

# Power Up

Working toward an exceptional you

Discover The Dale Association

SEPTEMBER -OCTOBER 2017

## BRINGING YOU THE BEST OF THE AUTUMN SEASON, AT THE DALE ASSOCIATION



### Multi-Generational Learning, Overall Wellness, and A Celebration of Our Community

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# President's Corner



Can you believe it's time for back to school already?! After the children get their new school routine set, it's easier for the parents and grandparents, too. Have you ever wondered about the marvelous opportunities that intergenerational activities could provide?

Intergenerational programs bring together youth and adults to help children meet academic standards in social studies, reading, and writing. In addition to helping children achieve their educational goals, intergenerational programs also assist the child psycho-socially.

Secondarily, adult volunteers can also receive the benefit of increased feelings of well-being and life satisfaction as a result of their involvement with children. And, don't forget the teachers and staff at schools – they all benefit, too.

Thanks to a grant from the **Yahoo Community Benefit Fund at the Community Foundation for Greater Buffalo**, electronic tablets will be a new addition to our intergenerational activities this coming school year. The tablets will provide a novel and vibrant approach to lessons for Lockport area school children who participate in the multi-generational program.

Intergenerational volunteers work with school children for just a few hours each month and have the ability to make such a large impact. Intergenerational activities include: Pen Pal, reading programs, and HISTOP (History Sharing Through Photographs). If you would like to know more, please contact Sherry Livergood, Volunteer Coordinator at 433-1886 ext 109 or via email at [sherry.livergood@daleassociation.com](mailto:sherry.livergood@daleassociation.com).

Maybe intergenerational activities are not for you. Fall

is also a good time for your own lifelong learning and self-care. Please take a few minutes to read this Power Up – we have different types of activities for various wishes and talents. Please stop by the Centre or visit our website at [www.daleassociation.com](http://www.daleassociation.com) for more information.

*Maureen*

Maureen A. Wendt  
President/CEO

## The Dale Association proudly provides:

Supportive Services for Older Adults  
Mental Health Counseling for Adults  
Caregiver Support  
Enrichment, Travel, Volunteerism



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# Be Well

## “Learn About Medicare” Medicare 101 Workshop

Are you new to Medicare? Are you receiving Medicare benefits now, but feel overwhelmed and/or confused by all the information and options? If so, come to a free Medicare 101 session for some helpful, unbiased information **Tuesday, September 19 from 2:30-4:00 pm**. Seating is limited, call: 438-3030 to register

## Understanding Medicare Plan Choices for 2018

Medicare Health Insurance Community Meeting: **Wednesday, October 25 at 9:30 am**. Get updates and learn about the changes to Medicare, the Medicare Health Plans, Medicare Part D, NYS EPIC, and “Extra Help” Low Income Subsidy Program. Presented by representatives of the Niagara County Office for the Aging, and Medicare Advantage Plans Sales Representatives. Medicare Advantage Plan Sales Reps will be present at this event to provide open enrollment assistance.

## Medicare Advantage Plan Sales

### Representatives will be at The Centre:

**BlueCross BlueShield** - see contact information on previous column, or visit: [www.bcbnwny.com/medicare](http://www.bcbnwny.com/medicare)

**Fidelis Care** - Friday, September 15 from 11:00 am-1:00 pm, Monday, October 23, 30 from 1:00-4:00 pm.

**Independent Health** - Wednesday, September 20 at 1:00 pm (formal presentation), and every Wednesday and Friday in October from 9:00 am-3:00 pm.

**UnitedHealthcare** - Monday, September 18 from 10:00 am-12:00 noon, and Monday, October 2, 16, 23, 30 from 9:00 am-1:00 pm.

**Univera Healthcare** - Thursday, September 7 from 1:00-3:00 pm; October 26 at 2:00 pm.

**WellCare** - Thursday, October 12, 19 from 10:00 am-12:00 pm.

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

**Fallon Health Weinberg** - Thursday, September 7, Tuesday, September 19, Tuesday, October 10 and Thursday, October 19 from 11:00 am-1:00 pm

## Good Bugs for Good Health Parts 1, 2

Learn how bacteria affects our gut and the digestive and immune systems, and the difference between probiotics and prebiotics, on **Monday, September 18 at 10:30 am**. Then join us for Part 2 of this topic on **Monday, October 16 at 10:30 am** to learn simple lifestyle changes to improve bacterial health, including dietary choices and supplements. Presented by Jennifer Johnson, Health Promotion Coordinator, BlueCross BlueShield of Western New York. **Free**

Business card for Michelle Farina, Medicare Benefit Consultant. The card features the BlueCross BlueShield logo and contact information for BlueCross BlueShield of Western New York. The address is 257 West Genesee Street, Buffalo NY 14202-2657. Office phone is 716.887.8581, cell is 716.481.4114, and email is farina.michelle@bcbnwny.com. It also mentions that it is a division of HealthNow New York, Inc., an independent licensee of the BlueCross BlueShield Association.

# Be Well



## Daytime Yoga

This relaxed, open class is offered on **Mondays 10:00-11:30 am** on an ongoing basis for all ages and all levels of experience from beginner to more advanced. **Cost: \$5 member, \$8 non-member**

## Chair Exercise Class

This class is designed for people of all abilities and those with mobility limitations, or arthritis: **Tuesdays, Wednesdays and Thursdays from 10:30 – 11:30 am.** **Cost: \$2.00**

## Walking Club at Day Road Park

Join us **Mondays and Wednesdays at 9:00 am**, at Day Road Park. Bring a water bottle, and wear comfortable clothes and sturdy sneakers! To enroll, please call 433-1886. **Cost: Free**



**NEW!!**

## Diabetes Self-Management Program

Are you dealing with Diabetes or are you caring for someone with Diabetes? Please join us **Fridays from October 27-December 1 from 9:00-11:30 am** for a 6-week workshop series for adults. For more information, or to register for this free workshop, please call Niagara County Department of Health/Public Health nursing at 278-1900 or Niagara County NY Connects at 438-3030. **Cost: Free**

## Ask a Nurse

Jeanne Green, Registered Nurse from the Niagara County Health Department will be here on **Wednesday, September 13 from 10:30 am-12:00 noon** to offer FREE health assessments. There will be blood pressure screenings, health brochures, and general health information.

## Free Wellness Information

Come meet the future nurses from Niagara County Community College Nursing program on **Monday, October 30 from 10:00 am-12:00 noon**, when they present a wellness program including blood pressure readings and general health information.

## Bone Density Screenings

An easy and painless procedure, an osteoporosis screening is as easy as trying on a pair of shoes! Free screenings provided by Catholic Health Systems on **Thursday, September 21 from 10:00 am-1:00 pm.** Register by calling 433-1886.

