

Power Up

Working toward an exceptional you



Discover The Dale Association

NOVEMBER-DECEMBER 2016

GRATITUDE EDITION



Sherry Livergood (at left) gives volunteer Joyce Howe a demonstration on our new “My Senior Center” program (story p. 7)



PROS Center for Wellness “Empowerment Day” 2016: “Participant of the Year”, Brooks Price (at left) cuts the ribbon on our new Resource Room with Dale President/CEO Maureen Wendt (story p. 5)

At The Dale Association, we’re grateful that we can offer new programs, and celebrate our participants’ success(es).
But mostly, we’re grateful for YOU!

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President's Corner



The end of the year is a good time to look back and reflect on those things for which we are thankful. And, I'm thankful for all of you who are part of The Dale Association in one way or another - or in many ways.

Happy Thanksgiving to all of you, and as the year ends and we celebrate the holidays – I wish each of you a joyous and healthy holiday and a happy new year!

Our mission statement... *“The Dale Association’s mission is to provide comprehensive services and coordinate connections for adults in Niagara and neighboring counties which enhance their health and wellness and empower them to strengthen bridges to their communities”* ... it serves as a reminder of the reason The Dale Association exists in this community.

And therefore, the reason we do the things we do – it may be supporting older individuals with our senior services... it may be assisting seriously and persistently mentally ill adults achieve mental wellness and to stabilize their emotions... it may be enriching the lives of people through our educational classes and volunteering programs... or it may be supporting caregivers by providing resources that help them be better caregivers ...or it may be assisting older adults with vision and/or hearing impairments maintain their independence....or it may be providing a social day program for individuals in the early stages of dementia...and so much more.

We as an organization are so grateful for the generosity of this community, our community, when it comes to the support we receive to deliver each part of our mission. Thank you to all of you reading this. And, as I think back to the year 2016, there are many who I am grateful for who are not able to read this, because they have

passed on. There are many, many people we have lost this year – too numerous to list - and who will forever remain in our hearts. I wish to express a special thank you to William “Ben” May for all he has done for this community and for The Dale Association. You will be missed beyond what words can express.

I look forward to seeing you at the Centre, at 33 Ontario Street, and I invite you to visit our website at: www.daleassociation.com for more information.

Maureen

Maureen A. Wendt
President/CEO



Briarwood Manor
1001 Lincoln Ave., Lockport
433-1513

**Affordable Care
For The Elderly**

*Family Owned and
Operated Since 1982*

*Private And Semi-Private
Rooms Available*

- 3 Nutritious Meals plus Snacks
 - Laundry/Housekeeping
 - Freedom to Come and Go
 - 24 Hr. Supervised Care
 - Nurse on Staff
 - Personal and Family Counseling
 - Professional Planned Daily Activities

We Are Licensed & Certified by
New York State Department of Health

Be Well

Free Health and Wellness Series

Join us for a free wellness series offered by the health professionals at BlueCross and BlueShield of WNY. **Please register for each presentation by calling our front desk, at: 433-1886.**

“Secrets of a Good Night’s Sleep”

Sleep is a basic necessity of life. So why do so many of us have trouble sleeping? Approximately 60 million Americans experience insomnia (the inability to sleep) each year. Join us **Monday, November 21 at 10:30 am** as we discuss the basics of sleep, and learn to identify “sleep stealers.”

“Making the Mind/Body Connection”

Our minds are very powerful and our bodies respond to the ways we think, feel, and act. Is it possible to harness the power of the mind to lower stress, get better sleep, and enhance our health? Join us **Monday, December 19 at 10:30 am** as we discuss the mind/body connection and learn several techniques, including guided imagery, breathing exercises, and progressive muscle relaxation.

Medicare Advantage Plan Sales

Representatives will be at The Centre:

BlueCross BlueShield - Monday, November 28 from 2:00-4:00 pm; Monday, December 5 from 2:00-4:00 pm

Fidelis Care - Tuesday, November 8 and 22 from 9:30-11:30 am

Independent Health - Every Wednesday and Friday through December 7 from 9:00 am-3:00 pm

United Healthcare - Monday, November 14 and 28 from 9:00 am-12:00 noon; Monday, December 12 from 10:00 am-12:00 noon

Univera Healthcare - Thursday, November 10 at 1:00 pm; Thursday, December 1 at 1:00 pm

WellCare - Tuesday, November at 10:00 am, November 29 at 12:00 pm, December 6 at 9:00 am, Thursday, December 15 at 10:00 am

Managed Long Term Care (MLTC) Sales
Representatives will be at The Centre:

Fallon Health Weinberg - Thursday, November 17 from 9:00-11:00 am; Thursday, December 8 at 12:00 noon

Free Nutrition Class: “Benefits of Fiber”

Join us for a nutrition education class **Wednesday, November 23 at 12:00 pm** presented by Marla L. Guarino RDN, CDN, Cornell Cooperative Extension Niagara County. We’ll learn the benefits of fiber in a diet, identify good sources of fiber, and plan meals to meet daily requirements. This class will incorporate a food demonstration. Please RSVP to 433-1886.

See p. 22 for a Gluten-Free Cooking Class!



 **Michelle Farina**
Medicare Benefit Consultant

BlueCross BlueShield of Western New York

257 West Genesee Street • Buffalo NY 14202-2657
office 716.887.8581 cell 716.481.4114
farina.michelle@bcbswny.com

A division of HealthNow New York Inc., an independent licensee of the BlueCross BlueShield Association

Be Well

Daytime Yoga

This relaxed, open class is offered on **Mondays 10:00-11:30 am** on an ongoing basis for all ages and all levels of experience from beginner to more advanced. Come as often as you like and work at your own pace. Taught by experienced yoga instructor, Liz Cousins. Wear comfortable clothing and bring a yoga mat. **Cost: \$5 member, \$8 non-member, payable to instructor at time of class**



Walking Club

We'll keep on walking as long as our Western New York weather cooperates! We invite you to meet us on **Mondays and Wednesdays at 9:00 am** for a 30 minute walk. Our starting locations and destinations will vary. Please sign up by calling 433-1886. Wear comfortable shoes and bring a water bottle.



Blood Pressure Screenings

We will provide free blood pressure screenings on all **Thursdays (12:30-3:00 pm)** except November 24. Please stop at the front desk to request your screening.



