

# Power Up

Working toward an exceptional you



Discover The Dale Association

January- February 2012

## Come And Explore With Us In 2012!



1) Recreation



2) Enrichment



3) Multi-Generational



4) Community Involvement

More Information inside on Page 22

### Inside This Issue:

Be Well ..... Page 3 - 6  
Connecting Generations.... Page 7  
Social Centre ..... Page 8 & 9  
Generosity ..... Page 10-11  
Volunteer Opportunities ..... Page 12  
Game On! ..... Page 13

Calendar ..... Page 14  
Special Events ..... Page 15  
Out And About ..... Page 16-17  
View Points ..... Page 18 -19  
Your Creative Side ..... Page 20-21  
Centre Events & Membership. . Page 22-23

# Director's Corner



Greetings and Welcome to 2012.

I can't believe it is time to start another year already. I will still be writing 2011 on many of my materials.

Remember if the weather is inclement, please listen to 1340 WLVL, or local TV channels 2, 4, or 7 to see if The Dale Association or the "Eat Well, Stay Well" dining program are open.

Winter is now upon us. With the rising costs of fuel, please remember to bring a sweater with you to The Centre. We probably do not keep the temperature at The Centre the same as your home. Temperatures can change, especially with the opening and closing of doors. If you come into The Centre using the back door, please use the stairs from the parking lot.

Social Security recipients will get a cost of living adjustment of 3.6 percent in 2012, a welcome boost after two years of no increase. Officials announced the hike for some 60 million beneficiaries, including 55 million retirees on October 19. The last COLA was 5.8 percent for 2009, the highest increase since 1982. The hikes were much smaller for 2008 (2.3 percent) and for 2007 (3.3 percent). The COLA is determined by comparing the cost of goods and services in the third-quarter consumer price index with the previous year's third quarter. The increase for 2012 begins in January. Some of that adjustment, however, will be offset by the rise in Medicare Part B premiums which pay for doctor visits and other outpatient medical services. Most people have Medicare premiums deducted from their monthly Social Security payouts. One in two married couples and three in four single people rely on Social Security for at least half of their income.

Have a wonderful month, bring a friend to all the events the next two months, and "See You at The Centre."

*Colleen*

## **In Case of Accident or Illness:**

Please be considerate of others!! Sometimes one of our members may become ill, fall, or have an accident while here at The Centre. If you are present when this occurs, please be considerate and leave the area so that staff can help the individual and keep them comfortable until further help can arrive. Also, if you notice that someone is ill, please notify a staff person immediately so proper measures can be taken.

## **Fire Drill/Building Evacuation Procedures:**

Please make note of the evacuation diagrams that are posted throughout The Centre. Due to the size of the building and for the safety of our members and guests, please be prepared to act quickly when the alarm sounds. Thank you very much for your help ahead of time.

## **To Help Us Better Assist You in An Emergency:**

Please make sure that we have your correct address, telephone number, emergency contact person or any other information you feel is necessary. This information will be kept confidential, but will help us if you need assistance while at The Centre.

## **Senior Centre Marketing Study Making Progress**

Work has begun on a marketing study designed to examine interests in adult educational, recreational, social and human service programming. Focus groups of current Dale members and previous Dale members were conducted in mid-November. Telephone surveys to 300 residents will be conducted in January. Results of all studies will be compiled and shared with Dale Association Board members and our Administrative staff. If you are among those surveyed, please accept our sincere appreciation for your time and your honesty.

## Daytime Yoga

This relaxed, open class is offered twice a week on an ongoing basis for all levels. Come as often as you like and work at your own pace. Wear comfortable clothing and bring a Yoga mat.

*Mon., 10:00-11:30 a.m. & Wed., 5:00-6:30 p.m.*

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

## Blood Pressure Screening

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

*Mon., Jan. 9 & Feb 6 from 12:30-1:30 p.m.*

*Wed., Jan. 18 & Feb. 15 from 12:30- 1:30 p.m.*

## Chair Exercise Classes

On **Tuesday and Thursday mornings from 10:30 a.m. – 11:30 a.m.** supervised by Angie Blackley-Senior Counselor. Chair exercises help increase strength, flexibility, balance and endurance to those individuals with mobility limitations, arthritis and a decreased level of functioning. All work-outs are done while sitting comfortably in a chair and having some fun. Classes are only \$2.00 per session. For additional information call 433-1886. Be sure to check with your physician before starting any new exercise program.

## Total Body Boot camp!

This is the busy woman's workout that is all-inclusive!! If you are a regular of our Total Body Workout, you will love this version that will combine Cardiovascular and strength training. Routines are fun and easy to follow. Registrations taken directly through Bodyshaping by Sandy. Bring a floor mat and set of light handweights. This class may be covered by your medical insurance plan; to find out or to register, call 568-0246.

*10 weeks, Tues. & Thurs., beg. Jan. 10; 5:30 - 6:25 p.m.*

*Cost: \$70 for 1 day a week or \$140 for 2 days a week or FREE if covered by your insurance*

## Zumba

Zumba is a fun, effective, easy to follow, aerobic workout. The routines feature interval training sessions to Latin music where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Wear comfortable clothing. Registrations taken directly through Bodyshaping by Sandy. This class may be covered by your medical insurance plan; to find out or to register, call 568-0246.

