

# OGDEN SENIOR CENTER

## newsletter

200 S. Union Street Spencerport, NY 14559

February 2017



*For a real treat, join the Fun for Lunch Bunch  
for the latest in our adventures in good eating.*

### **Bad Apples Bistro**

42 Nichols Street, Suite 4

**Thursday, February 9**

*See you at 12 noon*

**Fit And Flexible, Free Weekly Balance And Exercise Class** Led By Exercise Professional Katie Torres From Episcopal Senior Life. Low Impact, Sit/stand Program Designed To Increase Balance, Strength, Endurance, And Flexibility. Wednesdays At 10:00 Am

**Weekly Balance And Exercise Class 2** With Katie. This Is The Same Great Format On Every Friday, For Only \$5 Per Month - Please Pay Katie Directly For The Program.

**Koffee Klatsch** On The First Friday Of Every Month, Immediately Following Friday Exercise. Join Us "Upstairs" For Coffee And All Our Regular Friday Events.

**Card Making With Luba** Twice A Month On Wednesday Mornings At 11:00- materials Supplied. Supplies Fee May Apply. There Is Also A Once-a-month Tuesday

**Class With Luba For A Supplies Fee Of \$5, Where You Will Make 3 Different Paper Crafts.** Check The Calendar For Date And Time.

**Seasonal Food Tastings** At 11:30 On The *Last Thursday* Of Every Month (Only). Join Katie From Episcopal Senior Life And Sample Delicious Seasonal Foods. Free!

**Ogden Town Supervisor Gay Lenhard's Round Table** Once A Month, Where Gay Answers Your Questions And Talks With You About Your Concerns.

**Meet The Chief** With Ogden Police Chief Christopher Mears On The First Friday Of Every Month, Schedule Permitting. Chief Mears Will Talk Briefly About A Topic Of Local Interest And Then join us for lunch.

**PLEASE REMEMBER:** Suggested contribution for osc senior nutrition program lunch m-w-f is \$3.00. Guest lunch (under 60) is \$6.00. Coffee is \$.25 per cup for each cup you drink, \$.50 for each large mug, or \$1 per day for a bottomless coffee.

**AND, AS A REMINDER:** only whole fruit with the skin intact (apples, oranges, bananas, etc.) and baked goods (sliced bread, cookies, cupcakes) may be taken home from lunch. This is a MCOFA rule, and there are no exceptions.

Lunches will be served as described on the MCOFA MENU. No exceptions will be made. We adhere to a FIRST COME, FIRST SERVED policy. You must be signed in by 12:00 to be served.

### **2017 HOLIDAY CLOSINGS**

OSC holiday closing dates are determined by ABVI Goodwill.

OSC weather closings are determined by Monroe County Office for the Aging and are announced on TV and the internet.

Monday, February 20

Friday, April 14

Monday, May 29

Monday, September 4

Thursday, November 23 & Friday, November 24

Friday, December 22 & Monday, December 25

## UPCOMING HIGHLIGHTS

### FEBRUARY

4 Ogden Parks and Recreation Senior Valentine's Dance at OSC. DJ, snacks, contests, and an evening of fun 5:30-8:30 Tickets and registration are necessary.

6 AARP tax preparation by appointment, Mondays through April 10. YOU MUST BRING A COPY OF LAST YEAR'S TAXES WITH YOU!!!

10 Healthy Living and Aging with Alzheimers. Part 2 of our 4-part series presented by the Alzheimers Association

25 Concert at OSC with music provided by the Legacy at Parklands. Reservations are a must for this fun spring event.

### MARCH

6 Advance Directives with Theo Munson

8 Stone Soup Bring a non-perishable donation for the Ecumenical Food Shelf and sample our homemade soup

15 Falls Prevention with Nancy Alexander from Lifetime Care

20 Indoor picnic and Eldersource's Hollie Freece with a talk on Charity Care

29 Suzanne Feather from MVP talks about "SLEEP FROM A-Z"

### APRIL

3 Register for our FREE Lifespan classes "TAI CHI FOR ARTHRITIS", Mondays and Wednesdays from April 3-May 22. Classes are at OSC, from 1-2 PM.