Maria Schenk
Medicare Sales Representative

716.860.9015
205 Park Club Lane • Buffalo, NY 14221
maria.schenk@univerahealthcare.com

Chair Exercise Class

Our chair exercise class helps to increase strength, flexibility, balance and endurance by utilizing light hand weights and dyna-bands. The class is designed for people of all abilities and those with mobility limitations, or arthritis. Classes are on **Tuesday and Thursday from 10:30 – 11:30 am. Cost: \$2.00 per class**



National Memory Screening Day: Free Memory Screenings

Are you concerned about changes in your memory? Join us **Thursday, November 17** for National Memory Screening Day, an annual initiative of the Alzheimer's Foundation of America. Take advantage of free, confidential memory screenings and pick up free educational materials about memory concerns, dementia, caregiving and successful aging. Reservations required for appointments between **1:00-3:30 pm**. Please call The Dale Association to make your appointment at **433-1886**.



**Now accepting
apartment applications!**

- Independent seniors age 62+
- Monthly rent based on income
- Some utilities included

Pine Senior Living Apartments
6231 Tonawanda Creek North, Lockport
(Off Transit Road near Millersport Highway)
716.433.3381



Mental Health Awareness

Our **PROS Center for Wellness** recently hosted “Empowerment Day”, a celebration of and for our PROS participants, age 18 and older. Awards were presented to participants in 12 categories, including “Resilience”, “Successfully Working a Full-Time Job”, and many others. The new PROS Resource Room was officially dedicated with a special ribbon cutting by our “Participant of the Year”, Brooks Price (pictured on cover). Keynote speaker Raymond Gregory, Center for Practice Innovation (pictured below with PROS Vocational Counselor Nicole Dunlap, left, and Dale President/CEO Maureen Wendt, right) inspired the audience by sharing his experience working in the mental health field.



To learn about counseling through our Lockport based **PROS Center for Wellness**, please call Jessica Bosarge, at **433-1937, ext 207**.

For information about individual counseling in the North Tonawanda area, please call our **Outpatient Counseling and Treatment Center**, at **693-9961**.

Our **Geriatric Community Mental Health Nurse** provides a link for mentally ill adults age 50 and older, with the appropriate medical and social services and resources. To speak confidentially with our Nurse, please call Suzanne Esposito, LPN, at **433-1937 ext. 107**.

Our **Peer Specialist Program** is a free service for adults age 18 and older, who live in Niagara County and who are seeking help with the symptoms or barriers created by their mental illness. To speak confidentially with Stephanie Pinzel, Peer Specialist, please call: **433-1937 ext 205**.

NEW!!

Home and Community Based Services

Home and Community Based Services, or HCBS, will help you stay healthy and live a full and active life. HCBS, a new program offered by New York State, gives you the services you need to take care of your physical and mental health, through comprehensive and coordinated care.

HCBS is designed for Medicaid-eligible Niagara County adults, who would benefit from services including: Peer Empowerment, Educational Support, Family Support Services and more. If you received a letter of HCBS eligibility from New York State, or if you would like to learn more, please call **Catherine Cuvillo, Program Coordinator, at 716-433-2333**.



New health plan options in Erie and Niagara Counties

- Coordinated Care
- Dedicated Care Team
- Comprehensive Benefits

716-810-1890
fallonweinberg.org

fallon health weinberg

Be Well

Vision and Hearing Impaired Assistance Program

The Dale Association offers free programs for the visually and hearing impaired. This multi-faceted program is designed to enrich the lives of people in Niagara County, age 60 and older living with low vision and/or a hearing impairment through:

- Educational Seminars
- Referral Information
- Vision & Hearing Screenings
- In Home Assessments
- Assistive Devices Resource Center
- Ongoing Support
- Desktop Electronic Magnifier On Site

We can link you and your family to community services. We can assist with your questions about hearing and vision to provide an improved quality of life.

For more information call Nancy Smith, Program Coordinator at 433-1886 ext. 108.

A free hearing screening will be offered at The Dale Association, at 33 Ontario Street, Lockport on **Wednesday, November 9 from 1:15-3:15 pm**. Please call our front desk at 433-1886 to schedule your appointment.

Need Help?

Many people call the Vision and Hearing Program because they do not know where to get help in coping with a vision loss/and or hearing loss. Some of the typical questions we receive follow:

Question: I have Macular Degeneration. Where can I go for specialized assistance? I've been to my regular eye doctor but I'm still at a loss on how to cope with this problem. Is there help available?

Answer: YES! Call Nancy Smith for assistance.

Question: I am losing my hearing. I need a hearing exam and I think I'll need hearing aides. Where do I go for assistance?

Answer: Call Nancy Smith to learn about the options available, including many excellent professionals in your area who are ready to help you with your hearing loss.

Question: I am a Veteran and I need assistance with my vision. Do you know who can help me?

Answer: Yes. The Veterans Administration, VA Western NY Healthcare System will assist you. Please call Len Hannel, VIST Coordinator, at 716-862-7439.

Have other questions? Please call **Nancy Smith, Program Coordinator, at 716-433-1886 ext. 108.**

This is a free service, sponsored by The Dale Association and the Niagara County Office for the Aging.

Connecting Generations

Inter-Generational Programs

The Dale Association's enduring intergenerational programs are designed to bridge the gap between area youth and community elders. During the program, students in schools throughout the community interact with our volunteers to enhance learning. *In just one year, our volunteers enhanced learning for 2,142 local students!* **To learn more, please call Sherry Livergood at 433-1886, ext. 109.**

Do you like to write letters? Through **Pen Pals**, 1st grade students and senior volunteers exchange five letters a year, then meet at a special year-end celebration in the classroom.

Do you enjoy reading to children and listening to children read? Through our weekly **Reading Program**, volunteers listen to 2nd graders practice their reading to gain confidence and fluency, in support of the NYS Common Core competency.

Do you have fond memories of your childhood? Through the **HISTOP Program** (History Is Shared Through Our Photographs), area 4th graders learn firsthand from their elders about NYS history, US History, and "life before technology" when volunteers share photographs, mementos and stories during a visit to the classroom. Students then visit The Dale Association's Senior Centre the following week to present their own history to the volunteers. This gives students an opportunity to practice organizing their thoughts and presenting to an audience.

New at the Centre!

We are happy to announce our participation in "My Senior Center", an automated system for more accurately tracking visitors to and their participation at our Senior Centre. We are the first senior center in Western New York with this cutting edge technology and we're very excited to share it with you. We will be providing members with key tags, to scan at monitors at the front and back entrances of the Centre, which will eventually replace the yellow sign-in books and activity sign-in sheets. Demonstrations, and training (pictured on front cover) will be offered to all of you who visit our Centre. This system will help us to track participation in our services in order to obtain future funding for our programs, and makes it easier for our guests to sign in. We are thankful to both M & T Charitable Foundation and the United Way Venture Grant for their generous donations toward the implementation of "My Senior Center"!

