

THE SENIOR CONNECTION

THE OGDEN SENIOR CITIZENS' NEWSLETTER

JANUARY 2019

THE OGDEN SENIOR CENTER
200 S UNION STREET / SPENCERPORT, NY 14559
PHONE: (585) 352-3250

AT OSC, WE'RE ALL ABOUT ACTIVE!

M-W-F SENIOR NUTRITION PROGRAM 9-3; LUNCH 12:00
TU and TH CARDS AND BRING-YOUR-OWN LUNCH 11:30-2:00

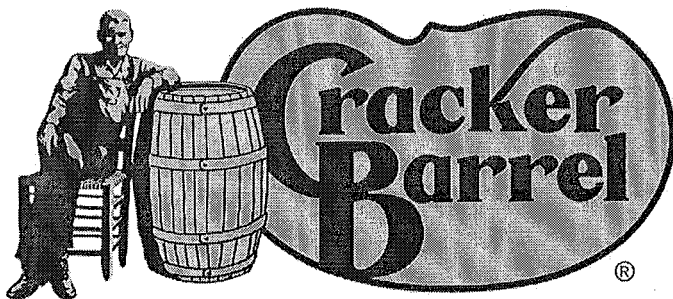
Valerie Collins, Coordinator

President Tu/Th Seniors Nona Lucas

Support Staff: Nicole Fogg, Marta Fortuber, Dick Blodgett
SAHARO Liaison: Carmen Zipeto
Town of Ogden Liaison: Mal Perry

January Luncheon

THURSDAY, JANUARY 24



OLD COUNTRY STORE

LEAVE OSC AT 11:00;
LEAVE CRACKER BARREL AT 1:15

EFFECTIVE IMMEDIATELY

(Due to Liability Insurance limitations)

CHILDREN MAY BE PRESENT AT OGDEN SENIOR CITIZENS FUNCTIONS ONLY FOR SPECIFIC MULTI-GENERATIONAL EVENTS AND BY PRE-ARRANGEMENT.

THIS APPLIES TO ALL SENIOR NUTRITION PROGRAMS AND ALL SENIOR PROGRAMS SPONSORED BY THE TOWN OF OGDEN.

PLEASE REMEMBER: NO TOTES, PURSES, BAGS, OR CONTAINERS ON THE FLOOR-ESPECIALLY UNDER THE TABLES

JANUARY BIRTHDAYS

Dennis Lysy 3rd
Fred Moore 11th
Frederick Angold 13th
Herb Gigliotti 22nd
Jack Kowiak 28th

PLEASE REMEMBER:

SUGGESTED CONTRIBUTION FOR OSC SENIOR NUTRITION PROGRAM LUNCH M-W-F IS NOW \$3.50, AND *no one 60 and over is ever denied due to inability or unwillingness to contribute.* Voluntary donation is now \$2 ONE WAY for MMS transportation.

**GUEST LUNCH (UNDER 60) IS \$7.50.
PLEASE HAVE CORRECT CHANGE.**

Coffee is \$.50 per cup for each cup you drink. No travel mugs, please. Please, no bills larger than a \$10 and no rolled coins.

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. You may not take home milk, ice cream, or sherbet, even in a sealed container. Second servings must be eaten at the Center, at the same sitting as the regular meal.

ALSO, 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. You may call ahead to reserve a lunch.

We can accept only sealed, dated packages of cookies and snacks to be served with coffee.

OSC hours of operation for the Senior Nutrition Program are 9-3 on M-W-F. Doors open at 9:00 AM.

REGULARLY AT OSC

FIT AND FLEXIBLE, FREE WEEKLY BALANCE AND EXERCISE CLASS led by exercise professional Katie Bauer from Episcopal Senior Life. Low impact, sit/stand program designed to increase balance, strength, endurance, and flexibility. Wednesdays at **10:00 AM. FREE!**

FIT AND FLEXIBLE CLASS 2 with Katie. This is the same great format on every Friday, for only \$25 FOR A 4- MONTH SESSION - please pay Katie directly for the program. **9:30 !!!**

KOFFEE KLATSCH on the first Friday of every month, immediately following Friday exercise. Join us 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.

OGDEN TOWN SUPERVISOR GAY LENHARD'S ROUND TABLE once a month, where Gay answers your questions and talks with you about your concerns.

DEPUTY JOE RESCH from the Monroe County Sheriff's Department will visit OSC on the second Wednesday of each month at 11:00, to answer questions and discuss current events in the county.

