

Power Up

Working toward an exceptional you



Discover The Dale Association

July - August 2010

Summer Desk Hours: 8:30a.m. - 4:30p.m. M-F

Gifts Come In Many Packages...



Judy Lenk

a retired security police officer, volunteers her time as an Ombudsman, or resident advocate for people living in a nursing home or in an assisted living facility.



J. Fay Cleveland

accepted an invitation to join our Board of Directors. Nine years later, he is still serving on our Board, and is now our Board Chairman.

Story on Page 13.

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Director's Corner

The Centre is Closed on Monday, July 5
for Independence Day!



Welcome to our July and August Power Up edition. It seems impossible we are into the seventh and eighth month of the year already.

As many of you know, we began producing the Power Up every two months to save on expenses - both producing and mailing. Like many others, now we are at a stage where we would like to "Go Green" - not only to save money on postage, but also to save on paper and printing costs. If you would like to receive your Power Up electronically please visit our website at www.daleassociation.com and click on our "Power Up". Thanks for "going green" with us.

An Imponderable question is a factor whose effects cannot be accurately assessed; "human behavior depends on many imponderables." Ponder the following imponderables and see if they give you a little "chuckle".

- ◆ Why do you have to put your two cents in, but it's only a penny for your thoughts?
- ◆ Why does a round pizza come in a square box?
- ◆ How is it that we put a man on the moon before we figured out it would be a good idea to put wheels on luggage?
- ◆ Why is it that people say they slept like a baby when babies wake up every two hours?
- ◆ Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?
- ◆ Why do we press harder on a remote control when we know the batteries are going bad?
- ◆ Why do banks charge a fee on insufficient funds when they know there is not enough money?
- ◆ Is there ever a day that mattresses are not on sale?
- ◆ In the winter, why do we try to keep the house as warm as it was in summer, when we complained about the heat?
- ◆ Why do hot dogs come ten in a package, and hot dog buns come eight in a package?
- ◆ If flying is so safe, why do they call the airport the terminal?
- ◆ What was the best thing before sliced bread?
- ◆ Why is it that rain drops, but snow falls?
- ◆ Do fish ever sneeze?
- ◆ Do The Alphabet Song and Twinkle Twinkle Little Star have the same tune?
(*Why did you just try singing the two songs?*)
- ◆ If we're here to help others, then what are the others here for?
- ◆ Why do we drive on parkways and park in driveways?
- ◆ If the police arrest a mime, do they tell him that he has the right to remain silent?
- ◆ If airplanes have an indestructible black box, why don't they make the whole plane out of the same material?

Hope you enjoyed these imponderables. Have a wonderful month, bring a friend to the picnic and "See You at The Centre."

Colleen

Memory Minders

Participants in our Memory Minders program recently enjoyed a special Memorial Day celebration honoring the veterans in the program. Volunteer Beth Guilmart prepared a lovely veteran's dedication for the participants and their loved ones. Veterans shared memories of their times in service to our nation. The Partners in Patriotism group made beautiful award certificates that were presented to our veterans. Member of The Dale and Lock City Glee club, Louis Molisani, led the group in patriotic songs.

(Pictured below are Beth Guilmart and veteran Bill M.)



(Pictured above are Back: Louie M., Front: Bill M., Clyde R., Ed D. & Clyde W.)

Memory Minders is held on **Mondays and Fridays 10:00 a.m. - 2:00 p.m.** You can join the program at any time. You will need to be prescreened for eligibility. Participation includes activities such as walking, nutrition training, group and one-on-one games, field trips, movies and much more designed to enhance your quality of life and maintain your memory longer. Caregivers will receive a 4-hour break. *If you would like to participate or volunteer please call 433-1886.*

Blood Pressure Screening

A nurse will be at the Centre to give you a free blood pressure screening on the following dates:

- ♦ **Monday, July 12 from 12:30 p.m. -1:30 p.m.**
- ♦ **Wednesday, July 21 from 12:30 p.m. -1:30 p.m.**
- ♦ **Monday, August 2 from 12:30 p.m. -1:30 p.m.**
- ♦ **Wednesday, August 18 from 12:30 p.m. -1:30 p.m.**

Daytime Yoga

Learn how to relieve stress and fatigue, increase flexibility, enhance your mental awareness and just have a better overall sense of well-being with instructor Liz Cousins. This relaxed, open class offered twice a week on an ongoing basis is for all levels; come as often as you like and work at your own pace. Wear comfortable clothing and bring a Yoga mat. Still aren't sure? You're welcome to observe a class first.

Beginning Mondays, 10:00 - 11:30 a.m. AND Wednesdays; 1:30 - 3:00 p.m.

Cost per class: \$4 member, \$7 non-member payable to instructor at class

Transitions Lifestyle System

This system is the last weight management program you'll ever need, but it's much more than that. Because TLS is an educational program that teaches people what foods to eat, it is also for people who just want to feel better or who want more energy. Come to a free overview session at 6 p.m. Monday, July 26, and learn why diets don't work and why the Transitions Lifestyle System does. Classes will begin the following Monday and will run for 12 weekly sessions. The cost is \$295, and may be eligible for flex accounts through your employer. For information, call Kevin Walter at 308-0393.

Free Information meeting Monday, July 26th at 6:00 p.m. and then classes beginning August 2



Be Well

HIICAP

The Health Insurance Information Counseling and Assistance Program (*HIICAP*) counselors are available at The Dale Association on the second Thursday of each month (**July 8 and August 12**) from **10:00 a.m. -12 noon**. They can answer your questions regarding Medicare, Medigap, HMO's, prescription drug programs, and Medicaid, as well as long term care insurance. HIICAP continues to be a free service that is unbiased and confidential.

Senior Blue

Lockport's Blue Cross and Blue Shield / Senior Blue representative Michelle Farina will be at The Centre on **Tuesdays, July 6th, July 13th, July 27th, August 3rd, August 10th, and August 24th at 10 a.m. Presentations start at 10 a.m. sharp.**

Independent Health

Lockport' Independent Health representative Kathy McFee will be at The Centre on **Weds., July 7, and August 4, from 10 a.m. -2 p.m.** Kathy accepts "*Walk-ins during this time*" to answer any questions you may have regarding Medicare.