Candy Making Fun

Candy making continues at the Senior Centre **every other Tuesday at 9:30 am (November 1, 15, 29; December 13, 27)**. We make everything from chocolate covered pretzels and peanuts, to chocolate suckers and miniatures to sell here at The Dale Association. New volunteers always welcome! Call 433-1886 to join us!

Kevin M Gaskill
Financial Advisor

Edward Jones
MAKING SENSE OF INVESTING

140 Main Street
Lockport, NY 14094
Bus: 716-438-2521 TF 888-335-3664
TF Fax 888-259-5428
kevin.gaskill@edwardjones.com
www.edwardjones.com



Social Centre

NEW!!

Chess Group

Experienced chess players are invited to join us for this new group on **Mondays from 1:00-3:00 pm**. We will provide the chess boards. If you have any questions, please contact Chess Group facilitator and friend of the Dale Association Gerry Stafford at 434-4084. Please register by calling 433-1886.

NEW!!

Checkers Group

No experience necessary to join us for a good old fashioned game of checkers on **Mondays at 1:00 pm**. We'll provide the boards. Please register by calling 433-1886.

Needler's Group

Our Needler's Group meets on **Tuesdays at 1:00 pm** in the Centre lounge. We sit, we knit, we crochet, we stitch, we spin, we chat, and we laugh! This is a group for anyone interested in getting together with other needlework enthusiasts. Meet other needle workers, compare your work, help each other learn, do community projects, and generally have fun. We will share our latest projects.

Cost: Free

Sit and Stitch

The "sit and stitch" hand embroidery group welcomes new members the **3rd Thursday of the month - November 17, December 15 - from 10:00 am-12:00 noon**. Bring a project to work on and ideas to share! **Cost: \$2.00**

Keep Calm and Color On!

We will meet the **3rd Monday of every month at 1:00 pm**. Come get your creative juices flowing, relieve stress, and make some new friends while enjoying the latest trend in fun. We will provide coloring sheets and books, crayons, coloring pencils, markers and snacks. Or, bring in your own materials. Sign up by calling 433-1886. **Cost Free**

Centre Quilters

The Centre quilting group meets every **Wednesday from 1:00 - 3:00 pm**. Whether you're an experienced quilter or just starting out this group welcomes you! **Cost: \$1 per member plus supplies**

Keenagers Club

The Keenagers Club is for any single senior who enjoys meeting others, going for lunch, and attending local events. So far this year, the Keenagers as a group have enjoyed The Dale Association's "Afternoon Delight", a festive tea party, guest speakers, an annual Summer Picnic, a catered lunch and game day at the Centre, and more. Upcoming plans include a turkey dinner at Gordie Harper's, and a Christmas buffet luncheon at the Lockport Town and Country Club. **To learn more, please call Judy Schultz at 795-9374.**

Traveling Entertainers Group

Everyone is welcome to join this singing and dancing group. No special talents are needed. Just a happy attitude and the joy of making other people smile or laugh. If you are interested in joining the entertainers, or booking this fun group for your next event, please contact Sherry Livergood at 433-1886 ext. 109.

Niagara County During WWII Special Presentation

To commemorate Veterans Day, Lewiston Genealogy Librarian and author Michelle Kratts will present a special program on **Friday, November 11 from 10:30-11:30 am**. Stories and photos will depict the Homefront, rationing, and the contributions people in our county made to the war. Michelle's recently published book will be on display and available for sale.

Members' Thanksgiving Luncheon

You are cordially invited to join us on **Wednesday, November 16 at 11:00 am** for our annual Thanksgiving Day festivities.

We'll start with some Thanksgiving Day trivia and games, then our staff and Board of Trustees will be happy to serve you a tradition-



al turkey dinner with all the trimmings. Lunch is a suggested contribution of \$3.25, payable that day or in advance, at the lunch counter or front desk. Please register by November 14 by calling us at 433-1886. We look forward to seeing you as we all celebrate this season of gratitude!

Caregiver Support Group

Are you helping to care for a loved one? You're not alone! Whether you help to care for a spouse, partner, sibling, or adult child, you are invited to attend our Caregiver Support Group on **Tuesday, November 15 and Thursday, December 15 at 1:00 pm**. For more information please call Angie Blackley, certified caregiver support group facilitator, at 433-1886.

Thanks To You - Bake Sale Success

We feel gratitude for everyone who supported the Memory Minders Bake Sale held on October 5th at the Centre. Thank you for opening up your hearts, kitchens and wallets. All proceeds from the bake sale will be donated to the Alzheimer's Association by our Memory Minders Program, in support of their annual "Walk to End Alzheimer's". Thank you to all of the walkers on Team Dale Association, who participated in the October 15th Lewiston event. Proceeds from the event will fund research and development to find a cure for this debilitating disease, that affects too many people we know. For more information about our Memory Minders Program, or caregiver support at The Dale Association, please call Angie Blackley, program coordinator, at 433-1886 ext. 111.

Holiday Party

We hope you'll join us on **Wednesday, December 14 at 11:00 am** for our annual Holiday party and luncheon. The Dale Association staff and Niagara County's "Eat Well Stay Well" staff will serve you a special holiday meal. Lunch is a suggested contribution of \$3.25 payable that day at the lunch counter. Our holiday raffle items will be on display one last time and tickets will be available. If you bring in a non-perishable food item for donation to the Food Pantry, you'll earn an extra raffle ticket! Please **RSVP by calling 433-1886 by December 12**. Happy holidays to you!



Generosity

The following individuals graciously gave to The Dale Association during August and September 2016. Your generosity today supports quality programs and services for tomorrow. Donations may be mailed or delivered to: The Dale Association, 33 Ontario St, Lockport, NY 14094 or made safely online at: www.daleassociation.com. Donations made are tax deductible.

