

# The Senior Connection

THE OGDEN SENIOR CITIZENS' NEWSLETTER  
FEBRUARY 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

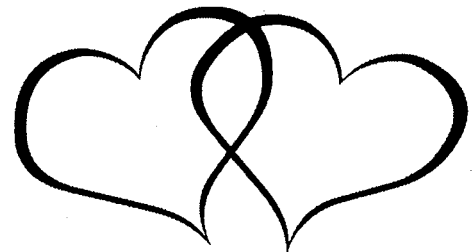
President Tu/Th Seniors, Nona Lucas

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

## February Trip

TUESDAY, FEBRUARY 19

RADIO & SOCIAL



Free Lunch Provided.  
Contact the OSC for more information.

## FEBRUARY BIRTHDAYS

Dorothy Meyer 6<sup>th</sup>  
Marie Gigliotti 10<sup>th</sup>  
Kathy Bertolino 16<sup>th</sup>  
Carmen Zipeto 17<sup>th</sup>  
Mary Migliore 20<sup>th</sup>  
Sandra Casamento 25<sup>th</sup>  
Marta Fortuber 26<sup>th</sup>



## 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**

## SAHARO's Corner:

Welcome Valerie Collins!  
Nutrition Program Center Coordinator  
Town of Ogden

### \*\*\*New Chair/Stair Lift for Seniors\*\*\*

Bruno Elite model, capacity 400 lbs.  
EZ operation - Use carefully and correctly.

\*Ask for demonstration and/or help\*

## 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) OR 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 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.

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.

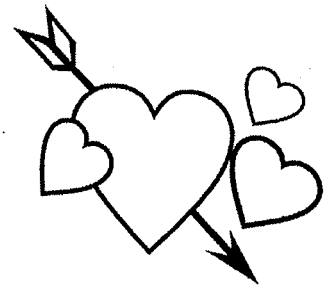
Help yourself to free periodicals from our rack: Spencerport Neighbors, Suburban News; In Good Health; 55+; Town of Ogden

**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.



**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**

# US. SAFETY TIP OF THE WEEK

## FOODS™ KEEPING KITCHENS COOKING.™

### FOOD SAFETY TIP - FIGHTING THE FLU

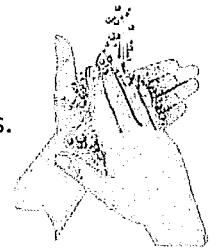
Protect you employees and customers this flu season.

The flu is transmitted through direct contact with infected people or contaminated surfaces.

The "flu" is a serious contagious disease that can result in hospitalization and death

#### Guidelines to Avoid Contracting and Spreading the Flu

- ☞ **WASH YOUR HANDS OFTEN.**  
After you shake hands or handle money, before you prepare food, after using a bathroom.
- ☞ **AVOID DIRECT CONTACT WITH PEOPLE WHO ARE ILL.**
- ☞ **USE HAND SANITIZER.** An effective tool, but NOT a replacement for washing hands.
- ☞ **DON'T TOUCH YOUR FACE OR EYES OR MOUTH.** Germs are spread this way.
- ☞ **GET PROPER REST.** A simple and effective tip, try to get to bed a few minutes earlier.
- ☞ **EAT RIGHT.** A balanced and nutritious diet strengthens your immune system.
- ☞ **GET A FLU SHOT.** Consult your physician first. A flu shot can NOT give you the flu.
- ☞ **COVER YOUR NOSE AND MOUTH WITH A TISSUE WHEN YOU COUGH OR SNEEZE.**
- ☞ **THROW THE TISSUE IN THE TRASH AFTER YOU USE IT.** Cover your mouth and nose with a tissue when you cough or sneeze and clean your hands afterwards. If you don't have a tissue or cloth, cough or sneeze into the inside of your elbow or upper arm.
- ☞ **IF YOU ARE SICK WITH FLU-LIKE ILLNESS,** stay home at least 24 hours after your fever is gone
- ☞ **AVOID SHARING OBJECTS** – such as utensils, cups, bottles and telephones.
- ☞ **WIPE DOWN FREQUENTLY TOUCHED SURFACES WITH A PROPERLY REGISTERED DISINFECTANT**
  - Light and air control switches
  - Faucets and toilet flush levers
  - Door knobs, TV and radio controls and telephones
  - Public restroom doors





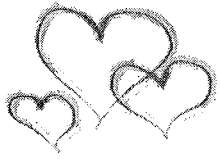


Getting a seasonal flu vaccine may be your best preventive measure.  
Consult with your physician before getting the seasonal flu shot.




