



4834 Velasko Road, Syracuse, NY 13215
townofonondaga.com

NOVEMBER/DECEMBER 2019

SENIOR GAZETTE

Barbara Michalski, Senior Coordinator
(315) 469-3464

NON-RESIDENT 2020 SIGN-UP 'SENIOR GAZETTE' NEWSLETTER

NON-TOWN OF ONONDAGA RESIDENTS CAN RECEIVE OUR
BI-MONTHLY NEWSLETTER FOR A \$5.00 PER YEAR
SUBSCRIPTION FEE.
FREE NEWSLETTERS ARE NOT AVAILABLE
IN THE OFFICE.

IF INTERESTED, PLEASE FILL OUT THE REGISTRATION FORM
AND MAIL OR BRING IN WITH A CHECK PAYABLE TO THE
ONONDAGA SENIORS.

TOWN OF ONONDAGA RESIDENTS WILL CONTINUE TO
RECEIVE THE NEWSLETTER FREE AS LONG AS THEY ARE
ON OUR MAILING LIST.

YOU DO NOT NEED TO SEND THIS FORM IN.
REGISTRATION FORM

NAME(S) _____

ADDRESS _____

BIRTHDATE _____
(IF YOU WANT TO BE ON THE BIRTHDAY LIST...YEAR NOT NEEDED)

MAIL TO:
TOWN OF ONONDAGA
4834 VELASKO ROAD
SYRACUSE, NY 13215
315.469.3464

FREE LUNCH FOR VETERANS OF ALL U.S. MILITARY SERVICES

Thursday November 7

Veterans, you are invited to be our guest for a FREE
P.E.A.C.E. lunch in honor of your military service (all non-
veterans \$3.50). Your lunch is paid for by the Friends of
the Onondaga Seniors. Call the lunch line for your
reservation.



CATERED CHRISTMAS PARTY!!

Thursday December 5

\$10 - Sign up by Tuesday 11/26

TBA, Salad, Dessert; Vinnie Cupo
entertaining

CHRISTMAS P.E.A.C.E. LUNCH with the ladies from SENTIMENTAL SERENADE Monday December 16

This great group will perform their holiday show after
lunch. Call the Lunch line and sign up!

CATERED LUNCHEONS

Sign up in the Senior Center Office for CATERED
Luncheons. Payment is due at sign-up.

No CATERED Lunch in November or January.

STEAL BINGO PARTY

Thursday January 2

It's not your average Bingo Game! It's a cross
between regular Bingo and Chinese Gift
Exchange. 'Steal Prizes' for fun! Enjoy a P.E.A.C.E. Lunch
before playing 'Steal Bingo'. Call the lunch line for your
reservation.



IF YOU WOULD LIKE,... DONATE: The 'prize' you donate
should be an item someone would actually want or use.
It should be new or in very good condition. Your prize
(up to \$10) can be dropped off anytime at the Center
before the party date. Thank you! We promise it's fun!

HAPPY THANKSGIVING!

HOLIDAY CLOSING:

THE SENIOR CENTER WILL BE
CLOSED NOVEMBER 28, 29 FOR
THE THANKSGIVING HOLIDAY;
DECEMBER 24, 25 FOR THE
CHRISTMAS HOLIDAY; JANUARY 1,
NEW YEAR'S DAY.



P.E.A.C.E. Inc. SENIOR LUNCH PROGRAM

Lunch is served every Monday thru Thursday at NOON.

- <> \$3.50 for any senior 60+, \$7 for anyone under 60. Pay the day you come for lunch.
- <> Call the lunch line at 315.469.3259 for reservations.
- <> Reservations should be in by 12:30 PM Wednesday for the following week.
- <> Call and cancel your lunch if you are unable to come for lunch, and make sure to include in your message the day and date you are cancelling.

And don't forget to bring in your own container for your leftovers and goodies! We do not store plastic containers.

