



SENIOR CITY LIFE



February 2015 • Vol. 7, Number 2

CITY OF BUFFALO
DIVISION OF SENIOR
SERVICES

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



Greetings from Mayor Byron Brown



One month into the New Year and exciting things are already happening in our city, a key roadway has been re-opened in Buffalo, emergency service and public works

personnel were recognized for their work, MLK Park's winter attendance has record breaking numbers and a new manufacturing business has opened at the former Sheehan Memorial Hospital.

For the first time since the 1980's vehicular traffic has been restored to the 600 block of Main Street. The 600 Block redevelopment included: the installation of new curbs, sidewalks, street lighting, traffic signals, on-street parking, Light Rail Rapid Transit (LRRT) station enhancement, and various landscaping improvements which includes trees, planters and benches. Re-development of this block brought immediate private sector investment including an \$8 million redevelopment plan for the Market Arcade Cinema Complex which is expected to house a major national movie theater chain.

During his 2015 Opportunity Agenda speech, Governor Andrew Cuomo took time out to recognize the hard work of first responders and public

works personnel who worked around the clock during the November 2014 snow storm. The efforts of the men and women who work for our city continue to be recognized on a state and national level. Just recently Fire Commissioner Garnell Whitfield and Public Works Commissioner Steve Stepniak advised one of the municipalities bracing for the blizzard that hit the east coast.

At Martin Luther King, Jr. Park, families and friends are making full use of the pond style ice skating that started in January. In its second year, the winter time activity, which offers free skates and free skate rental, has already attracted over 400 skaters to the rink.

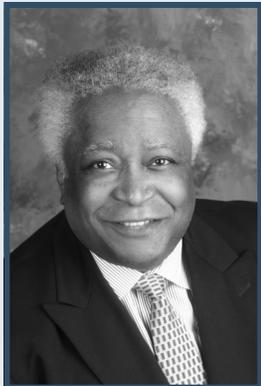
Businesses continue to see the advantages of moving into Buffalo. Bak USA, a company owned by a Danish husband and wife, recently moved their headquarters from Haiti to Buffalo at the site of the former Sheehan Memorial Hospital. Bak USA manufactures tablets that are then sold to school children in Africa.

As you can see there are many great things happening in our growing and thriving city. One thing about our city that has not changed is our recognition as the city of good neighbors, be sure to read about our citizen of the month Violet A. Johnson who exemplifies being a good neighbor.

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Greetings from Director Douglas Ruffin



Directors Message: "GET INTO THE ACT!"

We, at the City of Buffalo's Division of Senior Services hope for, and expect a very busy year. This year, as usual, National Older Americans Month is celebrated in the month of May. However, we would like to invite all seniors to get involved early! The theme for 2015 Older Americans Month is "GET INTO THE ACT!"

We, at the Division of Senior Services agree that we all need more positive assistance and in-put from our City seniors. You cannot discount the contributions, whether passive or active, that has been made by you in over fifty years of living, working and raising families in this city. You have seen

Buffalo at its' worst, and I believe that you will begin to see Buffalo at its' best.

So, why not volunteer a few hours of your time at your local senior/community center, or come into our office at City Hall and volunteer on a few of our select activities, i.e.:

- Help develop, improve and publish your senior newsletter – City Life.
- Serve on the Planning Committee for Senior Activities.
- Give some time to the Volunteer Recruitment Committee.
- Help with the Roof-top Gardening and Farmers Market Group from the Broadway Market Senior Drop-in Center.
- Join a wellness walking and exercise group.

All of these groups will begin to plan their activities for 2015. There may be a special trip, or activity that you have been thinking about for a long time. Here is your chance to put one of your New Years' Resolutions into practice. Pick up the phone now and call (716) 851-4141 and sign up! Get Into the Act!

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 Sq., Room 8A
Buffalo, New York 14202

ICE SKATING AT MLK PARK OPENS WITH RECORD MONTH

For the second consecutive year free ice skating is being held at Martin Luther King, Jr. Park! Excited by the news, Western New Yorkers came out to skate in record numbers during the opening month.

“We are pleased to be able to offer free ice skating for the members of our community,” said Mayor Brown. “Martin Luther King, Jr. Park is one of our city’s most beautiful parks. Being able to have pond-style ice skating makes this a great year-round destination.”

