



SENIOR CITY LIFE



April 2015 • Vol. 7, Number 4

CITY OF BUFFALO
DIVISION OF SENIOR
SERVICES

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



Greetings from Mayor Byron Brown

March was another exciting month here in Buffalo and a nice beginning to the spring and summer months ahead.



During St. Patrick's Day weekend we were listed as the fourth best city in the country for St.

Patrick's Day parades, which annually draw thousands of Western New Yorkers to Buffalo's downtown and the Old First Ward. This year was no different; thousands came out to celebrate Buffalo's strong Irish culture, including over 80,000 people attending the downtown parade on Delaware Avenue.

March was National Women's History Month. Every year we celebrate by recognizing several outstanding women and that have had a significant impact in our city. This year's honorees were Stephanie Lynn Crockatt, Florence D. Johnson, Catherine M. Roberts, Yolanda Martinez-Rodriguez, Hon. Shirley Troutman, Fern Beavers,

Dr. Sharon Amos, Dottie Gallagher-Cohen and Clotilde Perez-Bode Dedecker. The organizations recognized were the Miss Borinquen Leadership Pageant and the Young Miss Buffalo Pageant.

We are constantly striving to prepare our youth for the future. During my State of the City Address I announced that the city would host a serious computer game design competition. The idea is to have game designers develop a game for Buffalo's youth that would teach life and job readiness skills, highlight the importance of diversity in society and in the workplace and develop a video game that educates and is fun to play. On March 22, we selected three winners to move onto the final round in April where we will present a \$5,000 prize to the winner.

In this edition, you will read about Philip J. Haberstro, this month's senior of the month.

Again, I look forward to seeing you as we ease into a new season. I plan to stop by a number of our city senior centers in the next few weeks.

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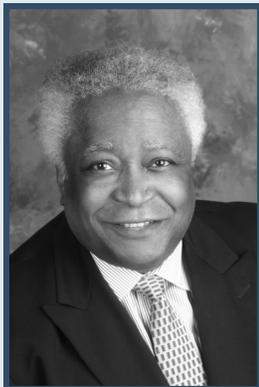
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Greetings from Director Douglas Ruffin



A Message from the Director- Refresh, Renew, Invest In, & Enjoy Life!

Hello Fellow Buffalo Senior Citizens:

Well, we've all survived another record breaking winter! Now, it's time to renew, get out of the house and begin enjoying the spring. Buffalo's springs are never one hundred per cent pure; we always get a little "winter" mixed in until June. But based on what we have had during the past few months, I'll take the mixed spring and be glad for it!

Those of you, who received our March Newsletter, have been notified about many of the upcoming April and May activities. As we mentioned in the previous newsletter, May is celebrated as **National Older Americans Month**. The 2015 theme is "Get into the Act". In this case, that statement is good advice. As a senior citizen, you can do as much or as little as you choose. But, the important thing is that you do something to, as the National theme say's, "Get into the Act"!

If you will allow me to "get on my soap box" for a minute, sometimes, we, as senior citizens think that we have basically "run out of steam". We have "paid our dues" and, for all intent and purpose, it is time for us to kick back and enjoy the rest of our lives. However, if you are anything like me, and many others, that goal is not as easy as it may sound. Sometimes you begin to develop a new type of philosophy that basically recognizes that "you are just passing through" this world and you may want to do something, whether it's big or small, to make this world (or community) a better place for those who come after us. Some may say that this type of statement sounds like someone who is dealing with their mortality, but I don't think so. I prefer to think of it as "enlighten"!

If you accept or remember your school days when you studied the eight stages of man and/or, of human development, you might notice that individuals who have reached the beautiful age of sixty-five, have survived to reached a stage of development where they hopefully have gained the requisite amount of experience and maturity; and, see the human species as it probably should have been seen all along. Your ego has probably been somewhat tamed, and you have begun to realize that we are all in this together. By now, you have gained a lot of experience that can be used to benefit those who are younger, and your community, or City, in general. But if you choose to remain a part of the silent majority, than the old proverb that says (paraphrasing) – "the only thing necessary for evil to triumph, is for good people to do nothing," might apply!

So, why not join me. Get involved, or as the National theme says, 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**

Buffalo Opportunity Pledge

As the city continues its remarkable revival, Mayor Byron Brown is putting an increased focus on making sure that Buffalo's resurgence touches all areas of the city and benefits all residents. During the 2015 State of the City Address, Mayor Brown unveiled the Buffalo Opportunity Pledge, in front of a record crowd in attendance and some of the city's leading civic activists, business leaders and residents in attendance.