## Breast and Prostate Cancer 411

Join us on **Tuesday, September 12 at 12:45 pm** when a peer educator from Niagara Falls Memorial Medical Center will be here to present important health information for men and women. **Cost: Free**



**Maria Schenk**  
Medicare Sales Representative

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

## Mental Health Self Care

Since 1974, The Dale Association has been providing the best in adult mental health counseling. The following tips come courtesy of Nicole Dunlap, Vocational Counselor, PROS Center for Wellness:

### Coping Skills

**Breathe-** Take four deep breaths. Try “Four Square Breathing”: breathe in for a count of 4; hold for a count of 4; breathe out for a count of 4; and hold for a count of 4.

**Soothe-** Sip a hot beverage; snuggle a pet; wear warm, comfy clothes; rock in a rocking chair; listen to music; or go for a walk.

**Cheer Up-** Spend time with friends; watch things that make you laugh; look at pictures that make you happy; dance; sing.

**Calm-** Color; count backwards from 100 by 7’s; count to 10; take a break; stretch; meditate.

**Problem Solve-** Write a Pros and Cons list; write a ‘to do’ list; break down big things into small, baby steps.

**Practice Gratitude-** Write a list of what you are thankful for; write a list of your accomplishments and challenges you’ve overcome; write a letter to a loved one.

For more information, or to speak confidentially with our mental health team, please see contact information at top right, or visit: [www.daleassociation.com/mental-health](http://www.daleassociation.com/mental-health).

## Here To Help You

PROS Center for Wellness, 33 Ontario St, Lockport: Jessica Bosarge: 433-1937 x 207

Outpatient Counseling and Treatment Center, 624 River Rd, N. Tonawanda: 693-9961.

Stephanie Pinzel, Peer Specialist: 433-1937 x 205 (free service for Niagara County residents ages 18 and older)

Suzanne Esposito, LPN, Community Mental Health Nurse: 433-1937 x 107 (free service for Niagara County residents ages 50 and older)

## Home and Community Based Services

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



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fallonweinberg.org



# Be Well

## Vision and Hearing Impaired Assistance Program

The Dale Association offers free programs for the visually and/or hearing impaired. We provide service to over 200 clients annually. This multi-faceted program is designed to enrich the lives of people in Niagara County, age 60 and older living with low vision and/or a hearing impairment through:

- Educational Seminars
- Referral Information
- Vision & Hearing Screenings
- In Home Assessments to support the goals of living independently
- Assistive Devices Resource Center
- Ongoing Support
- Desktop Electronic Magnifier in Senior Centre
- Low Vision Support Group

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

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

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

## Free Hearing Screenings

Half of all adults over the age of 50 have some hearing loss, according to the National Institutes of Health. We are pleased to partner with **Buffalo Hearing and Speech Center** who will offer free hearing screenings at The Dale Association. Please call 433-1886 to schedule your appointment.

**Thursday, September 7 from 12:00-3:00 pm**

**Wednesday, October 11 from 12:00-3:00 pm**

**Thursday, November 9 from 12:00-3:00 pm**

## Seasonal Flu Information and Flu Shot Clinics

Join us **Wednesday, September 13 at 12:15** when Laurie from Middleport Family Pharmacy will be here to explain the best ways to prevent the flu. **Cost: Free.**

The CDC recommends that people age 6 months and older receive an annual flu vaccine. Flu shots will be offered at The Dale Association on the following days. Please bring your insurance card.

**Tuesday, September 26 at 12:15 pm**

**Tuesday, October 10 at 11:00 am, or**

**Wednesday, October 25 at 9:30 am**

Sally Stier  
Sales Representative

UnitedHealthcare  
Medicare Solutions

p 716.860.3143  
sallystierabc@gmail.com

# Caregiver Support

## Caregiver Support Group

Are you helping to care for a loved one? You're not alone! Whether you help to care for a spouse, partner, sibling, parent, or adult child, you are invited to attend our Caregiver Support Group **the 3rd Thursday of the month (September 21, October 19) at 1:00 pm**. For more information please call Angie Blackley, certified caregiver support group facilitator, at 433-1886 ext. 111

## C.A.R.E. Program

**C.A.R.E. is a free Telephone Reassurance Program** sponsored by the Dale Association in conjunction with the Niagara County Office for The Aging.

A pre-screened, trained volunteer will place a phone call on a regular basis to seniors or disabled adults who are homebound, isolated, living alone or in need of daily contact to ensure their well-being and/or to have a friendly conversation.

*This need may be temporary while recuperating from an illness*, or it may be a more permanent situation. Married couples who are homebound are eligi-

ble for C.A.R.E. If you are going to be away for a few days and need someone to do a phone check on your loved one, just give us a call.

**Call Nancy Smith, Program Coordinator, 433-1886 ext. 108** if you or someone you know would like more information about this program.

*Volunteers are always needed for the C.A.R.E. program. If you are interested in becoming a volunteer, please call Nancy Smith at 433-1886 ext. 108.*

## Powerful Tools for Caregivers


While rewarding on so many levels, caregiving has its own share of challenges too. If you help provide care for a loved one, this 6-week class is just for you. Powerful Tools for Caregivers provides you with all the tools, perspective, balance and support you need to not only take care of your loved one, but to take care of yourself! Classes offered on six **Wednesdays, October 4 - November 8 from 1:00-3:30 pm**. To register please call 858-2177. **Cost: \$25** (covered in full for customers of Independent Health and BlueCross BlueShield of Western New York.

## Medical USB ID Information


Are you on several medicines? Have many doctors, or specialists? Have you been in the hospital recently? Do you live alone? Learn about a unique piece of jewelry with a built in USB flash drive that will have ALL of your medical information on it, **Wednesday, October 25 at 11:00 am**. No more lists to carry, no more Health Care Proxy or Living Will to remember to bring with you. In case of an emergency, EMS and your family will have your information at their fingertips when they need it. *Attend this meeting to learn more and if you purchase a USB ID from USB-le Jewelry by October 30 with Dale membership you will receive 10% off.*

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Contact me today to get yours:  
Douglas Braun  
716-381-7624  
douglas.braun@clearcaptions.com



# Social Centre

## Peach Dessert Social

Come to The Dale on **Thursday, September 14** for a Party, featuring peach desserts, complete with live entertainment from Brian Beaudry! We'll be serving peach shortcake and a great time for all. Social begins at **12:00 noon** and will end when we're sold out! To reserve your space, call 433-1886.

