# Senior Center Action News

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Senior Citizens Center of Dunkirk, Inc.
45 Cliffstar Court
Dunkirk, New York 14048



July 2012

**DUNKIRK SENIOR CENTER**
**45 CLIFFSTAR COURT**
**DUNKIRK, NEW YORK 14048**
**(716) 366-7530**

A Note From The President:

For several months our members have enjoyed the monthly Gala with different themes and menus to celebrate each season. Now that summer is here, there are many outdoor events scheduled on the weekends throughout the community. Everyone should take advantage of these summer events. We do however want to keep in touch, so we have scheduled two (2) ice cream socials. The first one will take place on Thursday, July 19th at 6:00 p.m. The second social will take place on Wednesday, August 15th at 6:00 p.m. Tickets are available in the office. The price is $1.00 for members and $3.00 for non-members. Cookies and beverages are included. At 7:00 p.m. we will play bingo and/or cards. We hope you all join us.

Pinochle, Mah Jongg, exercise classes and the Lake Shore Senior Citizens will continue to meet throughout the summer. The AARP group will resume their activities in September. Our various bus trips have been very popular. Our two new ventures, Atlantic City and the Amish Brown Bag Tour were sold out immediately. Different trips attract different people and that is a good thing. We have a few seats available for our July 10th trip to Presque Isle Casino in Erie.

During the past year we have worked very hard to improve the Center. We are very proud of our accomplishments especially the increase in our membership and programs and our active house committee responsible for building improvements and repairs.

When the Mayor asked Carol and I to operate the Center without a Coordinator, we agreed to try it for one year. Due to the economic climate in the City, we have not always been afforded the clerical and janitorial staff that we were promised. We did however continue to do our best. We would like to continue to make changes and thrive as an organization but now we need your help. We are in need of volunteers who are committed to helping on a weekly or monthly basis. The Gala is our biggest undertaking, so I have listed the areas where we could use help (Attachment I). The second list includes the standing committees that cover the other activities throughout the year (Attachment II). A copy of these two lists will be on the lobby desk. If you feel you can help us in some small way, please sign your name in the area of your choice.

Volunteerism will give you a surprising sense of satisfaction. I urge you to consider doing your part by signing up today. If you have any questions, please call either of the current coordinators - Carol Kozlowski or myself. We welcome your comments and suggestions.

The entire Board wishes you a happy, healthy, restful and fun summer. Be sure to stop at the Center for the monthly newsletter. Plans for September are already in the making.

Warm regards,

Barb Bajdas

Barbara Bajdas, President
Dunkirk Senior Center

BB/pjp

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# JULY 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1 | 2<br>9:00 Silver Sneakers<br>10:00 Coffee Hour<br>1:00 Pinochle | 3<br>10:30 Coffee Hour<br>12:00 Mah Jongg | 4<br>CENTER CLOSED<br>4TH OF JULY | 5<br>10:00 Blue Cross/B Shield | 6<br>9:00 Silver Sneakers | 7 |
| 8 | 9<br>9:00 Silver Sneakers<br>10:00 Coffee Hour<br>1:00 Pinochle | 10<br>9:30 Aerobics w/Catherine<br>10:00 Presque Isle Casino<br>10:30 Coffee Hour<br>12:00 Mah Jongg | 11<br>9:00 Silver Sneakers<br>10:00 Coffee Hour<br>1:00 Lake Shore Sr. Mtg. | 12<br>9:30 Aerobics w/Catherine<br>10:00 Independent Health | 13<br>9:00 Silver Sneakers<br>10:00 Dk. Sr. Board Mtg. | 14 |
| 15 | 16<br>9:00 Silver Sneakers<br>10:00 Coffee Hour<br>1:00 Pinochle | 17<br>9:30 Aerobics w/Catherine<br>10:30 Coffee Hour<br>12:00 Mah Jongg | 18<br>9:00 Silver Sneakers<br>10:00 Coffee Hour<br>1:00 Lake Shore Sr. Mtg. | 19<br>9:30 Aerobics w/Catherine<br>6:00 Ice Cream Social<br>7:00 Big Bingo | 20<br>9:00 Silver Sneakers | 21 |
| 22 | 23<br>9:00 Silver Sneakers<br>10:00 Coffee Hour<br>1:00 Pinochle | 24<br>9:30 Aerobics w/Catherine<br>10:30 Coffee Hour<br>12:00 Mah Jongg | 25<br>9:00 Silver Sneakers<br>10:00 Coffee Hour<br>1:00 Lake Shore Sr. Mtg. | 26<br>9:30 Aerobics w/Catherine | 27<br>9:00 Silver Sneakers | 28 |
| 29 | 30<br>9:00 Silver Sneakers<br>10:00 Coffee Hour<br>1:00 Pinochle | 31<br>9:30 Aerobics w/Catherine<br>10:00 Coffee Hour<br>12:00 Mah Jongg | | | | |