Annual Campaign

Anonymous
Richard and Terri Baird
Katherine Bilbrough
James Bowler
Gladys Bruning
Shirley Bundy
Candlelight Cabinetry-John Yakich
Judith Collins
William Collins
Maureen Connolly
Howard and Rita Dobbins
Judy Farnham
Donald and Jean Felton
Edith Goodnight
Nancy Grundy
Mary G. Hanna
Leonard Hejka
Julie Hylkemia
Cynthia Johnson
Joyce Knoll
Jack Kroening
Rita LaFountain
David and Nancy Litz
Sherry Livergood
Melvin MacNeil
Ellen Martin
Leah Miller
Caroline Murphy
Janice Nichols
Sandy O'Neil
Peggy Shea-Robichaud

Milford Scharlau
Allen Schumacher
John and Barb Scott
David and Bonnie Seaman
Dorothy Socie
Ruth Ann Smith
Marcia Stolzenfels
George and Cynthia Teague
Ronald and Margaret Truax
Larry and Judy Volland
Shirley Walk
Jean Weisbeck
Eleanor Xapsos

Annual Campaign with Memorial

Gerald and Maureen Brauen in memory of Susan Newman Quinn
Nancy Coons in memory of Donald M. Coons
Nat Drayton in memory of Olivia Drayton-Sheppard
Everett Fitchlee in memory of Ruth Fitchlee
Wilma Gaude in memory of Richard L. Gaude
Howard and Jean Hill in memory of April Torres
William R. Lanighan in memory of Candy Lanighan and Matthew Lanighan
Susan Miller in memory of Harry and Edith Ernest
Dieter and Ute Pollmann in memory of their parents
Bill and Cindy Russell in memory of Joe Whalen
Judy Schultz in memory of Elmer Schultz
Jacqueline Singer in memory of Thomas K. Singer and his generous heart
Kathleen Torrence in memory of Louis Molisani

Annual Campaign in Honor

Barbara Beyer in honor of her grandchildren
 Donna Granite in honor of all seniors
 Donna Jackson in honor of all caregivers and supporters
 Richard and Judy Radel in honor of Lorraine Sutterby
 Michalena J. Scarcia in honor of the Scarcia Family

Dale Hearts and Caring People

Chris Aikin
 American Concrete, Inc.- Kevin McCabe
 Shelly Arnold
 Colin and Karen Carroll
 Julie Coy
 Dennis and MaryBeth Devine
 Ralph and Patricia DuFour
 Barry and Barbara Hemphill
 Jennifer Gillings
 Sue Mason
 William and Geraldine May
 David and Carol Mellor
 Bernice Pascoe
 Donald and Molly Plant
 Robert Pusateri
 James Remick
 Steve Sinclair
 Carol Spedding
 Otto and Sue Struckmann

Grants

M & T Charitable Foundation for Sponsorship of The Dale Senior Centre Programs

Memorials

Joseph and Anita Enzinna in memory of Louis Molisani
 Joyce Ladd in memory of Louis Molisani
 James Nunnari in memory of Louis Molisani
 Rosie Smith in memory of Louis Molisani
 Wilson Bridge Group in memory of Louis Molisani

"Memory Minders" Program

Amaturo Family Foundation in memory of Larry Shanley
 Campus Construction Mgmt. Group in memory of Larry Shanley
 Linda Gray in memory of Larry Shanley
 Peter Lyster in memory of Larry Shanley
 Arnold Platt in memory of Larry Shanley
 Dan Pitcher and Family in memory of Larry Shanley
 Hal and Mary Sue Rogers in memory of Larry Shanley
 Fred and Carmella Stanley in memory of Larry Shanley
 Lorraine Sutterby in memory of Larry Shanley
 Raymond Wolniewicz in memory of Larry Shanley

Senior Centre

Anonymous donation to purchase coffee in memory of Louis Molisani
 Louis Molisani for donation to purchase coffee for Senior Centre-*RIP our dear friend*
 Robert Caldwell money for coffee

Volunteer Recognition

Anonymous

2016 ANNUAL CAMPAIGN GIFT

Donations support programs and services of The Dale Association's Senior Centre, 33 Ontario St, Lockport, NY

Name _____ Address _____ City _____ State _____ Zip _____

Here is my gift to support programs for seniors: Amount of Gift \$ _____

____ Check Enclosed ____ Visa ____ MasterCard

Card No. _____ Expiration Date _____

Authorizing Signature _____

My gift is given in _____ Memory of _____ Honor of _____

Please Notify _____ Address _____

May we publish your name as a donor in a future "Power Up" newsletter? (circle one) YES / NO

Volunteer Opportunities

Whatever your interests and talents may be, we have lots of fulfilling volunteer opportunities to consider. Please call Sherry Livengood, Volunteer Coordinator at 433-1886, ext. 109 to learn more!

Memory Minders Program is a social program for adults with early memory loss. Our volunteers work with participants (Mondays &/or Fridays 10:00 am - 2:00 pm) on kitchen fun, gardening, mind-stimulating games, art projects, and other exercises designed to slow further memory loss. See page 15 for details.

We coordinate and run our **Dial-A-Lift** service, bringing members from their home to the Senior Centre for activities and lunch and driving them back home during the week.

We are looking for volunteers for our **Friday Night Bingo** program. We are especially looking for bingo callers and Captains. Bingo is our largest fundraiser with the proceeds going to the programs and services here at The Centre.

Intergenerational volunteers help reinforce learning with school age children exchanging Pen-Pal letters, reading and sharing their 'history through photographs'.

C.A.R.E. telephone reassurance program volunteers call homebound seniors throughout the weekdays to check in and ensure their well being. See pg. 15 for details.

We are looking for subs or regularly scheduled volunteers to fill specific time spots at the **Front Desk** at our Centre. **Special event, special projects, marketing and fundraising** volunteers help with assembling raffle

baskets, counting raffle tickets, planning and executing special events throughout the year.

Social sewers work on simple community projects together once a week. **Candy Makers** work together to make delicious treats to sell at our front desk.

Attention Facebook Friends!

We're trying to grow our number of Facebook 'friends' and we'd appreciate your help! Please visit The Dale Association's Facebook page. If you see a post of ours that you like, please click "share", for the post to appear on your page. This will show your Facebook friends what The Dale Association has planned and give them a bit more information about the organization that you support. If you'd like to know more about Facebook, our staff will be happy to help. Thank you!

American Red Cross Blood Drives
Please join us the 2nd & 4th Tuesday of each month from 1:00-6:00 pm. For an appointment call 1-800-RED-CROSS or visit www.redcrossblood.org. Walk-Ins welcome. An ID is required. *Thank you.*



Heritage
BRANCH OF LOCKPORT
41 Lexington Court
Lockport, NY 14094
716-433-7626

Come in for a tour and experience the warm friendly atmosphere that makes our adult home a unique place to live.

Game On!