**Cost: \$4.00**

## Members Dinner

September is Membership Month here at The Dale Association. If you are a new member joining The Dale in September, we will waive the new membership fee of \$10.00. To welcome everyone back from summer vacations, we'll host an Italian dinner for you on **Wednesday, September 20 at 12:00 noon**. We'll serve you a tossed salad, fresh rolls, pasta and meatballs, followed by dessert - complete with fun after dinner music. Tickets - just **\$10 for members, \$15 for guests**, are on sale now at our front desk, or by calling 433-1886.

Our thanks to Fallon Health Weinberg for sponsoring our entertainment, "Buffalo and Brandy".

	<b>WHEATFIELD COMMONS</b>
A DePaul Senior Living Community	<b>Assisted Living • Memory Care</b> 3920 Forest Parkway North Tonawanda, NY 14120 (716) 475-7600 Email: wheatfieldinfo@depaul.org www.depaul.org <b>Opening Fall 2017</b>

## Centre Quilters

The Centre Quilters meet every **Wednesday from 1:00 - 3:00 pm**. Whether you're an experienced quilter or just starting out this group welcomes you!

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

## Trivia Challenge

Are you good at trivia? If you are then please come join us for our monthly trivia challenge: **Tuesday, September 26 and October 24 at 1:00 pm**. Please reserve your space by calling 433-1886. **Cost: Free**

## Needler's Group

Our Needler's Group meets on **Tuesdays at 1:00 pm** in the Centre lounge. This is a group for anyone interested in getting together with other needlework enthusiasts. **Cost: Free**

## Sit and Stitch

The "sit and stitch" hand embroidery group welcomes new members on the **2nd Thursday of the month from 10:00 am-12:00 noon**. Bring a project to work on and ideas to share! **Cost: \$2.00**

## Keenagers Club

The Keenagers Club is for any single senior who enjoys meeting others, going for lunch, and attending local events. **To learn more or join, please call Judy Schultz at 795-9374.**

## Card Party

Join us for a Fall Card Party. We supply the cards, tables, and snacks, and YOU supply the fun, **Thursday, October 19 at 7:00 pm**. Buy your tickets today at our front desk, or call 433-1886. **Cost: \$3.00**



## Coming Soon! AMP Returns

Save the date for another great session of AMP - Aging Mastery Program. This FREE, informative class will begin on **Thursday, November 2** and meet each Thursday for 10-weeks from 10:00-11:30 am. AMP includes a wide range of topics from exercise and sleep wellness to financial fitness and sustaining healthy relationships. There will be incentives and rewards for taking small steps while improving your overall well being. Please call Jennifer Pedini at 433-1886 ext. 104, or stop by the front desk to sign up today!

## American Red Cross Blood Drives

Please join us the **2nd & 4th Tuesday** of each month from 1:00-6:00 pm. For an appointment call 1-800-RED-CROSS or visit [www.redcrossblood.org](http://www.redcrossblood.org).

## Welcome New Sponsor

We proudly welcome Davison Road Optical to our family of Sponsors. We invite you to learn more by calling 434-8063 or visit: [www.wnyeyecare.com](http://www.wnyeyecare.com).



## Supermarket Shopping Tips

Marla Guarino, RDN, CDN, SNAP-Ed Nutritionist, Cornell Cooperative Extension of Niagara County will bring a model supermarket to the Centre on **Wednesday, September 20 at 11:00 am**. Join us as we take a "tour" throughout the store and learn tips to save money and eat nutritiously. *Cost: Free*

## Monthly Contest!

Scan your Dale key tag to win! Whoever has the most recorded "My Senior Center" scanned activities each month will win a special prize!

## Traveling Entertainers Group

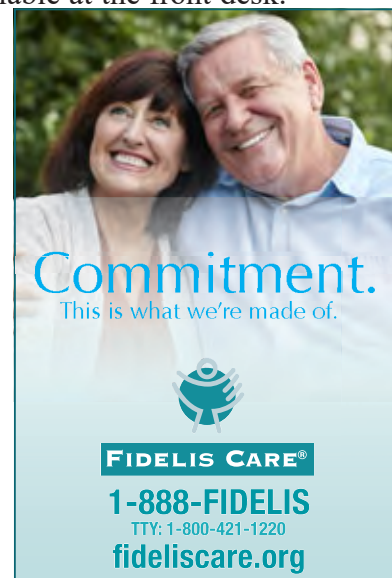
Everyone is welcome to join this singing and dancing group. No special talents are needed. Just a happy attitude and the joy of making other people smile or laugh. If you are interested in joining the entertainers, aka: "The Bag Ladies" or booking this fun group for your next event, please contact Sherry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

## Candy Making Fun

We make everything from chocolate covered pretzels and peanuts to caramel popcorn and chocolate miniatures to sell here at The Dale Association. You may even get to sneak a sample! We meet **every other Tuesday at 9:30 am**. Call 433-1886 to join!

## Monthly Raffle

For just \$1.00 you can enter our monthly gift raffle. Tickets available at the front desk.



# Generosity

The following individuals graciously gave to The Dale Association during June and July 2017. Your generosity today supports quality programs and services for tomorrow. Donations may be mailed or delivered to: The Dale Association, 33 Ontario St, Lockport, NY 14094 or made safely online at: [www.daleassociation.com](http://www.daleassociation.com). Donations made are tax deductible.

## Annual Campaign

Committee to Elect Patrick Balkin  
-Family Court Judge  
Katherine Bilbrough  
James and Catherine Bowler  
Richard and Phyllis Boyd  
Barbara Branch  
Jean Brown  
Carol Buczkowski  
Candlelight Cabinetry  
Gloria Christie  
Samuel Clogston  
John Cooper  
Theresa Costello  
Linda Covell  
Kent and Joan Crea  
Ursula Darlow  
Rita Dobbins  
Laverne Donner  
Darlene Erck  
Hildreth Electric  
Marilyn Fermoile  
John Hall  
Elsbeth Hamluk  
Richard and Shirley Hayden  
Steve and Terry Hayner  
Robert Hoffman  
Kurt and Barbara Hollasch  
Julie Hylkema  
Beverly Jeffery  
Keith and Ingrid Klaybor  
Joyce Knoll  
Joyce Ladd  
Diane Laspada  
William and Pauline Leacock

Nora Letourneau  
Archil Martin  
James and Lesley Mucha  
Caroline Murphy  
William Naylor, Jr.  
Michael and Sandy O'Neil  
Barbara Palmer  
Donald and Linda Penwright  
Alan and Daniele Priest  
Pusateri and Fitzgerald  
Lori Rhinehart  
Barton and Florence Smith  
Clinton and Joanne Starke  
Richard Stoneham  
Mary Ellen Storrs  
Patricia Tracy  
Dr. Arumpanayil and Fathima Ummer

