We’re Putting The Happy Into Your Holidays!

Providing meaning, joy, family, and friends!

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www.daleassociation.com
What is happiness and why is it important? Happiness means different things to different people, but did you know that people 65 and older are the happiest age group, according to a recent study? People generally become more positive minded after age 65. The part of the brain linked to emotion actually begins to respond less to negative images with age, and older adults can snap out of negative emotions more quickly because they tend to focus on the positive.

According to a survey of about 23,000 people, there are two happiness peaks in life. One is age 23 and the other is age 69. Researchers speculate that the later life peak is due to no longer facing disappointment about career and personal goals. The golden years really can be golden.

According to another similar study, the happiest Americans are older adults and older adults are more socially active than the stereotype of the lonely senior suggests. The two go hand-in-hand — being social can help keep away the blues.

That’s good news - with age happiness can come! This is partly because older people have learned to accept their achievements; an older person may realize "it's fine that I was a schoolteacher and not a Nobel prize winner."

There were ups and downs in overall happiness levels during the study, generally corresponding with good and bad economic times. But at every stage, older Americans were the happiest. In general, the odds of being happy increased 5% with every 10 years of age.

"Happiness is getting out and being with people, and that's why I recommend it," a study participant said.

Looking for opportunities to get out and be with people? The Dale Association can help with that.

Do you have a motorcycle, camper, or car that just can’t handle the Buffalo winters? Why not donate it to The Dale Association? It is simple, just call 855-500-7433 (855-500-RIDE). The rest is easy - your vehicle is towed at no cost to you, and the value of the vehicle is donated to The Dale. You will receive all the required paperwork and a tax receipt. Tell your friends, too! Anyone can make a gift to The Dale by donating unwanted cars, trucks, boats, RV’s and motorcycles.

End of year donations are so important to us. We hope you will take a moment and mail your gift to The Dale (see page 15 for the Annual Fund form). Louis Molisani, Dale Association member and this year’s campaign chair, and I encourage you to make your gift today. Every dollar helps us continue to offer programming you love and request such as wellness events, special meals, socials, games, travel and more! As we go to press we have raised $20,000 - we need your gift to help us meet the goal of $30,000 for 2015. Thank you!

Debra Abrams,  
Development Director
HICAP
The Health Insurance Information Counseling and Assistance Program (HICAP) counselors are available at The Dale Association on the second Thursday of each month (November 12 and December 10) from 10:00 am - 12 noon. They can answer your questions regarding Medicare, Medigap, HMO’s, prescription drug programs, and Medicaid, as well as long term care insurance. HICAP continues to be a free service that is unbiased and confidential.

Blood Pressure & Cholesterol Screening
Stop by on Wednesday, November 18 from 11:00 am-12:30 pm when a nurse from the Niagara County Department of Health will be here to offer free screenings for Niagara County residents of all ages. There will also be an emphasis on healthy living, stroke prevention and heart disease information. Cost: FREE

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 a.m. - 2 p.m. 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.

Eligible participants will need to be pre-screened. For additional information or to schedule a screening call Angie Blackley, Program Coordinator, at 433-1886.
Caregivers 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, the 3rd Thursday of each month at 1:00 pm. Please call Angie Blackley, certified caregiver support group facilitator, at 433-1886 for more information.

NCCC Nursing Student Health Fair
NCCC nursing students will be here for their annual health fair to offer free blood pressure screenings and health information, on November 2 from 10:00 am-12:00 pm. No RSVP required!

Daytime Yoga
This relaxed, open class is offered on an ongoing basis for all levels. Come as often as you like and work at your own pace. Wear comfortable clothing and bring a Yoga mat. Mondays 10:00-11:30 a.m. Cost: $5 member, $8 non-member, payable to instructor at class.

Holiday Health & Wellness
You’ve been careful with your food choices all year, so before you start to plan your holiday menu(s), be sure to attend Healthy Eating for the Holidays, on Monday, November 2 at 12:30. This free and informative wellness workshop is presented by Jennifer Johnson, Wellness Coordinator, BlueCross BlueShield of Western New York. Please RSVP by calling 433-1886.

We all know how very stressful the holidays can be - trying to find the simple joys of the season while also keeping the budget and your own health in mind. Join us on Monday, December 7 at 12:30 when Jennifer Johnson, Wellness Coordinator, BlueCross BlueShield of Western New York helps us to Reduce the Holiday Stress in a free, interactive workshop. Please RSVP by calling 433-1886.

Chair Exercise Class
Our chair exercise class helps 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 Tuesday and Thursday mornings from 10:30 a.m. – 11:30 a.m. Classes are only $2.00 per day. For additional information call 433-1886. Be sure to check with your physician before starting any new exercise program.
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 the C.A.R.E. Program at 433-1886 x 108 if you or someone you know would like more information about this program.

Volunteer callers are also needed for the CARE Program. If you enjoy helping others and have limited time, this is a perfect volunteer opportunity for you. Calls can be made from your home or office. To volunteer for this program, please call Nancy Smith at 433-1886 x 108.

Annual Pie Fundraiser
Hall’s Apple Farm Pies for Sale!

We’re happy to announce that we’ll be selling Hall’s Apple Farm fresh made pies at the Centre this season. Leave the cooking to Hall’s and support the Centre all in one pie! All pies are just $15.00 each and come in four delicious flavors: Apple, Pumpkin, Apple Crumb and Strawberry Rhubarb.

Place your order by Monday, November 9 for pickup at the Centre on Monday, November 23 - just in time for Thanksgiving! Call our front desk today to place your holiday pie order: 433-1886, or email: sherry.livergood@daleassociation.com.