Cribbage

Do you enjoy cribbage? Join us on **Tuesdays from 9:15-11:30 am**. Bring your own cribbage board and cards or use one of ours. New players always welcome! **Cost: \$5.00 each week for members, \$6.00 for non-members.**

Open Cards

Come and join your friends to play any card game that the group wants to play on **Tuesdays at 1:00 pm**. **Cost: Free**

Bridge

If you would like to play regularly or be a substitute, please call Gretchen Doty at 433-1886. Bridge is played every **Tuesday at 1:00 pm**. **Cost: \$1 per member.**

Dominoes

The domino players welcome new players at **9:30 am on Thursdays**. No experience necessary, they will patiently teach you the rules of the game! **Cost: Free**

Card Tournaments

6-week Pinochle Tournament began October 26
6-week Euchre tournament begins December 7

All tournaments are on Wednesdays and begin at 12:30 pm. The cost of the tournament is \$18 for members and \$27 for non-members. You must pre-register and pay ahead at the front desk. *Please remember that you must find your own substitute if you are not able to play on one of the tournament days. New players are welcome at any time prior to the start of each tournament! Please call Jennifer Pedini at 433-1886 with questions.*

**We will be closed 11/24, 11/25, 12/23, 12/26*

Billiards

For just **\$1 a week or 25¢ a day**, members are welcome to play all day, on our regulation size pool table.

Senior Bingo

Please join us for a fun game of Senior Bingo, on **Thursdays at 1:00 pm**. **Cost: \$1.75**

Scrabble

Join us for a fun game of Scrabble on **Fridays at 10:00 am**. This is the original (and much more interactive) version of "Words With Friends"! **Cost: Free**

Duplicate Bridge

Duplicate Bridge is played every **Tuesday at 7:00 p.m. and Saturdays at 1:00 pm**. If you would like to play regularly or be a substitute, please call Dian Petrov 688-1226 or 238-2230. **Cost: \$6.**

Friendly Duplicate Bridge Group

Are you a bridge player? We play for fun and good times (no master points), on **Fridays at 1:00 pm**. Join us! For more information, please call Gerry at 791-

B I N G O



Fridays at 7:00 p.m. *

Doors open at 6:00 p.m.

Electronic Verified & Camera

♦ **Free Parking** ♦ **Pulltabs** ♦ **Snack Bar**
33 Ontario Street, Lockport, 433-1886

www.bingoplanner.com

*Proceeds benefit programs and services
of The Dale Association Inc.*

Calendar

Mon

- ♦9:00 Walking Club (weather permitting)
- ♦9:30 Social Sewers
- ♦10:00 Yoga Class with Liz Cousins
- ♦10:00 Memory Minders Program
- ♦11:30 Lunch
- ♦November 7: AARP driver safety 9:00-4:00
- ♦1:00 Chess Group
- ♦1:00 Checkers Group
- ♦Nov 14, 28 United Healthcare 9:00-12:00

Tues

- ♦9:15 Cribbage
- ♦9:30 Candy Making Nov 1, 15, 29; Dec 13, 27
- ♦10:30 Chair Exercise Class
- ♦11:30 Lunch
- ♦1:00 Bridge
- ♦1:00 Needler's Group
- ♦1:00 Open Cards
- ♦7:00 Duplicate Bridge
- ♦Nov 1 WellCare Health Plans 10:00-12:00

Wed

- ♦9:00 Walking Club (weather permitting)
- ♦11:30 Lunch
- ♦1:00 Quilting
- ♦12:30 Card Tournament (Pinochle started Oct 26)
- ♦12:30 Card Tournament (Euchre begins Dec 7)

Thur

- ♦9:30 Dominoes
- ♦10:30 Chair Exercise Class
- ♦11:30 Lunch
- ♦1:00 Senior Bingo
- ♦10:00 Sit and Stitch (Nov 17, Dec 15)
- ♦12:30-3:00 Blood Pressure Screening
- ♦Nov 3, 10 Powerful Tools for Caregivers 1:00-3:30
- ♦Nov 10, Dec 1 Univera Healthcare 1:00
- ♦Nov 10 "An American in Paris" trip 6:00-11:00
- ♦Nov 17 Fallon Health Weinberg 9:00-11:00

Fri

- ♦10:00 Memory Minders Program
- ♦10:00 Scrabble
- ♦11:30 Lunch
- ♦1:00 Friendly Duplicate Bridge
- ♦7:00 Bingo
- ♦Fridays thru Dec 2 Independent Health 9:00-3:00

- ♦Nov 21 "Secrets of a Good Night's Sleep" 10:30
- ♦Nov 21, Dec 19 "Keep Calm & Color On" 1:00
- ♦Nov 28 Travel Club Meeting 1:00
- ♦Nov 28 BlueCross BlueShield 2:00-4:00
- ♦Dec 5 Holiday Luncheon & Show, Salvatores trip 10:00
- ♦Dec 5 Cooking Class: Gluten Free & Delicious 1:00
- ♦Dec 12 United Healthcare 10:00-12:00
- ♦Dec 19 "Making the Mind Body Connection" 10:30
- ♦Dec 26 Closed

- ♦Nov 1 Walk-ins Welcome NY Connects 1:00-3:00
- ♦Nov 8, 22, Dec 13, 27 ARC Blood Drive 1:00-6:00
- ♦Nov 8, 22 Fidelis Care 9:30-11:30
- ♦Nov 15 Welcome Coffee Hour 9:30
- ♦Nov 15 Caregiver Support Group 1:00
- ♦Nov 29 WellCare Health Plans 12:00-2:00
- ♦Dec 6 Walk-ins Welcome NY Connects 1:00-3:00
- ♦Dec 6 WellCare Health Plans 9:00-11:00

- ♦Wednesdays thru Dec 7 Independent Health 9-3:00
- ♦Nov 9 Free Hearing Screening 1:15-3:15
- ♦Nov 16 Members Thanksgiving Dinner 11:00
- ♦Dec 14 Holiday Party & Luncheon 11:00

- ♦Nov 17 Free Memory Screenings 1:00-3:30
- ♦Nov 24 Closed
- ♦Dec 8 Fallon Health Weinberg 12:00
- ♦Dec 8 Holiday Cookie Shoppe 12:00-4:00
- ♦Dec 8 Poinsettia & Wreath Sale 12:00-4:00
- ♦Dec 15 WellCare Health Plans 10:00-12:00
- ♦Dec 15 Welcome Coffee Hour 11:00
- ♦Dec 15 Caregiver Support Group 1:00

- ♦Nov 11 Niagara County During WWII 10:30
- ♦Nov 25 Closed - No Bingo
- ♦Dec 16 Holiday Pops at Kleinhans trip 10:30-3:30
- ♦Dec 23 Closed - No Bingo
- SATURDAY:
- ♦Saturdays Duplicate Bridge 1:00

Senior Services

NY Connects Assistance at The Dale Association

On the **1st Tuesday of every month from 1:00-3:00 pm**, Sherry Livergood, NY Connects representative, will be available at our Centre (33 Ontario St), for walk-in questions. Sherry will help you find the services and supports to meet your long term care service needs. Long term services and supports are both medical and non-medical services that help to maintain or improve daily functioning and health, and remain independent in your daily living. Services can be provided at home, or in a community-based setting.