IDENTITY THEFT CRISIS PRESENTATION

Tuesday November 5 @ 12:45 PM

Identity theft is an increasing crisis, both nationwide and in our CNY community. And although identity theft can affect anyone, older adults are particularly vulnerable and the consequences can be especially devastating. In response to this, Vera House recently formed the Onondaga County Elder Identity Theft Coalition (OCEITC). Their presentation focuses on the types of identity crimes, scams, and financial exploitation older adults are most susceptible to, as well as tips for prevention and resources if victimized.

AARP SMART DRIVER COURSE

Anyone 50+ is eligible to take this one day course. Registrants will receive an insurance reduction averaging \$40 per year for 3 years, and a point reduction of up to four points on the participant's driver's license (if you already have points).

ADVANCED REGISTRATION IS REQUIRED.

BRING TO CLASS:

*YOUR AARP CARD with membership #. (This is required on the form you fill out to submit to AARP)

*Your current drivers license *Pen/pencil

\$20 AARP member — \$25 non-member

Checks are payable only to AARP

Class time: 8:45 AM – 4 PM; Lunch: 12 - 12:30 PM

Senior Center Doors open at 8:30 AM

Bring a bagged lunch (nothing that needs to be microwaved!) Coffee and Tea provided.

Last class for this year is NOVEMBER 8.

Next class April 17, 2020.

LEGAL AID SOCIETY OF MID-NY

Provides legal services to residents of Onondaga County age 60+. Services cover the following civil areas: Consumer Matters such as problems with collection/debt; Living Wills, Power of Attorney Preparation, and Revocation, Simple Will & Testament, Health Care Proxies; Legal problems concerning Food Stamps, HEAP, Social Security, SSI, Veterans Benefits; Medicaid/Medicare disputes; Public Assistance and Utility issues.

Legal Council is available throughout the year.

Appointments last approximately ½ hour for a single person, and up to 1 hour for a couple.

Their services are free but 'Voluntary contributions to the Legal Aid Society of Mid New York, Inc.' are accepted and used to expand legal services.

The last appointment for this year is November 12.

2020 dates are as follows: February 11, May 12; and

September 8. Call the Senior Center for an appointment.

NUTRITION COUNSELING

To receive dietary counseling in the privacy of your own home or at the Senior Center contact Laurie Zirilli from the Department of Aging @ 315.435.2362 x4939 for an appointment.

BINGO

Thursdays @ 1 PM (Please arrive by 12:45 PM)

November 14; December 19; January 9

\$1 for first card; \$.50 for each additional card.

LEFT CENTER RIGHT

Tuesdays November 19 & December 10 @ 12:50 PM

It's a dice game of chance! Bring 6 quarters to play.

You could win the pot! If you are not having lunch at the Center, please arrive by **12:45 PM** to form tables.

NEIGHBORHOOD ADVISOR/ SENIOR ASSISTANCE

Private counseling is available on Tuesdays November 19 and December 17, 12:30 - 2:30 PM regarding: HEAP; Food Stamps; Lifeline Telephone Program; Veterans Benefits; Meals On Wheels; Housing Subsidies; Home Repairs and Weatherization; Caregivers; Tax Assistance; Pantries; and Social Day Programs. Call the Center to schedule your appointment. If you need immediate assistance call the Neighborhood Advisor at the Salvation Army office directly @ 315.479.1152.

HEAP BENEFIT - 2020 OVERVIEW

Where to apply:

You may apply for the Clean and Tune benefit with a Neighborhood Advisor.

Questions regarding the HEAP program can also be directed to the OTDA Hotline at 1-800-342-3009.

The Home Energy Assistance Program (HEAP) helps low-income people pay the cost of heating their homes.

If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.

HEAP may be able to help you if you heat your home with:

Electricity, Natural Gas, Oil, Coal, Propane, Wood/Wood Pellets, Kerosene, Corn

REGULAR HEAP BENEFIT

Find out if you may be eligible and apply for programs and services.

If you are eligible, you may receive one regular HEAP benefit per program year to help you pay for heating your home.

Eligibility and benefits are based on:

- income,
- household size,
- the primary heating source, and
- the presence of a household member who is under age 6, age 60, or older or permanently disabled.