Univera Healthcare

Lockport's Univera Healthcare representative Maria Schenk will be at The Centre on **Thursdays, July 22nd and August 26th at 10 a.m.** to answer any questions you may have regarding Medicare.



Geriatric Community Mental Health Nurse

Kathleen Kyle, our Geriatric Community Mental Health Nurse, helps people in the comfort of their own home. Kathleen meets with people, age 50 and older, who are homebound and have a history of serious or chronic mental illness. Even residents who are experiencing emotional issues such as depression and anxiety for the first time in their life, can ask for help from Kathleen. The goal of the program is to provide people with the appropriate services and treatment that will ultimately delay or prevent hospitalization. This is accomplished through assessment and evaluation of the person's needs. Mrs. Kyle works closely with the person, their family, and other professionals and agencies to design an appropriate plan. To speak confidentially with Kathleen Kyle, please call 433-4441 *5. There is no charge for this service. *This program is supported by the Niagara County Department of Mental Health and the New York State Office of Mental Health.*



Lockport's **BlueCross & BlueShield** representative **Michelle Farina** offers one-on-one personal service to help you understand your medicare needs.

Office: 887-8581

Fax: 887-7558

email: www.farina.michelle@bcbswny.com

Independent Health

Call one of our RedShirts™ today at
(716)635-4900 or **1-800-958-4405**.
TDD users call **1-800-357-9167**. Mon.-Fri.,
Independent Health is a Medicare Advantage
organization with a Medicare contract.
H3362_H3344_H9519 C1619 F&U



Care Program

The CARE (*Call And Reassure Elders*) program is a **FREE** service sponsored by the Dale Association in conjunction with the Niagara County Office for the Aging tries to fill gaps to those living alone. A trained volunteer will place a phone call on a regularly scheduled 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. CARE is intended to serve area seniors or disabled adults who are homebound, isolated, living alone, or in need of daily contact to ensure personal safety. For more information call Angie Blackley, senior counselor at the Dale Association at 433-1886.

Caregiver Support

Caregivers Support Group meets the **last Tuesday of each month (July 27 & August 30) from 6:00-7:30 p.m.** in the Centre lounge. Facilitator Laurie Johnston-Stickney, licensed master of social work. Free and ongoing. One on one sessions also available at no cost. To register please call the front desk: 433-1886.

Nutritious lunches provided by Eat Well....Stay Well Dining

Lunches are served Monday through Friday in the Dining Room at The Dale. The meals are geared to people age 60 and over, with a suggested contribution of \$3.00. You can sign up by calling the front desk at 433-1886, or come in and sign up in the dining room with site director Shirley Ciliberto. Individuals under 60 pay \$3.50, unless accompanied by a spouse over age 60. Menus are available in the dining room or on line at www.niagaracounty.com.

DALE Senior Counselor

The 'Senior Counselor' assists seniors to live with dignity, respect and self-determination. Call 433-1886 and ask for Angie Blackley - 'senior counselor' for help. Services are free and confidential.

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 (July 20 and August 17) from 10:00 a.m. -12 noon.** If you are homebound, call Niagara County Office for the Aging at 438-4020 to schedule your home visit.

Nutrition Counseling:

Do you need assistance with a diabetic, cardiac, renal, low sodium diet or with meal planning/label reading? Glenda Reardon, Registered Certified Dietitian with the Office for the Aging is available for individual nutrition counseling by calling 438-4030.

Value?

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Be Well

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:

- ♦ Education Seminars
- ♦ Referral Information
- ♦ Vision & Hearing Screenings
- ♦ Literary Book Club
- ♦ Vision Rehab Specialist Conducting Home Evaluations
- ♦ Assistive Devices Resources Center
- ♦ Enhanced Computer Keyboard & Screen
- ♦ Life Skills Training
- ♦ Desktop Electronic Magnifier in Sr. Centre

We can link you and your family to community services; assist with your questions and provide an improved quality of life. For more information call Nancy Smith, Vision & Hearing Program Coordinator at 433-4441. This is a free service, sponsored by The Dale Association and the Niagara County Office for the Aging.



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*

***Personal Care for Adults
Only Licensed Assisted Living
Program in Niagara County***

Affordable Care for the Elderly

***Sal L. Ferreri - Administrator
1001 Lincoln Avenue
Lockport, New York 14094***

NEW! The Olmsted Center for Sight's L. Nelson Hopkins apartments for visually impaired and/or physically different abilities. Opening July 2010. Income limits apply.



**For an application call Nancy Smith,
The Dale Association ph: 433-4441**

Located at 5562 Davison Road, Lockport



**Do you need home care?
The Dale Association can help!**

Our **INCHARGE** Consumer-Directed Home Care program is designed for Niagara County residents who are eligible for Medicaid, in need of homecare for a minimum of 180 days, and are chronically ill or handicapped.

To learn more, please call **INCHARGE'S Kathy or Alexis at 433-4442** or visit us at: www.DaleAssociation.com

Calendar

July - August 2010



Birthday Bucket Winners

♦ **April - Rosie Smith** ♦ **May - Janice Spedding**

Highlights

Mon

- ♦ 9:30 Social Sewers
- ♦ 10:00 Yoga with Liz
- ♦ 10:00 Memory Minders Program
- ♦ 11:30 Lunch
- ♦ 1:00 Piano Lessons

- ♦ July 12: Blood Pressure Screening 12:30 p.m.
- ♦ July 26: Open House: Lockport Old Home Week
- ♦ July 26: Transitions Lifestyle System 6:00 p.m.
- ♦ Aug 2: Blood Pressure Screening 12:30 p.m.

Tues

- ♦ 9:30 Cribbage
- ♦ 10:00 Vision Impaired Book Club
- ♦ 11:30 Lunch
- ♦ 1:00 Piano Lessons
- ♦ 1:00 Bridge
- ♦ 7:15 Duplicate Bridge

- ♦ July 20: Community Blood Drive 11:30 a.m. - 6 p.m.
- ♦ July 27: Caregiver Support Group (6-7:30 pm)
- ♦ Aug. 31: Caregiver Support Group (6-7:30 pm)

Wed

- ♦ 11:30 Lunch
- ♦ 1:00 Quilting
- ♦ 1:00 Card Tournament
- ♦ 1:30 Yoga with Liz

- ♦ July 21: Blood Pressure Screening 12:30 p.m.
- ♦ Aug 18: Blood Pressure Screening 12:30 p.m.

