

**NORTH TONAWANDA
SENIOR CITIZEN CENTER**
110 Goundry Street North Tonawanda, NY 14120
Telephone: 695-8582—Fax: 695-8530
Facebook: North Tonawanda Senior
Citizen's Center

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N. Tonawanda, NY
PERMIT NO. 75

Return Service Requested

Pamela A. Hogan M.S.
Recreation & Senior Coordinator

JANUARY 2021

Why a COVID-19 Vaccine is Key For Returning to Normalcy

For many, the COVID-19 pandemic has reduced life to a sliver of what it was— with a restless feeling that nothing can be done to reclaim it. But there is one last crucial step for us to take before we can return to our pre-coronavirus lives. Get a COVID-19 vaccine when it's available.

“If we want a society where the economy is back and people can have weddings again with their relatives, we have to have substantial uptake (of a vaccine).” says Saad Orner, an infectious Diseases epidemiologist and director of the Yale Institute for Global Health.



The goal is reaching herd immunity— community protection from a virus that's accrued once a sufficient percentage of the population is immune. In the U.S. Early data suggested we will likely need at least 70 percent of the population, or at least 229 million Americans, to be immune before it is safe to resume normal life, according to the John Hopkins Bloomberg School Of Public Health. Vaccinations are the safest way to get there with the fewest number of infections. And their success requires an all-hands-on-deck approach.

-Health Magazine 2020

PUZZLES

Donations of puzzles are always welcome and appreciated Thank you to Sherri Lynn who donated approximately a dozen brand new Winter and Holiday puzzles to the Senior Center last month. They were given out free at the center and in our Little Library!!



NIAGARA COUNTY NUTRITION

Sharon Lewis, Nutrition Site Director

Niagara County offers a lunch program at the center at 11:45am Monday-Friday. The suggested donation for a lunch is \$3.25. One WEEK notice is now required.



Roundtrip transportation is also available. Please call 694-2105 for making or canceling a reservation. Monday-Friday 10am-12:30pm .

INFORMATION

& REFERRAL PROGRAM

If you need assistance with any medical insurance questions, applications or any type of referrals please call 438-3030 (NY Connects). They will be able to assist you.

REMEMBRANCE PLAQUE

If you are interested in purchasing a plaque in memory of a passed member please contact the office for payment information and procedure.

All proceeds will go to the Senior Center General Membership. Our Remembrance Plaque is in the main entrance of the Senior Center. 695-8582.

MINI GROCERY -Chrystal Manzare

We have continued with the mini grocery shopping program throughout the Covid-19 pandemic on a very limited basis. Chrystal is our only driver. Chrystal will take seniors one at a time on Wednesdays only to Tops or Budweys.

If you are in need of a ride please call the office on any weekday morning and I will contact Chrystal and have her return your call with a time slot for you. This service is available to North Tonawanda residents only. This service cost \$2.00 round trip

BROWSE OUR SHELVES

If you would like to come borrow or drop off books to our inside library please call the senior center at 695-8582 and make an appointment. You can come in by yourself for a short time keeping your mask on at all times.



You will be asked to sign a Covid-19 form and your temperature will be taken at the door upon enter.

GREETING CARDS

We also have free greeting cards at the senior center for many occasions. A few cards are set out in the little library for your convenience.

If there is a different occasion card you are looking for, please just call the office at 695-8582; make an appointment and come choose from a variety of cards we have in stock. The staff will give you a variety to choose from. These cards are free of charge. When you call for an appointment please tell the staff what type of card you are looking for, so we can prep ahead of time.

SERVING OTHERS...

***Just an update, we donated over 250 Christmas cards with a simple Christmas craft to local nursing home residents this past Christmas season! - Thank you to all of those who donated Christmas cards and thank you to Sharon, Sue & Madysen for filling out the cards.



ATTORNEY-Gary Billingsley

The Office for the Aging has a legal assistance program for anyone 60 and over living in Niagara County. The suggested donation for each consultation is \$20.00. Please pay the attorney directly. This office does not collect his donations.

The next time the attorney will be at our center is Wednesday, January 20th. If you would like an appointment please call 434-5783 to schedule one.

SUNSHINE CLUB-Sharon Lewis

Hear of someone ill or injured? Please let the office or Sharon know so she can send out a card promptly. Donations of cards or stamps are always appreciated.

Greeting cards are available free at the center during the pandemic. I am placing them in the Little Library and in the Little Food Pantry outside.

LITTLE LIBRARY

For the love of reading!