MAY 22 and 24 AARP SAFE DRIVING classes at OSC. Preregistration is necessary

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The Senior Nutrition Program Goal as stated by MCOFA is "providing individuals sixty years old and over a balanced meal, a place to socialize as well as participate in activities to help maintain their mental and physical well-being. Services provided through the center assist in affording participants the opportunity to remain healthy, independent and in their own homes for as long as possible."

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Would you like to receive your monthly OSC Senior Connection by e-mail? Just let us know. This free service is available to all members.

Help yourself to free periodicals from our rack: Spencerport Neighbors, Suburban News; In Good Health; 55+; Town of Ogden Recreation booklet; Laff Lines-and many more current papers and magazines.

Thanks to Mary Keane, we also have a newspaper for your reading pleasure on M-W-F.

FOR YOUR HEALTH  
AND WELL-BEING :  
1st and 3rd MONDAYS –  
Care Manager from Eldersource

OSC gratefully accepts the donation of clean redeemable bottles and cans throughout the year. We use this money within the Center to purchase the extras that make OSC so friendly, comfortable, and welcoming, and we appreciate your help! Donations have provided funds for signage, games, parties, and more, so thanks for contributing.

### "GIVING BACK" PROGRAMS

Please support our ongoing programs to fill community needs.

#### •ECUMENICAL FOOD SHELF

We're proud to be one of the many drop-off points in the community for the collection of non-perishable food items for the Ecumenical Food Shelf. We accept contributions M-W-F from 9-3, and the food basket is just inside the reception area door.

•We appreciate your donations of books and jigsaw puzzles.

#### SURPLUS BOOKS AND PUZZLES

are given regularly to the Eagle Veterans' Transitional Residence.

At OSC it's all about...

**ACTIVE**

## **FEBRUARY BIRTHDAYS**

6 Dot Meyer  
6 Howard Bryant  
10 Marie Gigliotti  
13 Ken Thomas  
16 Kathy Bertolino  
17 Carmen Zipeto  
20 Mary Migliore  
26 Marta Fortuber

Out of Sight On-Site Committee:  
Ginger Smith, George Beldue,  
Nona Lucas, Elmer Zipeto, and  
Marge Ballister, and Bob Collins

Safety Committee: Marge Ballister

Project Council Representatives:  
Nona Lucas, Ginger Smith,  
Gayle Grandy

Please talk with them and share  
your ideas for improving and  
growing our Center. We all  
welcome your input.

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### **Help keep roads in your community safe!**

AARP Driver Safety is seeking volunteer instructors for AARP's Smart Driver™  
classroom course to help older drivers stay safe on the road\*

Interested volunteers should be available to instruct at least three 6-hour  
courses per year— days or evenings – to fit your schedule. AARP membership is  
not required and training is primarily done on your home computer at your pace.

Sign up online today at [www.aarp.org/volunteernow!](http://www.aarp.org/volunteernow!)

\*All AARP Driver Safety volunteer positions are unpaid.

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## **The Senior Connection**

The Ogden Senior Citizens' Newsletter

February 2017

The Ogden Senior Center

200 S Union Street / Spencerport, Ny 14559

PHONE: 585 352 3250

### **AT OSC, WE'RE ALL ABOUT ACTIVE!**

M-W-T Senior Nutrition Program 9-3; Lunch 12:00

Tu And Th Cards And Bring-your-own Lunch 11:30-2:00

Sue Mears, *Coordinator SNP*

Nona Lucas, *President Senior Citizens*

Support Staff: Nicole Fogg, Marta Fortuber, Dick Blodgett,

Valerie Demler

SAHARO Liaison: Carmen Zipeto

Town of Ogden Liaison: Mal Perry

Graphics: Don Lenhard

**YOU'RE INVITED!!** Katie (the exercise lady) and her friends at Seabury Woods invite you to join the "Nutritious Lunch and Health Education" presentations by Genesee Valley Physical Therapy. Enjoy a chef-prepared meal and a great lecture by local health experts-(only \$5)- from 12:30-1:30. Events are the third Thursdays of alternate months; please RSVP by that Wednesday.

**GVPT monthly presentations at Church of the Epiphany, 3285 Buffalo Road, Gates**

**January** Hip Pain= Join GVPT and learn how physical therapy can help manage and prevent hip pain.

**March** Low back pain= Join GVPT in a discussion on some of the causes of low back pain and physical therapy treatment options.