Coffee and Cookies at the Centre

We’re very pleased to provide fresh hot coffee and fresh baked cookies at the front desk of our Centre! Stop by Tuesday-Friday for a cup of delicious “Seattle’s Best” roast coffee, tea or hot cocoa, and large cookies-hot from the oven. Featuring flavored creamers or half-and-half. Just $1.00/cup, and $1.00/large cookie. Or make it a combo for just $1.50 and enjoy one of each!
THE DALE ASSOCIATION OFFERS
PROGRAMS FOR THE VISUALLY AND
HEARING IMPAIRED

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

- Educational Seminars
- Referral Information
- Vision & Hearing Screenings
- In Home Assessments
- Assistive Devices Resource Center
- On-going 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, Vision & Hearing Program Coordinator at 433-1886 x 108. This is a free service, sponsored by The Dale Association and the Niagara County Office for the Aging.
Inter-Generational Programs

The Dale Association’s prolific 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. Last school year we worked with 1,564 local students and senior volunteers.

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. This year we are excited to be adding an additional class!

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.

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 Centre the following week to present their own history to the volunteers. This gives students practice organizing their thoughts and presenting them to an audience.

If you are interested in volunteering in our Intergenerational program - to help local elementary students continue to learn, please contact Sherry Livergood, at 433-1886, or email her at: sherry.livergood@daleassociation.com.

Hot Cocoa & Relaxation

Before the flurry of the Holidays, let’s put our feet up and relax with a cup of hot cocoa and snacks. We’ll have fun and just enjoy each other’s company on December 22nd, at 1:00 pm. All ages are welcome. Call to reserve your spot today at 433-1886. Cost: Free.
NEW!  Arm Chair Travels
Join us for a new discussion group as we virtually explore a different travel destination each month, from the comfort of the Centre! With the help of the Front Porch Travelers (a group of six seniors from Eudora, MO) we’ll learn and have fun along the way! On November 11 at 1:00 pm we’ll “travel” to Hungary in search of the perfect goulash, then on December 9 at 1:00 pm we’ll “travel” to Missouri for the holidays. Please reserve your spot by calling 433-1886. No suitcase required! Cost: Free

Candy Making Fun
Please join us for our sweetest and tastiest volunteer opportunity, candy making! Each week we make candy to sell here at the Centre. No experience necessary. We make everything from chocolate covered pretzels and peanuts, to chocolate suckers and miniatures. You may even get to sneak a sample! We meet every Tuesday at 9:30 a.m. For any questions call Jennifer Pedini at 433-1886.

Needler’s Group
Our Needler’s Group meets on Tuesdays at 1:00. 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

Big thanks to our Needlers, who are making beautiful handmade treasures to sell at our Beauty Fair!

Cranium Crunches & Trivia Rematch
Join us on November 4th and December 2nd at 1:00 pm for mind healthy puzzles, exercises and tips for keeping your mind young and active. Call to reserve your spot today at 433-1886. Cost: Free.

Members vs. Staff Trivia returns on November 17th at 10:00 am. Will the staff continue to hold the trophy of “Who is smarter than a 5th grader?”, or will the members come back to claim the title and be the next champions? Call to join the members team today, at 433-1886!

Keenagers Club
The Keenagers Club is for any single senior who enjoys meeting others, going for lunch, and attending local events. Call Judy Schultz at 795-9374, if you are interested in becoming a member of this fun group!

Theatre Organ Concert
The Lockport Theatre Organ Society presents a special performance by Greg Gurtner, Joe Momot and Tom McGinley, at The Dale Association on Monday, December 7 at 7:00 pm. Admission is $6.00. Refreshments available for purchase. For more information please call 219-4084. All welcome!

In observance of the holidays, The Dale Association will be closed Nov. 26, 27 and Dec. 24 and 25.

Give your family one last gift ...

Preplan

Amy Lange Kenyon
Owner/Director Ph: 434-1081
www.langefuneralhomeinc.com
Centre Quilters
The Centre quilting group meets every **Wednesday from 1 - 3 p.m.** Whether you’re an experienced quilter or just starting out, this group welcomes you.

**Cost: $1 per member plus supplies**

American Red Cross Blood Drives
Please join us the 2nd & 4th Tuesday of each month from 1:00-6:00 p.m.: **November 10, 24; December 8, 22.** For an appointment call 1-800-RED-CROSS or visit www.redcross-blood.org. Walk-Ins welcome. An ID is required. **Thank you for your support!**

Hundreds of Adults Find Help
Did you know? The Dale Association has been providing mental health counseling for adults 18 and older since 1974. Through four different programs, we help more than 500 people each year on their journey to recovery and mental health wellness. Let us help someone you love.

Our programs include our **Peer Specialist**, who helps people with their own recovery process and provides linkages to community resources and services. This free service is available to Niagara County residents age 18 and older, and may be accessed by calling **Stephanie Pinzel, at 433-1937 ext. 205.**

Our **Geriatric Community Mental Health Nurse** provides support and linkages for homebound adults age 50 and older. The programs helps to prevent or delay the need for hospitalization, due to mental illness. For assessment and information about this free program for Niagara County residents, please call **Suzanne Esposito, LPN, at 433-1937 ext. 107.**

**PROS Center for Wellness** is a comprehensive, recovery-oriented program for people 18 and older with persistent mental illness. The program also treats people who have co-occurring substance abuse. The program works with a person’s strengths, goals and barriers by focusing on the individual and the road map they need to achieve their own personal best. For information, please contact **Jessica Bosarge at 433-1937.**

**Our Outpatient Counseling & Treatment Center** provides individual counseling, psychiatric services and group counseling to people 18 and older with mental health issues such as grief, anxiety, anger, bipolar disorder, depression and more. To schedule an appointment, please call **693-9961.**