## Fighting the Flu True or False ANSWERS

1. Getting a flu shot can give you the flu. **FALSE**
2. Hand sanitizer is a good substitute for hand washing. **FALSE**
3. Touching your hands, mouth or face can spread flu germs that can make you and other people sick. **TRUE**
4. Getting more sleep is helpful in avoiding the flu. **TRUE**
5. Washing your hands is an important step in preventing the spread of germs. **TRUE**
6. If you are off work with the flu, you should return to work as soon as you fell better. **FALSE – you should stay home at least 24 hours after your fever is gone.**
7. The flu is usually contracted by not staying warm and dry in colder weather. **FALSE**
8. The flu is transmitted through direct contact with infected people or contaminated surfaces. **TRUE**
9. If you do not have tissue when you are about to sneeze, you should sneeze into the inside of your elbow or upper arm. **TRUE**
10. Getting a flu shot is a good idea, but only after discussing it with your physician. **TRUE**

**FEBRUARY 2019**

Mon	Tue	Wed	Thu	Fri	Sat
<p align="center"><b>AT OSC, WE'RE ALL ABOUT ACTIVE!!!!</b></p>				<p><b>1</b> CARDS  FIT &amp; FLEXIBLE- \$\$  Speaker from Westwood Commons Senior Living  EUCHRE</p>	<p><b>2</b></p>  <p align="center">It's Groundhog Day!</p>
<p><b>4</b> CARDS  ELDERSOURCE MANAGER, HOLLIE FREECE DISCUSSION: GENERAL BENEFIT INFORMATION</p>	<p><b>5</b>  CARDS AND BYO LUNCH</p>	<p><b>6</b> CARDS  ARC  FIT &amp; FLEXIBLE - FREE  BINGO  MAH JONGG</p>	<p><b>7</b>  PROJECT COUNCIL MEETING  CARDS AND BYO LUNCH</p>	<p><b>8</b> CARDS  FIT &amp; FLEXIBLE \$\$  THERAPY DOG  EUCHRE</p>	<p><b>9</b></p> 
<p><b>11</b>  CARDS</p>	<p><b>12</b>  CRAFTS WITH /LUBA 3 FOR \$5  CARDS AND BYO LUNCH  MCOFA MEETING</p>	<p><b>13</b> CARDS ARC FIT &amp; FLEXIBLE - FREE VALENTINE PARTY VALENTINE CRAFTING WITH LIUBA DEPUTY JOE RESCH MAH JONGG</p>	<p><b>14</b>  <i>HAPPY VALENTINES DAY!</i>    CARDS AND BYO LUNCH</p>	<p><b>15</b> CARDS  FIT &amp; FLEXIBLE \$\$  EUCHRE</p>	<p><b>16</b></p>
<p><b>18</b>  CLOSED FOR PRESIDENT'S DAY  </p>	<p><b>19</b>  CARDS AND BYO LUNCH</p>	<p><b>20</b> CARDS ARC  FIT &amp; FLEXIBLE - FREE ACT HEALTHY AGING ROUND TABLE WITH GAY  BINGO  MAH JONGG</p>	<p><b>21</b>  CARDS AND BYO LUNCH</p>	<p><b>22</b> CARDS  FIT &amp; FLEXIBLE \$\$  EUCHRE</p>	<p><b>23</b></p>
<p><b>25</b>  CARDS</p>	<p><b>26</b>  CARDS AND BYO LUNCH</p>	<p><b>27</b> CARDS ARC  FIT &amp; FLEXIBLE - FREE  PAINTING WITH VAL  MAH JONGG</p>	<p><b>28</b>  CARDS AND BYO LUNCH</p>		<p align="center"><b>OGDEN SENIOR CENTER</b>  200 S UNION STREET SPENCERPORT, NY 14559  (585) 352-3250 M, W, F, 9-3</p>

# OGDEN SENIOR CENTER NUTRITIONAL MENU February-19

<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
<p><b>All meals served with milk, bread, and butter. Soup served with crackers.</b></p>		<p>1</p> <p>BBQ 1/4 Chicken Navy Bean Soup Coleslaw Corn Muffin Fruited Gelatin w/Whipped Topping</p>
<p>4</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Green Beans White Bread Pineapple</p>	<p>6</p> <p>Tuna Salad Sandwich on Wheat Thinwich w/Lettuce &amp; Tomato Cabbage Beef Soup Fruit Cocktail</p>	<p>8</p> <p>BBQ Pulled Pork over Baked Potato Corn Wheat Bread Mandarin Oranges</p>
<p>11</p> <p>Mild Chili Tossed Salad w/Ranch Dressing Green Beans Corn Muffin Peaches</p>	<p>13</p> <p>Chicken ala King over Warm Biscuit Carrots Brussel Sprouts Apricots</p>	<p>15</p> <p>Breaded Haddock w/Tartar Sauce Coleslaw Green Beans Wheat Bread Pears</p>
<p>18</p> <p><b>PRESIDENTS' DAY</b></p> <p><b>ABVI Closed</b> <b>No Meals Served</b></p>	<p>20</p> <p>Stuffed Cabbage with Sauce Mashed Potatoes Mashed Winter Squash Pumpnickel Bread Fresh Apple</p> <p style="text-align: center;"><b>32 cupcakes</b></p>	<p>22</p> <p>Beef Stew over Biscuit Tossed Lettuce Salad w/French Dressing Corn Mandarin Oranges</p>
<p>25</p> <p>Chicken Cordon Bleu Mashed Potatoes &amp; Gravy Broccoli Wheat Bread Fruit Cocktail</p>	<p>27</p> <p>Braised Pork Chop with Gravy Warm Applesauce Scalloped Potatoes Brussel Sprouts Rye Bread Oatmeal Raisen Cookie</p>	

Monroe County Dept of HS/Office for the Aging

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. Administration of Aging, N.Y. State Office for the Aging, N.Y. State Dept. of Health, and Monroe County Dept. of HS/Office for the Aging.