## Annual Campaign in Memory

Her friends from the Dale Association -  
Gloria Brown, Mary Kay Brown, Cathy  
Chapman, June Covell, Jean Hill,  
Dorothy Smallman, Betty Smith, Rosie  
Smith, Lorraine Sutterby, Kay Torrence,  
Carol Hendrick – in memory of Marilyn  
Schrader  
Tom Chunco in memory of Marilyn  
Schrader  
Everett Fitchlee in memory of Ruth  
Fitchlee  
Donna Graham in memory of Marilyn  
Schrader

Donna Graham in memory of Mary  
Sullivan  
Donna Graham in memory of Mary  
Zunner  
Renee Knight in memory of David  
Knight  
Gordon Maska in memory of Marilyn  
Schrader  
Carol McCarthy in memory of Mabel,  
James and David Connor  
Dave and Jane Natemeier in memory of  
Dave Knight  
Jan Nichols in memory of Gary Nichols  
Peggy Shea-Robichaud in memory of  
Ray and Lanore Shea  
Neil and Bonnie Patterson in memory of  
Mary Sullivan  
Dieter and Ute Pollman in memory of  
Parents  
Sarah Shanley in memory of Lawrence  
(Larry) Shanley  
Stephen Snyder in memory of Gloria  
Snyder  
Carolyn Welch in memory of Edward  
and Marietta Poole

## Annual Campaign in Honor

Melvin MacNeil in honor of the  
Visually Impaired

## Vision & Hearing Impaired Program

Mary Jo Garcia



## Annual Campaign Pledge

Lawrence and Judith Volland

### Memorials

Joleen Kenyon in memory of Marilyn Schrader  
Kenneth and Victoria Kopra in memory of Marilyn Schrader  
Darl and Charon McCloy in memory of Marilyn Schrader

### Dale Hearts and Caring People Campaign

Christopher Aikin (4)  
Shelly Arnold (2)  
Colin and Karen Carroll  
David and Kathleen Greenfield (2)  
Thomas McNulty  
David and Bonnie Seaman  
Fred and Carmella Stanley (2)

### Senior Centre

Barbara Beyer  
Marce Eichinger in memory of Fred Stanley  
Linda Sawyer (2)  
Judy Schultz  
Lorraine Sutterby (2)  
One-Eyed Jack's  
Nelda Vaccaro

## Memory Minders

Kathleen Curcione  
Marina Fery in memory of Mary Sullivan  
Matthew Fery in memory of Mary Sullivan  
Mary Jane Fischer and Family in memory of Mary Sullivan  
William and Judith Goodband in memory of Marjorie Piatkowski  
Susan Grant  
Linda Gray in memory of Mary Sullivan  
Melodie Heberer in memory of Mary Sullivan  
Helen Johnson in memory of Mary Sullivan  
Mollie Mark in memory of Mary Sullivan  
Stephen and Janie Mellas in memory of Mary Sullivan  
Cathy Saunders in memory of Mary Sullivan  
Christ Sposito in memory of Mary Sullivan  
Pacific Pools Inc. in memory of Fred Stanley  
Kathleen Torrence in memory of Mary Sullivan  
Iris Waters in memory of Mary Sullivan  
Wednesday Card Group in memory of Mary Sullivan

### Donation

Joe Barbero (3)  
Premium Wine & Spirits

## 2017 ANNUAL CAMPAIGN GIFT

Donations to the Annual Campaign support the programs and services of The Dale Association's Lockport Senior Centre, 33 Ontario St, Lockport, NY. Thank you for your support.

Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

\_\_\_\_\_ Check Enclosed \_\_\_\_\_ Visa \_\_\_\_\_ MasterCard: Card No. \_\_\_\_\_

Expiration Date \_\_\_\_\_ Authorizing Signature \_\_\_\_\_

Email Address: \_\_\_\_\_

My gift is given in \_\_\_\_\_ Memory of \_\_\_\_\_ Honor of \_\_\_\_\_

Please Notify \_\_\_\_\_ Address \_\_\_\_\_

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

# Volunteer Opportunities

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

***Do you like working with children?*** Having a positive and caring adult mentor can make the difference in a child's life. As area students and teachers prepare for the beginning of the 2017-2018 school year, we are once again recruiting volunteers for our **Pen Pals, Reading and HISTOP programs**. Time commitments vary by program. New and existing volunteers are welcome! *"The values we teach our 4th graders are echoed in The Dale's HISTOP (intergenerational) program. The lessons taught by the elder volunteers are an extension of our school curriculum."* - Mr. Granchelli, teacher

We are looking for additional volunteers for our **Friday Night Bingo** program. Can you spare a Friday evening once a month? Arrive by 5:00 pm and leave just after 9:00 pm. It's a fun-filled night of selling boards and games of chance, calling back numbers and socializing



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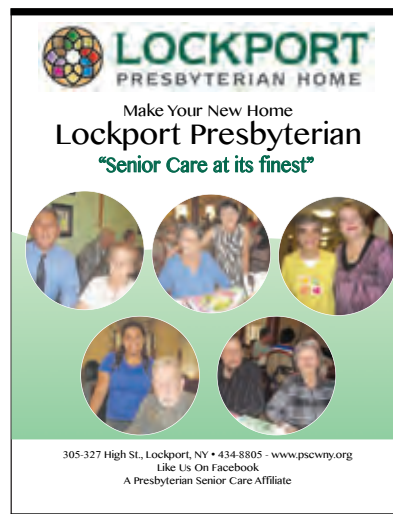
Jake Basher, Financial Professional  
(716)626-2550

350 Essjay Road, Suite 300, Williamsville, NY 14221

with the most wonderful group of volunteers, Did we mention - dinner's on us? Call Sherry at 433-1886 if you'd like more information about Bingo or any of our volunteer opportunities.

*"Volunteers are not paid -- not because they are worthless, but because they are priceless."*

Volunteers are now being recruited for our annual **AARP Income Tax Preparation program**. No prior experience is required. Volunteers assist area residents with the preparation and electronic filing of their annual income taxes. Thorough training is provided in December and January. Volunteers are given all of the tools needed to be confident and successful, and work as a team in the Senior Centre three days a week from February through April 15, 2018. For more information, please call team coordinator **David Killion at 949-2865**.



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A Presbyterian Senior Care Affiliate

# Game On!

## Cribbage

Have you ever played cribbage? Why not join us on **Tuesdays from 9:15-11:30 am**. It's a fun game with a friendly and congenial group. The cost of **\$5.00** is distributed as prizes. If you haven't played before, or need a refresher - stop in some morning and observe a couple of games.