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Countdown to Noon: Happy New Year!
For those who just can’t stay awake till midnight (and let’s face it, who can?), or those who just want to party **all day long**, we’ve got your New Year’s Eve all planned! Join us as we count down to Noon with entertainment, great appetizers and snacks on **December 31 at 11:00 am.** Call to reserve your spot today at 433-1886. **Cost: $10.00/members, $15.00/non-members.**

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Law Offices of Restaino Reddien LLP
3116 Military Road, Niagara Falls, NY 14304
(716) 235-5885
www.restinoreddien.com

Estate Planning, Elder Law, Estate Administration Wills, Trusts, Guardianships, Special Needs Planning, Personal Injury, Real Estate & More

Schedule Your Free Consultation

www.daleassociation.com
Generosity

Annual Campaign Donations with Memorials in August and September 2015

Chris Aikin in memory of Herbert & Lydia Aikin
Gerald & Maureen Brauen in memory of their daughter Amy
George Kugler in memory of Olive & John F. Kugler, Sr.
Grace Gottstein in memory of Fred & Teresa Young
William Lanighan in memory of Candy Lanighan
Carol McIntosh in memory of Douglas McIntosh
Barbara Minarcik in memory of Elbert & Hazel Minarcik
Neil & Bonnie Patterson in memory of Mark Patterson
Paul & Shirley Rixinger in memory of Esther Gilson

Betty Sheehan in memory of Daniel Sheehan
Peggy Shea Robichaud in memory of Ray & Lanore Shea
Joan Tagg in memory of William & Mildred Tagg
John Tillotson in memory of Lisa Marie Tillotson
Theodore Weir in memory of Dorothy M. Weir
Ann Welch in memory of Matthew Lanighan
Edgar Wright in memory of Ruth J. Wright
Pat Zastrow in memory of “Red”

Senior Centre & Special Thank You

Michael & Donna Alexander in honor of Walt & Joan Brewer’s birthdays
Robert Caldwell
Richard Gallagher in honor of Maureen Wendt
Jacqueline Letke for Christmas craft supplies
A special thank you to Louis Molisani for keeping our coffee pots full
Louis Molisani for his donation toward our entertainment at the Italian Dinner
James and Sharon Palladino in honor of James Castle’s 90th birthday
Fallon Health Weinberg for sponsoring the entertainment at our monthly luncheons in 2015-2016.

Dale Hearts and Caring People

Shelly Arnold
Julie Coy
Ralph and Pat DuFour
Jennifer Gillings
Susan Mason
Bernice Pascoe
Donald and Molly Plant
Carol Spedding
Otto and Suzanne Struckmann
Larry and Judy Volland
Maureen Wendt

Annual Campaign with Honorarium

James & Sheila Deveraux, Jr. in honor of friends
Donna Jackson in honor of “All Seniors”
Richard & Judith Radel in honor of Lorraine Sutterby
Elaine Rote in honor of Marce Eichinger

Please see page 15, to learn how you too can make a positive impact on our community!
The following individuals graciously gave to The Dale Association during August and September 2015. Your generosity today supports quality programs and services for tomorrow. Donations may be mailed to: The Dale Association, 33 Ontario St, Lockport, NY 14094 or dropped off at the Information Desk, 33 Ontario St, Lockport, NY 14094. All donations are tax deductible.

**Donations Received in August and September**

**Annual Campaign**

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Jean Hill</td>
<td>Shirley Johns</td>
<td>Agnes Podeszek</td>
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<td>John Pinzel</td>
<td>Florene Judd</td>
<td>Dieter &amp; Ute Pollmann</td>
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<td>Pendleton Lion’s Club</td>
<td>Cheryl Knapp</td>
<td>Alan &amp; Daniele Priest</td>
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<td>Katherine Bilbrough</td>
<td>Kohler Machine Products</td>
<td>Prudden &amp; Kandt Funeral Home</td>
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<td>Nancy Bowes</td>
<td>Jack Kroening</td>
<td>Louise Ray</td>
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<td>Richard &amp; Phyllis Boyd</td>
<td>Jacob Lach</td>
<td>Reid Petroleum Corp.</td>
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<td>Barbara Branch</td>
<td>Diane LaSpada</td>
<td>Janet Rockwood</td>
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<td>Arthur &amp; Brenda Brauer</td>
<td>Roy &amp; Joyce Laubacker</td>
<td>Doris Schumacher</td>
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<td>Brigham Construction Supplies, Inc.</td>
<td>Pauline Leacock</td>
<td>Peggy Shea-Robichaud</td>
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<td>James &amp; Catherine Bowles</td>
<td>Mildred Linderman</td>
<td>Charlene &amp; Jeffrey Seekins</td>
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<td>Robert &amp; Christa Caldwell</td>
<td>Lockport Home Medical</td>
<td>Jacqueline Singer</td>
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<td>James Castle</td>
<td>Lockport Outdoor Store</td>
<td>Harold &amp; Barbara Smith</td>
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<td>Anne Clancy</td>
<td>Peter &amp; Patricia Lyster</td>
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<td>John &amp; Judy Collins</td>
<td>Marie Manahar</td>
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<td>Linda Covell</td>
<td>Chris Marra</td>
<td>Dorothy Stickton</td>
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<td>Margaret Covell</td>
<td>Archil &amp; Susan Martin</td>
<td>Marcia Stolzenfels</td>
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<td>David Craig</td>
<td>Ellen Martin</td>
<td>Francis (Pat) &amp; Christine Sullivan</td>
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<td>Richard Czarnecki</td>
<td>Frances McCloud</td>
<td>Bonita Tarajos</td>
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<td>David &amp; Peggy D’Amato</td>
<td>Helen McGreevy</td>
<td>Jane Taylor</td>
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<td>Rev. Charles A. Deacon</td>
<td>David &amp; Carol Mellor</td>
<td>Kathleen Torrence</td>
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<td>Maria Dicillo</td>
<td>Louis Molisani</td>
<td>Brenda Ulrich</td>
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<td>Roberta Donovan</td>
<td>Suzanne Mullane</td>
<td>Ulrich Sign Company</td>
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<td>Drum Oil &amp; Propane</td>
<td>Gerald Murphy</td>
<td>Ann Welch</td>
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<td>Mary Eichinger</td>
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<td>Charles Wheeler</td>
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<td>Darlene Erck</td>
<td>Sidney Parish</td>
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<td>Dennis &amp; Diane Farley</td>
<td>Elizabeth Phillips</td>
<td>Dorson and Frances Wilson</td>
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<td>Marilyn Fermoire</td>
<td>James &amp; Christine Phillips</td>
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<td>Lilliane Fichot</td>
<td>Jeri Pichey</td>
<td>Susan Wren</td>
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<td>Donna Granite</td>
<td>Richard &amp; Deborah Plump</td>
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**Vision and Hearing Program**