Thur

- ♦ 9:30 Dominoes
- ♦ 11:30 Lunch
- ♦ 1:00 Senior Bingo
- ♦ 3:00 Movie - Check article for dates

- ♦ July 22: Explore Our Heart Tour (12:00 noon)
- ♦ August 19: Explore Our Heart Tour (9:00 am)

Fri

- ♦ 9:30 Humanities
- ♦ 10:00 Chorus
- ♦ 10:00 Memory Minders Program
- ♦ 11:30 Lunch
- ♦ 7:00 BINGO

- ♦ July 23: Members' Picnic 11:30 a.m.
- ♦ Aug. 6: Rummage Sale 9a.m. - 1p.m.

Sat

- ♦ 1:00 Duplicate Bridge
- ♦ 1:00 July 24 Parade - Lockport Old Home Week

Game On!

Cribbage

Our weekly Cribbage Tournaments continue on **Tuesdays, 9:30 - 11:30 a.m.** Volunteer Jack Bentley helps organize the tables, collect the ante and payout the weekly cash prizes. (*Thank you, Jack!*) Bring your own board and cards.
Cost: \$4 member, \$6 non-member

Bridge

Every **Tuesday at 1:00 p.m.** If you would like to play regularly or be a substitute, please call the Centre at 433-1089. **Cost: \$1 per member**

Duplicate Bridge

Every **Tuesday at 7:15 p.m.** If you would like to play regularly or be a substitute, please call Marge at 434-8635.

Dominoes

The domino players meet at **9:30 a.m. on Thursdays.** If you don't know how to play, they will be glad to teach you. **Free**

Senior Bingo

Senior Bingo is held on **Thursdays at 1:00 p.m.** For only \$1.75 you can have a great time.

Wii Bowling

Join us for **FREE** Wii bowling at the Centre. If you never played before, we'll be happy to teach you. Call for times at 433-1886 or stop at the front desk to see when people are playing.

AARP Driver Safety Program

- ♦ July 12 & 13 - 9:00 a.m. - 1:00 p.m. - Instr. Gloria Brown
 - ♦ July 12 & 14 - 5:30 p.m. - 9:30 p.m. - Instr. Doug Emerson
 - ♦ Aug. 2 & 3 - 9:00 a.m. - 1:00 p.m. - Instr. Gloria Brown
 - ♦ Aug. 9 & 11 - 5:30 p.m. - 9:30 p.m. - Instr. Doug Emerson
 - ♦ Sept. 13 & 14 - 12 noon - 4:00 p.m. - Instr. Gloria Brown
- Cost: \$12 AARP Member or \$14 AARP Non-Member**
You must pay at time of registration for this course!

Card Tournaments

- ♦ **6-week Pinochle Tournament beginning Wed., July 21**
- ♦ **6-week Euchre Tournament beginning Wed., Sept. 1**

All tournaments 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 card sub if you are not able to play on one of the tournament days. Call Janet at 433-1089 if you have any questions.

Pool Anyone?

For just \$1 a week or 25¢ a day members can play all day long.

Lockport Theatre Organ Society

The Lockport Theatre Organ Society presents the dates and organists for the 2010 season. All are on **Mondays at 7:00 p.m.**

July 19 - Pipes and Pizza - begins at 5 p.m.
(*up to ten local organists*)

August 16 - Father Andrew Rogers from Michigan

BINGO

Every Friday at 7:00 p.m.

* **Electronic Verified & Camera** *

Doors open at 6:00 p.m.

♦ **Parking** ♦ **Pulltabs** ♦ **Snack Bar**

33 Ontario Street, Lockport, 433-1886

www.bingoplanner.com

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



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Connecting Generations



Inter-Generational Programs

We are always looking for volunteers for the Inter-Generational programs. The volunteers in these programs enjoy working with the children and find the volunteering very rewarding. **If you are interested in joining us as a volunteer, please contact Patty at 433-1089 and she'll give you all of the details.**

HISTOP

HISTOP or *History Sharing Through Our Photographs*, is a Dale Association program in which senior volunteers interact with fourth graders from Lockport area elementary schools. Senior volunteers spend 1 to 2 hours a month volunteering in this program. Some of the senior volunteers form teams and visit a school each month. The following week the fourth graders visit the Centre and bring their own pictures and memorabilia to share with the group of Senior HISTOP volunteers.

HISTOP is on summer break. We are looking for volunteers for the fall.

Reading

The reading program will be at Charles Upson Elementary school this fall. This is a weekly ongoing program where senior volunteers assist the second graders with their reading.

Pen Pals

The Pen Pals are on summer vacation. It will begin again with letters for Halloween with first graders from Mrs. Learn's class at Washington Hunt elementary school.

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Social Centre

Social Sewers

The Sewers meet on **Monday mornings at 9:30 a.m.** Come on in and join the group. They can always use more help!
Free

Candy Making Volunteers

We are taking the summer off of making candy. We will resume sometime in September. Watch the Power Up for the beginning dates.

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 may be for you. **Cost: \$1 per member plus supplies**

Chorus

Come and join the Chorus group at **10 a.m. on Fridays.** **Free**

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 interested in becoming a member. Meetings are September thru June, usually the **3rd Thursday of the month.**

Upcoming Events:



American Red Cross Community Blood Drive

You are invited you to join us on **Tuesday, July 20 from 11:30 a.m. - 6 p.m.** for our Annual Summer Blood Drive at The Dale Association located at 33 Ontario St, Lockport. This is an "All American" blood drive, and Niagara County Sheriff Jim Voutour and Lockport Police Chief Larry Eggert will be kicking off the day with a blood donation. Each presenting donor will receive a coupon for a free carton of **Friendly's Ice Cream.** There will also be raffles to win tickets for Buffalo Bills games and training camp VIP parties. We hope you can join us. Remember, please be sure to donate where you see our signs with the well-known, trusted symbol of the American Red Cross.

Thank you for your ongoing support of American Red Cross blood drives. Your generosity is greatly appreciated by the hospital patients we serve. If you would like to volunteer some of your time at this event, please call Colleen Slate at 433-1886.