## Open Cards

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

## Bridge

If you would like to play regularly or be a substitute, please call Gretchen Doty at 433-1886. Bridge is played every **Tuesday at 1:00 pm**. **Cost: \$1.00/ members.**

## Dominoes

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

## Card Tournaments

**6-week Bid Pitch Tournament begins October 4**

**6-week Pinochle Tournament begins November 15**

**6-week Euchre Tournament begins December 27**

**All tournaments are on Wednesdays and begin at 12:30 pm.** The cost of the tournament is \$18 for members and \$27 for non-members. You must pre-register and pay ahead at the front desk. *Please remember that you must find your own substitute if you are not able to play on one of the tournament days.*

*New players are welcome at any time prior to the start of each tournament! Please call Jennifer Pedini at 433-1886 with questions.*

## Billiards

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

## Senior Bingo

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

## Scrabble

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

## Duplicate Bridge

Duplicate Bridge is played every **Tuesday at 7:00 pm and Saturdays at 1:00 pm**. If you would like to play regularly or be a substitute, please call Dian Petrov 688-1226 or 238-2230. **Cost: \$6.00**

## Friendly Duplicate Bridge Group

Are you a bridge player? We play for fun and good times (no master points), on **Fridays at 1:00 pm**. Join us! For more information, please call Gerry at 791-4075 or Karen at 751-6646.

B I N G O



**Fridays at 7:00 p.m. \***

Doors open at 6:00 p.m.

**Electronic Verified & Camera**

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

**www.bingoplanner.com**

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

# Calendar

SEPTEMBER - OCTOBER 2017

**Mon**

- ♦9:00 Walking Club at Day Road Park
- ♦9:30 Social Sewers
- ♦10:00 Yoga Class
- ♦10:00 Memory Minders Program
- ♦11:30 Lunch
- ♦ Sept 11, Oct 2 AARP Defensive Driving 9:00-3:45

**Tues**

- ♦9:15 Cribbage
- ♦9:30 **Candy Making (every other week)**
- ♦10:30 Chair Exercise Class
- ♦11:30 Lunch
- ♦1:00 Bridge
- ♦1:00 **Needler's Group**
- ♦1:00 **Open Cards**
- ♦7:00 pm Duplicate Bridge
- ♦Sept 12 **"Breast & Prostate Cancer 411" 12:45**

**Wed**

- ♦9:00 Walking Club at Day Road Park
- ♦9:30 Exercise Class
- ♦11:30 Lunch
- ♦**Through October Independent Health 9:00-3:00**
- ♦1:00 Quilting
- ♦12:30 Card Tournament (Bid Pitch starts Oct 4)
- ♦Sept 13 **"Ask A Nurse" health assessments 10:30**
- ♦Sept 13 **Flu Shot Information 12:15**
- ♦Sept 13 **"Navigating Dementia, Alzheimer's" 12:30**
- ♦Sept 20 **"SuperMarket Shopping Tips" 11:00**

**Thur**

- ♦9:30 **Dominoes**
- ♦10:00 Sit and Stitch (2nd Thursday)
- ♦10:30 Chair Exercise Class
- ♦11:30 Lunch
- ♦11:30 Traditional Rug Hooking (every other week)
- ♦**12:30-3:00 Blood Pressure Screening**
- ♦1:00 Senior Bingo
- ♦Sept 7 **Hearing Screenings 12:00-3:00**
- ♦Sept 7 **Univera Healthcare 1:00-3:00**

**Fri**

- ♦10:00 Memory Minders Program
- ♦10:00 **Scrabble**
- ♦11:30 Lunch
- ♦**Through October Independent Health 9:00-3:00**
- ♦1:00 **Friendly Duplicate Bridge**
- ♦7:00 Bingo

- ♦Sept 18 **United Healthcare 10:00-12:00**
- ♦Sept 18, Oct 16 **"Good Bugs for Good Health" 10:30**
- ♦Sept 25, Oct 23 **Travel Club Meeting 1:00**
- ♦Oct 2, 16, 23, 30 **United Healthcare 9:00-1:00**
- ♦Oct 30 **Nursing Students Wellness Help 10:00-12:00**
- ♦Oct 30 **Caring Teams Workshop 1:00-3:00**
- ♦Closed September 4, October 9

- ♦Sept 19, Oct 10 **Fallon Health Weinberg 11:00-1:00**
- ♦Sept 19 **"Learn About Medicare" 2:30-4:30**
- ♦Sept 26, Oct 24 **Trivia Challenge 1:00**
- ♦Sept 26 **Flu Shots 12:15**
- ♦Oct 10 **Caring Teams Workshop 1:00-3:00**
- ♦Oct 10 **Flu Shots 11:00**
- ♦2nd & 4th week **Red Cross Blood Drive 1:00-6:00**
- ♦Oct 31 **Boo Bingo Bash 1:00**

- ♦Sept 20 **Members Dinner 12:00**
- ♦Sept 20 **Independent Health 1:00**
- ♦Oct 4 **Oktoberfest Social 11:30**
- ♦Oct 4-Nov 8 **Powerful Tools for Caregivers 1:00-3:30**
- ♦Oct 11 **Hearing Screenings 12:00-3:00**
- ♦Oct 18 **Welcome Coffee Hour 9:00**
- ♦Oct 18 **"The Flavors of Fall Vegetables" 12:00**
- ♦Oct 25 **"Understanding Medicare Plan Choices" 9:30**
- ♦Oct 25 **Medical USB ID Information 11:00**
- ♦Oct 25 **Flu Shots 9:30**

- ♦Sept 7, Oct 19 **Fallon Health Weinberg 11:00-1:00**
- ♦Sept 14 **Peach Dessert Social 12:00**
- ♦Sept 21 **Bone Density Screenings 10:00-1:00**
- ♦Sept 21, Oct 19 **Caregiver Support Group 1:00**
- ♦Oct 12, 19 **WellCare 10:00-12:00**
- ♦Oct 12 **Annual Meeting & Award Ceremony 7:00**
- ♦Oct 19 **Card Party 7:00**
- ♦Oct 26 **Univera Healthcare 2:00-4:00**
- ♦Nov 9 **Hearing Screenings 12:00-3:00**

- ♦Sept 15 **Fidelis Care 11:00-1:00**
- ♦Oct 23 **Fidelis Care 1:00-4:00**
- ♦Oct 27-Dec 1 **Diabetes Management Class 9:00-11:30**

**SATURDAYS:** ♦1:00 Duplicate Bridge

# Senior Services

## Senior Advisor Assists Residents

Our Senior Advisor assists Niagara County residents age 60 and older to live with dignity, respect and self-determination, and provides them with the resources to do so. All assistance is provided free of charge, thanks to the generous support of the Niagara County Office for the Aging. To speak with Sherry Livergood, Senior Advisor, call 433-1886 ext. 109

## Memory Minders

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

For eligibility in the program, call Angie Blackley, Program Coordinator, at 433-1886, ext. 111.