Regular benefits for households that pay directly for heat based on actual usage are paid directly to the vendor that supplies the household's primary source of heat.

Your household may be eligible for a Regular benefit if:

- Your household's gross monthly income is at or below the current income guides for your household size as posted in the table below or
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits or
- You receive Temporary Assistance or
- You receive Code A Supplemental Security Income (SSI Living Alone)

EMERGENCY HEAP BENEFIT

The 2019-2020 Emergency benefit will open January 2, 2020.

If you are eligible, the Emergency HEAP Benefit can help you heat your home if you are in a heat or heat related emergency.

Emergency HEAP benefits and eligibility are based on: income, available resources, and the type of emergency.

You may be eligible for an emergency HEAP benefit if:

- Your electricity is necessary for your heating system or thermostat to work and is either shut-off or scheduled to be shut off or
- Your electric or natural gas heat is off or scheduled to be shut-off or
- You are out of fuel, or you have less than one quarter tank of fuel oil, kerosene or propane or have less than a ten (10) day supply of wood, wood pellets, corn, or other deliverable heat source....and
- Your income is at or below the current income guidelines as posted in the table below or you receive Family Assistance, Safety Net Assistance, Supplemental Nutrition Assistance (SNAP) or Code A Supplemental Security Income.
- The heating and/or electric bill is in your name and Your household's available resources are:
 - less than \$2,000 if no member of your household is age 60 or older; or
 - less than \$3,000 if any member of your household is age 60 or older.

HEATING EQUIPMENT REPAIR OR REPLACEMENT BENEFIT

If you are a homeowner and eligible, the Heating Equipment Repair and Replacement benefit can help you repair or replace your furnace, boiler and other direct heating equipment necessary to keep your home's primary heating source working.

Benefit amounts are based on the actual cost incurred to repair or replace your furnace, boiler, and/or other essential heating equipment, \$3,000 for a repair and \$6,500 for a replacement.

You must go to your HEAP Local District

Contact/Neighborhood Advisor to apply. Your local district contact will decide if you meet all the eligibility conditions, including the income and resource requirements.

Before work is started it must be approved and authorized by a HEAP Local District Contact/Neighborhood Advisor. Payment is made directly to the vendor after all the work is completed.

CLEAN AND TUNE BENEFIT

Eligible households can receive energy efficiency services, which includes the cleaning of primary heating equipment, but may also include chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats, if needed, to allow for the safe, proper and efficient operation of the heating equipment. Benefit amounts are based on the actual cost incurred to provide clean and tune services, up to a

maximum of \$400. No additional HEAP cash benefits are available.

You may be eligible for a benefit if:

- You are the homeowner
- Your household's gross monthly income is at or below the current income guidelines for your household size as posted on the following table
- Your heating equipment is more than 12 months old
- Your primary heating equipment or chimney has not been cleaned within the last 12 months
- You do not have a service contract with your vendor that includes clean and tune services
- Your household eligibility requirements include filing an application with your local department of social services, providing all necessary documentation, and the household must reside in an eligible living situation.

MONTHLY GROSS INCOME GUIDELINES

Household Size	Monthly Gross Income
1	\$2494
2	\$3262
3	\$4030
4	\$4797

ONGOING AT THE SENIOR CENTER

The following activities are available to all Seniors.

BRIDGE played Mondays and Wednesdays 1-3 PM.

Leave us your name and phone number and we'll add it to our sub list.

BOOK CLUB meets Monday's at 12:45 PM. Read one book a month.

DOMINOES played Mondays from 1-3 PM.

KNIT & CROCHET – Learn from a skilled instructor for help with your project. Call the Center and leave your name and # to schedule a time to meet.

LIBRARY – Come in and browse our shelves.

KLASSY RED HATTER'S meet the first Tuesday of each month at 1:15 PM.

MAH JONGG – An experienced group meets Wednesdays 1–3 PM.

POOL (Billiards) – A regulation size pool table is located next to the dance room and available all day.

Wii: BOWLING, TENNIS & GOLF – A regular group plays each Wednesday morning at 10:30 AM before lunch. Join in!