*10 weeks Tues. & Thurs., beg Jan. 10; 6:30 - 7:30 p.m.*

*Cost: \$70 for 1 day a week or \$140 for 2 days a week or FREE if covered by your insurance*



### Above and beyond Original Medicare.

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Fax: 887-7558

email: [www.farina.michelle@bcbswny.com](mailto:www.farina.michelle@bcbswny.com)

## Why keep learning?

As adults, we've paid our dues in education. Most adults have spent at least 12 years in a classroom, some more. So, why should we keep learning? For our continued good health, for starters. The brain is affected by the stimulation provided by its surroundings - including the opportunity to interact socially. Brains in richer, more stimulating environments (like in an art, cooking, or yoga class, playing bridge or singing) have increased numbers of synapses. Research suggests that increased stimulation (and therefore increased synapse activity) results in greater resilience to the effects of aging and dementia. And besides that, learning new things can be fun! It can enrich your life. Expose you to new ideas. Create new friendships. Develop healthy habits. By reading this newsletter, you're already stimulating your brain. So, what is it you want to learn? What are your personal goals for 2012? How can we help YOU? Give us a call, stop in to visit us, click on our website ([www.daleassociation.com](http://www.daleassociation.com)) and view our online calendar. At The Dale Association, we're working toward an exceptional YOU - in January, February and all year long

## HIICAP

The Health Insurance Information Counseling and Assistance Program (HIICAP) counselors are available at The Dale Association on the **second Thursday of each month (January 12 and February 9) from 10 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.

## Simple steps to protect yourself from Alzheimer's Disease

**Get some exercise:** Its true, in addition to building arm, leg and abdominal muscle "you can build brain muscle" with exercise, according to Dr. Gary Small, author of "The Alzheimer's Prevention Program".

**Stretch your mind:** Dr. Small suggests "take a class, or talk politics with a friend... having a network of friends can lower the risk of dementia by as much as 60 percent."

**Feed your brain:** Eat well, just not too much. According to Dr. Small, "if you're overweight at midlife, it doubles your risk for dementia. If you're obese, it quadruples it." Dr. Small recommends a Mediterranean-style diet - heavy on produce, whole grains and fish. **Manage your stress:** One study, according to Reader's Digest, found that "people who were easily stressed were twice as likely as calmer sorts to develop Alzheimer's over about a five-year period." So what can you do? Stress management techniques like deep breathing, counting to ten, meditation, getting a massage and even taking a walk with a friend will help.

**Our Memory Minders, social day program** for people with mild memory loss, is another tool. If you know someone who is feeling the effects of mild memory loss, tell them about The Dale Association's program. Angie Blackley, Memory Minders Program Coordinator and Senior Counselor, is located at our Senior Center/Program Building and she can be reached by calling 433-1886. Please visit us online at: [www.daleassociation.com](http://www.daleassociation.com). [Paraphrased from *Readers Digest: "Health Digest", January 2012*]

## 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* that tries to fill gaps for those living alone. 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, 433-1886.

## 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 (January 17 and February 21) from 10:00 a.m. -12 noon.** Home visits can be arranged for the homebound, by calling the Niagara County Office for the Aging at 438-4020.

## 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. Services are free and confidential.

Stop by a Medicare Information Center to get your exclusive RedShirt<sup>SM</sup> Benefit Review.

For locations, call: (716) 635-4900,  
1-800-958-4405, TDD: 1-888-357-9167  
Monday – Friday, 8 a.m. to 8 p.m.



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## New in 2012 Health Seminars Simple Changes for a Healthier You!

*Wednesday, January 11, at 10:30 a.m.*

Come to this FREE seminar and start off the New Year by taking care of yourself. Sometimes we think that the changes necessary to live a healthier life are too overwhelming. We think that we'll never be able to do all the things we're told to do – so we don't even try. The truth is, you don't have to move mountains to live healthier. Small, simple changes can add up to big results. Join us as we discuss the little ways you can start living healthier – today! This seminar is brought to you by BlueCross BlueShield of Western New York. You can sign up for this FREE seminar by calling 433-1886 or stopping at the front desk at 33 Ontario Street.

## “Ready America Presentation”

*Wednesday, February 29, at 10:30 a.m.*

Come to this FREE seminar which focuses on the four key strategic points of emergency preparedness. Be empowered to better serve yourselves, your family, friends and neighbors in the event of an emergency. The presenter is Valerie Haseley, Niagara County Project Coordinator with Border Community Service of Niagara University. Each person in attendance will receive a mini-first aid kit, which is one of the items required for your emergency supply kit. Please sign up for this FREE helpful seminar at the Dale Association front desk at 33 Ontario Street in Lockport or call 433-1886. Be in the know and prepared for an emergency.

## Geriatric Community Mental Health Nurse

Kathleen Kyle, our community nurse, meets with people age 50 and older, who are homebound and have a history of serious or chronic mental illness. To speak confidentially with Kathleen, please call **433-3344 #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.

# Be Well

## PROGRAMS FOR THE VISUALLY & HEARING IMPAIRED

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

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

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.

### 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 home care 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**

## Free Hearing Screenings Wednesday, January 25 and February 29 3:30 p.m. to 5:30 p.m.

Are you concerned about your hearing? Mr. David Pucci, an audiologist with Niagara Cerebral Palsy Clinics will test your hearing and let you know if you need to have further testing. Please call 433-1886 or stop in at the Centre to register for an appointment.

## Ombudsman Program



If you are looking for a volunteer experience where you can have a direct impact on the quality of life for the elderly in long-term care facilities, consider becoming a Niagara County Ombudsman. Ombudsman means "citizen representative." An Ombudsman is a volunteer advocate for residents of long term care facilities. This is a volunteer experience for compassionate people with good communication skills and a willingness to be of service to the elderly. New York State's Long-term Care Ombudsman Program is sponsored in Niagara County by The Dale Association and helps approximately 2,300 residents countywide.