The skating schedule, weather permitting, is from 1:30 PM to 5:30 PM Monday through Friday. The schedule for Saturday and Sunday is noon to 5:30 PM, weather permitting. For rink conditions, call 838-1249 ex. 17. A list of rules, posted at the entrance of the ice rink, includes the following:

- Everyone must sign in to gain admittance
- Skate with the flow of skaters
- Children under 12 years old must be accompanied by an adult

The new ice rink is part of the city’s new \$4.5 million all-season water attraction that opened as a Splash Pad during the summer of 2013. Located in the heart of one of Buffalo’s historic parks, the ice rink is part of a larger plan for the Olmsted-designed MLK Park neighborhood that sets the groundwork to attract new residents and business owners who want to live, work and invest in Buffalo.

Other projects, underway or completed since 2006, include:

- \$2.2 million Fillmore Avenue Streetscape Project (completed)
- \$900,000 in Humboldt Parkway improvements (completed)
- \$800,000 MLK Park Shelter House Improvements (completed)
- \$350,000 MLK Park Picnic Shelter (completed)
- \$16 million St. Martin Village Project (completed)
- \$1 million for improvements to MLK Casino (currently underway)

Senior Spotlight

Meet Violet A. Johnson a.k.a. “Vi”



Violet Johnson was born in New Orleans, Louisiana and came to Niagara Falls, NY to live with her father and aunt in 1928. In 1949, Violet moved to Buffalo, NY looking for work and she found a job working as a waitress at Gerald’s Restaurant. Her waitressing career lasted one year and she found employment at Western Electric working as a machine operator for 25 years. Within this time, Violet met and married John L. Johnson in 1959 and they had two beautiful children named Karin and Frederick Johnson. Today, Violet is the proud grandmother of 9 grandchildren and 2 great-grandchildren who resides in Buffalo and Atlanta Georgia.

In 1983, after raising her children, Violet decided to attend Erie Community College-Buffalo Campus, where she received an Associate’s Degree in Liberal Arts in 1985. After receiving her degree, Violet became employed with the University at Buffalo as a Cleaner and after taking the Civil Service exam, she was promoted to Supervisor of Housing and Maintenance. After 16 years of services with UB, Violet retired in 1994.

After retirement, Violet has spent her time volunteering with various organizations; for example, YMCA as the financial secretary of the senior program, Board for the Retired Public Employees Association, Voting Inspector and serves as the Chairman for the phone committee with the Square Block Club & Everything in Between. In 1998, Violet began volunteering with the Salvation Army Golden Age Center where she assists office staff with daily paperwork, including the lunch desk for the Stay Fit Dining Program.

Violet loves to interact with people and assist them in any way that she can, she loves to dance and listen to Jazz music. She strongly believes that the love of music and dance has extended her life immensely.

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

Feb. 6, 13, 20, & 27th– 10:00– Stretch & Tone Low Impact Exercise for Seniors: Free
 Feb. 11th– 10:30-11:30– Buffalo History & Architecture Presentation by Chuck LaChiusa: “The Houses of Lincoln Parkway”
 Feb. 12th–12:00– Valentine’s Day Holiday Lunch: Nutrition Program; \$3/person; reservations by 2/3
 Feb. 12th–1:00– Valentine’s Day Holiday Jingo Party: Refreshments, Prizes, & Raffles- \$4/person; Payment due by 2/5
 Feb. 17th- CENTER CLOSED: President’s Day
 Feb. 20th– 12:00– Lunch Bunch at Town Shanty: Space limited, must sign up by 2/12; be at center @12
 Feb. 26th-10:30-12:00– Fit & Lean Program by the Erie County Lunch Program: Free six week program “to promote healthy lifestyle changes through good nutrition and fitness”. Interested seniors must pre-

register at the center by 2/12.; Call 826-7895– Classes will be held at 10:30-12:00; Feb. 26th, Mar. 5th, 12th, 19th, 26th, & end on Apr. 2nd
 Feb. 26th– 12:00– Guys & Dolls Birthday Lunch: Free cake & coffee with a meal purchase
 Feb. 26th- 1:00– Birthday Jingo: Birthday members, birthday card & 2 free bingo boards w/ a meal purchase
 Feb. 27th– 10:00- Book Club with Loretta