Pendleton Lion’s Club

**Wine Event**

Verizon Foundation matching gift

**Board Restricted**

John Pinzel

**Memorials**

William Anderson in memory of Lillian Bowser
K. Allen & Diane Bowser in memory of Lillian Bowser
Brockport Lions Club in memory of Lillian Bowser
Leslie King in memory of Lillian Bowser
Roy & Joyce Laubacker in memory of Robert Zimmerman
RTG Dental Lab in memory of Lillian Bowser
Lucille Stranges in memory of Jacob Krebs
Volunteer Opportunities

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

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.

C.A.R.E. telephone reassurance program volunteers call homebound seniors throughout the weekdays to check in and ensure their well being. See pg. 5 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 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.

Intergenerational volunteers help reinforce learning with school age children exchanging Pen-Pal letters, reading and sharing their ‘history through photographs’. Please see pg. 7 for details.

We’ll train you to work the camera at LCTV for our weekly cable TV show (Thursdays at 9:15 am)! Join us once a month or every week if you’re able. It’s lots of fun and you learn something new each week.

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

Do you enjoy cribbage? Join us on **Tuesdays from 9:15-11:30 a.m.** 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. 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 p.m.**

**Duplicate Bridge**

Duplicate Bridge is played every **Tuesday at 7:00 p.m. and Saturdays at 1:00 p.m.** If you would like to play regularly or be a substitute, please call Dian Petrov 688-1226 or 238-2230. **Cost: $5**

**Card Tournaments**

6-week Euchre tournament begins November 4
6-week Bid Pitch tournament begins January 6, 2016
6 week Pinochle tournament begins February 16, 2016
All tournaments are on **Wednesdays** and begin at **1:00 p.m.** 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 prior to the start of each tournament!** Please call Jennifer Pedini at 433-1886 with questions.

**Billiards**

For just **$1 a week or 25¢ a day**, members are welcome to play all day, on our regulation size pool table. [Note: no pool on 9/15 at 9:00 am or 10/8 at 10:30 am]

**Dominoes**

The domino players welcome new players at **9:30 a.m. on Thursdays.** No experience necessary, they will teach you! **Cost: Free**

**Senior Bingo**

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

**Scrabble**

Join us for a fun game of scrabble on **Fridays at 10:00 a.m. Cost: Free**

**Thank you Veterans**

On behalf of the staff, members and over 200 volunteers at The Dale Association, we wish to extend our sincere appreciation to all Veteran’s and their families for their service to our country.

---

**BINGO**

Every Friday 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.
### November - December 2015