*Pictured at left:* Memory Minders participants made “Van Gogh sunflower bowls” in honor of National Arts Month. Using air-dry clay, participants formed the bowls by hand then carefully painted them to resemble a sunflower.



## Benefits of Membership

As a Dale Association member, you’ll receive a reduced price on most of our classes and trips found throughout this newsletter. You’ll receive a “Power Up” bi-monthly newsletter in the mail. And, Dale Association members receive a discount at local businesses! Just present your current Dale Association membership card at the following fine establishments for extra special treatment:

- The Slippery Skillet
- Fieldstone Country Inn (special discount card issued)
- Lockport Home Medical
- SNAP Fitness, Wrights Corners and Medina
- UB Center for the Arts
- Marie’s Sewing Center
- Union Cab Company

For more information, call 433-1886, visit [www.daleassociation.com](http://www.daleassociation.com), or see page 23 for an application.

## Navigating Dementia, Alzheimer’s, & Mild Cognitive Impairment

Sometimes hearing those words can be confusing and frightening. Julia Szprygada, Director of Training for the Alzheimer’s Association will provide an easy-to-understand description of diseases that cause cognitive damage. We’ll learn the risk factors, warning signs, and what to expect if you or a loved one is dealing with a diagnosis on **Wednesday, September 13 from 12:30-1:30 pm**

# Out & About

Join us for our next travel group meetings:  
Monday, September 25 and October 23: 1:00 pm



## Day Trips

To register for any of our trips, please call our front desk at 433-1886, or visit our secure site at: [www.daleassociation.com](http://www.daleassociation.com).

### **Orchard Concert Luncheon with Grace Wong**

Travel with us **Thursday, September 28** to Hurd Orchards a family owned fruit and flower farm and canning company nestled between the banks of the Erie Canal and the shores of Lake Ontario. As apple harvest escalates take this time to gather and share our thankfulness for a wonderful season. With the strains of music from harpist Grace Wong, principal harpist of the Rochester Philharmonic, you'll enjoy this wonderful autumn lunch with fall colors and the tastes of freshly grown vegetables, breads, herbs, preserves and more. This is a great place to get a head start on some holiday shopping. We will leave The Dale at 11:00 am and return at 4:00 pm. A deposit of \$20 will secure your spot. Balance is due by September 15. **Cost: \$80 (members), \$90 (non-members).**

### **Cirque de la Symphonie- Kleinhans**

On **Friday, October 27**, you'll enjoy musical fireworks and the incredible feats of the human body with jaw-dropping entertainment on and high above the Kleinhans stage when John Morris Russell and circus artisans join the BPO for a one-of-a-kind Halloween celebration. This group includes veterans trained as aerial flyers, acrobats, contortionists, dancers, jugglers, balancers, and more. They will bring you to the edge of your seats with their professionally choreographed performance to classic and

pops favorites! We will leave The Dale at 8:00 am in time for complimentary coffee and doughnuts and return after lunch (on your own) at approximately 3:30 pm. A deposit of \$20 will secure your seat, balance is due by September 29. **Cost: \$75 (members), \$85 (non-members)**

### **Elvis, Christmas & Country Lunch & Show**

Join us **Tuesday, December 5** for an all new show for the holiday season as we dine at the beautiful, fully decorated Salvatore's Italian Gardens before you experience a fantastic show starring Terry Buchwald -"ELVIS, CHRISTMAS & COUNTRY – AND A LITTLE BIT OF ROCK N ROLL". Buchwald, a Western New York native, is a well-known tribute and recording artist, named one of the top tribute artists in the U.S by the LA Times. Buchwald has the looks, the moves and the voice of the legendary "King". Come enjoy the sit down lunch, dance and sing along! Sign-up early to avoid disappointment – this event is a sell-out every year. We will leave The Dale at 10:00 am and return at approximately 4:00 pm. A deposit of \$20 secures your spot. Balance is due by November 1. **Cost: \$83 (members), \$90 (non-members)**

### **John Morris Russell's Holiday Pops**

Known as "Mr. Christmas", John Morris Russell loves sharing the magic with you! Begin the day **Friday, December 15** at Kleinhans Music Hall for coffee and pastries before the 10:30 am Holiday Pops Concert. This year as a special treat, The Buffalo Philharmonic Orchestra and Russell will feature a reading of the original book, The Polar Express. *(continued on next page)*



## Trips, Continued

*(continued from page 16)* Set to the gorgeous orchestral score from the film, and complete with beautiful illustrations projected above the orchestra, this will get you in the spirit of the season. After the concert we'll head to Cracker Barrel for lunch (on your own). We will leave The Dale at 8:00 am and return at approximately 3:30 pm. A deposit of \$20 will secure your seat with the balance due by November 15. **Cost: \$80 (members), \$90 (non-members)**

### **The Polar Express & Stan Hywet**

Travel aboard a deluxe highway coach to Akron, Ohio **December 7-8** to a festive afternoon celebration featuring a traditional German outdoor Christkindl Market, an ice-skating rink and a host of Christmas activities. After we check-in, enjoy a delicious group dinner at a local restaurant before a memorable ride on the Cuyahoga Valley Scenic Railroad's Polar Express Christmas Train. After breakfast at our hotel we will transfer to Stan Hywet Hall & Gardens, then enjoy a guided tour through this notable estate - recognized as one of the largest homes in the country built between 1912 and 1915. After the tour you'll have free time to browse the gift shop and grounds before we begin our journey home. A deposit of \$50 will secure your reservation with a balance due by October 1. **Cost per person; \$299 double occupancy, \$295 triple occupancy, \$379 single occupancy.** Optional trip cancellation insurance is available for \$25 per person. Insurance premium is due with initial trip deposit.

