

Town of Niagara Senior Journal



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SPRING 2019

"Agency Spotlight"

EmPower New York

EmPower New York provides no-cost energy efficiency solutions to income-eligible New Yorkers. Nearly 135,000 of your neighbors are saving energy and saving money with EmPower New York — without spending a dime. Whether you own your home or rent, IVY LEA Construction, will be assigned to you to assess if your home would benefit from free energy upgrades such as:

- Home energy assessment to identify areas of possible energy improvements
- Tips on how to save energy
- Installation of high-efficiency lighting
- Attic and wall insulation
- Replacement of old, inefficient refrigerators and freezers
- Water-saving showerheads

First, find out if you are income-eligible.

Household Size	Maximum Gross Monthly Income	Maximum Gross Annual Income
1	\$2,391	\$28,692
2	\$3,127	\$37,524
3	\$3,863	\$46,356
4	\$4,598	\$55,176
5	\$5,334	\$64,008
6	\$6,070	\$72,840
7	\$6,343	\$76,120
8	\$7,063	\$84,760
9	\$7,783	\$93,400
10	\$8,503	102,040

Then, you can choose one of these three ways to apply:

Download the application

Fill out an application request and we'll send one to you. (continued page 2)

Senior Yoga/Exercise

Tuesday, Wednesday & Thursday

9:30-10:30 am

BINGO

Tuesday, Wednesday & Thursday 11 am-12 noon

Kim's Senior Transport

Kim's Senior Transport provides Transportation for:

- Doctor's appointments
- Grocery Shopping, Etc.
- Drop off and Pick up
- Service or Full Campion Care Service
- Use only as needed, call for appointment
- Call 754-8585 for rates and availability



"SAVE THE DATES" 2019 (Tentative)

Summer Picnic—July 25th, 11am-2pm, Veterans Memorial Park (Must sign up by July 18th)

Senior Fishing Derby—August 15th, 12:30-2pm, Veterans Memorial Park (Must sign up by August 8th)

Thanksgiving Luncheon—November 14th 11am-2pm, Active Hose Fire Hall (Must sign up by November 7th)

Christmas Luncheon—December 19th 11am-2pm at the Active Hose Fire Hall (must sign up by December 12th)

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Call 1-877-NYSMART

Once you have received your letter of approval, a participating accredited contractor will be in touch within a week to schedule an energy assessment of your home and its energy-using systems.

NYSERDA's contractors take a "whole house" approach: they look at how your house is heated, how well it keeps the heat in, how electricity is used, and your daily in-home activity. The assessment generally lasts one to three hours and identifies areas where energy efficiency, comfort and safety upgrades can be made.

During the initial visit, your EmPower New York contractor will evaluate your electricity use and cost, and may provide some minor improvements at no cost. Examples include:

- Install high efficiency lighting as needed
- Review and adjust your thermostat setting for maximum comfort and savings
- Check and adjust your hot water temperature
- Evaluate the need for high efficiency showerheads and aerators, and install if needed
- Measure the energy use of your refrigerators and freezers. These may be replaced with new ENERGY STAR models, at no cost to you, if your old appliances use a lot of energy
- Check for carbon monoxide and evaluate the need for CO and smoke detectors

Depending on your energy use, your EmPower New York contractor may also evaluate the need for additional measures to reduce your heating cost. Examples include:

- Evaluate your heating system and conduct a combustion efficiency test
- Inspect the heating distribution system: the ducts or pipes that bring you heat.
- Assess the insulation levels in the home, which usually involves probing the walls for insulation, inspecting the attic or roof insulation, measuring the home, and ensuring that insulation is in all the right places
- Measure the air leakage in the home, using a "blower door". This device helps us determine if the house is drafty, find the leaks, and make sure that the home still has sufficient fresh air after the work is done.
- Check for gas leaks if natural gas or propane are in use at the dwelling.