Take a few... in the flower circle out front is a "Little Library" which is available everyone 24/7. I am always filling it with different books, puzzles, crosswords and small crafts.

Please feel free to take or leave items people young and older may enjoy. During this difficult time, its nice to help each other pass the time in a positive manner.

ANNUAL DUES

ANNUAL DUES! At this time the office remains "closed" to the public. Please mail in your dues by check. The dues remain the same rate of \$4.00 per year. **Please mail your check to 110 Goundry Street North Tonawanda.**

Please make checks payable to the North Tonawanda Senior Center. You can also pay online at NTParksrec.com with a major credit

LITTLE FOOD PANTRY



All are welcome to use the little food pantry located outside in front of our senior center. Please take only what you need and leave what you can.

ARTS & CRAFTS DROP OFF

We are continuing with our arts & crafts drop off program. This is a free program for any senior living in North Tonawanda or any paid member. Please contact the office if you are interested.



We have several little crafts to choose from and we will bring them to your home free of charge. If you would like to see a sample of the crafts please see our Fa-

cebook page: North Tonawanda Senior Citizen's Center.

These are cute little crafts that can be done, by yourself or with your grandchildren. Please take advantage of this free program and enjoy!! This month we have Winter & Valentine crafts!

WEDNESDAY WORD SEARCH

Madysen Manzure

Every Wednesday lunch participants can enjoy a game of word search. The first one to finish will win a prize!

If anyone would like a copy of the word search of the week and lives in North Tonawanda, please call the center and we can drop one off to your home free of charge. Please call the office at 695-8582.

MOTIVATIONAL MONDAYS

SUE WELLS- Facebook

Join Sue every Monday for "Motivational Mondays on our Facebook page

Every Monday morning please tune in to our Facebook page and interact with Sue for her Motivational Mondays! This will brighten your day and get your week starting off in the right direction

50 YEARS NT SENIOR CENTER FAVORITE RECIPE COOKBOOK. (1970-2020)

We missed our 50th Anniversary for the Senior Center due to the pandemic... so I would like to put together a "cookbook" of the seniors favorite recipes.

Please start mailing them in. When this pandemic is over; the cookbook will be distributed to all of our paid members.

We will be randomly placing a few on our Facebook page and in our newsletter for those who would like to try them out. Let us know what you think!!

HOW TO KEEP IN TOUCH!

**North Tonawanda Senior
Citizen's Center**



The center is starting a email data base. Please contact us if you happen to use email and have an email address.

CARE CALLS

During this time of uncertainty, we here at the NT Senior Center remain concerned about our seniors. Each afternoon we will be calling a few seniors to just check in and see how you are doing and see what your needs are, and maybe we can help.

So to help us along, if anyone know of someone who is in need of a phone call or in need of something or some type of service you feel we may be able to provide feel free to reach out to us.

We are here to help. 695-8582.- God's Speed
- Pam

FAVORITE RECIEPES & DEMO COOKING ON FACEBOOK

I see many of you have found us on Facebook! Thank you to everyone who has sent in recipes to share! It is fun seeing different variations on some old favorites and some new and upcoming cooking methods.



We will continue to share the recipes on Facebook and will do a video once and a while!

We cannot wait to see you all again, and we will be sure to have a big “pass the dish” to celebrate the end of this “Covid-19” era. Until then, stay healthy and keep those recipes coming. We have a cookbook to make.

Important Numbers For Services:

HEAP: 438-4016

NIAGARA COUNTY MEDICAL RIDES:
438-4038

FOOD STAMPS: 278-8400

NIAGARA COUNTY OFFICE FOR AGING:
438-4020- Main Number

NY CONNECTS: 438-3030

NIAGARA COUNTY OFFICE FOR AGING
ATTORNEY: 434-5783

SOCIAL SECURITY ADMINISTRATION:
800-772-1213

Wise Words...

“Help when you can
Be there when you can.
Encourage when you can.
A truly happy life comes
from giving more than you take.”

Food Safety During Power Outages

During power outages, food spoilage can be a serious problem when refrigerators and freezers lose power. Consumers can help avoid spoilage and foodborne illnesses in their homes by making sure foods stay properly refrigerated during a power outage.