Daily Programs: Call Center

Coming Events: Call Center

Mar.- 10:30- Buffalo History & Architecture Presentation by Chuck LaChiusa
 Mar. 9th– 9:00-3:30– AARP Safe Driving Class: Pay due by 2/26
 Mar. 17th–12:00– St. Patrick’s Day Holiday Lunch: Nutrition Program- \$3/person; reserve lunch by 3/10
 Mar. 17th–1:00– St. Patrick’s Day Holiday Jingo
 Payment due by 3/12
 March 19th-Shopping Trip
 Mar. 20th– 12:00– Lunch Bunch: Restaurant TBA

Richmond-Summer Senior Center
337 Summer Street, Buffalo, New York 14222
Louise Fronczak, (716) 885-3290

Feb. 3rd– 9:00– Grocery Shopping: Price Rite- Kenmore Ave.; Free
 Feb. 4th– 12:45– Senior Bowling: Bowl Inn Lanes, Bailey Ave., \$6 Shoes & 3 Bowling Games, you can purchase food at the Bowling Center
 Feb. 6th– 12:00– Black History Lunch and Bingo, \$6
 Feb. 10th– 9:00- Grocery Shopping: Save a Lot– Broadway; Free van transportation
 Feb. 11th– 9:00– Senior Shopping: Walmart on Sheridan Dr.; 1:30 Valentine Candy Factory Tour: Landies Candies Company; Free ride, \$2/Tour Entrance; 4:00– Valentine Day Dinner: DJ; Roses for the Ladies- \$6
 Feb. 16th– Feb. 16th-10:00- Hair Cut w/George
 Feb. 17th– 1:00– President Day Trip: Buffalo History Museum- \$5/Admission; Free van ride

Feb. 18th– 12:45– Senior Bowling: Bowl Inn Lanes, Bailey Ave., \$6, Shoes & 3 Bowling Games, you can purchase food at the Bowling Center.

Feb. 20th– 12:00– Lent Fish Fry: \$5 & Bingo
 **Richmond-Summer is a Senior Lunch Site we serve Lunch daily @ 12:00; We offer Free van pick up for Seniors who what a Hot nutritious lunch, small fee is suggested; but not required– Call Center
 **New Senior Care Program offered @ the Richmond-Summer Senior Center & the Moot Center “Moot Cares Program” (BIP) Link Program Services for Buffalo Residents 50 yrs. or Older: Social Services, Counseling, Medication Management, Financial Management, Free Tax Preparation, Housing Issues, Legal Services, Transportation to Medical appointments, etc.

Upcoming Events: Call Center

Daily Programs: Call Center

Friends of the Elderly/**Dorothy J. Collier Community Center**

118 East Utica Street, Buffalo New York, 14209

Laura Hayden, 882-0602

Monday-Friday:10:00– 10:30– Continental Breakfast, 12:00– 12:30– StayFit Dining Site: 60yrs. & older; R.S.V. P. Required

(Confidential Donation): \$3.50

Tuesday & Thursday:10:30– until– Craft Guild11:00– 12:00– Bridge/Bid Whist (R.S.V.P required)/D'Youville Balance ExerciseWednesday:9:00– until ?– Bread Pantry, 12:30– 1:30– Bible Study,11:00– 1:00– Bi-Monthly Case Management Day: 3rd

Wednesday of every TWO months

Thursday:11:00– 3:00– Chess Club1:00– 2:00– Penny Saver Coupons/Recipe Exchange Club1:30– 3:00– Bingo: Come Socialize & win prizesFriday:9:30– until ?– Bread Pantry11:00– 12:00– Band Fitness: Bring your band & wear your T-shirt12:30– 1:30– Friday Fellowship Day: Game Day**UPCOMING EVENTS:**

Call Center

Delavan Grider Community Center**877 E. Delavan Avenue, Buffalo, New York 14215****Candace Moppins, (716) 896-7021**Mondays: 9:30-2:30– Walking/Fitness-Gym, 9:30-2:30– Fitness Room, 10:30-12:00– Line Dancing, 12:00-1:30– Jewelry Making/Scrapbooking-(2nd & 4th Mondays), 1:30-2:30– Rite Aid Mondays– Health Topics; Tuesdays:

9:30-2:30- Walking Fitness-Gym, 9:30-2:30– Fitness Room, 12:00-1:00– Zumba Senior Class: Members Free, &

Guests, \$3/class, 1:00-3:00; Wednesdays: 9:30– 2:30–

Walking /Fitness-Gym, 9:30-2:30– Fitness Room, 1:00–

2:00– Board and Card games;

Thursdays: 9:30– 2:30–Walking Exercise– Gym, 9:30– 2:30– Fitness Room, 10:30-12:00– 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, 12:00-3:00– Movies-Friday Afternoon**Special Events:**

Call Center

Pratt Willert Community Center:**422 Pratt Street, Buffalo New York, 14208****Edward Saunders:****2777 Bailey Avenue, Buffalo, New York 14215****Josephine Torres, (716) 852-1673****Kenneth Simmons, 332-4380**Monday: 10:00- 11:00-Coffee News: Community happenings Name that event/time: 3 history questions/11:00-12:00-Memory Games: Puzzles, Concentration, Jeopardy (game), & Karaoke (name that tune)/12:00- 1:00-Lunch/1:00-2:00- Memory Games: Puzzles, Concentration, Jeopardy (game), & Karaoke (name that tune)

Please note we will be going to the movies every other month on Monday

Tuesday: 10:00- 11:00- Coffee News: Events for seniors-Lets share scripture/11:00-12:00- Game Day: Pokeno,Bingo, Cards, & Dominoes/12:00-1:00- Lunch/1:00-2Wednesday: 10:00- 11:00- Coffee News: Current events, Exercise- Walk the gym/11:00- 12:00- Crafts/ JewelryMaking & Sewing/12:00-1:00-Lunch/1:00- 2:00- Crafts/ Jewelry Making & SewingThursday: 10:00-11:00- Tea & Crackers: Let's talk Health (bring an article)/11:00-12:00-Open Discussion: Presenters will be scheduled from different health organiza-tions/12:00-1:00- Lunch **Please note we will be going to the Belle Center for swimming exercise once a month**Friday: 10:00-11:00- Coffee & computer classes/11:00- 12:00- Wal-Mart trip every 1st & 3rd Friday/ Line Dancingin the community room/12:00-1:00- Lunch/1:00- 2:00- Line Dancing in the community room/Computer classes****Field Trips for the seniors @ Pratt & Edward Saunders: Call Center**

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

Feb. 2nd– 10:00– Univera: Insurance Info
 Feb. 3rd– 12:30-3:00– 6 weeks of classes: “Living Healthy w/ Diabetes”
 Feb. 4th– BC/BS: Weight Management
 Feb. 9th– 9:00– Haircuts by Chris
 Feb. 11th– 10:00– 12:00– Catholic Health Screening for BP, Cholesterol, and Body Mass
 Feb. 25th– 12:30- “Name that Tune” with Bill O’Lear

Daily Schedule

Monday– 9:00- Wii (Bowling)
 Monday & Wednesday-1:00- Bingo
 Tuesday- 9:45- 10:30- Silver Sneakers Exercise- (covered by most insurance plans)
 Wednesday-10:00-11:00-Bible Study Class w/Mrs. Barbara Reed/11:15- Stretch Band Exercise
 Thursday- 9:45- 10:30- Silver Sneakers /10:30- Line Dance w/Willa- \$2.00/1:00-Pinochle Tournament
 Friday- 10:15- Exercise/1:00- Pokeno or Bingo

C.R.U.C.I.A.L. Senior Center
230 Moselle Street, Buffalo, New York 14211
(716) 895-8891, Fax (716) 895-1182

Tuesday: 11:30-3:30- Crafts
 12:00- 4:30– Jewelry
Wednesday: 1:00-4:30- Bridge Club
Bible Study: every 2nd- Wednesday of the Month
Thursday: 11:30-12:30- Line Dancing
 12:30- 1:15- Group Lunch
Cards, Dominoes, Bridge, etc.
Friday: 1:00– 4:30- Bridge Club