 **Live Affordably**
PeopleInc
Pine Apartments
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Members' Picnic Friday, July 23 at 11:30 a.m.

Come and join us for a picnic at Widewaters. Bring a lawn chair (*if possible*), cards or games if you wish and be ready to have fun just being together. We will be grilling hamburgers and hot dogs. Also we will have macaroni salad (*Denny's own homemade*), baked beans, watermelon and dessert. **Cost: \$6 per member**

The Lockport Old Home Week

The Lockport Old Home Week planning committee has lots of great activities in store for our community, the week of **July 24-30**, including an **Open House at our Centre scheduled for Monday, July 26 from 4:00-7:00 p.m.** We will be selling hot dogs, lemonade, and strawberry shortcake at this event. You can also during this time-come and watch or sign up to play in a Wii tournament or browse all the caricatures on display in the hallway at the Dale Association. To learn more, please visit: www.DaleAssociation.com.

Rummage Sale

Looking to clean out those overstuffed closets, attics, or basements? The Rummage Sale will take place: **Friday, August 6th from 9:00 a.m. - 1:00 p.m.** Rent a table for only \$10 to sell your items. Tables will be set up in the Church Street parking lot for vendors to sell their items.



PHONE: (716) 434-2818
Fax: (716) 434-2922

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LOCKPORT, NEW YORK 14094
www.MontondosSeafood.com



Mad Money Raffle

You will or have already received a mailing containing five **\$1** Mad Money raffle tickets. Please help support The Dale Association's Lockport Senior Centre and purchase or sell your tickets. You may be the lucky winner of the \$500 cash! **The cash prizes will be drawn on December 13th at our Holiday Party.**

We will be having **FIVE** monthly drawings for a **\$20 Dale Association gift certificate**. They will be drawn on the following dates:

- ♦ July 23 (*Member's Picnic*)
- ♦ August 16
- ♦ Sept. 15 (*Italian Dinner*)
- ♦ October 18
- ♦ November 15



Mad Money Cash Prizes Consist of:

**1st Prize - \$500 2nd Prize - \$250 3rd Prize - \$100
4th Prize - \$50 5th Prize - \$50 6th Prize - \$50**

We will also have a **Top Seller Prize** of a **\$40 Tops gift card**. For more information or for more tickets call the Centre at 433-1886.

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Volunteer Opportunities

"Appreciation is a wonderful thing.

It makes what is excellent in others belong to us as well." - Voltaire

We have a wide selection of volunteer opportunities here at The Centre to offer you. Please look them over and give us a call if you would like further information about any of these opportunities.

Our **Monday Sewers** and **Tuesday Candy Makers** (*the candy makers are taking a break for the summer*) are always looking for additional volunteers to help them. Call us at 433-1089 for further information.

As the school year approaches, Patty Rockwood is always looking for volunteers for her **intergenerational programs** for the upcoming school year. If you enjoy working with children, for just a few hours a month, any of the intergenerational programs (**HISTOP**, **Pen Pals**, **reading program**) we have here at The Centre are very worthwhile. Please call Patty Rockwood at 433-1089 for find out more about these opportunities.

We always appreciate volunteers at our **front desk** here at The Centre. You can sign up for a weekly shift or become a substitute to help fill in when others can't be here. Please give Gretchen Doty a call to learn more about this fun experience being on the "front lines" at the Dale.

Our **Ombudsmen** have a direct link with residents in area nursing facilities. This is an extremely rewarding experience -especially if you want hands on knowledge. Please call Nancy Smith at 433-3344 for further information.

We are always looking for volunteers for our **Friday night Bingo**. Bingo is the biggest fundraiser we do here at The Dale with proceeds going to the programs and services at The Centre. If you can donate some of your time on Friday evenings, please give Janet Fedak a call at 433-1089.

Our **Dial-A-Lift** Van runs during the week to pick members up at their homes and bring them into The Centre. The members then return to their homes in the afternoon. If you would like to help volunteer to drive during the week, please give Colleen Slate or Gretchen Doty a call at 433-1886.



The American Red Cross will be hosting their annual **Community Blood Drive** on **Tuesday, July 20th from 11:00 a.m. until 7:00 p.m.** here at The Centre. If you can volunteer some time during the day to help at this event, they would appreciate the assistance. Please call Colleen Slate at 433-1886 to schedule a time.

"The world is hugged by the faithful arms of volunteers."



Gifts Come In Many Packages Continued...

The Dale Association, is a not-for-profit human services agency that serves the needs of people throughout Niagara County. It is estimated that we served 10,964 people last year through our various program areas, and we calculated 55,269 visits through our Centre for one reason or another. With a staff of 62, we rely heavily on volunteers to help us provide the services we offer. Volunteering is called the ultimate gift of one self - the gift of time, energy and compassion.

Judy Lenk, Volunteer Ombudsman - When I walk in to the facility I smile and say "hello". The residents faces light up, it really takes so little to make someone's day. Many people in the adult home where I volunteer, don't have family. Others may have family, but they rarely visit. I'm a familiar face, who is there regularly so they know me. I'm here just for them. They know that I care about them. I have found that just listening to the residents, letting them talk shows them that I care. I know that I can't solve every problem they have, but I still listen and I try to make them feel better. When I can resolve an issue, I do. I advocate for people who have no voice. There are actually young veterans returning from the war with a traumatic brain injury who have no place to

go, so they are living in an adult home. It's really sad. But while they're here, they know they have me to talk to. I help the residents write letters and place phone calls. I've helped residents fill out job applications. I help them get in touch with their family members and work with them to solve any problems they're having while living at the facility. You know, these are people just like you and me, except they have problems and no place else to go. I give them a voice. It's challenging at times, but very rewarding, to help someone who thinks that nobody cares about them. I care.

J. Fay Cleveland, Volunteer Board Member - moved here 16 years ago to serve as Pastor at Emmanuel United Methodist Church. On his second day of service, he heard about The Dale Association from one of his parishioners. During his Pastorate, he learned how important the services of The Dale Association - especially the Senior Centre - were to his elder members. Upon retirement, Fay felt the need to continue to give back to his community. He accepted an invitation to join our Board of Directors. Nine years later, he is still serving on our Board, and is now our Board Chairman. Rev. Cleveland chooses to spend his time and energy at The Dale Association, because he's seen first hand how necessary the services we provide are to the frailest members of our community. He knows that providing mental health services to those in need is an investment in a person's future, it's an investment in our community. Through his ministry on our Board, Fay learned that mental health issues don't discriminate - they can and will touch 25-50% of our population, rich and poor, old and young. Through Fay's dedication to The Dale Association, he is fulfilling his sense of life service, and helping to sustain the good work of our organization.