**Calendar**

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<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
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<tbody>
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<td>Nov 2</td>
<td>Healthy Eating for the Holidays 12:30</td>
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<tr>
<td>Nov 9 &amp; 23</td>
<td>UnitedHealthcare 9:00-11:00</td>
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<td>Nov 23</td>
<td>Travel Club Meeting 1:00</td>
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<td>Dec 7</td>
<td>Reducing Holiday Stress 12:30</td>
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<td>Dec 7</td>
<td>Theatre Organ Concert 7:00 pm</td>
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<td>Dec 7 (11:30) &amp; 14 (12:30)</td>
<td>Fallon Health Weinberg</td>
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<tr>
<td>Dec 14</td>
<td>UnitedHealthcare 9:00-11:00</td>
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<td>Dec 28</td>
<td>New Years Luncheon at Salvatore's 10:45-5:00</td>
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<td>Nov 2</td>
<td>AARP Driver Safety 9:00</td>
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<td>Nov 2</td>
<td>NCCC Nursing Student Health Fair 10:00</td>
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<td>Nov 2</td>
<td>Fidelis Care (Medicare) 9:00</td>
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<tr>
<td>Nov 2</td>
<td>(12:30) &amp; 16 (11:00) Fallon Health Weinberg</td>
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<td>Nov 2</td>
<td>BlueCross BlueShield 9:00-4:00</td>
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<tr>
<td>Nov 10, 24, Dec 8, 22</td>
<td>Red Cross Blood Drive 1-6:00</td>
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<tr>
<td>Nov 10</td>
<td>Vision Service/Devices Presentation 1:00</td>
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<tr>
<td>Nov 17</td>
<td>Members vs. Staff Trivia 10:00</td>
</tr>
<tr>
<td>Nov 17</td>
<td>UniVera Healthcare 4:00-7:00</td>
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<tr>
<td>Nov 17</td>
<td>Psychic Readings 5:00-8:00</td>
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<tr>
<td>Nov 17</td>
<td>Free Beauty Fair 6:00-8:00</td>
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<tr>
<td>Nov 17, Dec 22</td>
<td>Information &amp; Assistance 10:00</td>
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<tr>
<td>Dec 22</td>
<td>Hot Cocoa &amp; Relax 1:00</td>
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<tr>
<td>Nov 3-Dec 1</td>
<td>Blue Cross &amp; Shield 9:00-4:00</td>
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<tr>
<td>Nov 4</td>
<td>Cribbage</td>
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<td>Nov 4</td>
<td>Candy Making</td>
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<td>Nov 10</td>
<td>Chair Exercise Class</td>
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<td>Nov 11</td>
<td>Lunch</td>
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<td>Nov 11</td>
<td>Bridge</td>
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<tr>
<td>Nov 4-Dec 2</td>
<td>Independent Health 10:00-3:00</td>
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<tr>
<td>Nov 11</td>
<td>Needleler's Group</td>
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<tr>
<td>Nov 11</td>
<td>Open Coffee Hour</td>
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<td>Nov 11</td>
<td>Duplicate Bridge</td>
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<tr>
<td>Nov 11</td>
<td>Welcome Coffee Hour</td>
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<tr>
<td>Nov 11, Dec 9</td>
<td>Arm Chair Travels 1:00</td>
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<tr>
<td>Nov 12-Dec 2</td>
<td>Independent Health 10:00-3:00</td>
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<td>Nov 13</td>
<td>Lunch</td>
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<td>Nov 13</td>
<td>Senior Bingo</td>
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<tr>
<td>Nov 13</td>
<td>Card Tournament</td>
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<tr>
<td>Nov 5</td>
<td>Powerful Tools for Caregivers 1:00</td>
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<tr>
<td>Nov 10</td>
<td>Vision Program Meeting/Holiday Luncheon 12:00</td>
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<tr>
<td>Nov 10</td>
<td>Holiday Cookie Shoppe 12:00-4:00</td>
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<tr>
<td>Nov 10</td>
<td>Poinsettias &amp; Wreaths 8:00-4:00</td>
</tr>
<tr>
<td>Dec 24</td>
<td>Closed for Christmas Holiday</td>
</tr>
<tr>
<td>Dec 1</td>
<td>Meet Janet Pfaff, Piano Teacher 10:00</td>
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<tr>
<td>Dec 16</td>
<td>Members Holiday Party Lunch 11:00</td>
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<tr>
<td>Nov 19</td>
<td>Fidelis Care (Medicare) 9:00</td>
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<tr>
<td>Nov 19</td>
<td>Fidelis Care (MLTC) 9:00</td>
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<tr>
<td>Nov 26, 27</td>
<td>Closed for Thanksgiving Holiday</td>
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<tr>
<td>Dec 3</td>
<td>Vision Program Meeting/Holiday Luncheon 12:00</td>
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<td>Dec 10</td>
<td>Holiday Cookie Shoppe 12:00-4:00</td>
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<tr>
<td>Dec 10</td>
<td>Pick Up Poinsettias &amp; Wreaths 8:00-4:00</td>
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<tr>
<td>Dec 31</td>
<td>Closed for New Years Eve Party 11:00</td>
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<td>Caregiver Support Group 1:00</td>
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<td>Caregiver Support Group 1:00</td>
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<tr>
<td>Nov 25</td>
<td>Closed for Christmas Holiday</td>
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<tr>
<td>Jan 1</td>
<td>Closed for New Year’s Day</td>
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</tbody>
</table>

Activities in green are free of charge!

www.daleassociation.com
Senior Services

Information and Assistance
The Niagara County Office for the Aging’s Information and Assistance staff are available to assist area residents who are 60 years of age or older with questions on any issue of concern to older adults, such as recreation, financial benefits and help with energy bills. They will be at The Centre on the **3rd Tuesday of each month (November 17 and December 15)** from **10:00 a.m. - 12 noon**. Home visits can be arranged for the home-bound, by calling the Niagara County Office for the Aging at 438-4020.

Senior Advisor
Sherry Livergood, Senior Advisor, provides assistance and resources to people in order for them to live with dignity, respect and self-determination. All assistance is provided free of charge to residents of Niagara County, age 60 and older. To speak with Sherry, please call: 433-1886 ext. 109.

Dial-A-Lift
“Leave the driving to us!” Our dial a lift van will come pick you up at your home and bring you to the Centre. The round trip fee in Lockport city limits is $7.00. If you live outside the city limits, the fee is $10.00 per round trip. If you purchase 20 rides in advance you will be given a punch card and the ride costs are discounted. If you have any questions or want to schedule a ride please call Jennifer Pedini at 433-1886.

The Dale Association’s Centre has a 60+ year history of providing a gathering place for thousands of people throughout Niagara County. **Please support your Centre by making a tax deductible donation using the coupon below and return to:** 33 Ontario Street, Lockport, NY 14904 ATTN: Debbie Babcock. **Thank you.**

<table>
<thead>
<tr>
<th>2015 ANNUAL CAMPAIGN GIFT</th>
</tr>
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<tbody>
<tr>
<td>Donations support programs and services of The Dale Association’s Senior Centre</td>
</tr>
<tr>
<td>Name_________________</td>
</tr>
<tr>
<td>Here is my gift to support programs for seniors: Amount of Gift $_______</td>
</tr>
<tr>
<td>Check Enclosed</td>
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<tr>
<td>Card No._________________</td>
</tr>
<tr>
<td>Authorizing Signature_________________</td>
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<tr>
<td>My gift is given in Memory of</td>
</tr>
<tr>
<td>Please Notify_________________</td>
</tr>
</tbody>
</table>
Next travel group meeting is Monday, November 23rd at 1:00 p.m.

**Day Trips**

**Let the Shopping Begin!**

Ride with us Wednesday, November 18 up to the Boulevard for some holiday shopping and lunch (on your own). We’ll be leaving the Centre at 9:30 am, and return at 3:00 pm. Space is limited, so sign up today to let us know you’re coming!