For further information about this unique volunteer program or for a volunteer application, contact Nancy Smith, Niagara County Ombudsman Coordinator at 433-3344.

Niagara County

## Cancer Services Program



Your partner for cancer screening, support and information

No health insurance?

You may qualify for FREE Breast, Cervical  
and Colon Cancer Screening  
Women 40-64 and Men 50-64

Call the Cancer Services Program of Niagara County  
For more information call **278-8285**

[www.cspwny.org](http://www.cspwny.org)

# Connecting Generations



## Inter-Generational Programs

We are 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.

## Reading

The reading program is at Charles Upson Elementary school.. This is a weekly ongoing program where senior volunteers assist the second graders with their reading. The readers are volunteering on Thursday afternoons this year.

## Pen Pals

The volunteer Pen Pals exchange letters 5 times a year with first graders from Mrs. Learn's class at Washington Hunt elementary school. The Valentine letters from the children will be here on **Friday, January 27**. The Valentine letters to the children are due at the Centre on **Friday, February 10**.

## 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.

**Team 1** (Fran Castro and Buford Corbin) will be at Charles Upson Elementary School on Thursday, January 12 at 10:00 a.m. Two classes of fourth graders from Charles Upson will be at the Centre on Thursday, January 19 at 10:00 a.m.

**Team 2** (Lorraine Sutterby and Judi Tracy) will be at Charles Upson Elementary School on Thursday, January 26. Two classes of fourth graders from Charles Upson Elementary School will be at the Centre on Thursday, February 2 at 10:00 a.m.



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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 will be making candy items and carmel popcorn each **Tuesday morning at 9:30 a.m.** All items are sold at our front desk. We have lots of fun and maybe even get to try a sample or two. If you have any questions call Janet Fedak at 433-1089.

## 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*

## 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.**

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### NIAGARA FALLS

1705 Pine Avenue  
Niagara Falls, NY 14301  
Phone: **716-284-0110**  
Fax: **716-284-0046**

### LOCKPORT

5875 S. Transit  
Lockport, NY 14094  
Phone: **716-280-1001**  
Fax: **716-280-1005**

## Tea Party with The Dale Tea Roses

Join us on **Monday, February 13**, at 1pm RSVP at front desk. Remember to wear your hat and if you have one please bring your tea cup.

*\$6.50 members/ \$10.00 non-members*

## American Red Cross Community Blood Drive



*Thursday, January 5, 11:30 a.m. - 6:00 p.m..*

Sponsored by Lkpt Police Chief Larry Eggert, Lkpt Mayor Mike Tucker, Niagara County Sheriff James Voutour and Town of Lockport Supervisor Marc Smith. Coffee and donuts being served. For every presenting donor - **FREE FOOD** and a coupon good for a **FREE pound of Dunkin' Donuts Coffee.** Walk-ins are Welcome!! **Make an appointment by calling 1-800-RED- CROSS**

## Tops Gas/Food Raffle

We are all feeling the effects of higher prices. In an attempt to bring you an interesting fundraiser that will benefit our Senior Centre, we will hold a Tops Gas/Food Raffle. Tickets will sell for \$10 each and the total of prize money given away will be \$3,000 which can be used for either gasoline or groceries. Watch your mailbox for your chance to help the Centre. Drawing will be held at the Basket Raffle **April 14.**

## An Afternoon Delight Basket Raffle and Luncheon

*Saturday, April 14*

At Lockport's Cornell Cooperative Extension Banquet Hall catered by Donna Eick, 4487 Lake Avenue. Ticket Price: \$25 includes lunch and 5 raffle tickets. Doors open at 11:00 a.m. and lunch served at 12:30 p.m.

### Art Class With Beth

Come and join Beth Guilmart for this fun and simple art class every **Wednesday at 9:30 a.m.** You will leave with a finished project at the end of every class. All supplies are included. **Cost: \$5 per class**

### Income Tax Preparation

Do you need your 2011 income taxes prepared? Call the information desk at The Centre, 433-1886 to schedule an appointment time. Appointment times beginning **February 1** are as follows: **Tuesday, Wednesday, and Thursday 9:00, 10:00, 11:00 12:30, 1:30, 2:30 and 3:00.** Please bring your 2011 income tax information and your completed 2010 tax return with you to your appointment. This is a free service, but donations are greatly appreciated as they support the programs and services of The Dale Association's Lockport Senior Centre.

## Value?

It means getting more  
from your Medicare plan.  
Visit [www.UniveraMedicare.com](http://www.UniveraMedicare.com)  
to learn more about  
cost cutting options.  
Call 1-800-671-6068.

  
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### Timely Topics

If you are newly retired or have a free Friday morning we have a great program for you!! The Dale Association's Timely Topics Group meets from 9:30 -11:00 a.m. every first and third Friday of the month. New participants are always welcome. The group has lively discussions on issues of local and world interest. Group facilitator Marion Hannigan invites speakers and uses Power Point Presentations, lectures, and readings to launch discussions. "It is well established that we need to keep our minds engaged and active throughout our lives. This diverse group looks at issues from many different perspectives making the discussions thoughtful, timely, interesting, educational, and most importantly, fun!! Participants are welcome to attend any or all of the presentations; no pre-registration is necessary. Fee: \$1.00.