IMPROVE YOUR CARE:

Simple steps to keep yourself and your loved ones healthy.

Are you helping to care for an adult family member? If so, you're not alone, and we can help.

In Lockport, call: 438-1886
In Niagara Falls, call 285-8224 #215

Generosity

Donations Received in April & May

The following is a list of individuals who have given to The Dale Association during April & May. Your generosity today supports quality programs and services for tomorrow. As always, your continued support is appreciated. Donations should be sent to The Dale Association, 315 Bewley Building, Lockport NY 14094 or dropped off at the Information desk, 33 Ontario Street, Lockport, NY 14094. Donations are tax deductible.

Dale Hearts & Caring

People Campaign

J. Fay Cleveland
Frances Danko
Rosemary Granchelli
Robert and Marilyn Kennedy
Robert Miller Construction, Inc.
Audrey Roszman
David and Bonnie Seaman
Tom and Paula Seekins
Lorraine Sparks
Esther Stellrecht
John Walker

Vision & Hearing Impairment Program

Pendleton Lions Club

Annual Campaign

Samuel Clogston
Janis Gillis
Nancy Sauls
Lucille Stranges

Senior Centre Donations

Louis Molisani coffee donation (2)
Lorraine Sutterby

In honor of the Bag Ladies & Line Dancers

Barker Senior Centre
Immaculate Conception
Church Altar Rosary Society
Odd Fellows and Rebekah Rehab

In Memory

Memorials in memory of Estelle Ciappa

Kimberly Kernin and Roger Hung
Newfane Golden Age Club
James and Maura Ruberto

Memorials in memory of Leota Woods

Niagara County Department of Social Services

Memorials in Memory of Al Gagliardi

Elks Tuesday Card Group

Memorials in Memory of Floyd Murray

Wednesday Card Group

Remembering Those Who Have Passed On

A memorial is a way to commemorate a loved one who has passed on, while at the same time recognize a charitable organization that made a difference during their lifetime. If The Dale Association has been an important part of your life or the life of a loved one, please know that memorial gifts are accepted as a way to express on going devotion to their memory.

When making your final funeral plans, be sure to let your family know that The Dale Association has been an important part of your life and that you would be honored to have memorial donations made to the organization that was such an important part of your life.

For more information about remembering a loved one with a memorial gift, please contact Maureen Wendt at 438-2414 or 315 Bewley Building, Lockport, NY 14094

Fundraising Breakfast

Thank you to all who attended and/or supported our recent Inspirational Fundraising Breakfast: Working toward an exceptional you, at the Lockport Holiday Inn.

Guests saw first hand how The Dale Association helps make lives better for people living and working in Niagara County. If you missed the event, please check out our website to learn how you can support The Dale Association:
www.daleassociation.com.



Legacy Lives On Through Lorraine Brady Society

The Lorraine Brady Society has been established; honoring individuals who have made gift intents from their estate plans known to us. The society was named in honor of Lorraine Brady who blessed The Dale Association with her support and generosity. Gifts of all size can be made through your will, life insurance, Charitable Gift Annuities, or IRA to name a few.

The Dale Association is pleased to announce the following members of the society:

- Jean Laird
- Janet Bil Estate
- Lorraine Brady Estate
- Thelma Fonner Estate
- Geraldine Holly Estate
- James A. Leonard Estate
- Patricia Mayhew Estate
- Fred Remick Estate
- Dorothy Sears Estate
- Norman Sinclair
- Marjorie Upson Estate
- Mary Wilsey Estate
- Anonymous (9)

For more information about *The Lorraine Brady Society* or on making a legacy gift, please call Maureen Wendt in the Development Office at (716) 438-2414.

“Explore Our Heart at The Dale”



Schedule of future meetings:

- ❖ *Thurs., July 22 at 12 Noon*
- ❖ *Thurs., August 19 at 9 a.m.*

Please extend an invitation to family, friends, and community members or business associates, who may be interested in learning more about The Dale Association, to attend one of the above informational sessions.

For more information or to make a reservation:

Please call 438-2414 or 433-4440 Or Fax 433-1212 Or e-mail Maureen.Wendt@daleassociation.com

All meetings take place at:

The Dale Association, 33 Ontario Street, Lockport, NY 14094



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Out & About

Day Trips:

All Around Hamilton

Join us as we travel to Hamilton, Ontario on **Tuesday, July 6**. First we will visit the fabulous Dutch Mill Market and lunch on your own. Then it's on to the Flamboro Downs for a few hours of wagering. Last we will visit Denningers for shopping and dinner on your own. *We will leave the Centre at 8:30 a.m. and return at 8:30 p.m.*

Cost: \$40 for members, \$70 for non-members

Pittsford & The Sam Patch Cruise

Enjoy a 2 hour cruise on the Canal on **Tuesday, July 27** and then have lunch and shopping on your own at Pittsford fabulous shops. *We will leave the Centre at 8:30 a.m. and return at 5:30 p.m.*

Cost: \$60 for members, \$80 for non-members

Presque Isle Downs & Casino

Another fabulous place to try your luck on **Tuesday, August 10** in Erie, PA. This is a huge facility and fun experience. A \$20 coin voucher and \$5 food voucher will be given upon arrival at the casino. *We will leave the Centre at 9:00 a.m. and return at 6:00 p.m. (Please note date change)*

Cost: \$30 per person

Seneca Falls Women's History Trip

We are co-sponsoring this trip with the YWCA and Market Street Gallery on **Saturday, August 14**. We will visit the National Women's Hall of Fame, the Elizabeth Cady Stanton home and more. Learn about women's struggle for equal rights and the first Women's Rights Convention. Lunch is included at a restaurant to be announced. *We will leave the YWCA parking lot at 8:45 a.m.*