CARE MANAGER FROM ELDERSOURCE-1st and 3rd Mondays of every month

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.

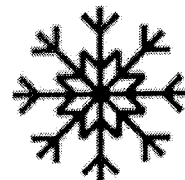
- We appreciate your donations of books and jigsaw puzzles. SURPLUS BOOKS AND PUZZLES are given regularly to the Eagle Star Veterans' Transitional Residence.
- ECUMENICAL FOOD SHELF
We're proud to be one of the many drop-off points in the community for the collection of non-perishable food items for the Ecumenical Food Shelf. We accept contributions M-W-F from 9-3, and the food basket is just inside the reception area door.
- OSC regularly participates in COMMUNITY-PURPOSED DONATION PROGRAMS for specific causes. If you would like to sponsor a cause at the Center, please submit the project for approval and be prepared to manage the details of the program.

Help yourself to free periodicals from our rack: Spencerport Neighbors, Suburban News; In Good Health; 55+; Town of Ogden

Project Council Representatives:
Luba Balycz, Del Linke.

Please talk with them and share your ideas for improving and growing our Center. We all welcome your input.
**LUNCH AND TRIP DESTINATIONS
MAY CHANGE UP TO 30 DAYS
BEFORE THE DATE**

FFLB (Fun for Lunch Bunch) is open to anyone over 60 who wants to join us at a local restaurant for lunch and conversation. Transportation for OSC trips and for FFLB is limited to regular participants in our lunch program, because of MMS contract rules governing our transportation.



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.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right for a Healthy Weight

Reaching and maintaining a healthier weight contributes to your overall health and well being. Losing even a few pounds or preventing further weight gain has health benefits.

Are you ready to make changes in your lifestyle and move toward a healthier weight? Here are some tips to get you started.

Start with a plan for lifelong health. Focus on the big picture—achieving overall good health—not just short-term weight loss.

Set healthy, realistic goals. You are more likely to succeed in reaching realistic goals when you make changes step-by-step. Start with one or two specific, small changes at a time. Track your progress by keeping a food and activity log.

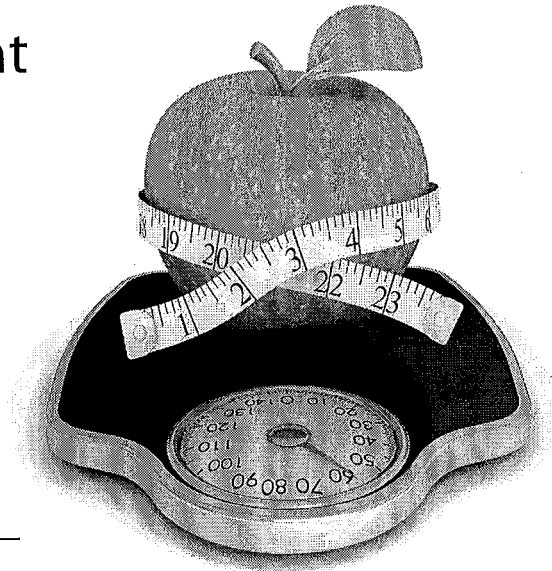
Get a personalized eating plan. Go to www.ChooseMyPlate.gov for a plan that will give you the amounts of each food group you need daily. If you have special dietary needs, consult a registered dietitian for a customized plan.

Eat at least three meals a day and plan your meals ahead of time. Whether you're eating at home, packing a lunch or eating out, an overall eating plan for the day will help keep you on track.

Balance your plate with a variety of foods. Half your plate should be filled with fruits and vegetables, about one fourth with lean meat, poultry or fish, and one fourth with grains. To round out your meal, add fat-free or low-fat milk, yogurt or cheese.

Start your meal with low calorie foods like fruits, vegetables and salads. These foods are packed with nutrients your body needs.

Focus on your food. Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think. Also, switching from a large plate to a smaller one may help you feel satisfied with reduced portions.



Know when you've had enough to eat. Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So, fast eaters—slow down and give your brain a chance to get the word.

Get plenty of fiber from fruits, vegetables, beans and whole grains. Fiber can help you feel full longer and lower your risk for heart disease and type 2 diabetes.

Watch portion sizes to manage your calorie intake. This is the key to an effective weight management plan. To make sure your portion sizes are “just right,” visit the MyPlate Food Groups Food Galleries at www.choosemyplate.gov/STEPS/howmuchshouldyoueat.html for healthy eating guidelines in household measures.