**Friday, January 6, 2012** – Beverly Federspiel, Director, Lockport Public Library – *"Library Services"* (e-books, computers, homebound services, etc.) Also from the library's collection – "Good Reads for Snowy Nights"

**Friday, January 20** – Edna Stubbs, Historical Presenter – on *"Belva Lockwood"* – Niagara County resident, Lockport teacher, first woman to practice before the US Supreme Court, candidate two times for President of US (1884 and 1888), active in the Suffragette Movement and World Peace Movement

**Friday, February 3** – Ann Marie Linnabery, Assistant Director and Education Coordinator of Niagara County History Center – *"Examining the Beginnings of the Lockport Churches in the 19th Century"* (power point presentation also)

**Friday, February 17** – Melissa Dunlap, Executive Director of the Niagara County History Center – *"Famous Women of Niagara County Who Made Great Contributions to Niagara County and Beyond"*

# Generosity

## 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.

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

## 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. Legacy gifts to the Dale Association can be made through your will, life insurance, Charitable Gift Annuities, or IRA to name a few. The society was named in honor of Lorraine Brady who blessed The Dale Association with her support and generosity.

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

- Jean Laird Estate
- 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 Estate
- 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:

Wednesday, January 18, 2012 @ 9:00 a.m.

Thursday, February 16, 2012 @ 12:00 Noon

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 Fax 433-1212

Or e-mail [Maureen.Wendt@daleassociation.com](mailto:Maureen.Wendt@daleassociation.com)

### All Meetings take place at

The Dale Association,

33 Ontario St. Lockport NY 14094



## *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*



## Donations Received In October and November

The following is a list of individuals who have given to The Dale Association during October & November. 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 St, Lockport, NY 14094. All donations are tax deductible.

### Annual Campaign in Memory/Honor

Michael and Monica Pullano in honor of Dave and AnnaBeth Kinyon  
Louis and Reggie Rosati in memory of Stella L. Rosetti  
Louis and Reggie Rosati in memory of Virginia “Ginny” T. Woodside  
Ralph and Judy Salvagni in honor of Linda VanBuskirk and Dorathy Gallo

### PROS Program

Lockport Public Library

### Memory Minders

Barker Senior Citizens

### Memorials

Lois Aiken in memory of Matthew Lanighan  
Marilyn Bonapace in memory of Suzanne Welge  
Mark and Carolyn Buri in memory of Matthew Lanighan  
William and Diane Foote in memory of Matthew Lanighan  
Daniel and Cynthia Lago in memory of Melva Roberts

### Senior Centre

Grace Bigpaman  
Eunice Hernberger  
Lockport Duplicate Bridge in memory of Bill Rieker  
Sanbornite Seniors in honor of the Bag Ladies and Line Dancers  
Tennyson Court Residence in honor of the Bag Ladies and Line Dancers  
Town of Lancaster Senior Citizens in honor of the Bag Ladies and Line Dancers  
Lyal and Helen Weaver

### Annual Meeting and Awards Ceremony

W.P. Michael Alexander  
Samuel Clogston  
Marce Eichinger  
Gina Giese  
Joseph and Susan Moll  
Caroline Murphy  
Robert Pusateri  
James Voutour  
William Watson

### Annual Campaign Donations

W.P. Michael Alexander  
Richard and Phyllis Boyd  
Carole Doebler  
Joyce Ladd  
Esther Owens  
Don and Diane Peck  
James and Carol Spedding

### Vision and Hearing Impairment Program

Youngstown Lion Club  
Richard Allen

### Dale Hearts and Caring People Campaign

James Olson

A correction from the November-December “Power Up” issue, Leo and Donna Lewandowski made a donation in memory of Matthew Lanighan.

# Volunteer Opportunities

*Kindness is the language when the deaf can hear and the blind can see”*  
**Mark Twain**

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 services.

The Red Cross will be looking for **volunteers for the Blood Drive on Thursday, January 5**. If you are interested in helping, please give Colleen Slate a call at 433-1886.

Patty Rockwood is always looking for volunteers for her **intergenerational programs**. 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 433-1886 to find out more about these opportunities.

We have an agency **Dale Association cable show** every Thursday at our local LCTV television studio. We are currently looking for volunteers to help with our show on Thursdays. The time commitment is about 2 hours each week. You will have hands on learning experience with the LCTV staff. Lots of fun –Come try your hand at running a camera!! Call Colleen Slate if interested at 433-1886.

We continually look for volunteers to help 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 433-1886 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 433-1886.

We are looking for volunteers for our **CARE** (Call and Reassure Elders) program. This program connects a volunteer with a homebound senior with a phone call each day. If you are interested in this program, please give Angie Blackley a call at 433-1886.

If you would like further information about volunteer opportunities here at The Dale, please give Colleen Slate a call at 433-1886.

*“How wonderful it is that nobody need wait a single moment before starting to improve the world.”*

**Anne Frank**

## Holiday Cookie Shoppe

Thank you to everyone that helped support our Holiday Cookie Shoppe. Whether you purchased cookies, baked cookies, or volunteered your services that day – THANK YOU! A special Thank You to Karen Langdon for organizing the event for The Centre.



**What's most important to you?**

If you or a loved one are dealing with a serious illness, you may have been told nothing more can be done.

*So what's most important to you now? Whatever it is - something else can be done.*

**NIAGARA HOSPICE**

**439-4417**  
NiagaraHospice.org

*For comfort, dignity, choice - call Hospice, we can help.*

# Game On!



## Cribbage

Our weekly Cribbage Tournaments continue on **Tuesdays, 9:30 - 11:30 a.m.** Volunteers help organize the tables, collect the ante and payout the weekly cash prizes. 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 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 Schomers at 434-8635.