*Cost: $20/members*

**Coffee Concert**

**JoAnn’s Classical Christmas**

Make memories with your friends at the BPO as you listen to some Christmas favorites from Messiah and Hansel & Gretel. We’ll arrive at Kleinhans on December 11 to enjoy a continental breakfast, followed by the concert at 10:30. Afterward, we’ll head for lunch (on your own). Leave here at 8:00 am and return at 3:30 pm. Final payment due Nov. 16.

*Cost: $62/members, $82/non-members*

**BPO Coffee Concert: Holiday Pops**

Let your BPO connect you with the spirit of the season. We’ll arrive at Kleinhans on December 18 in time for a continental breakfast, enjoy the concert and then have lunch (on your own) at the Cracker Barrel. We’ll leave the Centre at 8:00 am and return by 3:30 pm.

**Blue Man Group**

Save the date for Saturday, February 13, 2016 to enjoy a lively performance by the internationally recognized Blue Man Group coming to Shea’s Performing Art Center. We’ll board the bus at the Centre at 12:45 pm in time for the 2:00 pm matinee show. Ticket prices still TBD, but check with our front desk if you’re interested! Or visit us at www.daleassociation.com for all the latest information.

*ALL TRIPS WILL LEAVE FROM AND RETURN TO THE CENTRE (33 ONTARIO ST) UNLESS OTHERWISE NOTED. LEAVE THE DRIVING TO US!*

---

**Lockport Presbyterian Home**

A Senior Care Residence
Now offering respite care

305-327 High St, Lockport NY 14094
Call 434-8805 or visit us at:
www.pscwny.org

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**Grand Tours and Ridge Road Express**

*We appreciate your business!*
Overnight Trips

American Queen Mississippi Cruise
Begin your nine-day journey in the exciting city of New Orleans before embarking on your voyage aboard the American Queen. On this seven-night Mississippi River cruise enjoy the architectural splendor and the natural wonders as you pass through Oak Alley to Memphis. Let the scenery glide by February 28-March 7, 2016, as it sets the tone for an unforgettable vacation. Optional trip insurance is available. Package rates vary depending on options chosen. Please call our front desk to learn more, at 433-1886.

Cost: Inside staterooms begin at $2,799 per person double. Outside staterooms begin at $3,399 per person double. Veranda staterooms $3,700 per person double. Single & third person rates available.

Springtime Down South
Travel aboard a deluxe highway motor coach on this six-day tour of the South on May 10-15, 2016. Take in the sights on the Atlantic Coast as you explore the historic District of Charleston on your way to the colorful Town Squares of Savannah and the Intercoastal Waterway. This trip includes five-nights lodging and eight meals. A deposit of $100 is due by February 9, 2016. Balance is due by March 15, 2016. Optional trip cancellation insurance is available for $43.00 per person double, or $69.00 per person single occupancy. Insurance must be paid at the time of registration. Please call the front desk for more information at 433-1886.

Cost: $999 double occupancy, $979 triple occupancy or $1,399 single occupancy.

Lancaster County Trip
Join us September 20-22, 2016 for a three-day tour through Lancaster County. This trip includes four meals, two theatre shows, including the new musical Josiah for President at the Bird-in-Hand Theatre, and all sightseeing and admissions. A $50 deposit per person is due by June 20, 2016. Balance due August 1, 2016. Optional trip cancellation insurance is available for $28 per person. Insurance must be paid at time of registration. Please call the front desk for more information at 433-1886. Cost: $499 double occupancy, $489 triple occupancy, $649 single occupancy.

Celebrate New Year’s at Salvatore’s
Join us Monday, December 28 for lunch and music as we celebrate the New Year at Salvatore’s Italian Gardens. Enjoy complimentary hors d’oeuvres and soda from 12:00-1:00 (cash bar available). Lunch will be served at 1:00 pm. Entree choices: Prime rib, poached salmon, chicken Francaise. Meal includes Italian wedding soup, Caesar salad, roasted Rosemary baby red potatoes, green beans with roasted red pepper, rolls, coffee, tea and dessert. Then at 1:30 we’ll enjoy “The Joe Baudo Band”. We’ll leave the Centre at 10:45 am, and return by 5:00 pm. Call 433-1886 today!

Cost: $65 (deposit of $20 due December 7, balance due Dec. 22).

Welcome Coffee Hour 2015
Calling all new members! Please join us Tuesday, November 3 at 9:30 am at the Centre for a welcome coffee hour, where you’ll learn just how valuable that new Dale membership can be and how we can help you or someone you know! Please RSVP to Patricia Quirk at 433-4440 ext. 302.
**Centre Events**

**Holiday Cookie Shoppe**
It is time to start planning for our Holiday Cookie Shoppe! Delicious holiday cookies are just $6 per pound. All pre-orders (minimum of 2 pounds) must be placed by **Monday, December 7**. All orders of five pounds or more will earn a special free gift! Pre-orders may be picked up on **Thursday, December 10** from **12:00 noon-4:00 pm**. Delivery is available to preorders of 5 dozen (or 5 pounds) or more to one location. We are also looking for bakers! Please call the front desk at 433-1886 if you’d like to place an order, or if you can bake for us this year. Thank you!