"The goal of this pledge is to encourage businesses, organizations and residents to demonstrate a commitment to building a culture of inclusion and equity in Buffalo," said Mayor Brown.

During his speech Mayor Brown stated that in order "To accelerate Buffalo's growth and prosperity, we must foster a community wide mindset that embraces diversity and inclusion as core values."

Residents, Businesses and Institutions that sign the pledge promise to:

- Foster, cultivate and preserve a culture of diversity, inclusion, fairness and equality.
- Set collective goals to aggressively reduce poverty and increase employment opportunities for all residents, thereby enhancing our City's productivity and prosperity.
- Recognize that our City's business community will get stronger, as it gets more inclusive and entrepreneurs from every neighborhood and every racial background have the opportunity to realize their true potential.
- Recognize that our City's strength will grow as each and every one of our neighborhoods grow through employment, upward mobility and prosperity.
- Recognize that diverse and inclusive workplaces appeal to top talent and encourage excellent performance and productivity, and increase profitability.

To read the complete pledge and to sign your name and/or the name of your business or organization please go to www.city-buffalo.com/buffaloopportunitypledge.

Senior Spotlight



Philip L. Haberstro, founder (1989) and CEO of the Wellness Institute of Greater Buffalo and WNY, Inc. The non-profit Institute provides "Healthy Community" advocacy, training and management services to public, private, civic and non-profit organizations in the Greater Buffalo Region and New York Community as a facilitator for award winning community building initiatives, youth programs, school wellness policy development; employee health promotion, immigrant counseling and prevention/wellness programs for older adults.

Haberstro utilizes the global "Healthy Community" model as the guiding strategic approach for creating positive culture change. Phil is a frequent advisor and speaker on the role of citizen leadership in the creation of "Healthy Communities" through the civic environmental, economic and human factors that influence community quality of life. The Institute is highly respected for its sound strategic planning skills, media savvy and capacity to build successful coalitions among diverse groups at the local level. Mr. Haberstro was recently certified as a Centers for Disease Control Work@Health trainer. He is the only certified trainer in Western New York.

Mr. Haberstro has labored tirelessly to enhance grassroots capacity for city, state, and national health promotion and social capital building initiatives by engaging the public, private, non-profit and civic sector in creating sustainable solutions to the challenges communities face. Phil is a member of the Cardinal O'Hara High School Distinguished Alumni Hall of Fame, previously served as Program Chair of the NYS Governor's Council

on Lifetime Health and Fitness, Chair of the Buffalo Ambassadors Program, Chair of the Erie County Tobacco Free Coalition, President of the NYS Federation of Professional Health Educators, President of the National Assoc. for Health and Fitness and Alumni Chair for the National Civic League's (www.ncl.org) All America City Award program recipients.

Currently, Phil's professional leadership activities include, President-Elect of Buffalo Sunrise Rotary, Coordinator for the Buffalo Niagara All America City Committee, Board Member of a Livable Western New York, a member of the WNRD Think Bright Advisory Committee National Board Member of Health Promotion Advocates. (www.HealthPromtionAdvocates.org) and the National Centers for Safe Routes to Schools. (www.safeoutesinfo.org)

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

Apr. 2nd- 12:00- Easter Holiday Luncheon by the Nutritional Luncheon: Reserve lunch by 3/31; \$3/person
 Apr. 2nd- 1:00- Easter Holiday Jingo Party: Refreshments, Prizes, & Raffles- \$4/person; Payment due by 3/26
 Apr. 3rd- CENTER CLOSED FOR GOOD FRIDAY
 Apr. 6th- 10:30-3:30- Autumnwood's Annual Dyngus Day Celebration with Music by David Gawronski: Catered Meal, Prizes, & Raffles- \$12/person; Payment due by 3/26
 Apr. 10th- 12:00- Lunch Bunch TBA: Group size limited; Sign-up at Center
 Apr. 13th- 9:00-3:30- AARP Safe Driving Program: AARP Members \$20/Non-Members-\$25; Must Sign-up in advance; Payment due by 4/2
 Apr. 13th- 10:00- Bingo Van: Holy Mother of the Rosary, Lancaster: Group seating limited
 Apr. 15th- 10:30-11:30- Buffalo History & Architecture Presentation by Chuck LaCiusa: "Stained Glass in Buffalo"
 Apr. 16th- 1:00- Senior Shopping Trip with Van
 Apr. 23rd- 12:00- Guys & Dolls Birthday Lunch: Free Cake & Coffee with a meal purchase
 Apr. 23rd- 1:00- Birthday Jingo: Birthday members, birthday card & 2 free bingo boards w/ a meal purchase