**May** Aquatic Therapy=Learn how to enhance your workout by using the water and many other benefits aquatic therapy has to offer. Join GVPT in a very informative presentation.

**July** Dizziness/ Vertigo= Discuss with GVPT some of the causes of dizziness and vertigo, specific treatments after a thorough examination by your physical therapist.

**September** Balance & Falls= Join GVPT talks about the risks associated with falling and how they can be avoided. Found out how your balance works and better understand the simple things you can do to improve it, including tests and exercises.

**November** Neck pain= Are you having chronic neck pain? Come join GVPT in a discussion on what are some of the causes of neck pain and how physical therapy can help.

# Savory Suppers at Pearce Church

Wednesdays, January 11-February 22, 2017  
4:30-6:15pm in the Pearce Family Life Center

**Cost:** \$7 per person (reserve tickets by 6pm the Monday prior\*) or \$7.50 at the door;  
\$4 age 11 and under; free for age 4 and under (donations appreciated)  
\*RSVP on our website, pearcechurch.org, or call the church office at 585-594-9488.

## BASIC MENU STYLE OF SERVICE

**Beverage Table**—*Coffee, Decaf, Cold Beverage, Ice Water, Milk*

**Salad Bar**—*to include, but not limited to, Hot Homemade Soup, Fresh Salad Greens, Assorted Vegetables, Cut Fruit, Choice of Salad Dressings*

**Hot Buffet Tables**—*see weekly selection below; each week offers two entrees (one kid-friendly), vegetables, and starch item*

**Dessert Table**—*a nice variety, with something new each week*

## Weekly Entrée Options\*\*

### Week One—1/11/17

Roast Turkey and Dressing  
Rotini with Alfredo or Meat Sauce

### Week Two—1/18/17

Baked Ham  
Macaroni and Cheese

### Week Three—1/25/17

Roast Beef  
Spaghetti and Meat Sauce

### Week Four—2/1/17

Stuffed Chicken Breast  
Grilled Hots/ Sausages

### Week Five—2/8/17

Roast Pork Loin  
Chicken and Biscuits

### Week Six—2/15/17

BBQ Chicken  
Stuffed Cabbage Rolls

### Week Seven—2/22/17

Roast Turkey Dinner  
Pulled Pork

*\*\*menus are subject to change, due to availability of product*

Pearce Church | 4322 Buffalo Road, North Chili, NY 14514  
(585) 594-9488 | pearcechurch.org

In case any one asks the question - How long can shelf stable meals be kept?

Following is info from GA SunMeadow website Q & A:

**How can I tell when SunMeadow® shelf stable meals expire?**

There is an embossed or printed code on the package that indicates the day of production.

**In general, a SunMeadow® meal kit has a shelf life of nine months,** although we also manufacture special meal kits that have a three-year shelf life. **Individual components of a meal kit vary widely. Nonfat dry milk, for example, is recommended to be best used within 18 months** while SunMeadow® Beef Stew has a "best used by shelf life" of three years, but product safety guidelines assign a usable shelf life of 5 years.

The production date code can be discerned from the example as follows:

Example Code: **T50012**

**T** = the packaging plant identification

**5** = the last digit of the year produced (2015, in this example)

**001** = the Julian code for the day of production. A Julian code is the day of the year. 1=January 1 and 365=December 31.

**2** = the production shift (not always included in the code)

So in this example the product was produced on the first day of 2015 (Jan 1, 2015).

Understanding "best used by" and product safety dates can be confusing. If you are uncertain, please complete the contact form or email Dr. Frank Curto, Director of Quality Assurance, Regulatory



Tax-aide volunteers will be available beginning the first week of February to help complete your tax forms. Call the Town Hall at 293-3884 ext 121 or 122 to schedule your appointment.

This help is for all taxpayers with middle and low income; with special attention to those age 60 and older.

***Please bring the following with you when you come:***

**FREE TAX HELP**

- current year's tax forms and preparation booklet;
- copy of last year's income tax return(s);
- W-2 and W-2P forms from each employer;
- unemployment compensation statements;
- SSA-1099 form if you were paid Social Security Benefits;
- all 1099 forms showing interest and/or dividends;
- 1099R form from the payer of your pension or annuity;

- all forms indicating federal income tax paid;
- childcare provider information;
- all receipts of canceled checks if itemizing deductions; and
- social security numbers for all dependents.