## Dominoes

The domino players meet at **9:30 a.m. on Thursdays.**  
**Free**


## Pool Anyone

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

## Senior Bingo

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

## BINGO

Every Friday at 7:00 p.m. 

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

## Card Tournaments

♦ **6-week Euchre Tournament Beginning Wed., Feb.8**

♦ **6-week Bid Pitch Tournament Beginning Wed., March 21**

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 Fedak at 433-1089 if you have any questions.

## AARP Driver Safety Program

Important change to the AARP Drive Safety Program – As of January 1, 2012, the price of the program classroom course in New York will increase to \$17 for AARP members and \$19 for non-members.

**Mon & Tues, February 6 & 7; 12:30 – 3:30 p.m.**

**Monday, March 5; 9:00 a.m. -4:00 p.m.**

**Instructor: Gloria Brown**

**Class has a one hour lunch break**

## CANALSIDE FINANCIAL, INC.

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### Philip E. Russell, CLU, ChFC

Vice President

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a registered investment adviser.

# Calendar

January-February 2012



## Birthday Bucket Winners

October- Anthony Lunetta ♦ November- Eunice Hernberger

Day	Activities	Events
<b>Mon</b>	<ul style="list-style-type: none"> <li>♦ 9:30 <b>Social Sewers</b></li> <li>♦ 10:00 Yoga with Liz</li> <li>♦ 10:00 Memory Minders Program</li> <li>♦ 11:30 Lunch</li> <li>♦ 1:00 Piano Lessons</li> </ul>	<ul style="list-style-type: none"> <li>♦ January 9 12:30 Blood Pressure</li> <li>♦ January 23 Batavia Casino</li> <li>♦ February 6 12:30 Blood pressure</li> <li>♦ February 6 12:30 Defensive Driving</li> <li>♦ February 13 1:00 Tea Roses Party</li> <li>♦ February 13 9:30 Seneca Niagara Casino</li> <li>♦ February 28 5:00 Senior Blue</li> </ul>
<b>Tues</b>	<ul style="list-style-type: none"> <li>♦ 9:30 <b>Candy</b> and Cribbage</li> <li>♦ 10:30 Chair Exercise Class</li> <li>♦ 11:30 Lunch</li> <li>♦ 1:00 Piano Lessons</li> <li>♦ 1:00 Bridge</li> <li>♦ 7:15 Duplicate Bridge</li> </ul>	<ul style="list-style-type: none"> <li>♦ January 17 10:00 Info and Assistance</li> <li>♦ January 31 2:00 Senior Blue</li> <li>♦ February 6 12:30 Defensive Driving</li> <li>♦ February 21 10:00 Info and Assistance</li> </ul>
<b>Wed</b>	<ul style="list-style-type: none"> <li>♦ 9:30 Art with Beth</li> <li>♦ 11:30 Lunch</li> <li>♦ 1:00 Quilting</li> <li>♦ 1:00 Card Tournament</li> <li>♦ 5:00 Yoga with Liz</li> </ul>	<ul style="list-style-type: none"> <li>♦ January 11 10:30 Free Health Seminar</li> <li>♦ January 11 10:00 Senior forum meeting</li> <li>♦ January 18 9:00 Explore Our Heart</li> <li>♦ January 18 10:00 Senior Blue</li> <li>♦ January 18 12:30 Blood Pressure</li> <li>♦ January 25 3:30 Free Hearing Screening</li> <li>♦ February 15 12:30 Blood pressure</li> <li>♦ February 15 10:00 Senior Blue</li> <li>♦ February 29 3:30 Free HearingScreenig</li> <li>♦ February 29 10:30 Ready America Seminars</li> <li>♦ February 29 4:00 PROS Art Show</li> </ul>
<b>Thur</b>	<ul style="list-style-type: none"> <li>♦ 9:30 <b>Dominoes</b></li> <li>♦ 10:30 Chair Exercise Class</li> <li>♦ 11:30 Lunch</li> <li>♦ 1:00 Senior Bingo</li> <li>♦</li> </ul>	<ul style="list-style-type: none"> <li>♦ January 5 11:00 Red Cross Blood Drive</li> <li>♦ January 5 10:00 Univera</li> <li>♦ January 12 10:00 HIICAP</li> <li>♦ January 26 10:00 Univera</li> <li>♦ January 26 2:00 Univera</li> <li>♦ Feruary 9 10:00 HIICAP</li> <li>♦ February 16 12:00 Explore Our Heart</li> </ul>
<b>Fri</b>	<ul style="list-style-type: none"> <li>♦ 9:30 Timely Topics 1st and 3rd Friday</li> <li>♦ 10:00 Memory Minders</li> <li>♦ 11:30 Lunch</li> <li>♦ <b>7:00 Bingo</b></li> </ul>	<ul style="list-style-type: none"> <li>♦ <b>February 10 Pen Pal Letters Due</b></li> </ul>
<b>Sat</b>	<ul style="list-style-type: none"> <li>♦ 1:00 Duplicate Bridge</li> </ul>	

# Current Events



## The Dale Association Bids Farewell

The Board of Directors and staff of The Dale Association say a fond farewell to board member Roger H. Winner, who passed peacefully on October 10, 2011. Roger's contributions to The Dale Association were vast. His leadership, integrity and oversight will be sorely missed. His legacy lives on in the hearts of those who knew him and in his permanent mark on our building at 33 Ontario Street. Roger was born in Gasport, NY in 1926 and married Doris Langenbacher in 1948. Together they have three sons, three daughters, nine grandchildren, and six great-grandchildren. We extend our heartfelt condolences to the Winner family and remember Roger with great respect.