Snack smart. Include snacks as part of your daily calorie allowance and limit portions to one serving. Plan for nutritious snacks to prevent between-meal hunger. Keep portable, healthy snacks in your desk, backpack or car.

Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness—plus, it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

Pick activities you like and do each for at least 10 minutes at a time. Aim for a total of 2 hours and 30 minutes or more each week of moderate activity such as brisk walking. If you are currently inactive, check with your doctor concerning increased physical activity.

Is it right for you?

Make sure your weight management plan is right for you. Does it include:

- Foods from all five food groups?
- The right number of servings from each group?
- Food you will enjoy eating for the rest of your life?
- Foods you can buy at the supermarket?
- Some of your favorite foods?
- Foods that fit your budget and lifestyle?
- Regular physical activity or exercise?

If the answer is “yes” to all the questions, your weight management plan is right for you.

A registered dietitian nutritionist can develop a personalized weight management plan that meets your individual needs. For names of registered dietitian nutritionists in your area, visit www.eatright.org.

For more information about healthy eating, visit www.eatright.org and www.ChooseMyPlate.gov.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

January 2019 Registered Dietitians
Monroe County DHS/Office for the Aging: Phone 753-6280
No Person shall be denied benefits or subjected to discrimination under any program or activity receiving federal assistance on grounds of race, color, sex, religion, national origin, disability or marital status. This program is funded by: participants' contributions, U.S. Adm. on Aging, N.Y. State Office for the Aging, N.Y. State Dept. of Health, Monroe County Dept. of HS/Office for the Aging

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.
Sources: U.S. Department of Health and Human Services, ADA Complete Food & Nutrition Guide.

**AARP INCOME TAX
PREPARATION
NEW LOCATION**

**SPENCERPORT FIRE DISTRICT
STATION #3**

2588 S UNION ST

SPENCERPORT NY 14559

1.2 MI SOUTH OF RTE 531



MONDAYS ONLY

FEBRUARY 4-APRIL 8, 2019

**APPOINTMENTS CAN BE MADE STARTING
WEDNESDAY, JANUARY 2, 2019**

CALL 585 902 0021

JANUARY 2019

Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Happy New Year!</i></p>	<p>1 BRING A THING CARDS AND BYO LUNCH</p>	<p>2 BRING A THING CARDS ARC FIT AND FLEXIBLE-FREE EVENT PLANNING MEETING MAH JONG</p>	<p>3 BRING A THING CARDS AND BYO LUNCH</p>	<p>4 BRING A THING CARDS FIT&FLEXIBLE- \$\$ EUCHRE</p>	<p>5</p>
<p>7 CARDS ELDERSOURCE MANAGER</p>	<p>8 MCOFA CRAFTS W/LUBA 3 FOR \$5</p>	<p>9 CARDS ARC FIT & FLEXIBLE - FREE CRAFTS MAH JONGG</p>	<p>10 CARDS AND BYO LUNCH</p>	<p>11 CARDS FIT&FLEXIBLE \$\$ EUCHRE</p>	<p>12 </p>
<p>14 CARDS</p>	<p>15 CARDS AND BYO LUNCH</p>	<p>16 CARDS ARC FIT & FLEXIBLE - FREE ROUND TABLE WITH GAY DEPUTY JOE RESCH MAH JONGG</p>	<p>17 CARDS AND BYO LUNCH</p>	<p>18 CARDS FIT&FLEXIBLE \$\$ EUCHRE</p>	<p>19</p>
<p>21 CARDS ELDERSOURCE MANAGER</p>	<p>22 CARDS AND BYO LUNCH</p>	<p>23 CARDS ARC FIT & FLEXIBLE - FREE CRAFTS MAH JONGG</p>	<p>24 LUNCH AT THE Cracker Barrel FREE BUS CARDS AND BYO LUNCH</p>	<p>25 CARDS FIT&FLEXIBLE \$\$ EUCHRE</p>	<p>26 </p>
<p>28 CARDS</p>	<p>29 CARDS AND BYO LUNCH</p>	<p>30 CARDS ARC FIT & FLEXIBLE - FREE MAH JONGG</p>	<p>31 CARDS AND BYO LUNCH</p>	<p>OGDEN SENIOR CENTER 200 S UNION ST SPENCERPORT NY 14559 585 352 3250 M-W-F 9-3</p>	<p>AT OSC, WE'RE ALL ABOUT ACTIVE!!!!</p>