Apr. 24th- 12:00- Lunch Bunch at Gordie Harper's Bazar: Space limited; Must sign-up by 4/10- **Be at Center at 11:00**
 Apr. 24th- 10:00- Book Club with Loretta
 Apr. 27th- 12:00- Subs & Bingo Party: Sub sandwiches for lunch & bingo- \$5/person; payment and sub order due by 4/16
 Apr. 28th- 1:00- Senior Shopping Trip w/ van

Daily Programs:

Tues & Thurs: 10:00-12:00- Water Class at the Father Belle Center
 Tuesdays, Wednesdays & Thursdays: 1:00- Jingo
 Wednesday: 10:00- 12:00- Social Worker- 1st & 3rd Wednesday of every month; 1:00- Jingo
 Friday: 1:00- Pinochle Club

Coming Events:

5/7- 12:00- Mother's Day Holiday Luncheon by the Nutrition Program: \$3/person; reserve lunch by 4/28
 5/7- 1:00- Mother's Day Holiday Jingo Party: Refreshments, Prizes, & Raffles- \$4/person; Payment due by 4/23
 5/11- 9:00- 3:30- AARP Safe Driving Program: AARP Members \$20/Non-Members-\$25; Must Sign-up in advance; Payment due by 4/30
 5/13- 10:30- Buffalo History & Architecture Presentation by Chuck LaCiusa: "The House of Oakland Place"
 5/15- 12:00- Lunch Bunch: Restaurant to be announced
 5/28- Shopping Trip

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

Apr. 2nd- 11:00- 2:00- Easter Brunch: Variety of foods and door prizes; Food prepared by former chef Mike Sapp
 Apr. 6th- 12:00- Senior Crafts
 Apr. 7th- 10:00- Grocery Shopping: Price Rite- Kenmore Location; Free van ride
 Apr. 8th- 10:30- Senior Crafts
 Apr. 9th- 9:30- Mall Walk: Niagara Outlet; Free van ride
 Apr. 10th-10:30- Senior Crafts
 Apr. 10th- 12:00- Let's go to the Movies
 Apr. 14th- 10:00- Senior Shopping: Save-A-Lot or Aldi - Free van
 Apr. 17th- 10:00- Senior Shopping: Wal-Mart; Free van
 Apr. 21st- 10:00- Mall Walk: Eastern Hills Mall; Free van
 Apr. 23rd- Pot Luck Bingo: Free if you bring a dish; \$3 if you don't
 Apr. 29th- 10:00- Senior Breakfast: Free
 ** Line Dancing has returned to its regular time: 1:30

every Tuesday

Apr. 30th- Hot Dogs & Hamburgers on the grill /Bingo: \$2

**Richmond-Summer is a Senior Lunch Site we serve Lunch daily @ 12:00; We offer Free van pick up for Seniors who want 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:

Mondays- 11:00- Zumba
 Tuesdays-1:30-Line Dancing w/Barbara- \$1
 Wednesdays-11:00- Yoga- \$1
 Thursday-10:00-Tai Chi
 Fridays- 11:00- Exercise Group

**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– Stay Fit Dining Site: 60yrs. & older; R.S.V. P. Required (Confidential Donation): \$3.50

Tuesday & Thursday:

10:30– until– Craft Guild

11:00– 12:00– Bridge/Bid Whist (R.S.V.P required)/

D'Youville Balance Exercise

Wednesday:

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 Club

1:00– 2:00– Penny Saver Coupons/Recipe Exchange Club

1:30– 3:00– Bingo: Come Socialize & win prizes

Friday:

9:30– until ?– Bread Pantry

11:00– 12:00– Band Fitness: Bring your band & wear your T-shirt

12:30– 1:30– Friday Fellowship Day: Game Day

UPCOMING EVENTS:

Call Center

**Delavan Grider Community Center
877 E. Delavan Avenue, Buffalo, New York 14215
Candace Moppin, (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:

DINNER FOR TWO MOTHER'S DAY RAFFLE:

Raffle cost: \$5.00 per ticket • Prize: Russell's Steak, Chop and More, Salvatore's Grand Hotel

located at 6675 Transit Rd Williamsville, NY 14221

The One Night Overstay Package includes: Dinner for two from dining for two menu and breakfast for two from Good Morning Breakfast Buffet. **DRAWING HELD SATURDAY, MAY 9, 2015 at the Masten District Stakeholder's Breakfast 8:30am -10:30am Ticket Purchase call 833-0097. (Proceeds benefit School-Age Youth Educational Programs)**

**Pratt Willert Community Center:
422 Pratt Street, Buffalo New York, 14208
Toni Benjamin, (716) 852-1671
Edward Saunders Community Center:
2777 Bailey Avenue, Buffalo, New York 14215
Kenneth Simmons, 332-4380**

