:00 Nutrition Program
 1:00 Bingo

Thursday

10:30 Line Dancing
 12:00 Nutrition Program
 1:00 Pinochle Tournament

Friday

10:15 Balancing
 11:00 Quilting
 12:00 Nutrition Program
 1:00 Bingo

Upcoming Events

Mar. 2 10:15 Presentation BC BS Whole grains
 Mar. 7 Hair Cuts
 Mar. 9 9:30 Breakfast and Gospel- Pancake and sausage breakfast
 Mar. 9 10:30 Gospel music by Cindy, Sue and Bryan \$4.50
 Mar. 28 AARP Safe Driver Class

Every Tuesdays beginning March 1st to April 5th- Presented by Erie County Department of Senior Services, Living Healthy N.Y., Diabetes self-management 9:30- 12:00pm
 Sign up at the center or calling the center

Volunteers Needed

Looking for outgoing fun people to assist our seniors in the activities department., Nutrition program, games, crafts, and bingo.

NEW MEMBERS ALWAYS WELCOME!!

Moot Senior Center
292 High Street, Buffalo, New York 14204
Carrie Bryant, (716) 882-4637

Celebrating Women's History Month, National Kidney Month, National Nutrition Month

Mar. 2 8:30 Best Breakfast in Buffalo
 Mar. 2 1:15 Art & Crafts
 Mar. 4 10:00 Shopping
 Mar. 9 1:15 Bingo
 Mar. 11 1:15 Movies & Popcorn
 Mar. 16 1:15 Artistry in Colors
 Mar. 17 Free Legal Services for Senior
 Mar. 18 10:00 Shopping

Mar. 18 10:00 Birthday Luncheon Celebration
 Mar. 23 1:15 Arts & Crafts
 Mar. 25 **Closed Good Friday**
 Mar. 30 1:15 Table games, Artistry & Color

Movement with Monica every 2nd and 3rd Thursday of the month at 1:15 pm

Weekly Programs: Wednesday-Friday 8:30am-3:00pm

Wed. 10:00 Bible Study
Thurs. 11:00 Moot Chorus Rehearsal

Please note: We will have Best Breakfast every first Wed. of the month.

Gloria J. Parks Community Center
3242 Main Street, Buffalo, New York 14214
(716) 832-1010, (716) 832-5099
www.UDCDA.ORG

Mondays

11:00 Stretch Band Exercises
 1:00 Computer Class

Tuesdays

10:30 Bingo
 12:00 Lunch, Paws for Love Guest, Bread Donations
 12:30 Bingo

Wednesday

11:00 Hustle for Health
 1:00 Computer Class, Wii Bowling, Card Games, Bid Whist Tournament
 6:00 Line Dancing \$3

Thursdays

10:30 Bingo
 12:00 Lunch
 12:30 Bingo

Fridays

10:30 Tai Chi
 12:00 Wii Bowling, Card Games

March Events

Mar. 18 4:30-8:30 Dancin' at the Parks \$12-\$15
 Mar. 29 11:00-6:00 Seneca Niagara Casino Trip \$18

Special Events

Gloria on the Go/Bingo on the Go! Field Trip Program
 Health & Wellness Monthly Seminars
 Other Fun Events: Silver Birthday Celebrations and Movie Theater Showings

March 2016 - Announcements

Travel Club:

The Montreal, Quebec, and Ottawa Trip is scheduled for September 18-23, 2016, and it includes:

- ⇒ Motor coach Transportation
- ⇒ 5 Nights Lodging
- ⇒ 10 Meals
- ⇒ Guided Tours of each city
- ⇒ Montmorency Falls, Notre Dame Basilica cruise on St. Lawrence River
- ⇒ Montreal's underground City and Tower
- ⇒ Ottawa's Parliament Hill
- ⇒ Canadian Museum of History

For more information visit: www.grouptrips.com/lisafintzel

\$640 per person/double occupancy

Coming in 2017: Cuba Trip

Travel Club Meeting: Wednesday, March 9th at Richmond Summer Senior Center 2:00pm



SEP 27 SEP 28 SEP 29

SAVE the DATE

**NY StateWide Senior Action Council
2016 Annual Convention**



**Join us for our
2016 Annual
Convention**

September 27—29,
at the Holiday Inn

in Saratoga Springs. Participate in forums and hear directly from elected & appointed officials on important issues affecting seniors today. We will also have an Exhibit Hall on September 28th offering products, programs and services that are important to the senior community.

**Attend Panel
Discussions on:**

- Preserving Social Security and Medicare
- Health Care Systems Reforms
- Hospital Admissions & Patients Rights
- NYS Government Priorities for Older New Yorkers
- Medicare Benefits Update
- Consumer Financial Protections



**FOR MORE INFORMATION, visit us on the Web at www.nysenior.org,
or call us at 518-436-1006.**

STATE WIDE
New York StateWide Senior Action Council, Inc.

Membership to join the NYStateWide Senior Action Council is \$15.00 \$15.00 per year and can be paid on-line by going to the StateWide Senior Action Council website or paid to the local chapter.

If you or your group is interested in attending this informative convention, you can contact the WNY Chapter by calling Linda Freidenberg, president of the WNY Chapter, at either 332-2775 or 602-5839 or email her @ crisco7266@yahoo.com

Arrangements are being made for those who would like to attend the conference. There is an estimated cost of \$350.00* which include hotel accommodations, conference, banquet and round trip transportation. We are accepting payments, starting from February-August in the amount of \$50.00 per month.

The WNY Chapter meets the 3rd Thursday of the month at the CAO Rafi Green Resource Center, 1342 Fillmore Avenue, corner of Glenwood at 10:30 a.m.

Looking forward to seeing you soon!

**Prices may change – this amount is based on 2015*

City of Buffalo Division of Senior Services
65 Niagara Square, 8A City Hall
Buffalo, New York 14202-3324

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TO:

Mayor Byron Brown's Senior City Life

March 2016



Inspirational Quote of the Month:

No act of kindness, no matter how small, is ever wasted.

- Aesop