NY Connects services children and adults with a disability, older adults, family members, caregivers, friends, neighbors and professionals. Sherry is also available by appointment via telephone and in person. To make an appointment, please call Sherry at 433-1886 ext. 109.

“Aging is not lost youth, but a new stage of opportunity and strength.” - Betty Friedan



Memory Minders

Memory Minders is a program for people with mild memory impairment. The program is a social day program and welcomes new participants on **Mondays and Fridays from 10 am - 2 pm**. Participants enjoy activities and support designed to slow the further deterioration of mild memory loss, such as: art, music, games, exercise, outings, test kitchen fun and socialization. The program currently has openings.

Those interested are pre-screened to determine program eligibility. For additional information or to schedule a screening call Angie Blackley, Program Coordinator, at 433-1886, ext. 111.

C.A.R.E. Program

C.A.R.E. is a free Telephone Reassurance Program sponsored by the Dale Association in conjunction with the Niagara County Office for The Aging. A trained volunteer will place a phone call on a regular basis to seniors who are in need of someone to touch base with them to ensure their well-being and/or to have a friendly conversation. **Call Nancy Smith, Program Coordinator, 433-1886 ext. 108** if you or someone you know would like more information about this program, or would like to be considered as a C.A.R.E. volunteer.



Out & About

Next travel group meeting:
Monday, November 28 at 1:00 p.m.

Day Trips

An American in Paris

Limited seats available for our trip to Shea's for the 7:30 pm performance of the new Tony Award®-winning musical, "An American in Paris", **Thursday, November 10**. Call today to secure your ticket! **Cost: \$90 members, \$100 non-members (includes transportation, driver tip, show tickets & tour host)**

Holiday Shopping

Leave the driving to us on **Wednesday, November 16** when we head to the Galleria Mall for some holiday shopping and lunch (on your own). We'll leave the Centre at 9:45 and return by 2:45 pm. **Cost: \$20/members**

To register, call our front desk at 433-1886, or visit our secure site at:



www.daleassociation.com.

"Christmas with the Superstars": Holiday Luncheon Show and Raffle at Salvatore's

Monday, December 5 we'll dine at the newly renovated and beautifully decorated Salvatore's Italian Gardens before you experience a holiday classic, "CHRISTMAS WITH THE SUPERSTARS" starring Richie & Debbie Derwald & Viva Niagara Productions! Enjoy the live, full costume tributes to the superstars as they perform some legendary Christmas classics. This fast-paced, interactive stage show makes a heartwarming addition to your holiday traditions. Tickets will be available to purchase for valuable prizes to be drawn at the end of the event. Our motorcoach from the Centre is full, but if you'd like to meet us there, call us today to reserve an event ticket. For those already reserved, we will leave The Dale at 10:00 am and return at 4:00 pm. Make your meal selection when you register. A \$20 deposit is needed to secure your spot! **Cost: \$80 members, \$90 non-members \$55 for members - if you drive yourself**

Save the date!

We'll be going to see "Jersey Boys", at Kleinhans, **Friday, March 31, 2017**. More details to follow!

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Overnight Trips

Nashville

November 28- December 2 we'll climb aboard the deluxe motorcoach and embark on a 5-day country Christmas in Nashville. ***This trip is full.***

Join us for our next Travel Group Meeting, **Monday, November 28 at 1:00 pm** to learn all about our exciting 2017 trips planned, including:

Kentucky in the Spring - The ARK Encounter

We'll spend four days and three nights next Spring traveling by deluxe highway coach to Williamstown, Kentucky. While there, you'll enjoy an afternoon exploring one of the most impressive new attractions in the country: "ARK Encounter" (pictured). Travel dates to be determined, ***Costs start at:679/members***



Pacific Northwest Coast

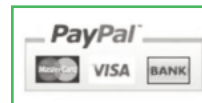
Begin your journey flying to Portland, "The City of Roses" before you embark on a picturesque drive along Oregon Coast. Explore the natural wonders, outstanding scenery and varied wildlife aboard the motor coach as we navigate down through Northern California to the fascinating city of San Francisco. Travel dates to be determined. ***Costs start at \$2,799/members***

Most of our trips require some walking. Please let us know when you register if you have any limitations or will be bringing assistive devices so we can make appropriate arrangements.

Overnight Trips

Coastal New England Autumn Adventure

Travel aboard a deluxe motorcoach to Ogunquit, Maine. Ogunquit means "beautiful place by the sea", and once there, you'll understand why! You'll spend five days and four nights along the Atlantic coast admiring stunning landscapes, shopping, sightseeing, a lobster bake and an optional whale watch excursion - and more! Travel dates to be determined. ***Costs start at \$899/members***



To register for trips, please call: 433-1886, visit our front desk Monday-Friday 8:00 am-4:00 pm, or pay safely online at: www.daleassociation.com.

"TRAVELING - it leaves you speechless - then turns you into a STORYTELLER" - Ibn Battuta

Weather Alert: Our first priority is the safety of our members and guests. In case of inclement weather The Dale Association may be closed. Please watch channels 2, 4 or 7, or tune into Hometown 1340AM WLVL radio to learn if we are closed due to inclement weather this winter.

We welcome **WellCare Health Plans** as a new sponsor of The Dale Association. WellCare sales representatives will be at our Centre to provide plan information in November and December. Please see p. 3 for details.



Centre Events

Holiday Cookie Shoppe

Are you looking for an easy and meaningful way to give (and enjoy) delicious cookies this holiday season? Then you'll want to order cookies from our annual holiday cookie shoppe!

Cookies are just \$6/per pound. All orders of 5 pounds or more will earn a special gift. Delivery is available on preorders of 5 dozen (or 5 pounds) or more to one location (within Lockport city or town). Pick up your cookies on **Thursday, December 8 from 12:00 noon-4:00 pm.**

Pre-orders (minimum of 2 pounds) are strongly encouraged, and are due by Monday, December 5. Walk-in orders welcome on December 5, but selections may be limited.

If you have a special holiday cookie recipe to share, we're also looking for bakers! Please call 433-1886 and ask for the cookie queen. *Thank you for your support of our Lockport Senior Centre.*

Welcome To The Dale Association! If you've recently become a member of The Dale Association, we'd like to officially welcome you to the organization. Please join us **November 15 at 9:30 am and December 15 at 11:00 am.** You'll learn just how valuable your new membership can be, and learn all about the programs we offer. Please call 433-1886 to RSVP, or email info@daleassociation.com. We'll have the coffee ready!