'BUSY HANDS' QUILTING/NEEDLEWORK

GROUP meet Mondays from 10 - 12 Noon for quilting, needlework, cross stitch, embroidery.....

WALKING PROGRAM

Walk at St. Michael's Parish Center, located behind the rectory, from 10 - 11 AM Tuesdays and Thursdays. Stop by the Senior Center and fill out a Medical & Emergency Information Form if you are interested joining in.

DONATIONS - We Collect: BOX TOPS FOR EDUCATION
** BYRNE DAIRY RECEIPTS ** CANNED & NON-PERISHABLE
ITEMS FOR FOOD PANTRY**YARN*ALUMINIUM PULL TABS**

EXERCISE.....FIT AFTER FIFTY

Instructor: Diane Zarzecki

Tuesdays 10 - 11 AM

Current Session thru January 21

Next 12 week Session:

January 28 – April 14

After January 21 add \$10

RESIDENT FEE: \$24 NON-RESIDENT FEE: \$34

ART INSTRUCTION

Instructor: Thomas Hussey

BEGINNER ART (Oil Painting)

Tuesdays 12:30 – 2:30 PM

Current 12 week Session thru November 19

Next 12 week Session:

November 26 – February 18

No Class December 24 & 31

After November 19 add \$10

RESIDENT FEE: \$ 90

NON-RESIDENT FEE: \$100

Maximum 12 participants in class.

Contact Tom at wthussey@gmail.com or 315.253.5288 for information regarding supplies for class.



ADVANCED ART

Tuesdays 9 AM - 12 Noon

Current 12 week Session thru November 5

Next 12 week Session:

November 12 – February 11

No Class December 24 & 31

After November 5 add \$10

RESIDENT FEE: \$66

NON-RESIDENT FEE: \$76

TAI CHI/CHI KUNG

Instructor: David Dolbear

CHI KUNG - Thursdays 11:10 AM

A Chinese Exercise meaning Therapeutic Breathing Exercise for Health, involving simpler movements and breathing to reduce stress and promote pliability, improved pulmonary and cardiovascular function. Chi Kung can be done sitting in a chair or standing. This is a

beginner class for anyone who wishes continuing on to Tai Chi.

TAI CHI - Thursdays 12 Noon (Following CHI KUNG)

Characterized by soft, slow and continuous movement. Physically it promotes pliability, improved cardiovascular and pulmonary function, improved posture and increased strength, especially in the legs. Psychologically, it promotes concentration, relaxation, self confidence and overall improvement in the function of the central nervous system.

Current Sessions thru January 2

Next 12 Week Session:

January 9 – March 26

After January 2 add \$10

RESIDENT FEE: \$60 (each class)

NON-RESIDENT FEE: \$70

Maximum 14 participants in class.

EXERCISE WITH LIGHT WEIGHTS

Thursdays 10:30 - 11:15 AM

Exception: NO EXERCISE CLASS NOVEMBER 7. NO EXERCISE THIS WEEK. DECEMBER 5 MAKE UP CLASS 10AM FRIDAY DECEMBER 6.

FREE ONGOING CLASS following a video.

DAY TRIPS

DEL LAGO RESORT & CASINO

Monday November 4 (TRIP FULL – WAIT LIST ONLY)

Nedrow Fire Department – Depart at 10:30 AM

Onondaga Senior Center – Depart at 11:00 AM

Return approximately 5:45 PM

THE NUTCRACKER & HOTEL

SYRACUSE/MARRIOTT LUNCH & TOUR

Monday November 25

Join us at the OnCenter Crouse Hinds Theater for a 1 Hr. performance of Syracuse City Ballet Company's *The Nutcracker* with spectacular dancing, dazzling costumes and colorful sets. Following the show enjoy a Soup and Salad Buffet lunch in Eleven Waters Restaurant at the beautifully restored Marriott Syracuse Hotel Downtown. After lunch we'll take a Onondaga Historical Association guided tour of the hotel starting in the Hotel Lobby and to other interesting destinations within.