### **Pacific Northwest Coast - FULL**

We're all set to enjoy an eight-day journey on **September 18** in Portland and the Oregon Coast, south to San Francisco. *A wait list is forming. If you are interested in the trip, call 433-1886 ASAP.*

### **Coastal New England**

Travel aboard a deluxe highway touring motor coach for a 5-day adventure in the quaint seaside town of Ogunquit **October 10-14**. Admire lighthouses and lobster boats on the short drive through the various seaside communities of Bath & Camden on your way to Portland, Maine for a guided city tour. Enjoy the Maine Maritime Museum and spend some time in Bar Harbor and partake in a Lobster Bake supper. Continue the journey to Acadia National Park for a guided tour. Make your way along the eastern coastline featuring stunning views from sandy beaches to the highest point of the eastern coastline at Cadillac Mountain as we head for Bar Harbor featuring specialty shops, boutiques, restaurants and possibly an optional whale watch excursion. Before departing the Atlantic Coast we will visit the L.L. Bean Outlet and the summer home of former President Bush. **Cost: \$899 double occupancy, \$879 triple occupancy, \$1199 single occupancy.** Optional trip cancellation insurance is available: \$52/per person double & triple occupancy; or \$82/per person single occupancy.

#### **Travel Group Meetings:**

**Monday, September 25 at 1:00 pm**

**October 23 at 1:00 pm: Special guest speaker,**

**David Wendt, Wendt Touring**

*Most of our trips require some walking. Please let us know when you register for a trip if you have any limitations or will be bringing assistive devices so that we can make appropriate arrangements. If you have questions, please call Carla Wittcop,*

*Travel Coordinator;*

*433-1886 ext. 110.*



**“Escape the Ordinary” - unknown**

# Centre Events

## Welcome To The Dale Association!

If you've recently become a member of The Dale Association, we'd like to officially welcome you! Please join us for a cup of coffee and agency overview on **Wednesday, October 18 at 9:00 am**. Please call 433-1886 to RSVP, or email us at: [info@daleassociation.com](mailto:info@daleassociation.com).



## Boo Bingo Bash

Join us to celebrate Halloween with a spooky fun time, **Tuesday, October 31 at 1:00 pm**. We'll play prize and 50/50 split bingo while enjoying some pizza and drinks. Wear your costume to be part of our contest! To reserve your space, call 433-1886. **Cost: \$5.00**

The Centre will be closed on **Monday, September 4** in honor of Labor Day, and **Monday, October 9** for Columbus Day.



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and  
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Express**

**716-625-9211**  
Charter Buses · Sightseeing  
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## Oktoberfest Social

We'll be celebrating the turning of the leaves and the crisp fall air with a traditional German meal and our own version of Oktoberfest! Join us **Wednesday, October 4 at 11:30 am**, when Lyle Stang will be here to entertain us with German Polkas and other lively music. **Cost: \$5.00/members, \$10/non-members.**

## Save the Date!

Just in time for the holiday! Please plan to join us for our First Annual Meat Raffle, **Saturday, December 2, 2017**. Tickets and details will be available soon.



*Pictured clockwise from left:* Sara Costello, Sherry Livergood & Rikki Cason enjoyed Food Truck Thursday, with J & L BBQ.



Give your family one last gift ...

# PREPLAN



**Amy Lange Kenyon**  
Owner/Director Ph: 434-1081  
[www.langefuneralhomeinc.com](http://www.langefuneralhomeinc.com)

## Annual Meeting & Award Ceremony

Please join us for our Annual Meeting and Award ceremony, **Thursday, October 12 at 7:00 pm**. Enjoy desserts and gourmet coffee at a special reception to honor 2017 award recipients for the following awards:

Bette Dale Service Award  
Lorraine Bradey Rmembrance Award  
Teamwork Award  
Millicent Russell Award  
Chairman's Award  
Presidents Award

Maureen Wendt, President/CEO, and Dr. Lawrence Volland, Chairman of the Board will present a "state of The Dale Association".

To RSVP for this event, please call Rikki Cason, Marketing and Development Assistant, at 433-4440 ext. 301 or email: [rikki.cason@daleassociation.com](mailto:rikki.cason@daleassociation.com)

## Bette Dale Honored

Elizabeth "Bette" Dale, our first paid Executive Director, was honored as a Lockport High School Distinguished Alumni. Current agency President and CEO Maureen Wendt was honored to accept the award in Bette's memory at the August 24 ceremony.



**Independent Health | Talk to a Medicare RedShirt®**

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

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

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

**Or visit [independenthealth.com/medicare](http://independenthealth.com/medicare).**

Y0042\_C5598 Accepted 07052016

## Cheers to a Great Wine Event!

Our heartfelt thanks to all of the people who helped to make "The Dale, Uncorked" - our annual wine tasting event - so successful. The following businesses graciously sponsored the evening:

**All Metal Works**  
**American Concrete**  
**Candlelight Cabinetry**  
**Case Boring**  
**Cornerstone Services Group, Inc.**  
**Drum Oil and Propane**  
**Hodgson Russ LLP, Attorneys**  
**Kax Solutions and services**

Guests enjoyed the excellent service and delicious food at **Niagara-Orleans Country Club** and the marvelous wine, beer, cider donated and served by:

**Becker Farms, Vizcarra Vineyards**  
**Flight of Five Winery**  
**Leonard Oakes Estate Winery**  
**New York Beer Project**  
**Premium Wine & Spirits**  
**Schulze Vineyards & Winery**

Our many thanks to **staff, board members, individuals and local businesses** who donated spectacular baskets and prizes for our basket raffle.

With the help of wonderful **volunteers**, including our **event committee**, we were able to raise funds for supportive services at our Lockport Senior Centre.

**To all of our guests and patrons - GRAZI!**  
*The Dale Association*

### How can you leave the legacy you desire?

You may not see it in the greeting card section of your local drugstore, but August is “What Will Be Your Legacy Month.” So it’s a good time to think about the type of legacy you’d like to leave. Of course, “legacy” can mean many things. In the broadest sense, your legacy is how you will be remembered by your loved ones, friends and the communities to which you belong. On a practical level, establishing your legacy means providing your family and the charitable organizations you support with the resources you’d like them to have. And that means you may need to take the following actions: create your plans, communicate your wishes and review and update your documents.

Let’s take a quick look at all these steps:

- Create your plans. You will want to work with your legal professional, and possibly your tax and financial professionals, too, to draft the plans needed to fulfill your legacy wishes. These plans may include drafting a will, living trust, health care directive, power of attorney and other documents. Ideally, you want these plans to do more than just convey where you want your money to go – you want to impart, to the next generation, a sense of the effort that went into building the wealth they receive. Without such an appreciation, your heirs may be less than rigorous in retaining the tangible legacies you’ve left them.
- Communicate your wishes. It’s important to communicate your legacy-related wishes to your family members as early as possible. By doing so, you can hopefully avoid unpleasant surprises and hurt feelings when it’s time for your estate to be settled –

and you’ll also let people know what tasks, if any, they need to perform. For example, if you’re choosing a family member to be the executor of your estate, or if you’re giving someone power of attorney over your financial or health-related matters, they should be prepared.