AARP Driver Safety Program

Monday, November 7, 9:00 am-4:00 pm

This class is most appropriate for experienced drivers. Please register by calling: 433-1886. To learn more please visit: www.aarp.com/smartdriver
Cost: \$20 AARP members, \$25 non-members
Cash or checks made payable to AARP.

Holiday Closing

The Dale Association Centre will be closed and no County nutrition lunch will be offered on **Thursday, Nov. 24, Friday, Nov. 25 in observance of Thanksgiving; and Friday, Dec. 23 and Monday, Dec. 26 in observance of the Christmas holiday.** We will not host bingo on Friday, Nov. 25 or Dec. 23.



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From Our Development Director



Why make a year-end donation to The Dale Association?

Because donor gifts help us provide the services the community needs and expects from The Dale! The last two months of the year are traditionally a time when people make their largest charitable contributions – many seeking to capture a tax break. For your particular tax situation, it is always best to consult with your tax professional.

Why does The Dale need donations? The Dale receives funds from different sources such as membership fees, grants, and funds from agencies such as Niagara County Office for the Aging. However, there is always a gap between what is received from these sources, and what is needed to sustain programs. Your donation helps to close that gap.

As this newsletter goes to print, we are still trying to close the gap on \$30,000. Your gift can help provide services for a senior with early dementia so they can feel safe while they enjoy the companionship of others twice a week in The Dale’s Memory Minders program. Your donation can support the daily work of our dedicated coordinators who provide care to those struggling with hearing and vision loss, depression, or anxiety. Some of our clients have lost their jobs, others their homes, and for an unfortunate few - their families. Your gift helps to improve both their physical and mental challenges for a better quality of life.

We have been in operation for over 65 years, so I invite you to be a donor knowing that your gift has an amazing impact on people living right here in Lockport. The Annual Gift form is on page 11 and the Dale Hearts & Caring People Pledge form is on the right.

Please make your gift today to: The Dale Association, 33 Ontario St, Lockport, NY 14094.

Thank you,
Debra Abrams
Development Director
716.433.4440 ext. 313

I would like to be a member of the Generous Hearts Society:

- Giving Heart \$1,000 per year for 5 years
- Sharing Heart \$5,000 per year for 5 years
- Loving Heart \$10,000 per year for 5 years

My check is enclosed, made payable to The Dale Association, 33 Ontario St, Lockport, NY 14094

Please charge my Visa / MasterCard:

#: _____ Exp. _____

Please contact me about paying my pledge with stock

I prefer to pay my pledge in _____ installments, beginning on _____ (monthly, quarterly, semi-annual)

My company will match my gift. Company You Represent, if applicable:

Company Contact Name:

Date:

Your Name:

Date of Birth:

Address:

City, State:

Zip Code:

Phone:

E-mail address:

Signature:

The ABCs (and Ds) of Medicare Choices

Fidelis Care understands that choosing Medicare coverage can be a challenging task, which is why we do our best to make sure people know they don't have to go it alone. Seniors and their families are encouraged to compare the different products available to them for 2017 Medicare coverage before Medicare open enrollment ends on December 7.

"It's important for seniors to find the Medicare Advantage product that best meets their needs," explained Pamela Hassen,



Fidelis Care Chief Marketing Officer. "At Fidelis Care, we know that researching Medicare plans isn't always as simple as A-B-C, which is why we try to provide as many tools and resources as possible to help people make the best decision for themselves."

When comparing Medicare plans, Hassen offers the following research tips:

A) Add up all possible costs. Consider the monthly premiums, copays, coinsurance, deductibles, and out-of-pocket maximums each plan presents to estimate your possible costs in 2017. Fidelis Care Medicare Advantage members can look up their past claims online using the Member Portal, to estimate how much they spent on health care within the previous year.

B) Balance the price with your health care needs. The Medicare Advantage option you select should offer a good value. For example, some plans have higher monthly premiums but low copays for provider visits, while others have no monthly premium, but higher copays. Determine what works best for you based on your budget and how often you might need health care.

C) Check your medications. Always take a look at the plan's drug formulary to see if your medications are included, as well as how much they will cost you under the plan you are considering. Talk with your provider if you have questions.

D) Decide on your providers. Make sure the doctors and hospitals you want will accept the plan that you choose. Further, if you're considering switching providers, make sure they are conveniently located. Fidelis Care members can use our Provider Search tool online to search for their preferred providers, or look up a provider based on health plan, location, and more.

To learn more about Fidelis Care's Medicare Advantage and Dual Advantage products, Hassen encourages individuals to use the Fidelis Affordable Care Advisor, found on the home page of fideliscare.org. The Affordable Care Advisor lets users quickly estimate the cost of coverage, as well as schedule an appointment with a representative.

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INDEPENDENT HEALTH

The Medicare Annual Election Period is the once-a-year opportunity for most Medicare beneficiaries to select their Medicare coverage for the coming year. While some plans may appear more affordable because of a lower monthly premium, they might end up costing more in the long-run or may not meet your individual coverage needs.

To help you make the right decision during this year's election period, here are four key things you should consider before enrolling in a Medicare Advantage plan:

1. What type of plan best meets your health care needs? Many health insurers offer different types of Medicare Advantage plans. The two most common are:

- Health Maintenance Organization (HMO) plan – With this plan, you must use the doctors and hospitals that are in the HMO's network. Many HMOs require their members to choose a primary care doctor affiliated with their plan. HMO plans typically have lower costs for doctor office visits than other types of plans.
- Preferred Provider Organization (PPO) plan – This plan gives you more flexibility when picking a doctor or hospital. Members of PPOs can seek medically necessary care either inside or outside of the network; however, their member cost share (i.e., copayments, coinsurance and deductibles) may be higher for services they receive outside the network.

Make sure you understand how the various plans work, especially if you travel frequently or are a “snowbird” with extended periods outside of the plan's service area.

2. Do your health care providers participate with the plan? With some health insurers, provider participation varies by plan. You may have to pay much higher costs if your doctor or hospital are not part of the plan's network. Therefore, verify that your doctors and hospital are “in-network” by reviewing the plan's provider directory, which lists all of the doctors and hospitals who participate

in its network. This directory should be available on the plan's website or by request.

3. Are your medications included on the plan's formulary? Each plan has its own formulary, which is a list of all the prescription medications that it covers. Medications are typically grouped into tiers on a formulary. The tier that your medication is in determines your portion of the drug cost. Make sure you review the formulary to see if your medications are covered and how much you will have to pay.

4. Will you get the support you need? It's important to find a plan that provides the one-on-one attention you deserve. See if your plan offers extended hours or convenient locations where you can go to get your Medicare-related questions answered. In addition, ask your family and friends what type of experience they've had with their plan.