Monday: 10:00-11:00-Coffee/News/Exercise/11:00-12:00-Memory Games/Puzzles;12:00- 1:00- Lunch/12:00-1:00– Line Dancing (Pratt Willert Only) *Edward Saunders Center– Please note: Movies trips once per month *Tuesday:10:00-11:00- Coffee/ News/Exercise 11:00-12:00- Game Day: Pokeno, Bingo, Cards, & Dominoes/12:00-1:00- Lunch/1:00- 2:00– Art or Informational Presentation** Pratt Willert Center– Please note: Movies trips once per month

Wednesday: 10:00-11:00- Coffee/News/Exercise:

11:00– 12:00- Crafting/12:00– 1:00– Lunch/1:00-2:00– Crafting

Thursday: 10:00-11:00- Coffee/News/Exercise/ 11:00-12:00-Open Discussion: Presenters from different health organizations/12:00-1:00- Lunch/ 1:00– 2:00– Crafting

Friday: 10:00-11:00- Coffee/News/Exercise/11:00– 12:00-Shopping Trips twice per month/ 12:00-1:00– Lunch

****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, (716) 895-2727

Apr. 1st– 10:15- BC/BS: Arthritis
 Apr. 3rd– CENTER CLOSED: Good Friday
 Apr. 6th- 9:00– Haircuts by Chris
 Apr. 6th- 10:30-Wellness 365: Preventive Care
 Apr. 7th- 10:00- Children's Homecare: Medication Compliance
 Apr. 13th- 12:30– BC/BS: Insurance information
 Apr. 14th– 12:30– Daemen College: Eating Healthy
 Apr. 20th– 1:00-3:30- "Thank A Vet" Discount Program
Outreach: Sponsored by Chris Jacobs, County Clerk
 Apr. 20th– 1:00-3:00– Outreach: Brian Higgins Staff
 Apr. 29th- United Healthcare Insurance Info: Medicare

Daily Schedule: Call Center

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) 240-9389

Apr. 1st– 1:15– Bible Study
 Apr. 2nd– 1:30– Chorus Concert @ Baptist Manor
 Apr. 3rd– CENTER CLOSED: GOOD FRIDAY
 Apr. 4th– 12:00- 4:00– Taxes
 Apr. 8th– 1:00- Bingo
 Apr. 9th– 11:00-12:00– Chorus
 Apr. 10th– 1:00– Shop @ Wal-Mart/ 12:00-4:00– Taxes
 Apr. 14th– 12:00– 4:00– Taxes
 Apr. 15th– Blood Pressure/ 1:30– Bingo
 Apr. 16th– 10:00– 12:00– Legal Services w/ Furette Williams
 Apr. 17th– 12:00– Birthday Celebration/ 12:00– 4:00– Taxes

Apr. 21st– 12:00-4:00– Taxes
 Apr. 22nd– Blood Pressure
 Apr. 23rd– 11:00– 12:00– Chorus
 Apr. 24th– 1:00– Shop @ Price Rite/ 12:00-4:00– Taxes
 Apr. 25th– 11:00– 6:00– Seneca Niagara Casino: \$18/ Members, \$20/Non-Members
 Apr. 29th– Blood Pressure
 Apr. 30th– Bus Meeting

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/ 1:00– 3:00- Wii Bowling & Dance

Wednesday Evenings: 6:30-8:00P.M.– Line Dancing w/ Sandra Hall- \$3/class
Fridays: 10:30-12:00- Tai Chi/ 1st & 4th Fridays: 12:30– 2:00- Shuffleboard; 3rd-Friday: Movie Time: 12:30-3:00

Special Events: Call Center

April 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 TAI 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.

TRAVEL CLUB MEETINGS @ RICHMOND-SUMMER SENIOR CENTER:

Every **2nd Wednesday** of the Month; Contact Lisa for more information at 851-4204. Next Meeting is **April 8 @ 2:00 pm.**

TRAVEL CLUB: TUESDAY, MAY 26, 2015– 9:30 A.M.-2:30 P.M.

MAYOR’S CHOICE: BOTANICAL GARDENS & LUNCH @ ILIO DiPAOLO’S RESTAURANT

Thank You, Senior Volunteers! To honor individuals that volunteer at senior centers throughout the year. There will be a visit to the Buffalo & Erie County Botanical Gardens & a great lunch at Ilio DiPaolo’s Restaurant.

Centers will be contacted by the Division for Senior Services office.

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

April 2015



Inspirational Quote of the Month:

"The thing about new beginnings is that they require something to end."

www.city-buffalo.com