

Town of Niagara Senior Journal

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Myths About Aging

Many people make assumptions about aging, what it is like to grow "old", and how older age will affect them. But as we are getting older, it is important to understand the positive aspects of aging. Research has shown that you can help preserve your health and mobility as you age by adopting or continuing healthy habits and lifestyle choices. Read on to learn about common misconceptions related to aging and older adults.

Myth 1

The older you get, less sleep you need.

We might wish this were the case, but older adults still need 7-9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk of certain health conditions.

Myth 2

Depression is normal in older adults

Although depression is a common mood disorder, it is not normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.

Myth 3

Older adults can't learn new things

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.

(continued page 2)

Senior Yoga/Exercise

Tuesday, Wednesday &
Thursday

9:30-10:30 am

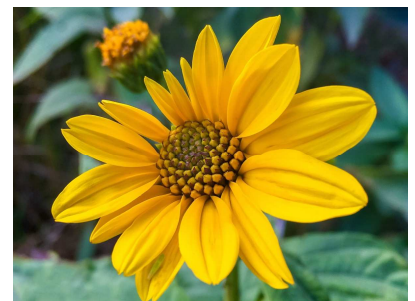
BINGO

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 716-405-7317 for rates and availability



(continued from page 1)

Myth 4

Memory problems always mean Alzheimer's disease

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious

Myth 5

Older adults do not need to exercise

Older adults have a lot to gain by being active—and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.

Myth 6

Only women need to worry about osteoporosis.

Although osteoporosis is more common in women, this disease still affects many men and could be underdiagnosed. While men may not be as likely to have osteoporosis because they start with more bone density than women, one in five men over the age of 50 will have an osteoporosis-related fracture. By age 65 or 70, men and women lose bone mass at the same rate.

Many of the things that put men at risk are the same as those for women, including family history, not enough calcium or vitamin D, and too little exercise. Low levels of testosterone, too much alcohol, taking certain drugs, and smoking are other risk factors.

Myth 7

If a family member has Alzheimer's disease, I will have it, too.

A person's chance of having Alzheimer's disease may be higher if he or she has a family history of dementia because there are some genes that we know increase risk. However, having a parent with Alzheimer's does not necessarily mean that someone will develop the disease. Learn about your family health history and talk with your doctor about your concerns.

Environmental and lifestyle factors, such as exercise, diet, exposure to pollutants, and smoking also may affect a person's risk for Alzheimer's. While you cannot control the genes you inherited, you can take steps to stay healthy as you age, such as getting regular exercise, controlling high blood pressure, and not smoking.

"SAVE THE DATES" 2023

Senior Picnic July 27th, 11am-1pm, at the Calvin K Richards Activity Senior/Youth (sign up by Thursday July 20th)

Senior Concert July 25th, 1-3pm, at the Calvin K Richards Activity Senior/Youth Center

Holiday Luncheon December 7th, 11am-1pm, at the Active Hose Fire Hall (must sign up no later than Monday December 4th)

Veterans Luncheon (veterans and their guests only)

November 9th, 11am—1pm, at the Calvin K Richards Activity Senior/Youth Center (must sign up no later than Monday, November 6th)