Need assistance? If you have questions about your Medicare Advantage plan options for 2017, Independent Health would be happy to help. Call us at (716) 635-4900 or 1-800-958-4405 (TTY users call 1-888-357-9167), Monday through Sunday from 8 a.m. to 8 p.m.

Independent Health is a Medicare Advantage organization with a Medicare contract offering HMO, HMO-SNP, HMO-POS and PPO plans. Enrollment in Independent Health depends on contract renewal. Y0042_C5703 Accepted 10032016


Talk to a Medicare RedShirtSM

Call 1-800-958-4405, TTY 1-888-357-9167

Oct. 1 – Feb. 14:
 Mon. – Sun., 8 a.m. to 8 p.m.

Feb. 15 – Sept. 30:
 Mon. – Fri., 8 a.m. to 8 p.m.

Or visit independenthealth.com/medicare.

Y0042_C2800 Accepted 08142012

Your Creative Side

Cooking Class:

Gluten-Free *and* Delicious Meals

More and more of us are discovering gluten intolerance issues, causing us to skip our beloved pasta, bread and baked goods. Just because you have to avoid gluten, doesn't mean you have to sacrifice taste!

Join us on **Monday, December 5 at 1:00 pm**, when Lisa Jermyn, owner of Kith & Kin (100% gluten-free) Bakeshop & Bistro, will be at the Centre. Lisa will teach us how to make some of her favorite recipes, and offer great tips for healthy substitutions during this fun, interactive and informative class. You'll want to bring your appetite and containers to take home the leftovers! **Cost: \$20/members, \$30/non-members**

Membership Discounts!

Member discounts apply to our classes and upcoming trips. Your membership also allows you discounts and specials at quality neighborhood businesses, such as: Lockport Home Medical, UB Center for the Arts, Union Cab Company, Fieldstone Country Inn, Marie's Sewing Center and SNAP Fitness. Dale Association membership makes a great gift for your loved one. For more information, please see page 23.

Great Praise Activity

You may see colorful turkeys and other fall-themed symbols of gratitude on our staff doors. This year, we're opening up "praise giving" to our clients, members and volunteers. If you observe an act of kindness, please join in! See front desk for details.



Sally Stier
Sales Representative



p 716.860.3143
sallystierabc@gmail.com

Poinsettia & Wreath Sale

Order your beautiful holiday poinsettias and wreaths from The Dale Association! Please place your order by mail or phone, online or in person at the Centre by **Tuesday, November 22** (*we proudly accept MasterCard, Visa, checks, cash or PayPal**). Orders may be **picked up Thursday, December 8** at 33 Ontario Street.

Poinsettias

4 1/2" pot, 1 Branched Plant with 2 to 3 flowers-\$6 each or 3/\$15
____ Red ____ White ____ Pink

6 " Pot, 1 branched plant with 5 to 6 flowers- \$8 each or 3/\$22
____ Red ____ White ____ Pink

8" Pot, 3 branched plans with 12-15 flowers \$16 each
____ Red ____ White ____ Pink

Wreaths

____ 22" - 24" diameter, Decorative Wreath-\$15
____ 28" - 30" diameter, Decorative Wreath-\$19

Name _____

Address: _____

Telephone: _____

Amount Due: _____


**Please make checks payable to:
The Dale Association, Inc.**

***Or you can order safely through PayPal at:
www.daleassociation.com**

BECOME A DALE MEMBER !

Five easy ways to become a member or renew today!



1.  By **TELEPHONE** using your MasterCard or Visa, call 716-433-1886

2.  **IN PERSON** Mon-Fri, 8:00 am-4:00pm p.m.

THE DALE ASSOCIATION, INC.
33 Ontario Street
Lockport, NY 14094

3.  By **FAX** using your MasterCard or Visa, dial 716-433-1223

4.  By **MAIL** filling out the form below and enclosing payment in full

5. **ONLINE** www.daleassociation.com

Gift Certificates are available for all Dale Association classes and make GREAT GIFTS!



Name: _____ Phone: _____ E-Mail Address: _____
Address: _____ City: _____ Zip: _____

Would you like to JOIN or RENEW your MEMBERSHIP?
Please indicate your level of support:

- Family \$75 per year (2 adults & children under 21 living at the same address)
- \$30 ages 59 and below \$25 ages 60 and above
- \$100 Benefactor Membership \$15 ages 85 and over
- \$700 Lifetime Membership \$15 For Veterans

***Please note: An additional \$10 per new member is required for processing**
 Please send me more information on The Dale Association

CLASS REGISTRATION FORM:

Class or Trip Title	Fee	<i>Method of Payment</i>	
		<input type="checkbox"/> Check (payable to The Dale Association)	
		<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard	
<i>Dale Association Membership</i>		Acct #: _____ exp. date _____	
<i>Date of Birth:</i>		Signature: _____	
<i>Tax Deductible Donation</i>		Mail to: The Dale Association, Inc. 33 Ontario Street Lockport, NY 14094	
TOTAL AMOUNT ENCLOSED	\$		



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your membership to The Dale Association, Inc. gives you the satisfaction of contributing to a dynamic human services organization dedicated to providing premier services to its community and allows us to continue our tradition of excellence.

The Dale Association's Board of Trustees

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Please support the businesses that support The Dale Association by way of an annual Premium Sponsorship. Their dedicated financial support makes it possible to produce "Power Up" and to offer our health and wellness series.

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| ♦Fidelis Care | | |

Directory of Services

Senior Services:

33 Ontario Street, Lockport 14094

- Lockport Senior Centre 433-1886
- Dial-A-Lift 433-1886
- Center for Travel 433-1886
- Senior Advocate 433-1886
- Memory Minders 433-1886
- CARE Telephone Reassurance. 433-1886
- Membership & Enrichment. . . 433-1886
- Visual & Hearing Assistance . . 433-1886
- Volunteer Coordinator 433-1886

Mental Health Services:

33 Ontario Street, Lockport 14094

- PROS Center For Wellness 433-1937
- Peer Specialist. 433-1937
- Geriatric Community
- Mental Health Nurse 433-1937
- 624 r iver r oad N. Tonawanda 14120
- Outpatient Counseling
- And Treatment Center 693-9961

Office of the President:

33 Ontario Street, Lockport 14094

- President/CEO 438-2414

Administration Offices:

20 l ock Street, l ockport 14094

- Administrative Support 433-4440
- Marketing & Development . . . 433-4440

You could be receiving this newsletter at home! Please see page 23 for Membership information, or visit us at: www.daleassociation.com