On the basis of this energy assessment, your EmPower New York contractor may recommend energy efficiency measures to NYSERDA. If the services are approved, the contractor will return to install them at no cost to you. (continued page 4)

Planning an Event

Birthday Parties

Holiday Parties

Anniversary Celebration

Family Reunion

Retirement

Bridal Shower

Calvin K. Richards Senior/Youth Activity Center, 7000 Lockport Road, Niagara Falls, NY 14305

Dates are available throughout the year for all parties. Please contact the Town of Niagara Recreation Department at 716-297-5243, ext. 1 for more information

Town Historian

Pete Ames, Town of Niagara historian needs your help. He is currently gathering information on people and places from the Town of Niagara. Do you have any materials that you would like to donate to the collection? He is most interested in photos of people and places. If you want to donate them, fine. If not, he would like to scan them so he can make a digital copy and give it back to you. So, if you have any kind of paperwork that relates to the town, Pete would like to hear from you. You can call him at 297-4429 or email him at pames@townofniagara.com. Any kind of paperwork is of interest. Menus, church bulletins, Military discharge papers, immigration applications, wedding or birth announcements, funeral cards, etc.. All are of value and will be saved for the future. Give Pete a call and he will be happy to talk to you about your connection to the town, and the possibility of sharing your items with him.



Need Help? Get Answers Dial 2-1-1

Where do you turn for quick and easy access to health and human services

Just dial 2-1-1. A knowledgeable and friendly specialist can refer you to the right people for assistance and needs, such as: basic needs; financial education; food assistance; free tax prep, holiday assistance, housing, job training, legal counseling, mental health, substance abuse, volunteer opportunities.

Find help you may not have even known existed.

Dial 2-1-1 or 888-696-9211 24 hours a day, 7 days a week or visit www.211wny.org

Services for people with developmental disabilities—
www.ddinfo.org: Services for people returning from a correctional facility—**www.wnynewstart.org**: Services for pregnancy and early parenting—**www.wnybabies.org**

Contact Information

Joe Proietti—Senior Citizens Director
Calvin K. Richards Senior Center
7000 Lockport Road, Niagara Falls, NY
716-297-5243
www.jproietti@townofniagara.com

Town Board

Supervisor Lee Wallace
Deputy Supervisor . . . Charles Teixeira
Councilman. Marc Carpenter
Councilman Samuel Gatto
Councilman Richard Sirianni
Town Clerk Sylvia Virtuoso

A Good Night's Sleep

Being older doesn't mean you have to be tired all the time. You can do many things to help you get [a good night's sleep](#). Here are some ideas:

- **Follow a regular sleep schedule.** Go to sleep and get up at the same time each day, even on weekends or when you are traveling.
- **Avoid napping in the late afternoon or evening,** if you can. Naps may keep you awake at night.
- **Develop a bedtime routine.** Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.
- **Try not to watch television or use your computer, cell phone, or tablet in the bedroom.** The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.
- **Keep your bedroom at a comfortable temperature,** not too hot or too cold, and as quiet as possible.
- **Use low lighting in the evenings** and as you prepare for bed.
- **Exercise at regular times each day** but not within 3 hours of your bedtime.
- **Avoid eating large meals close to bedtime**—they can keep you awake.
- **Stay away from caffeine late in the day.** Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.
- **Remember—alcohol won't help you sleep.** Even small amounts make it harder to stay asleep.

Is Your House Number Visible?

If an emergency responder needed to get to your house, could it be easily found? Street numbers of your house or building should be at least 3 inches in height and displayed in a manner that is plainly legible from the street at all times between sunrise and sunset. The color of the numbers should be in sharp contrast to the background. For houses far from the road or obstructed by trees a number should appear on **both sides** of the mailbox is helpful for anyone trying to locate your home.

“And now the rest of the story....”

I was walking home last night and decided to take a short cut through the cemetery...3 girls walked up to me and explained that they were scared to walk past the cemetery at night, so I agreed to walk them past the cemetery at night, so I agreed to let them walk along with me. I told them “I understand...I used to get freaked out too when I was alive.”

Never seen anyone run that fast

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Once all of the work has been completed, your EmPower New York contractor will perform final tests to ensure that the energy efficiency measures are performing exactly as they should.

Before, during or after the work, you may be contacted by NYSERDA's Quality Assurance and Quality Control inspectors. These teams work independently from participating contractors to ensure that the measures are installed correctly.