Town Board

Supervisor Lee Wallace

Deputy Supervisor . . . Charles Teixeira

Councilman. Marc Carpenter

Councilman Samuel Gatto

Councilman Richard Sirianni

Town Clerk Sylvia Virtuoso

Contact Information

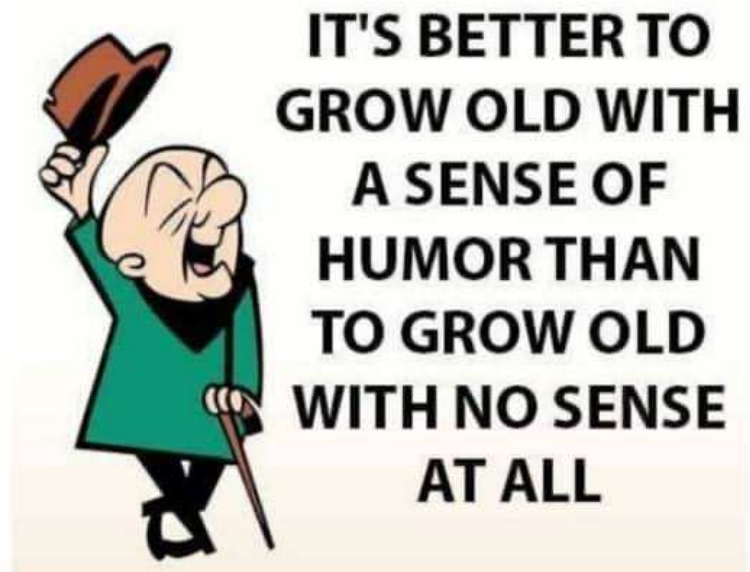
Joe Proietti—Senior Citizens Director

Calvin K. Richards Senior Center

7000 Lockport Road, Niagara Falls, NY

716-297-5243

www.jproietti@townofniagara.com

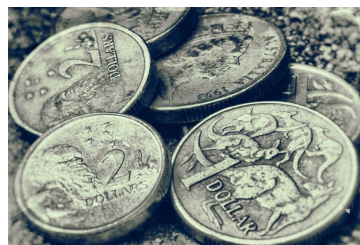




*Ladies
and
Gentlemen*

**We
Honor
The Town of Niagara
SESQUICENTENNIAL**

MONEY



\$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$



HERE

DO YOU REMEMBER THESE

Coins from the Sesquicentennial Celebration in 1962?

The wooden nickel and the gold 50 cent piece were legal tender at certain establishments during the week-long celebration of the 150th anniversary of the founding of the Town of Niagara in 1962. I am trying to determine how much these coins cost the recipient and where they were accepted as real money at that time. There was a flyer (attached) that businesses had in their window if they accepted the money.

If you have any information that could help us solve this mystery, please call Pete Ames (Town of Niagara historian) at 716-297-4429.



Mail completed form with check
or money order payable to:

Town of Niagara
Trash to Treasure
Supervisor's Office
7000 Lockport Road
Niagara Falls, NY 14305



Name: _____

Business Name: (If applicable) _____

Address: _____

Telephone: (Cell) _____

E-mail: _____

Brief description of product(s): _____

Additional requests. (Reasonable requests will be addressed prior to the day of event)

Town Resident free (Driver's License required. Please attach a photocopy.)

10 x 10 space \$25.00 X _____ = \$ _____ 10 X 20 space \$50.00 X _____ = \$ _____

20 X 20 space \$75.00 X _____ = \$ _____ 20 X 30 space \$100.00 X _____ = \$ _____

Total Enclosed \$ _____

NO REFUNDS AND NO RAIN DATE

☐ I have included a check for the above items for the 2023 Town of Niagara Trash to Treasure and I have read and understand the terms and conditions of the event.

Signature: _____ Date: ____/____/____

APPLICATION/PAYMENT DEADLINE – MAY 24, 2023

Contact Information: Amanda Haseley • ahaseley@townofniagara.com



Location: Veteran's Memorial Community Park
7000 Joe Rotella Way, Niagara Falls, NY

The Town of Niagara is pleased to present Trash to Treasure Craft Show and Garage Sale. This is a free event to all Town of Niagara residents. There is a small fee for non-residents and crafters, however ALL THOSE INTERESTED MUST APPLY TO RESERVE YOUR SPOT.

Terms and Conditions

- Spots are rented on a first come, first serve basis.
- Attendees will be permitted to have **one** car drive up to their spot and be permitted to stay there for the duration of the event.
- Town of Niagara may choose to deny any vendor based on appropriateness of products and duplication of vendors.
- Vendors may not sell any type of products that are deemed to be anti-American.
- Set-up begins at 7:00am and all vendors must be set up by 8:30am.
- Electrical access is very limited and will be provided on a first come, first serve basis. Vendors will be required to bring their own extension cords.
- Participants are responsible to bring their own, tents, tables, chairs, etc.
- Participants are responsible for the set-up/cleanup of their own tables.
- Participants cannot impair other tables (i.e. sign or display blockage)
- There are no other fees, participants keep all profits from their respective sales.
- Event will run rain or shine
- **Cancellation Policy: ALL FEES ARE NON-REFUNDABLE**

For further information please contact the Recreation Department at 716-297-5243 Ext1