Moot Senior Center
292 High Street, Buffalo, New York 14204
Carrie Bryant, (716) 882-4637, (716) 856-1432

**** For February Schedule, call Center**

Weekly Program: Wednesday– Friday
****We will not have Best Breakfast until further notice**
 Wed. 10:45-11:45- Bible Study w/Carolyn D. Harris
 Thurs. 10:45-11:45- Moot Chorus w/Bessie Patterson-Directing
 Fri. 11:00-11:45- Fitness w/Carrie

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

Mondays: 11-12:00– Stretch Band Exercise
Tuesdays & Thursdays: 10:30-12:00 & 12:30-1:45– Bingo/12:00-Lunch
Wednesday: 11:00– 12:00-Hustle for Health; Wii Bowling, Golf, & Dance– 1:00-3:00
Wednesday Evenings: 6:30-8:00P.M.– Line Dancing w/Sandra Hall- \$3/class
Fridays: 1st & 4th Fridays: 12:30– 2:00- Shuffle-board; 4th-Friday: Movie Time: 12:30-3:00; Tai Chi : 10:30-12:00

Hustle for Health: Weds., Jan. 14th-Mar. 4th-11-12
****Feb. 13th–4:30– 8:30- Valentine’s Day Bash @ Gloria J. Parks Center**: Dancin’ At the Parks– The Larry Salter Soul Orchestra, featuring Joyce Carolyn. \$10/in advance; \$15/at the door– Includes Dinner, 50/50 Split & Door prizes. Must be 55+ to attend; For tickets & info call, Dell Wilson @ (716) 832-1010 x206

February 2015 - Announcements

HEALTHY LIVING

The Division is beginning to implement our spring/summer program of "Healthy Living, Healthy Eating, and Exercise." Please contact your community senior center for participation, time, dates, and classes. Classes will be in TIA CHI, YOGA, and ZUMBA.

During the Easter Holidays, we will be scheduling trips under our Healthy Eating project to the Broadway Market for shopping and other events. If you or your center does not have van transportation, please feel free to contact our office (716) 851-4141. We will only do pick-ups for this project from senior centers or senior housing (groups only). For more information, please call Patricia at (716) 851-4141.

PRESENTATION

TBatchelor Geriatric Advisory Group the proud sponsor for Preserving Our Legacies Radio Series, information designed to empower seniors, caregivers, and those with special needs; airs every **Sat. at 10:00am on WECK102.9 FM & 1230 AM**. Preserving Our Legacies will host a Series of Community Forums through- out the community. The first forum is being held at **Baptist Manor: 276 Linwood Ave. on Wed., February 25th at 2:00pm**. Come and learn about the plans on how Buffalo and Erie County will become an "Age Friendly Community".

The Forum is open to the public. For information or to register call **716-202-8177 or 716-819-1820**.

The conversation is not complete without you. Tonnalee Batchelor; www.tbatchelorgeriatric.org

TRAVEL CLUB MEETINGS @ RICHMOND-SUMMER SENIOR CENTER:

Every **2nd Wednesday** of the Month; Contact Lisa for more information at 851-4204. **Note that there will be **NO MEETINGS** in January and February.

TRAVEL CLUB NEWS:

In early October we enjoyed a six day trip to Cape Cod. The weather was warm, which made sightseeing to the Heritage Gardens, JFK Museum, Hyannis Harbor Cruise, Provincetown, among others; a fun filled adventure. What a fabulous whirlwind trip!

In order to plan a successful 2015 year of day and over-night trips, we would appreciate your suggestions. Please fill out our brief survey and mail or fax your ideas back to our office. Your input is very important to us!

Clip & Send

Day Trips:

Wine Tasting: _____

Shopping: _____

Museums/Historical: _____

Other: _____

Over-Night Trips:

Montreal/Quebec

NYC/Boston

Washington/Philadelphia

Other: _____

MAIL TO: Division for Senior Services

65 Niagara Sq., Room 8A or FAX TO: (716) 851-5803

Buffalo, New York 14202

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

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Mayor Byron Brown's Senior City Life

February 2015



Inspirational Quote of the Month:

"Blessed is the season which engages the whole world in a conspiracy of love!"
- Hamilton Wright Mabie

www.city-buffalo.com