## Open Senior Forum Planning Committee

The Dale Association Senior Centre will be hosting our annual Senior Forum in May, date to be decided yet. Local dignitaries will be present to answer pre-determined questions submitted by a senior citizen focus group. Invited guests to be will be announced in future Power-Up additions. If you would like to participate and be involved in the decision making process that pertains to seniors in Niagara County and New York State please join us at our first meeting on **Wednesday January 11th**, 10am at the Centre, 33 Ontario St., Lockport. For additional information call 433-1886 and ask for Angie Blackley.



**We proudly offer individual and group counseling and mental health services to adults 18 and older :**

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716-433-1937  
Angel Pletcher, Director

### Outpatient Counseling & Treatment Center

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Trish Copeland, Director

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



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# Out & About

## Day Trips: Batavia Casino

Have a fun day gambling at the Batavia Casino on **Monday, January 23** and Tuesday, April 10. You will receive a \$10 coin voucher and \$5 food voucher upon arrival at the casino. We will leave the Centre by school bus at 9:30 a.m. and return at 4:00 p.m. If we have over 35 people we will try to take a motor coach.

**Cost: \$20 per person**

## Seneca Niagara Casino

Try your luck gambling at Seneca Niagara Casino on **Monday, February 13**. You will receive a \$10 coin voucher and \$5 food voucher upon arrival at the casino. We will leave the Centre by school bus at 9:30 a.m. and return at 4:00 p.m. If we have over 35 people we will try to take a motor coach.

**Cost: \$20 per person**

## Sprague's & Slots

We are off to the Southern Tier to enjoy breakfast at Spragues's Maple Farms on **Tuesday, March 13**. After breakfast and shopping we will travel to Seneca Allegany Casino for a fun time of gambling. Incentives were not available at press time.

**Cost: TBA**

## BPO Glenn Miller Orchestra Coffee Concert

Join us on **Friday, March 2** for the BPO & Glenn Miller Orchestra Coffee Concert. Enjoy coffee with bagels, donuts and muffins in the morning followed by the concert. Then on the way home we will stop at Cracker Barrel for lunch on your own. Leave the Centre at 8:00 a.m. and return at 3:00 p.m.

**Cost: \$62 for members or \$82 for non-members**

## Travel Group

Join us for our monthly travel group scheduled on **Monday, January 30 and February 27 at 1:00 p.m.** We will discuss the upcoming trips for this year! Everyone is welcome. (Please note date change in January)



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- TRAVEL GROUP -  
Monday, January 30 and February 27 at 1:00 p.m.



## Extended Trips:

### Shades of Ireland

Travel with us to the Emerald Isle on **March 20-29**. Some of the highlights include visits to Limerick, Cliffs of Moher, Galway, Killarney, Blarney Castle, Kilkenny, Dublin, overnight in a castle and much more. **Cost \$2,658 per person double occupancy (Non-member rates are higher)**

### California

Sign-up early for this beautiful 8 day journey along the California coast on **September 18-25**. Some highlights include San Diego Historic District, a Harbor cruise, Balboa Park, Mission San Juan Capistrano, Golden Gate Bridge, Big Sur, Highway 1, Hearst Castle, Monterey Peninsula, Carmel-by-the-Sea, Fisherman Wharf's in San Francisco and much more. Also included is roundtrip airfare from Buffalo and 10 meals. For a complete itinerary, stop at the Front Desk.

**Cost: \$2,249 per person double occupancy for members (Non-member rates are higher)**

### Laurel Highlands Adventure

We will travel to Pennsylvania to visit Frank Lloyd Wright's Falling Water and Kentuck Knob homes on **June 11-13**. We will travel by motor coach to visit other highlights such as Memorial Flight 93, Johnstown Flood Museum, Horseshoe Curve, Mount Assisi Sunken Gardens and much more. You can get a complete itinerary at the Front Desk.

**Cost: \$459 per person double occupancy for members (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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## Montondos Seafood

### Fish--The Other Other White Meat!

America's nutritional guidelines recommend replacing meat with fish for at least two meals per week. Studies have proven that increasing your fish consumption will lessen heart disease and enhance overall health. Montondo's Seafood--your neighborhood source for quality fish and seafood--can assist you in this endeavor. Montondo's Seafood, located at 201 East Avenue, is celebrating our 95th year in business, so it's safe to say we know our seafood! As both a wholesale supplier to many area restaurants and a walk in retail operation, our employees are both knowledgeable and helpful. Please allow us to assist you in selecting the type of seafood that will fit both your budget and your tastes. We can also offer tips on how best to prepare your selections. Basic fish/seafood preparation is very easy and can be quick as well. Why not give the following recipes a try?

#### Spinach and Fish Bake

- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 1 cup sharp Cheddar cheese
- 1/3 cup dry bread crumbs
- 1 egg, beaten
- 1 pound cod fillets (any white fish can be substituted)
- salt and pepper to taste

Directions:

1. Preheat oven to 325 degrees.
2. In a bowl, mix the spinach, 1/2 cup cheddar cheese, about 4 tablespoons dry bread crumbs and the egg. Spread the mixture into the bottom of a small baking dish. Arrange the cod fillets on the top of the spinach mixture and season with salt and pepper. Top with remaining cheddar cheese and bread crumbs.
3. Cover and bake 20 minutes in the preheated oven or until the fish flakes easily with a fork.