Be prepared

Make sure –before an outage– that the refrigerator is set below 40 degrees. Stock up on nonperishable foods that don’t require refrigeration and choose single-serve sizes if available to avoid the need for refrigeration of unused portions. Consider these easy, nutritious, shelf-stable foods:

- **bread & grains:** single-serving boxes of whole-grain cereal, trail mix, energy bars, granola bars, cereal bars, bagels, crackers and popcorn.
- **fruits & vegetables:** carrot and celery sticks & other cut-up raw vegetables, grapes, single-serve applesauce, whole fruit (apples, peaches, bananas), dried fruit mix and juice boxes.
- **dairy:** single-serve milk or soy beverage boxes & non-refrigerated pudding cups
- **Meat & other protein sources:** can of tuna, peanut butter (for sandwiches or with celery and apples), nuts and single-serve packages of peanut butter and crackers.

When the Power Goes Out

During a power outage, keep the refrigerator and freezer door closed and open them only when necessary. If power is restored within four hours, items in the refrigerator should be safe to eat. A full freezer will stay at freezing temperatures for two days if the door remains closed. A half-full freezer will stay at freezing temperatures for one day if the door remains closed.

Once the Power is Restored

When power is restored, check the temperature inside of your refrigerator and freezer. If it has risen to 45 degrees or higher, discard any potentially spoiled foods. Such foods include meat, poultry, fish, dairy & egg products, soft cheese, cooked beans, cooked rice, cooked potatoes, cooked pasta, potato salad, custard and pudding. Allow time for the refrigerator to reach below 40 degrees before restocking. And of course, when doubt, throw it out.

Monday**Tuesday****Wednesday****Thursday****Friday**

<p>4.</p> <p>Motivation Mondays— Facebook</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>5.</p> <p>11:45 Nutrition</p> <p><u>all for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>6.</p> <p>11:45 Nutrition Word Search Wed. Grocery shopping</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>7.</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>8.</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>
<p>11.</p> <p>Motivation Mondays— Facebook</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>12.</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>13.</p> <p>11:45 Nutrition Word Search Wed Grocery shopping</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>14.</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>15.</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>
<p>18.</p> <p>Motivation Mondays— Facebook</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>19.</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>20.</p> <p>11:45 Nutrition Grocery shopping Word Search Wed Attorney (appointments)</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>21.</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>22.</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>
<p>25.</p> <p>Motivation Mondays— Facebook</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>26.</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>27.</p> <p>11:45 Nutrition Grocery shopping Word Search Wed.</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>28.</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>	<p>29.</p> <p>11:45 Nutrition</p> <p><u>call for reservations:</u></p> <p>arts & craft drop off Browse our library shelves one at a time Care Calls</p>

January 2021

4. Breaded chicken fingers Fresh Au Gratin potatoes Peas & carrots Wheat dinner roll Tropical fruit	5. Hot roast beef sandwich with gravy Garlic mashed potatoes, mixed, vegetables, wheat hamburger bun, cookies	6. Turkey breast with gravy, sweet potatoes, green beans Bread dressing Marble pudding	7. Veal parmesan with Tomato sauce and penne pasta, cauliflower Italian bread apricots	8. Sweet and sour pork with crunchy noodles white rice, broccoli Mandarin orange delight with whip topping
11. Meatloaf with gravy, mashed potatoes, confetti corn, white bread Pumpkin Bavarian	12. Glazed ham Scalloped potatoes Green beans Rye bread Fresh fruit-orange	13. Baked chicken leg With gravy Seasoned brown rice Mashed squash Corn bread Applesauce gelatin	14. Macaroni & cheese Casserole, broccoli Wheat bread Deluxe fruit cup	15. Cheese tortellini With meat sauce Key west blend vegetables, Italian bread Cinnamon pears
18. Martin Luther King Jr Day No Lunches Served.	19. Grilled chicken breast sandwich on wheat hamburger bun, seasoned white rice, spinach pineapple	20. Beef stew, corn biscuit Fresh fruit-apple	21. Roast pork au jus Scalloped potatoes Carrots Wheat bread applesauce	22. Salisbury steak with gravy, mashed sweet potatoes, wax beans, wheat dinner roll, brownie
25. Chicken Ala King Carrots Biscuit Fresh fruit-tangerine	26. Spaghetti and meatballs with tomato sauce, broccoli, Italian Bread, Apple Crisp	27. Pork Riblet With BBQ Sauce Ranch mashed potato, mixed vegetables, wheat hot dog bun & cookies.	28. Stuffed cabbage with meat sauce, mashed potatoes, greens beans, wheat dinner roll and tropical fruit	29. Seasoned chicken breast with feta cheese Whole Greek seasoned potatoes, spinach, wheat pita bread and peaches