Cost: \$60 per person

Hidden Valley Animal Adventure

Hidden Valley Animal Adventure is an animal park offering over 400 roaming exotic animals in Wyoming, NY. This fun trip is scheduled for **Tuesday, August 17**. A buffet lunch is included at the Trailside Grill. *We will leave the Centre at 10:00 a.m. and return at 4:00 p.m.*

Cost: \$55 for members, \$70 for non-members

Toronto Fair (CNE)

It's time again for the Canadian National Exhibition in Toronto on **Tuesday, August 24**. *We will leave the Centre at 9:00 a.m. and return at 9:00 p.m.*

Cost: \$55 for members, \$85 for non-members

Medina Stone Farm

We will travel to Medina, NY on **Tuesday, September 21** for a dinner Theatre, country style! Included in this fun trip are a tour of an 1860's farm, a scrumptious all-you-can-eat homemade country dinner and country music show. *Leave the Centre at 8:45 a.m. and return at 5:00 p.m.*

Cost: \$80 for members, \$110 for non-members



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Fax: **716-280-1005**

Theater Trips:

Kiss Me Kate

Book now for this performance of *"Kiss Me Kate"* at Stratford Festival on **Wednesday, September 1**. A buffet lunch is included at Stratford Theatre Marquee. There will also be time for shopping before lunch. Proof of citizenship is required. *We will leave the Centre at 8:30 a.m. and return at 8:00 p.m.*

Cost: \$118 for members, \$148 for non-members

Celtic Thunder

A fabulous Irish musical troop that you might have seen on PBS, are coming to Shea's Performing Arts Center on **Saturday, September 25**. *We will leave the Centre at 6:45 p.m. and return about 11:00 p.m.*

Cost: \$80 for members, \$100 for non-members

Mysteriously Yours

We will travel to Toronto for this comedic version of the classic tale, *"Dr. Jekyll, There's Nowhere to Hyde!"* on **Wednesday, October 13**. Also included is an All-you-can-eat buffet at the Old Mill Restaurant. *We will leave the Centre at 9:00 a.m. and return at 6:00 p.m.*

Cost: \$88 for members, \$118 for non-members

Extended Trips:

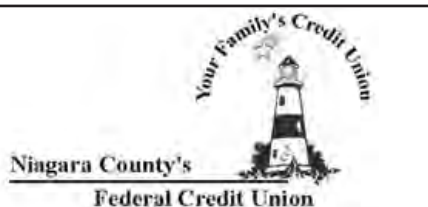
New York City

Reserve your spot now for Christmas in New York City on **December 7-9**. Some highlights include The Rockettes Christmas Show, lots of free time to visit all the spots you want, a NBC Studio tour, 2 nights lodging and motorcoach transportation.

Cost: \$699 per person double occupancy (Non-member rates are higher)

Trip Rules & Regulations

ALL TRIPS INTO CANADA REQUIRE PROOF OF CITIZENSHIP. A VALID PASSPORT, A PASSPORT CARD OR ENHANCED DRIVER'S LICENSE ARE THE ONLY LEGAL PROOF OF CITIZENSHIP. Anyone who cannot show proper ID before boarding the coach, will be denied entry onto the coach. There will be NO REFUND given for the missed tour. A deposit is required on ALL trips in order to get on the registration list. People inquiring about trips are put on an interest list until a deposit is received. Refunds are given only when a substitute is found for the person canceling or if we have not paid vendors prior to the trip date. **There are no refunds given for no show or cancellations made on the day of the trip.** All trips must have a minimum of 30-35 people registered to avoid cancellation of the trip. In case of extreme weather a trip may need to be cancelled. We will refund any money that we receive from the vendors.



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Viewpoints

Davison Road Optical - by Duane Snyder, O.D.

Doc, my vision is still blurry!

What can cause blurred vision? Cataracts and macular degeneration are common causes of blurred vision, but this article is going to center on a less often discussed cause of blurred vision. Imagine that you visit your eye doctor with a complaint that your vision seems to fluctuate from fairly sharp and comfortable to blurry and uncomfortable. You go thru an examination, the "What's better, one or two?" process. The glasses are ordered, manufactured, inspected and finally you pick them up - anticipating better vision. The vision seems better, but then you realize your vision is still fluctuating. Patiently you give it some time but after a few weeks the problem continues. A repeat visit, re-adjustment and another "What's better, one or two?" session with the doctor yields the same result.

Now what?

Dry eye and ocular surface disease are often the reason for that frustrating, fluctuating blur and visual discomfort. Other symptoms of dry eye include redness, itching, grittiness, visual fatigue, foreign body sensation, burning, heaviness, intolerance to wind, and a stronger reaction to smoke and irritants; and of course, dry eyes.

A poor quality or insufficient tear film is not vision-threatening and it will not ruin your life, but it can ruin your day. The tear film that covers the eye is the reservoir of moisture that keeps your eyes comfortable all day. Each blink resurfaces this layer of fluids that we see through. If the tear quality is poor it does not provide a smooth surface to see through. Your vision can fluctuate in very much the same way as bad windshield wipers make a blotchy windshield.

There are a number of treatment options to help provide a quality tear film for better vision, such as the omega 3 fatty acids available in fish oil and flax seed oil. These help the body secrete a better quality tear film and avoid dry eye symptoms. There are artificial tear eye drops that can refresh the tear film and provide symptomatic relief. A good moisturizing eye drop is preferable to a "get the red out" drop. Frequently something more than over-the-counter eye drops or supplements are necessary. Ask your eye doctor or family physician if one of these is right for you. A comprehensive eye examination that includes a tear quality assessment is necessary to prescribe the right course of treatment. With proper treatment the dryness can be lessened and the quality of your vision improved.

If you have any questions, contact me at 716-434-8063.

Duane Snyder, O.D., www.wnyeyecare.com



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What Dental Implants can do for you! - by Dr. Kaplansky

Do you hide your smile because of missing teeth? Is your bridge uncomfortable? Do your dentures hurt, erode your self-esteem and make you look older? Tired of using messy glue and giving up your favorite foods? Isn't waking up to your teeth soaking in a jar-less than romantic?

You deserve better! Today's routine use of dental implants has revolutionized the way missing teeth are replaced. Modern dentistry can help you improve your smile, your confidence and the quality of your life with a predictable long-term solution to tooth loss!

