

Town of Niagara Senior Journal



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Nurture Your Relationships

According to Drs. Gay and Kathlyn Hendericks the 5 secrets of growing a Vital, Conscious Relationship are instrumental in attaining a healthy and lasting relationship.

1. **Become a master of commitment.** It's important to be aware of precisely what you are committing to, so you can realistically judge whether or not you have the capacity to follow through on the commitment.
2. **Make commitments you can stand by.** In a relationship, it is important to be honest and empathetic to each other's feelings, hopes, and dreams.
3. **Break the cycle of blame and criticism.** It is important to own your part in the relationship dynamics.
4. **It can be helpful to shift your attention away from "fixing the other person" and onto more creative expressions for resolving conflict.** Shifting the focus in this way will help inject more positive energy into the relationship.
5. **Become a master of verbal and nonverbal appreciation.** Showing appreciation of others is critical to a healthy relationships.

How Can I Grow My Social Network?

Work out. Join a gym or exercise group allows you to meet new people while exercising.

Take a walk with your pet. Volunteer. Donate some of your time and hard work to a charity. You'll feel good about the cause, and you'll meet others with similar passions. Find others who share a hobby, such as hiking, painting, scrapbooking, running, dancing, etc.

There are countless ways to grow your social network. Consider your interest and hobbies, and pursue them. You're bound to find others with similar passions. (Source: University of Minnesota)

Senior Center Update

Senior Center Update

The Senior Program will be re-opening September 8th for Yoga (9:30am), Bingo (11 am) and lunches (12 noon) The following rules will be in effect:

- Everyone's temperature will be taken at the door
- A COVID 19 screen form will have to be completed each day
- Masks will be required to be admitted into center
- 6 ft. social distancing must be maintained
- Areas will be sanitized before and after yoga, bingo and lunch
- Hand sanitizer will be available.
- Laminated bingo cards and plastic chips will be available. You may use your own bingo cards

See You in September!

"SAVE THE DATES" 2020 (Tentative)

Holiday Luncheon (Christmas & Thanksgiving) December 3rd 11am-2pm at the Active Hose Fire Hall

"SAVE THE DATES" 2021 (Tentative)

Easter Luncheon March 24th 11am-1pm, at the Active Hose Fire Hall

Senior Picnic July 22nd 11am-1pm at Veterans Memorial Park

Senior Fishing Derby August 12th- 12pm at Elmer's Pond, Veterans Memorial Park

Senior Concert August 19th 1-3pm, Veterans Memorial Park

Holiday Luncheon December 9th, 11am-1pm, at the Active Hose Fire Hall

Town Historian

"Hometown Heroes"

Would you like to be a part of the latest Town of Niagara project that honors our military men and women? We will be hanging banners throughout the Town of Niagara that contain a photo, veterans name, branch of service and the name of the sponsor(s). If you are interested in participating, please reach out to Tom/Nancy Tierney at 297-9109, John Teixeira at 228-0762, or Town of Niagara historian, Pete Ames at 297-4429. Any of us can provide you with an application. Once you fill in the information, let us know and we can pick up the application along with a photo and a check for \$150. Pete will scan the photo and return it to you. If you have any military paperwork, Pete would like to make a copy of it for the future. There again, the originals will be returned to you after he scans them.

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 716-405-7317 for rates and availability

Age is a matter of Mind.

And if you don't mind

It don't Matter!!



Getting Older is just one body part after another saying "HA , HA"

You think that's bad watch this!



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.

What is the Do Not Call Registry? The Do Not Call (DNC) registry allows you to register your landline or cell phone number in one central database to limit the telemarketing calls you receive. Calls from or on behalf of political organizations, charities, and telephone surveyors are exempt. Companies with which you have an existing business relationship may still call you (unless you ask them to place your number on their own do-not-call list).

How Do I Register? You can register your phone number online at <https://www.donotcall.gov> or by calling 1-888-382-1222 (TTY-1-866290-4236). If you register by phone, you must call from the phone number you wish to register. Once registered, your phone number remains on the DNC Registry.



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

Don't Be a Scam Victim

Over the last few years, scams have become increasingly difficult to spot. Unfortunately, the uncertainty surrounding the virus has provided scammer's a new opportunity. The best way to protect yourself against scams that target older adults and caregivers during this pandemic is education. Scammers are using email, text messages, social media, and the telephone to steal and defraud.

We recommend you follow these best practices to keep your money and information safe:

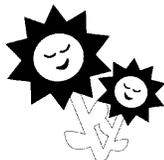
- Do not open emails or respond to texts from people or companies you do not know.
- Never click on links or attachments in an email or text you do not 100% trust.
- If you receive an email or text from your or retailer that makes you feel skeptical, call the customer service number on its official website.
- If you receive a phone call from anyone attempting to verify account information be wary. Government agencies will never request this information over the phone, and most businesses would never call or email you to ask for your security credentials.
- When shopping online, only purchase from sites that begin with "HTTPS", which means the site is considered secure.
- Watch for spelling errors on websites—many scams originate in foreign countries.

What to do if you have been scammed:

Report it. Reporting scams to law enforcement is important to help establish accurate statistics on how many people have been affected, which determines how many resources the FBI and other law enforcement will devote to breaking up rings.

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.



Due to Coronavirus concerns, Gary M. Billingsley, Attorney for the Elderly in Niagara County, will be conducting TELEPHONE consultations with Senior Citizens to the greatest extent possible.

Gary can be reached at any of the following telephone numbers:

716-434-5783

716-622-8892

716-438-4020

A message can be left for Mr. Billingsley at any of these numbers, and he will return any calls received as soon as he is able.