FEE: Residents \$50 Non-Residents \$55

Bus pick-ups:

Onondaga Senior Center – Depart at 8:45 AM

Nedrow Fire Department –Depart at 9 AM

Return approximately 4 PM





NOVEMBER BIRTHDAYS

- 1 Darlene Salsgiver
Carolyn Corbin
- 2 Dave McPeak – Robert Osman
- 3 Carolyn Sandford – Elaine Gardinier
- 4 Cheri Roe
- 5 Franie Patrode
- 6 Diane Patterson – Martha Lischak
Marge Delaney
- 7 Beverly Wilbur – Mary Ellen Lane
- 8 Maria Harfman
- 9 Lorraine Gorman
- 11 Harold Hobson – Phyllis Hegney
- 12 Edgar Herzon
- 13 Janice Tuttle - Barbara Highbrown
SallyJo Easton
- 14 JoAnn Williams
- 15 Mary Whelan
- 18 Birgit Hillring – Debbie D’Antonio
- 20 Frances Payette
- 22 Thomas Petro
- 23 Phyllis Sherwood – Phyllis Randall
- 27 Sharon Armstrong
Virginia DeBenedictis
- 29 Doreen Butler - Sharon Mullen
- 30 Betty Schindler

DECEMBER BIRTHDAYS

- 2 Barbara Wesley
- 3 Liz Beebe – Mary Keegan
- 4 Ella Ramsden
- 5 Melissa Calhoun – Dick Sheeran
- 7 Virginia Christo
- 8 Florence Grates – Louise Palmer
Julia M. Graser
- 9 Pat Sylvester – Karen Balduzzi
- 10 Arlene Swete – Leila Austin
Mary Ann McCarthy
- 12 Jacky LaPenna
Sonia Soultis - Edna Mosher
- 13 Elsie McLaughlin
- 14 Carole Barr
- 15 Diane Sherwood – Ronald Winters
Phyllis Lorenz – Lucia Davis
- 18 Rita Bielak – Joyce Small
- 20 Demaris Dominick – Deritha Fiorelli
Larry Cambell - Betty Worden
- 22 Christine Wheeler-Sumner
Judy Bryant
- 23 Rosalyn Abajion – Sharon Adamski
- 24 Doris Miller
- 25 Shirley Eriksson – Carol Vollmer
Stanley Banazek
- 26 Marilyn Corey – Cara Kirkby
- 27 Virginia Seida
- 28 Pat Buckley – Connie Past
Judy Davis
- 29 Marjorie Follett
Art & Anne Stanton
- 30 Anne Lloyd

TOWN OF ONONDAGA SENIOR CENTER

**4834 VELASKO ROAD
SYRACUSE, NY 13215
Phone: 315-469-3464
Fax: 315-469-2816**

**TIMED MATERIAL!
PLEASE**



*Merry Christmas & Happy New Year!
May your Holidays be filled with Good
Health, Happiness, Peace & Love...*



**SENIOR FALL & WINTER PROGRAM HOURS:
9:00 AM - 4:00 PM
SENIOR SUMMER PROGRAM HOURS:
9:00 AM - 3:30 PM**

NEW YORK STATE FAIR COMPETITION RESULTS

FINE ARTS DIVISION

Amateur

Sherrie Grabowski, 2nd Place
Jerald Holbrook, Accepted

SENIOR CITIZENS DIVISION

Painting –Original Oil

Barbara Bratt , 1st Place
Mary K. Mahle , 4th Place
Deborah Tomushunas , 3rd Place

Watercolor

Christine Johns Kirby, Honorable Mention

Painting - Non-Original Oil

Barbara Bratt , 3rd Place
Christine Johns Kirby, 3rd Place

Acrylics

Sherrie Grabowski , 1st Place
Sherrie Grabowski , Honorable Mention

Drawing (pen & ink, charcoal, pencil & markers)

Jerald Holbrook, 3rd Place
Sherrie Grabowski, Honorable Mention

Potpourri - Any handcrafted article (decorative, except holiday item)

Sherrie Grabowski, 2nd Place



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