Dental implants preserve bone and help keep your facial structures intact. Facial collapse and wrinkles around the mouth caused by bone shrinkage can be virtually eliminated with dental implants!

If you think missing teeth and roots really don't matter ... **THINK AGAIN!** Failing to replace the entire tooth or choosing the wrong replacement can have devastating consequences. Missing teeth can cause remaining teeth to shift and drift into the empty spaces. A bad bite can lead to further tooth loss. It's like a brick wall that loses its cornerstone ... everything eventually caves in. The same "domino effect" also applies to your mouth.

What's worse is that not replacing roots always leads to bone loss. Whether a tooth is lost due to injury or extraction, the bone is no longer stimulated and begins to shrink away. Though a bridge, partial or full denture replaces a missing crown, the root is still missing - so the bone continues to dissolve.

In the past, a single missing tooth would typically be replaced with a 3-tooth fixed bridge. However, the healthy teeth on either side of your bridge would have to be ground to a peg to fit a crown over them! Fortunately, dental implants have now revolutionized tooth replacement - without damaging the other teeth in the process! And, the cost of replacing one missing tooth with a 3-unit bridge is usually comparable to that of a single dental implant!

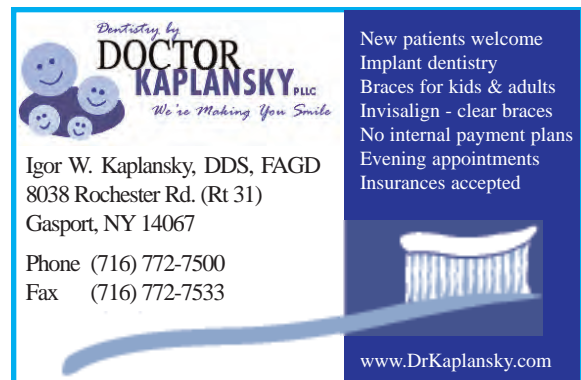
Gums often noticeably recede around bridgework, leading to an unattractive smile. Also, anchoring teeth can get cavities and that may lead to root canal treatments. Implants, however, are not affected by decay!

Bone shrinkage can create sunken facial contours and wrinkles that make you appear much older than you are. When all of your teeth are missing and implants are not placed, the lower one-third of your face can literally collapse! If you delay treatment, you will eventually lose bone support for dentures, partials, bridges and implants leaving you no choice. Once your natural tooth's root is gone, dental implants are your only available option for root replacement!

A lot of folks never quite get used to living with a bridge, partial or denture. Yet, patients routinely tell us their dental implants feel so natural they forget they even have them! Many patients report experiencing little or no pain during treatment and that getting an implant was easier than having a tooth pulled!

A restored smile will enhance every aspect of your life. Thanks to state-of-the-art dental implant treatment, we can provide you with non-removable, comfortable and long lasting solution for replacing missing teeth! With dental implants, you'll look and feel as though you never lost any teeth in the first place!

Don't wait. Call now to find out if dental implants are right for you. Dr. Kaplansky, 772-7500.

A blue-bordered advertisement for Dr. Kaplansky's dental practice. It features a logo with three smiling faces and the text 'Dentistry by DOCTOR KAPLANSKY, PLLC We're Making You Smile'. Below the logo, contact information is listed: 'Igor W. Kaplansky, DDS, FAGD 8038 Rochester Rd. (Rt 31) Gasport, NY 14067 Phone (716) 772-7500 Fax (716) 772-7533'. On the right side, a list of services is provided: 'New patients welcome Implant dentistry Braces for kids & adults Invisalign - clear braces No internal payment plans Evening appointments Insurances accepted'. At the bottom right, there is an image of a dental bridge and the website 'www.DrKaplansky.com'.

Your Creative Side

'Hugs and Kisses' Bracelet Class

Dorothy Gallo will be teaching this simple bracelet project. *Stop by and see it in the window at the Centre.*

♦ **Tues., July 13 at 6:00 p.m.**

♦ **Wed., Aug. 18 at 10:00 a.m.**

Cost per class: \$10 members, \$20 non-members plus materials fee payable at registration



Apple Bowls Painting Class

We will be painting a set of three bowls for the patriotic season. No prior painting experience needed. Bring your brushes.

Wednesday, July 14 at 10:00 a.m.

Cost: \$5 members, \$10 non-members plus \$11 materials fee payable at registration

Intro Oil Painting

Colleen Rogers will help you choose your subject to the correct paints and brushes...as well as a bit about color, the use of light, composition and various oil painting techniques in this introductory course. This is a great class for someone new to oil painting. Just bring brushes and Colleen will have everything else.

6 classes July 19,21,23,26,28,30; 10:00 - 12 Noon

Cost: \$67 member, \$92 non-members plus \$10 materials fee payable

Design your own T-shirt

You will combine the skills of learning Microsoft Publisher and design your own T-shirt. Bring a pre-washed cotton t-shirt in any color.

Beginning Tuesday, August 3 & 4 11:30 a.m. -1:30 p.m.

Cost: \$10 (Supply cost \$2)

Wine and Cheese Class

Join Robin Ross from Arrowhead Springs Winery for a fun afternoon of wine and cheeses. The class will be offered at the winery located at 4746 Townline Road, Lockport. Sign up at the Dale Association.

Wednesday, August 4; 3:00-5:00 p.m.

Cost: please call for pricing

Tile Project

This tile project is fun and easy. By the end of this 2 day class you will have a beautiful piece of tile art.

Beginning, Monday Aug. 9 & 11; 11:30 a.m. -1:30 p.m.

Cost: \$15 members, \$25 non-members (all supplies included)

Baby Diaper Cake

Make a 3-tiered cake all out of diapers. This cake has 150-180 diapers in it. It is useful and whimsical gift that can also be used as a center piece at any baby shower. You can decorate it for a boy or girl or keep it neutral for when you just don't know. *The first class you will need to bring 3 packages of size 1 diapers (50 pack each) and 2 pieces of foam board. You will receive a list for other items.*

Mondays, August 16 & 23; 1:00 - 3:30 p.m.

Cost: \$20 member, \$30 non-members plus supply list given at registration

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Safelink Phone Seminar

Need to know how to use your Safelink Phone. Come and join member Stephen Guilmart to learn more about how to use the cell phone correctly.