### Almond-Topped Fish

Ingredients:

- 1 tablespoon butter or stick margarine
- 1 small onion, thinly sliced
- 4 (6 oz.) cod/haddock/white fish fillets - fresh or frozen/thawed
- 1 teaspoon seasoned salt
- 1/2 teaspoon dill weed
- 1/4 teaspoon pepper
- 1/4 cup grated parmesan cheese
- 1 tablespoon minced parsley
- 1/4 cup mayonnaise (regular or fat free)
- 1 tablespoon lemon juice
- 2 tablespoons sliced almonds, toasted

Directions:

1. Place butter in a 13 inch X 9 inch X 2 inch baking dish; place in a 400 degree oven until melted. Spread butter over bottom of dish; cover with onion. Arrange fish over onions; sprinkle with salt, dill and pepper. Combine the parmesan cheese, mayonnaise, parsley and lemon juice; spread over fish. Bake uncovered at 400 degrees for 18 - 20 minutes or until fish flakes easily with fork. Sprinkle with almonds.

*Remember, eating fish/seafood at least twice a week will contribute to a healthy lifestyle. Montondo's Seafood, with our multi-weekly deliveries of fresh fish and seafood, is your local source for this valuable addition to your diet.*



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# Edward Jones



## FINANCIAL FOCUS

### *What Does Investment Landscape Look Like in 2012?*

As an investor, you know that 2011 was a somewhat “choppy” year, with the financial markets going through many ups and downs. So what can you expect in 2012? There are some factors that may affect your portfolio in the months ahead. Here are a few of them:

- **Strong business fundamentals** — This past year, all the noise about the debt ceiling debate, the size of the U.S. deficit and the European financial situation tended to drown out some fairly good news: U.S. businesses’ balance sheets were strong for the most part, borrowing costs remained low, and corporate profits were good — and corporate profitability remains a key driver of stock prices. Heading into 2012, these fundamentals continue to look positive, which may bode well for investors.

- **Europe’s debt crisis** — Greece’s economic problems made a lot of news in 2011, but they weren’t the end of the story in Europe, as major financial difficulties also face Italy, Spain, Portugal and Ireland. It’s by no means clear how these problems will be resolved, so don’t be surprised to see them lead to intermittent, if short-lived, shocks to the markets.

- **Election-year patterns** — As you’re well aware, we’re voting for president in 2012. But you might be surprised to learn that the S&P 500 index has shown negative returns in only three of the last 21 presidential election years. Coincidence? No one can say for sure — and at this point, no one can say if this pattern of positive returns will continue during this election year. Still, it’s an interesting phenomenon.

So there you have it: the good, the bad and the quirky. Take them all together, and you still may not be able to foresee what will happen with the markets this year, but you’ll have a lot to think about. But instead of trying to predict what will happen in 2012, you may be

better off following these tried-and-true investment strategies:

- **Diversify your holdings.** By spreading your money among a wide range of investments, you can reduce the effects of volatility on your portfolio. Keep in mind, though, that diversification, by itself, can’t guarantee profits or protect against loss.

- **Don’t ignore your risk tolerance.** If you worry excessively about market fluctuations, you may have too much risk in your portfolio, which means you may need to make some changes.

- **Always look at the “big picture.”** Financial markets will always fluctuate. But if you can keep your focus on your long-term objectives, and make decisions accordingly, you can avoid overreacting to short-term events.

Like other years, 2012 will bring with it periods of both turbulence and smooth sailing. But by making the right investment moves, you can still chart a course that can allow you to move ever closer to your future goals.

Ben Nicholson - 716-438-2521

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# Your Creative Side

## **Piano and Organ Lessons**

Private, half-hour lessons with accomplished instructor Mary Stahl is 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 - 5 p.m.*

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

## **Dog Obedience**

Trainer, Sue McNaught of Celtic Canines shows you how to work with your pet. For dogs 9 weeks and older. Bring dog, collar, 6-foot leash (*not chain*) and some bite size treats (*for the dog!*) Wear comfortable clothes and sneakers.

*(A) 8 weeks beg. Thurs., Jan. 12 - March. 1, 10-11:30*

*(B) 8 weeks beg. Thurs., March 8 - April 26, 10-11:30*

*Cost: \$70 member, \$95 non-member*

## **Basket Class**

Join Gail Schweigert for this Flower cutting Basket. The Basket is 8 1/2" tall and 5" in diameter. Supply list given at registration.

*5 weeks beginning January 12; 9:00-Noon*

*Cost: \$37 members, \$57 non-members*

## **Couponing Class**

During this 2 part class you will learn the basics of couponing combined with a few savvy coupon secrets like coupon stacking, that I hope will make you become a pro at saving money. You will learn how to find great websites for printable coupons, how to understand store coupon policies organization skills and more.

*(A) Wednesday Jan 25; 1:00-3:00 p.m.*

*(B) Monday Jan 30; 5:00-7:00 p.m.*

*Cost: \$15 per member; \$18 per non-member*

## **Painted Stain Glass Candle Lantern**

Learn how to make this hand painted stain glass lantern. You will learn a simple technique that you can use over and over. The sparkling glass walls of this graceful lantern come alive with vivid hues when lit by a candle's flame! Use indoors or out with a battery powered candle or a wax candle, your choice.

*3 part class beg. Mon., Jan. 30; 1:30 - 3:30 p.m.*

*Cost per class: \$32 member, \$44 non-member*

*Plus \$8 materials fee*

## **Introduction to Computers**

If you are new to computers and want a short intro class that moves at a leisurely pace giving you plenty of time to practice what you are learning this is the perfect class for you! Instructor Beth Guilmart takes you step-by-step through how to use the mouse, open a program and write a letter. Then get on the Internet, send an email and learn how to do a simple search...all in a casual, relaxed setting.