**AARP Driver Safety Program**
- **Monday, November 2**: 9:00-4:00
- **Monday/Tuesday, February**: 1 & 2 12:30-3:30
- **Monday, March 4**: 9:00-3:45

Cost: $20 AARP members, $25 non-members
Register by calling: 433-1886

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**Poinsettia & Wreath Sale**
Order your beautiful holiday poinsettias and wreaths from The Dale Association! Please place your order by mail, phone or in person at the Centre by **Tuesday, November 24** (we take MasterCard, Visa, checks, cash or PayPal). All orders can be picked up **Thursday, December 10** 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

**Order Form**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address:</th>
<th>Telephone:</th>
<th>Amount Due:</th>
</tr>
</thead>
</table>

Please make checks payable to:
The Dale Association, Inc.
Or you can order safely through PayPal at:
www.daleassociation.com

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**We proudly offer counseling and mental health services for adults 18 & older:**

**PROS Center for Wellness**
Personalized Recovery Oriented Services
33 Ontario St, Lockport, NY
For information, please call:
716-433-1937

PROS also treats people who have co-occurring substance abuse.
Members’ Thanksgiving
Please join on **Wednesday, November 25** for our annual Thanksgiving Day festivities here at The Centre. We will start the day off at **11:00 am** with some Thanksgiving Day trivia and other fun activities. At 11:30 a.m. The Dale Association staff and trustees will serve you a wonderful turkey dinner with all the trimmings. Raffle items will be on display that you can win this year at our Holiday Party on December 16. Lunch is a suggested contribution of $3.25 payable on November 25 at the lunch counter. Please register at the front desk by November 19 so the county has enough meals prepared for us. We look forward to seeing you!

Holiday Party
Please join us on **Wednesday, December 16** at **11:00 am** for our annual Holiday party and meal. The Dale Association Staff and Niagara County “Eat Well, Stay Well” dining will serve a special holiday meal. If you bring in a non-perishable item for the Food Pantry, you will be given one free raffle ticket for the items to be raffled after lunch. Additional tickets may be purchased beforehand and on the day of the event. Lunch is a suggested contribution of $3.25 payable on **December 16** at the lunch counter.

Great Holiday Gift Ideas
Dale Association apparel makes a great gift (for yourself or a loved one!). Please visit: [https://ssastores.com/store/the-dale-association-lockport-ny/](https://ssastores.com/store/the-dale-association-lockport-ny/) to see all the great styles and colors for men, women and children’s sizes. We also sell Dale Association cookbooks $5, Homemade Candy, Dale Association Membership, Dale Association Gift and Bingo Certificates, Hall’s Apple Farm pies, Cookies by the pound and more at our front desk. To learn more, please call us at 433-1886. Thank you!

Holiday Greetings
As we pause to give thanks this time of year, The Dale Association staff and board members wish to **thank you for being part of our Dale family**. We wish you a safe, healthy and warm holiday season. If your holiday plans include leaving the area, we wish you safe travels, and we look forward to seeing you when you return.
Independent Health will continue to offer a variety of plans in 2016 that are designed to meet our Medicare Advantage members’ individual needs, including Independent Health’s Network Advantage® HMO Plan. Available to residents of Erie or Niagara counties, the Network Advantage plan is designed to lower our members’ out-of-pocket costs, while continuing to make the coordination of their care more effective.

Providing more value with every plan
Our Medicare Advantage plans include comprehensive benefits to help our members maintain an active, healthy lifestyle. For example:

• Through our Healthy Benefits fitness benefit, members can join a participating fitness location of their choice. This membership is good for one calendar year and includes access to all the amenities of each participating facility—treadmills, free weights, fitness classes and more.

• New in 2016, all Independent Health Medicare Advantage plans will provide vision coverage, including routine eye exams and an allowance toward eyewear (benefits vary by plan).

• Most of our Medicare Advantage plans will continue to offer preventive dental coverage, including routine exams, cleanings and x-rays.**

We’re here to help
To learn more about our 2016 Medicare Advantage plans, you can visit our website at www.independenthealth.com/medicare or speak with one of our RedShirtsSM at an Independent Health Medicare Information Center.***

If you’re an Independent Health member and are happy with your current Medicare Advantage plan, you don’t have to do anything and you will be automatically reenrolled for 2016. However, if you want to change plans, call us (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.

*Members are required to pay a $20 activation fee to the fitness facility.

**Excludes Independent Health’s Medicare Family Choice HMO-SNP plan.

***A sales person will be present with information and applications. For accommodations of persons with special needs at sales meetings, please call (716) 635-4900 or 1-800-958-4405 (TTY users call 1-888-357-9167).

This information is not a complete description of benefits. Contact the plan for more information. Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year. The pharmacy network and/or provider network may change at any time. You will receive notice when necessary. Limitations, copayments and restrictions may apply. Members must continue to pay their Medicare Part B premium if not otherwise paid for under Medicaid or by another third party.

Y0042_C5510 10102015
Curious about Medicare Advantage Plans?

Every day, 10,000 baby boomers will turn 65 and become eligible for Medicare, joining the more than 50 million Americans who are already enrolled in America’s largest health insurance program. Yet some Medicare beneficiaries find that choosing the right coverage can be a challenge — it’s not one-size-fits-all. And, recent changes with health reform may be adding to the confusion.

A good place to begin is by understanding that there are two main ways to get Medicare: Original Medicare (Parts A and B), which is provided by the federal government, or Medicare Advantage plans (Part C) offered by private insurance companies like UnitedHealthcare.

**Original Medicare**

Original Medicare includes two parts. Part A or “hospital insurance” covers inpatient care in hospitals, skilled nursing facilities or hospice, and some home health care. Part B or “Medical Insurance” covers medically necessary services like doctors’ services, outpatient care, durable medical equipment and some preventive services.

Original Medicare does not cover all health care costs, have an annual out-of-pocket limit on your costs, or include prescription drug coverage. It also may not include benefits such as hearing and dental coverage. Though most people are eligible for Part A with no monthly premium, all Medicare beneficiaries pay a premium for Part B, which varies depending on their income.