# EPIC

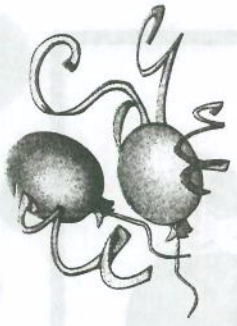
Seniors who are enrolled in EPIC will have to wait until January 1, 2013 before they see these changes take effect. The changes will restore coverage for EPIC as a supplement throughout the Medicare Part D drug program after the Medicare Part D deductible is paid with a co-payment no higher than $20. EPIC will also re-institute its premiums and deductibles. The EPIC program administration which is overseen by the Department of Health with a contract to Magellan Health will now have to spend several months re-developing the materials and guidelines for the program as well as make adjustments to its accounting systems.

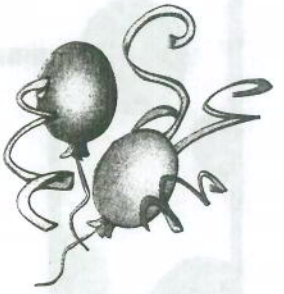
| EPIC Program | EPIC Final Enacted Budget April 1, 2012 |
|---|---|
| **THROUGH DECEMBER 31, 2012** | **Implementation January 1, 2013** |
| EPIC is a single tier program | EPIC will again have two tiers of coverage similar to the program in 2010 |
| EPIC is free, with no fees or deductibles.<br>EPIC pays Part D premiums, UP TO $39.79/ mo for:<br>• single seniors income up to $23,000<br>• married couples income up to $29,000 | FEE PLAN – Restored<br>• These members will pay quarterly fees based on income<br>• EPIC will pay Part D premiums, UP TO the average benchmark plan premium/month directly to all Fee plan members' Part D plan |
| DEDUCTIBLE PLAN<br>Eliminated DEDUCTIBLE PLAN | DEDUCTIBLE PLAN Restored<br>• EPIC is free but these members will have to meet an annual deductible based on their income<br>• EPIC will Pay Part D premiums of UP TO the average benchmark/month directly to Deductible plan members' Part D plan for:<br>• Single seniors income $20,001 - $23,000<br>• Married couples income $26,001-$29,000 |
| *Every* enrollee must join a Medicare Part D plan, NO exceptions. | same |
| EPIC will ONLY provide secondary coverage in the "donut hole." EPIC is not considered to be creditable coverage and covers only medications covered by the member's Part D plan. | EPIC coverage begins after any Part D plan deductible is met and prevents prescription co-pays greater than $20 in the Fee Plan OR after having met the EPIC Deductible. EPIC will still not be considered as creditable coverage and will cover only medications covered by the member's Part D plan. |

**Seniors who are having problems paying for their medications are urged to call 1-800-333-4374 to speak with StateWide's Medicare Counselors.**

STATE 40th ANNIVERSARY WIDE
New York StateWide Senior Action Council, Inc
275 State Street, Albany, NY 12210•(518) 436-1006•Fax (518) 436-7642
www.nysenior.org

# HAPPY BIRTHDAY!!!





## July Birthdays

| | | | |
|---|---|---|---|
| Sharon Privitera | (July 2) | Joyce Tarnowski | (July 18) |
| Kathleen Damiano | (July 3) | Marianne Serio | (July 19) |
| MaryAnn Dascenzo | (July 4) | John Miga | (July 22) |
| June Waldorf | (July 4) | Antoinette Snyder | (July 22) |
| Beverly Ruska | (July 5) | Catherine "Kay" Coniglio | (July 23) |
| Peggy Napoli | (July 6) | Mary Tobiczyk | (July 23) |
| Louie Szot | (July 6) | Jean Wdowiasz | (July 23) |
| Dennis Spaulding | (July 9) | Lester Fuller | (July 26) |
| Loretta Szalkowski | (July 10) | Saranne Karalus | (July 29) |
| Molly Ganey | (July 12) | Lorraine Tuczynski | (July 30) |
| Thomas Mleczko | (July 13) | Sharron Davis | (July 31) |
| Carol Calarco | (July 14) | Marvin Gillson | (July 31) |
| Paricia Adamowicz | (July 16) | Mary C. Patterson | (July 31) |
| Patricia Kokocinski | (July 17) | | |
| Gerald Cooper | (July 18) | | |

**Note: If we missed your birthday, please let us know. Thanks!**

### IMPORTANT PHONE NUMBERS

Dunkirk Senior Center..... 366-7530
Dunkirk Luncheon Site..... 363-3844
Chautauqua County Office for the Aging..... 363-4471
Dr. Mary Ann Spanos
Chautauqua County OFA Senior Services..... 363-3865
Kate Finch
Chautauqua County Veterans Services..... 363-3842
Jim Hurley
Legal Services for the Elderly..... 363-3865
Brenda Symans
CARTS..... 366-4500