- Update your documents. During your life, you may well experience any number of changes – new marriage, new children, opening a family business, and so on. You need to make sure your legal documents and financial accounts reflect these changes. For example, if you’ve remarried, you may want to change the beneficiary designations on your IRA, 401(k) and other retirement accounts – if left untouched, these designations may even supersede the instructions left in your will. And the directions in life chosen by your grown children may also dictate changes in your will or living trust. In any case, it’s a good idea to review all your legacy-related documents periodically, and update them as needed. In addition to taking the above steps, you also need to protect the financial resources that go into your legacy. So, when you retire and begin taking funds from your IRA, 401(k) and other retirement accounts, make sure your withdrawal rate is sufficient for your living expenses, but not so high that it eventually jeopardizes the amounts you planned to leave to your family or to your preferred charities. A financial professional can help you determine the withdrawal rate appropriate for your situation. With careful planning, and by making the right moves, you can create the type of legacy you desire – one that can benefit your loved ones far into the future.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor: Ken Fisher 716-438-2521.

## BLUECROSS BLUESHIELD OF WNY

### A message from your local BlueCross BlueShield of Western New York representative, Michelle Farina:

You have many different choices when enrolling in Medicare. It's important to select an option that best suits your lifestyle and budget. With a Medicare Advantage plan from BlueCross BlueShield, our dedicated team is here to provide the support you need.

#### Medicare shopping best practices

Be sure to review when to pick up Medicare Part B, as well as coverage options for you or your family members. Whether you're new to Medicare or already eligible, we recommend you consider the following as you evaluate your options:

- Does the insurance company contract with the doctors and hospitals that you use?
- What will be the total cost of each Medicare plan, including premiums, copayments, and deductibles?
- Will the insurer cover your prescriptions, and will you need to pay for some of the cost? Will these prescription costs hit the Medicare Part D coverage gap?
- Do you qualify for financial-assistance programs such as the Elderly Pharmaceutical Insurance Coverage (EPIC) Program or the Low-Income Subsidy?
- Will your coverage extend out-of-network if you plan on traveling or spending more time out of the area in retirement?

#### We're here to help

Take the time to research your options carefully. Feel free to contact us as you consider these questions and many others while you plan your health care moving forward. That's what we're here for.

If you have any questions or would like to schedule a one-on-one consultation, please email me at [farina.michelle@bcbswny.com](mailto:farina.michelle@bcbswny.com) or call us at 1-800-248-9296 (TTY 711). We're available October 1 – February 14 from 8 a.m. to 8 p.m., seven days a week, and February 15 – September 30 from 8 a.m. to 8 p.m., Monday through Friday. I'll also be at the Best Western (515 S. Transit Rd. in Lockport) every Tuesday between 9 a.m. and 4 p.m., October 4 – December 6.

#### Disclaimers

BlueCross BlueShield of Western New York is a Medicare Advantage plan with a Medicare contract and enrollment depends on contract renewal. A division of HealthNow, New York Inc., an independent licensee of the BlueCross BlueShield Association.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits may change on January 1 of each year. A salesperson will be present with information and applications. For accommodation of persons with special needs at sales meetings call 1-800-248-9296 (TTY 711).

The formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary.

BlueCross BlueShield of Western New York complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-248-9296 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-248-9296 TTY: (711)。

## Your Creative Side

### Traditional Rug Hooking

Looking for a fun and rewarding activity? The Traditional Rug Hooking Group meets every other **Thursday at 11:30 am**. The group is looking for new or experienced participants, and they are willing to teach anyone the skill of traditional rug hooking! Beginner kits are available for purchase for those who enroll. Please call 433-1886 to register or with questions.

### AARP Driver Safety Program

**Monday, September 11, 9:00 am-3:45 pm**

**Monday, October 2, 9:00 am-3:45 pm**

**Monday, November 6, 9:00 am-3:45 pm**

**Cost: \$20 AARP members, \$25 non-members.**

Please make checks made payable to AARP.

### The Flavors of Fall Vegetables

Fall is filled with beautiful colors and yummy tastes. We will talk about and prepare a delicious dish featuring Autumn's fabulous array of vegetables on **Wednesday, October 18 at 12:00 pm**. Presented by Marla Guarino, Cornell Cooperative Extension.

**Cost: Free.**



PeopleInc

**Now accepting  
apartment applications!**

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

#### **Pine Senior Living Apartments**

6231 Tonawanda Creek North, Lockport  
(Off Transit Road near Millersport Highway)

**716.433.3381**



## Caring Teams Workshops Encourage Total Wellness for 3 Generations

Do you want to reduce your stress and control your illness? Encourage three generations to support you and each other to be healthier and happier? Understand how to reduce your risk of hospitalizations? We're pleased to offer a two-part "Caring Teams" workshop on **October 10 and October 30 from 1:00-3:00 pm** is a new approach to wellness, honored by AARP's *Social Impact Award* as a "simple mind-body-spirit program for seniors, adults and teens of any faith (or no faith)". This program is being supported through a generous grant from the Ralph C. Wilson Jr. Legacy funds at the Community Foundation for Greater Buffalo. For more information, please visit: [www.CreateCaringTeams.org](http://www.CreateCaringTeams.org). We invite you to register for the free 2-part workshop by calling 433-1886.

### Check Facebook!

Are you on Facebook? So are we! We feature pictures of our guests doing fun things at our Centre, weekly bingo numbers, and daily events, classes, trips, and scheduled speakers. You can also find helpful information for your overall good health. Check us out at: [www.facebook.com/TheDaleAssociation](http://www.facebook.com/TheDaleAssociation). If you "like" what you see, please share it with a friend!



**Ken Fisher**  
Financial Advisor

**Edward Jones**

MAKING SENSE OF INVESTING




140 Main Street  
Lockport, NY 14094  
Bus: 716-438-2521  
TF: 888-335-3664  
TF Fax: 888-259-5428  
[ken.fisher@edwardjones.com](mailto:ken.fisher@edwardjones.com)  
[www.edwardjones.com](http://www.edwardjones.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)

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



Name: \_\_\_\_\_ Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

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

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

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

## CLASS REGISTRATION FORM:

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



33 Ontario Street  
Lockport, Ny 14094

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United Way of Greater Niagara

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

## The Dale Association's Board of Trustees

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Tasha Villani

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## Directory of Services

### Senior Services:

33 Ontario Street, Lockport 14094

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

### Mental Health Services:

33 Ontario Street, Lockport 14094

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

### Office of the President:

33 Ontario Street, Lockport 14094

President/CEO . . . . . 438-2414

### Administration Offices:

20 Lock Street, Lockport 14094

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