Medicare Supplement Insurance (Medigap) plans supplement Original Medicare benefits and are insurance policies sold by private companies. These plans can help pay for some or all of the health care expenses Parts A and B do not cover, but Medicare Supplement plans do not include prescription drug coverage.

**Medicare Advantage Plans**

Part C plans or Medicare Advantage plans offer an alternative to Original Medicare for getting Medicare benefits. Offered by private companies, Medicare Advantage plans provide coverage for Part A and Part B services, and most plans include Medicare Part D prescription drug coverage as well. These plans may also include additional benefits like routine vision care, dental care, hearing, wellness services and nurse phone line support.

You can sign up for a Medicare Advantage plan as soon as you’re eligible for Original Medicare, as long as you have Medicare Parts A and B.

Unlike Original Medicare, the companies that offer Medicare Advantage plans set their own plan costs, including cost-sharing terms and amounts, so you’ll need to look into each plan to understand the potential out-of-pocket costs and the limit on yearly out-of-pocket spending. If you choose a Medicare Advantage plan, you continue to pay your Medicare Part B premium to Medicare (and Part A premium, if you have one). In addition, some Medicare Advantage plans charge an additional premium, though some do not.

Want to learn more about Medicare?

Sally Stier is a licensed agent for UnitedHealthcare Medicare & Retirement in NYS. She can be reached via phone directly at 716-860-3143. Serving nearly one in five Medicare beneficiaries, UnitedHealthcare Medicare & Retirement is the largest business dedicated to the health and well-being needs of seniors and other Medicare beneficiaries.
Your Creative Side

Beauty at Every Age:
Mind, Body, Spirit & Home!

Please join us at our Centre (33 Ontario St, Lockport) for our second annual Beauty Night, a free vendor fair on **Tuesday, November 17 from 6:00-8:00 pm**. This event will feature vendors and professionals, including Hair Chateau, BLING, Flower Barn, Tastefully Simple, Mary Kay Cosmetics, Beach Body Fitness and many more - who will treat us to advice on and products for nails, hair, makeup, fashion, nutrition, chair massage, home decor, pampered pets and fitness; and an all ages BLING fashion show! **New this year** - psychic readings by Juanita Louise and friends, from 5:00 - 8:00 pm ($10 for ten minutes, walk-ins only). All ages welcome! One lucky participant who registers by November 9, will win a free beauty makeover! Basket raffle, complimentary refreshments, and **Flight of Five** signature wine (sold by the glass).

**Please RSVP by calling 433-1886.**

Sponsored by: Univera Healthcare, Hair Chateau, Juanita Louise and The Dale Association.

**NEW!!! Piano Lessons**

We’re pleased to offer private, half-hour lessons with accomplished instructor Janet Pfaff. Classes are open to all ages and levels (even beginners!) on **Tuesdays from 12:00 – 4:00 p.m.** Janet has been teaching the gift of music for over 15 years. By appointment only, call 433-1886. **Cost per lesson: $20 member, $35 non-member**

Come and meet our new piano instructor on **Tuesday December 1**! Janet will be available to answer any questions you may have about learning the gift of music from **10:00-11:00**. Please call the information desk for more information at 433-1886.

---

**Briarwood Manor**
**Assisted Living Facility**
**433-1513**

- 3 Nutritious Meals plus Snacks
- Laundry/Housekeeping
- Freedom to Come and Go
- 24 Hr. Supervision of Medication
- Nurse on Staff
- Personal and Family Counseling
- Professional Planned Daily Activities
- No Application Fees

**Personal Care for Adults**
**Licensed Assisted Living**
**By The State of New York**
**Affordable Care for the Elderly**

**Maryann Marotta, Case Manager**
**1001 Lincoln Avenue**
**Lockport, New York 14094**
**433-1513**

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](http://www.daleassociation.com)

   **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:**

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<th>Class or Trip Title</th>
<th>Fee</th>
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<td><strong>Tax Deductable Donation</strong></td>
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<td><strong>TOTAL AMOUNT ENCLOSED</strong></td>
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**Method of Payment**

☐ Check *(payable to The Dale Association)*

☐ Visa  ☐ MasterCard

Acct #: ___________________  exp. date ________

Signature: ______________________________

**Mail to:**

The Dale Association, Inc.
33 Ontario Street
Lockport, NY 14094
Your membership to The Dale Association, Inc. gives you the satisfaction of contributing to a dynamic human service 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

Lawrence Volland, Chair
Robert Pusateri, Vice Chair
Cheryl Antkowiak, Treasurer
Ellen Martin, Secretary
Angela Hahn, Immediate Past Chair

Christopher Aikin
Felice Brodsky-Brinkley
Karen Carroll
Roberta Donovan
Anthony Majka

Christopher Marra
Sue Mason
Phyllis Murawski
Richard Thunhorst
Tasha Villani

Thank you to our Premium Sponsors

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.

- Blue Cross and Blue Shield
- Fallon Health Weinberg
- Fidelis Care
- Heritage Manor of Lockport
- Hometown 1340 WLVL
- Lockport Presbyterian Home
- People, Inc. Senior Housing
- Law offices of Restaino Reddien, LLP
- United Healthcare, Medicare Solutions

Directory of Services

Senior Services:
33 Ontario Street, Lockport, NY 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, NY 14094
PROS Center For Wellness . . . . 433-1937
Peer Specialist . . . . . . . . . . . . . 433-1937
Geriatric Community
Mental Health Nurse . . . . . . . . . 433-1937
Outpatient Counseling
And Treatment Center . . . . . . . 693-9961

Office of the President:
33 Ontario Street, Lockport, NY 14094
President/CEO . . . . . . . . . . . . . . . 438-2414

Administration Offices:
20 Lock Street, Lockport, NY 14094
Administrative Support . . . . . . . . 433-4440
Marketing & Development . . . . . . . 433-4440

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