

Town of Niagara Senior Journal



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Fall 2022

Electric Light Parade/Noel at Niagara

The Town of Niagara is pleased to announce plans for the return of "Noel at Niagara" after a two year absence. This illumination event will take place on Saturday, November 19th after the parade in Veterans Memorial Community Park at 7000 Lockport Road, Niagara Falls, NY 14305.

Beginning in 2022, this annual holiday lights festival will also include the return of the Town's "Electric Light Parade", as well as a visit from Santa Claus, fireworks, holiday music and more. The parade route has also been modified with the starting point, the corner of Military and Lockport Roads and concluding in Veterans Memorial Community Park.

The light displays will be illuminated each night from 5pm to 9pm running through New Year's Day. The complete schedule of events will be available at a later date by visiting townofniagararecreation.com.

For further information or questions regarding the 2022 Electric Light Parade, please contact the Town of Niagara Supervisor's Office at 716-297-2150 ext. 135 or the Recreation Department at extension 202



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

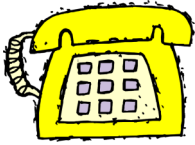


Contact Us

505 Cayuga Street
Lewiston, NY 14092
(Please use south entrance)

Phone: 716.754.8313

Email: info@hartprogram.org
Website: www.hartprogram.org



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

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 which is helpful for anyone trying to locate your home.

Tips for a healthier Skin as You Age

Some sun can be good for you, but to keep your skin healthy, be careful:

- **Limit time in the sun.** It's okay to go out during the day, but try to avoid being in sun during peak times when the sun's rays are strongest. For example, during the summer, try to stay out of the sun between 10 a.m. and 4 p.m. Don't be fooled by cloudy skies. The sun's rays can go through clouds. You can also get sunburned if you are in water, so be careful when you are in a pool, lake, or the ocean.
- **Use sunscreen.** Look for sunscreen with an SPF (sun protection factor) number of 15 or higher. It's best to choose sunscreens with "broad spectrum" on the label. Put the sunscreen on 15 to 30 minutes before you go outside. Sunscreen should be reapplied at least every 2 hours. You need to put sunscreen on more often if you are swimming, sweating, or rubbing your skin with a towel.
- **Wear protective clothing.** A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear loose, lightweight, long-sleeved shirts and long pants or long skirts.

Avoid tanning. Don't use sunlamps or tanning beds. Tanning pills are not approved by the U.S. Food and Drug Administration (FDA) and might not be safe.

Your skin may change with age. But remember, there are things you can do to help. Check your skin often. If you find any changes that worry you, see your doctor.

“SAVE THE DATES” 2022

Veterans Luncheon November 10th, 11am—1pm, at the Calvin K Richards Activity Senior/Youth Center
- Veterans and their guest only, see flyer. (sign up no later than Thursday November 3rd)

Holiday Luncheon December 8th, 11am-1pm, at the Calvin K Richards Activity Senior/Youth Center
(must sign up no later than Thursday December 1st)

“SAVE THE DATES” 2023

Easter Luncheon March 30th, 11am-1pm, place to be announced

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

Safe Driver Course July 8th, 9am-3 pm, at the Calvin K Richards Activity Senior/Youth Center (sign up
by July 27th)

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

Holiday Luncheon December 7th, 11am-1pm, place to be announced

Veterans Luncheon November 9th, 11am—1pm, place to be announced

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





Did you know that there is a historic cemetery in the Town of Niagara, and if so, have you ever visited it? Since 2019, a small group of locals have been bringing the cemetery back to life. As Town of Niagara historian, I discovered that stones in the southern pillar that holds up the iron gates had fallen out at the base. I knew that if they weren't put back in place that eventually the pillars and gates would fall and never be re erected again. This project was the beginning of the ongoing restoration of this historic site.

Witmer Cemetery is located on Witmer Road between Hyde Park Blvd. and the Thruway, and is on the land of the original homestead of the Witmer family who came here in 1810-1811. At some point after that, they started a family burying ground back behind the homestead at the rear of the farm property. The earliest person to be interred there (that we can document) was a family friend, Ezekiel Hill, who passed away in 1828. He was the first school teacher west of the Genesee River and the first Town of Niagara clerk in 1812 when the town was formed out of Cambria. When the British came through and destroyed most of the buildings in the area, the Witmer's fled back to Pennsylvania until they could return after the war was over. (continued page 5)

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Around 1875, the cemetery changed hands with the stipulation that another section be opened up to the public to the north and west of the Witmer family plot. Many of the original settlers in the area and their family members were buried there over the years, and we are slowly learning their stories. There are veterans there from the War of 1812 up through the Korean War. George Martin fought in the Civil War with the US Colored Troops and worked a potato farm on Niagara Falls Boulevard in the late 1800s through the early 1900s. His story has been memorialized in signage attached to the rear of his headstone. A few years ago, his stone had toppled off its' base so the Town of Niagara Lion's Club paid for a new foundation and Niagara Monument donated the labor to set the stone back on its' base. The Lion's Club also paid for a sign out by the road, a couple lengths of fencing, a concrete pad around the flagpole, and the pillar repair performed by Gary Strenkoski that started the restoration project.

A local Witmer descendant, David Witmer, G-G-G grandson of Abraham Witmer had 2 concrete pads installed along with 2 resin benches. One is located in the Witmer family plot, and the other in the Witmer Memorial Garden in the southwest corner of the cemetery.

We could not have accomplished this restoration project without the Town of Niagara Parks Department who has done a great job of maintaining the cemetery. Also the Highway Department who has helped remove dead trees. I would be remiss if I didn't mention Jeff Manning and Theresa Brosius who have provided a lot of their time, effort and sweat to this ongoing project. Thanks to all involved including Cerrone Trucking and Niagara Lawn and Garden Equipment.

Even if you don't have any family at Witmer Cemetery, feel free to enter the small gate to the left of the pillars and take a stroll through it. Bring a coffee and sit and relax on 1 of the benches. It is a beautiful place to soak up some sunshine and listen to the birds who call it home. If you have any stories about any of the people who reside there, please reach out to me to share them. If you would like to be a part of our beautification effort, give me a call at 716-297-4429 or email me at pames@townofniagara.com.

Indoor Activities

Don't let bad weather stop you from exercising. There are lots of options for exercising indoors. Give one of these activities a try:

1. Going to a gym or fitness center and using the treadmill, elliptical machine, stationary bike, or rowing machine
2. Swimming laps
3. Joining a water aerobics class
4. Dancing
5. Performing martial arts

Bowling

Safety

- Walk during the day or in well-lit areas at night, and be aware of your surroundings.
- To prevent injuries, be sure to use safety equipment.
- Dress in layers when exercising outdoors so you can add or remove clothes if you get cold or hot.
- Be sure to drink plenty of liquids when doing any activity that makes you sweat.

Do a little light activity to warm up and cool down before and after your endurance activities.