*4 classes beginning Tuesday, Feb 7, 9, 14 & 16; 1:30 - 3:30 p.m.*

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

## **E-Bay is Easy!**

Learn about the online auction process; from determining the value of items to buying and selling through the Internet; Beth Guilmart shows you how to see E-Bay and Paypal in this Intro class.

*(A) Tues Feb. 21 & Thurs. Feb. 23; 1:00-3:00 p.m.*

*(B) Mon. Feb. 27 & Wed. Feb. 29; 4:00-6:00 p.m.*

*Cost: \$42 per member; \$67 per non-member*

## Private Computer Lessons

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 with lesson at the Dale, \$35 for in home lessons**

## Celiac and Allergy friendly cooking class

Lisa Lundy, the author of *The Super Allergy Girl Cookbook* will teach this 3 day course. She will deal with issues surrounding food allergies, celiac disease, the gluten-free diet, the gluten-free/ casein-free diet, and other allergies including lactose, eggs, and nuts. She will help you bake and cook great foods for you and your family minus the offending gluten, dairy, eggs, tree nuts, peanuts, or other allergens. The first class will deal with appetizers, and soups, the second class you will make some main course dishes and the third class you will make some fabulous baked goods and desserts. This class will be an interactive class where you can cook and then eat your creations.

**3 part class: Thurs., Feb. 12, 9, 16 ; 6:30 p.m. – 8:30 p.m.**  
**Cost: \$45 per member; \$52 per non-member plus \$7 materials fee**

## The Road to Recovery: Client Art Show

Make plans to join us on **February 29, from 4:00-6:00 pm**, at our PROS Center for Wellness (33 Ontario Street, Lockport) for our annual client art show. Participants in our PROS Center for Wellness are encouraged and supported to express their feelings and challenges through various art methods. Art Therapy, as described by The American Art Therapy Association, “is the therapeutic use of art making, within a professional relationship, by people who experience illness, trauma or challenges in living, and by people who seek personal development. Through creating art and reflecting on the art products and processes, people can increase awareness of self and others, cope with symptoms, stress and traumatic experiences; enhance cognitive abilities; and enjoy the life-affirming pleasures of making art.”

Angel Pletcher, Director of our PROS Center for Wellness invites you to come to the art show, “We’re so proud of our artists! They have allowed art to help with personal recovery and wellness goals.”

“ This very intimate collection of art represents the private challenges, hopes and dreams of a special group of people. Audience members are sure to be impressed and delighted with the exhibit”, Kristin Penny-Dunlap, Wellness Counselor and Art Therapist, PROS Center for Wellness.



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# Centre Events

Insurance Company Representatives will be at the Centre to answer questions:

**Senior Blue-** Wednesday, **January 18 and February 15** at 10:00 a.m. Seminar and **January 31 and February 27** at 2:00 and February 28 at 5:00 p.m.

**MPV Health Care** - Please call for dates and times.

**Univera Healthcare** - Thursday, **January 5** at 10:00 a.m. and Thursday, **January 26** at 10:00a.m. and 2:00 p.m.

**Independent Health-** Please call for dates and times.

## Photos From Cover:

1) **Recreation:** Bridge players meet for a fascinating game of partnership, where players analyze, deduce, recall and focus for a winning hand. *See p. 13 for more fun games.*

2) **Enrichment:** Artist Colleen Burgio (pictured on cover), guides students of all ages in oil painting, where they learn to enhance their creative skills and take home a personal masterpiece. *P. 20 features all current creative classes.*

3) **Generations:** Connections abound in our inter-generational programs, where volunteers enhance the learning for Lockport's school-age children. Students like Cody Stanley, age 10 (pictured on cover) enjoy talking with and listening to volunteers. *Our Intergenerational programs are detailed on p. 7.*

4) **Community Involvement:** Partnering with other community and civic groups, like the boy scouts (pictured on cover) benefit many with their service projects. *To volunteer or enroll your group, call Colleen Slate at 433-1886.*

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Full payment is required at the time of registration.

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1.  **BY TELEPHONE** using your MasterCard or Visa, call 716/433-1886
2.  **IN PERSON** Monday-Thursday, 8:30 a.m.-7:00 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 or Trip Title	Fee
<i>Dale Association Membership</i>	
<i>Date of Birth:</i>	
<i>Tax Deductible Donation</i>	
<b>TOTAL AMOUNT ENCLOSED</b>	<b>\$</b>

**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: \_\_\_\_\_ 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

\*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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United Way of Greater Niagara

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

## The Dale Association's Board of Trustees

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## Directory of Services

### Senior Services:

33 Ontario Street, Lockport, NY 14094  
 Lockport Senior Centre . . . . . 433-1886  
 Dial-A-Lift . . . . . 433-1886  
 Center for Travel . . . . . 433-1222  
 Senior Counselor . . . . . 433-1886  
 Memory Minders . . . . . 433-1886  
 CARE Telephone Reassurance . . . 433-1886

### Self Enrichment Activities:

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  
 PROS Center For Wellness . . . . 433-1937

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:

Bewley Building, Suite 315  
 Lockport, NY 14094  
 "INCHARGE"  
 Homecare Program. . . . . 433-4442  
 9 Ontario Street, Lockport, NY 14094  
 New York State Long-term Care  
 Ombudsman. . . . . 433-3344  
 Visual & Hearing Assistance . . . 433-4441

### Administration Offices:

Bewley Building, Suite 315  
 Lockport, NY 14094  
 Administrative Offices . . . . . 433-4440  
 Marketing, Development  
 & Planned Giving . . . . . 438-2414