Monday, August 16; 2:00 p.m.

Cost: Free

Autumn Wreath

Join Kate Phaiah to decorate this wreath for the fall season. *Bring your wire cutters.*

Tuesday, August 17; 1:00 p.m.

Cost: \$15 member, \$25 non-members plus \$10 material fee per person

Frosty Bliss Candleholder & Candle

It's never too early to start thinking snowman. This project will be a great addition to anyone's holiday décor.

Wednesday, August 18; 10:00 a.m.

Cost: \$5 member, \$10 non-members plus \$15 materials fee per person payable at registration

RAK (Random Acts of Kindness)

4 Season 3D Cards

Make an artsy 3D pumpkin card for fall, an amusing little 3D snowman card for winter, whimsical 3D hot air balloon card for spring, and a beach scene with 3D beach ball for summer. You can give these cards for a RAK (*Random Act of Kindness*) or for any occasion, with pride knowing that you made them.

Beginning Tues., Aug. 24 & 26; 1:00 - 3:30 p.m.

Cost: \$15 members, \$25 non-members (includes all supplies)

Piano and Organ Lessons

Private, half-hour lessons with accomplished instructor Mary Stahl open to all ability levels. Bring the music you are working on and a notebook. New students will need to purchase music following first class.

Mondays & Tuesdays, 1:00 - 5:00 p.m.

Cost per lesson: \$18 member, \$27 non-member

Computer Classes

Beginning Computers

What can you do with your new PC? The sky's the limit! Even if you have little or no Computer experience. We will show you how to connect to the Internet, change your desktop picture, write letters and memos, and make address labels. It's all easy, thanks to Beth-Ann's step-by-step instructions and helpful advice!

Beginning Tues., July 20 & 22, & 27 & 29; 2:00 -4:00 p.m.

Cost: \$52 members, \$77 non-members

Private Computer Lessons

Beth Guilmart offers one-on-one instruction in your home or at the Centre's Computer Café. Beth will work with you at your own pace. Each session is 1 hour long; call the Centre to arrange an appointment at 433-1886.

Ongoing, by appointment only

Cost per 1-hour session: \$25 member, \$50 non-member



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Let us do the driving!

Summer Drives

Summer Drives

Join us as we spend the summer doing fun things and eating lots of ice cream. Please sign up for all drives at the Centre front desk. If you have any questions, please call Patty at 433-1886.

**Dial A Lift fees of \$5 (or we'll punch your card) will be in effect for people we pick up. Please see Patty ahead of time if you need a ride to and from the Centre. Please pay the Dial A Lift fee or have the Dial A Lift card punched at time of registration.

Olcott Trip-Thursday, July 22

There will be time to browse in shops or ride the carousel and always Bye's Popcorn.

Leave at 2:30 p.m. Cost \$10

Farm Market Drive - Thurs., Sept. 2

We have to go on our annual farm market drive for our fruits, vegetables and ice cream.

Leave at 1:00 p.m. Cost: \$10



Thursday Movies at 2:30 p.m.

- July 1 - **1941** (comedy)
- July 8 - **Twister** (action - drama)
- July 15 - **Sister Act** (comedy)
- July 22 - **Daylight** (Action)
- July 29 - **Crocodile Dundee in LA** (comedy-action)
- August 5 - **Lost World** (action - drama)
- August 12- **Eight Below** (adventure)
- August 19 - **House on Haunted Hill** (horror)
- August 26 - **The Shadow** (action - drama)

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Transportation to the Centre & Home

Do you need transportation to The Dale Association? If so, call 433-1886 and find out if *Dial-A-Lift* is for you. We offer you low cost transportation from your home to the Centre and back.. Call Gretchen at 433-1886 to find out if you live in our pick-up areas and what time you will be picked-up.

Cost:

\$5 a day	\$50 - 12 day pass
\$18 - 4 day pass	\$60 - 16 day pass
\$34 - 8 day pass	\$75 - 20 day pass

The more days you purchase, the cheaper it is!



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This program is supported by the Niagara County Department of Mental Health and the New York State Office of Mental Health.

5 WAYS TO REGISTER . . .

Full payment is required at the time of registration.

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

1.  **BY TELEPHONE** using your MasterCard or Visa, call 716/433-1886
2.  **IN PERSON** Monday-Thursday, 8:30 a.m.-6:30 p.m. or Friday, 8:30 a.m.-4:30 p.m. at
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
5. **BY WEBSITE** www.daleassociation.com.



CLASS REGISTRATION FORM

Class Title	Fee
<i>Dale Association Membership</i>	
<i>Date of Birth:</i>	
<i>Tax Deductable Donation</i>	
TOTAL AMOUNT ENCLOSED	\$

Method of Payment

Check (payable to The Dale Association)

Visa MasterCard

Acct #: _____ exp. date _____

Signature: _____

Mail to: The Dale Association, Inc.
Center for Lifelong Learning
33 Ontario Street
Lockport, NY 14094

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

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- \$30 ages 59 and below \$25 ages 60 and above
- \$100 Benefactor Membership \$15 ages 85 and over
- \$700 Lifetime Membership

*Please note An additional \$10 per new member is required for processing

Please send me more information on The Dale Association

PLEASE ENCLOSE PAYMENT AND RETURN TO:

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Transportation Shuttle for

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Center for Travel 433-1222

Senior Counselor 433-1886

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33 Ontario Street, Lockport, NY 14094

Center for Lifelong Learning 433-1886

Volunteer Services Program 433-1886

Mental Health Services:

33 Ontario Street, Lockport, NY 14094

Continuing Day Treatment 433-1937

Transportation Department 433-1939

89B River Road
North Tonawanda, NY 14120

Outpatient Counseling
And Treatment Center 693-9961

9 Ontario Street, Lockport, NY 14094

Geriatric Community
Mental Health Nurse 433-3344

Mental Health Peer
Specialist Program 433-3344

In Home Care Services:

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Lockport, NY 14094

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Care Management Program 433-4442

9 Ontario Street, Lockport, NY 14094

Transportation Department 433-1939

New York State Long-term Care
Ombudsman 433-3344

Visual & Hearing Impairment . . . 433-4441

Administration Offices:

Bewley Building, Suite 315
Lockport, NY 14094

Administrative Offices 433-4440

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