**Do you enjoy playing pinochle?? If you do, why don't you join the Dunkirk Senior Pinochle group that meets on Mondays at the Dunkirk Senior Center, at 1:00 p.m. They have a great time and it is not expensive. Just 25¢ a week and that is all returned to you in the form of table prizes. There is a prize for the monthly high score. So think about it and come down and join the fun. The following is the latest weekly winners.**

**High Score for the month of June: Harold Rusch 6150 (tie)**
**Evelyn Ogden 6150 (tie)**

**June 4, 2012**

| | |
|---|---|
| Marion Genovese | 5630 |
| Helen Barone | 5390 |
| Barbara Szocki | 5220 |
| Nancy Crandall | 4840 |
| Jeanne Hauser | 4780 |
| Evelyn Ogden | 4780 |

Double Pinochle: Jeanne Hauser

**June 11, 2012**

| | |
|---|---|
| Arlene Griswald | 5570 |
| Jeanne Hauser | 5410 |
| Nancy Crandall | 5120 |
| Harold Rusch | 4990 |

Double Pinochle: Harold Rusch

**June 18, 2012**

| | |
|---|---|
| Evelyn Ogden | 6150 |
| Helen Barone | 5930 |
| Gertie Syper | 5540 |
| Jeanne Hauser | 5480 |

**June 25, 2012**

| | |
|---|---|
| Harold Rusch | 6150 |
| Jeanne Hauser | 5790 |
| Joe Jarvis | 5600 |
| Dorothy Kornacki | 5060 |

Double Pinochle: Jeanne Hauser

## Card Player Quote:

**When people want someone to openly reveal what their plans or intentions are, they usually ask them to "put (or lay) your cards on the table."**

**HOT**

# JULY 2012 - Hot Noon Menu

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

CALL 363-3844
FOR RESERVATIONS

1/2 pint 1% Milk served with each meal / Meals subject to change

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2<br>Sweet 'n Sour Chicken<br>Rice<br>Oriental Vegetables<br>Mandarin Gelatin<br>Bread, Cake/M: no icing<br>(Margarine) | 3<br>BBQ Ribette on Bun<br>Potato Nuggets<br>Carrots, Fruit Dessert<br>Chocolate Milk/ M:White<br>(Ketchup) | <br>4th of JULY | 5<br>Chicken ala King<br>Corn<br>Biscuit<br>Tomato Juice<br>Peaches<br>(Margarine) | NO LUNCHES SERVED ON FRIDAY'S |
| 9<br>Sloppy Joe on Bun<br>Green Beans<br>Potato Salad<br>Apple Slices<br>Chocolate Milk/ M: White | 10<br>Chicken Drumsticks<br>Scalloped Potato<br>Mixed Vegetables<br>Bread<br>Cake/ M: No icing<br>(Margarine) | 11<br>Stuffed Shells<br>Spinach<br>Garlic Roll<br>Grape Juice<br>Pudding/M: Diet Pudding<br>(Margarine) | 12<br>BBQ Chicken<br>Baked Beans<br>Carrots<br>Bread<br>Fruited Gelatin<br>(Margarine) | |
| 16<br>Spaghetti & Meatballs<br>Broccoli, Bread<br>Peaches, Juice<br>(Margarine, Parmesan Cheese) | 17<br>Salisbury Steak<br>with Gravy<br>Mashed Potatoes<br>Beets, Bread<br>Pie / M: Fruit<br>(Margarine) | 18<br>Hot Dog on Bun<br>Macaroni & Cheese<br>Mixed Vegetables<br>Fruit<br>(Ketchup & Mustard) | 19<br>Roast Turkey w/ Gravy<br>Stuffing<br>Green Beans<br>Juice<br>Cake / M: No Icing<br>(Cranberry) | |
| 23<br>BBQ Pork on Bun<br>Coleslaw<br>Carrots<br>Baker's Choice Dessert<br>(Margarine) | 24<br>Goulash<br>Mixed Vegetables<br>Cornbread or Muffin<br>Juice<br>Cookies/M: 1 cookie<br>(Margarine) | 25<br>Grilled Chicken Patty on Bun<br>Stewed Tomatoes<br>Succotash<br>Fruited Yogurt<br>(Mayonnaise) | 26<br>Egg Breakfast Bake<br>Broccoli w/ Cheese Sauce<br>Orange Juice<br>Biscuit<br>Fruit | |
| 30<br>Italian Lasagna<br>Broccoli<br>Garlic Roll<br>Juice<br>Cookie<br>(Margarine) | 31<br>Oriental Beef<br>Rice<br>Oriental Vegetables<br>Mandarin Gelatin<br>Bread, Cake/M: no icing<br>(Margarine) | JULY | | |