Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228-1142

Presorted Standard
U.S. Postage
PAID
Permit No. 4694
Buffalo, NY

LIKE US ON FACEBOOK! FOLLOW US ON twitter SUBSCRIBE TO OUR YouTube CHANNEL LinkedIn

JANUARY 2021

AmherstSeniorCenter.com

THE NETWORK

***Brian Bray*- Director, Amherst Center for Senior Services**
***Brian J. Kulpa*– Amherst Town Supervisor**
***Deborah Bucki*-Councilmember, Senior Services Liaison**

DIRECTOR'S NOTE

TABLE OF CONTENTS

Editor-in-Chiefs:
Brian Bray (bbray@amherst.ny.us) and
Melissa Abel (mabel@amherst.ny.us)

Editor:
Christina Yensan (cyensan@amherst.ny.us)

Reporters:
Joanne Cole, Program Leader (jcole@amherst.ny.us)
Tammy Jacobs, Program Coordinator (tjacobs@amherst.ny.us)
Angela Jones, Social Worker(ajones@amherst.ny.us)
Jodi Kwarta, Volunteer Director (kwartaj@amherst.ny.us)
Jennifer Lazarz, Program Leader (jbono@amherst.ny.us
Donna Muck, Kitchen Manager (dmuck@amherst.ny.us)
Cindy Weiss, Class Coordinator (cweiss@amherst.ny.us)

Editor's Note:
All information was correct at time of printing. The online version of the Network has the most current information.

MAIN LINE 636-3050

Amherst Generations Foundation	636-3055, 3125
Amherst Meals on Wheels	636-3065
Amherst Senior Transportation	636-3075
Event Registration	636-3050
Nutrition	636-3050
Ralph C Wilson Jr Adult Day	689-1403
Senior Outreach	636-3070
Support Group Info	636-3050

Happy New Year! If you are like me, you're going into 2021 with an optimistic attitude. On Page 13, we ask the question, "What has 2020 taught you?" One of the most important things it taught me and my family is that you do not have to be in close proximity to be together. We celebrated our holidays virtually with family and friends, from virtual Thanksgiving Dinner, to virtually baking holiday cookies with our parents, to a virtual ringing in the New Year with friends.

The pandemic took a toll on all of us mentally and forced us to look at doing things differently to decrease social isolation and its detrimental effects. While we are eager to open our doors at the Center as soon as we possibly can-safely, we will continue to offer our programs and classes virtually. We have added another platform in which to stay connected with our members, volunteers and partners - a new website solely devoted to the Center and all we have to offer. While we remain on the Town of Amherst website, our goal is to have our members use our website as its complete source to the Amherst Center for Senior Services. Please visit AmherstSeniorCenter.com and see what we have to offer.

I am very proud of this accomplishment and hope you will find it a great resource regarding active aging. We have outlined our classes, programs, supportive services, clubs, nutrition, volunteering and much more. To make your participation in our programs and classes easier, we have added an online tool called MyActiveCenter. This will allow you to register for programs and classes as early as January 18 at times that are convenient for you. You will also have the ability to pay for classes using your credit card in a safe trustworthy place.

To get you started, you can register as early as January 4 and practice your registration skills by registering for our MyActiveCenter Raffle Program. The Center will be hosting virtual weekly raffles. See pages 4 and 5 for more detailed instructions.

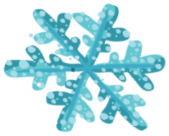
With the arrival of the COVID vaccine, we plan on fully opening the Center to members in the future and offering all of the services we once did. We will also continue to offer virtual experiences for those who want a choice in the way they participate and especially for our homebound seniors. I wish you and your families a wonderful new year filled with good health, good friends, and much hope for the future.

Brian

MEMBERSHIP

The Town of Amherst Center for Senior Services is a human service agency serving the community's older residents and their families. The Department's mission is to foster the physical and mental well-being of senior citizens by providing educational and recreational activities, nutritional, health-related, social and support services, and opportunities for volunteerism. The Department is an advocate for senior citizens and seeks to promote and sustain independence or optimal level of well-being.

AFTER DELIBERATION WITH COUNTY OFFICIALS, THE CENTER HAS TEMPORARILY SUSPENDED ACTIVITIES AT THE CENTER WITH THE EXCEPTION OF FROZEN MEAL PICKUPS AND APPOINTMENTS MADE WITH OUR SOCIAL WORKER. WE WILL OPEN AS SOON AS IT IS SAFE.



The Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228
636-3050
www.amherst.ny.us

THERE WILL BE NO ONE IN THE OFFICE ON 1-18-21

The Center is a 53,000 square foot facility that includes:

- Art Gallery

Monthly art is displayed compliments of Asbury Pointe

ASBURY POINTE
AN AFFILIATE OF BEECHWOOD CONTINUING CARE

- Audubon Café
- Billiard Room
- Card Room
- Computer Lab
- Gift Shop
- Library
- Wellness Room

MEMBERSHIP DUES

AMHERST RESIDENT
lifetime fee

- $30 individual membership
- $50 couple or household membership

NON-RESIDENTS
annual fee

- $30 individual membership
- $50 couple or household membership

Lifetime individual membership is $100, Lifetime couple or household is $150

A household is defined as two people living at the same address.

If you are 55 and older and are interested in membership, please call Tammy at 636-3055, ext. 3172 to make an appointment.

The Amherst Center for Senior Services has eligibility requirements.

We are sorry for any of our members whose family and friends were affected by the coronavirus.

We also extend our sympathy to the families and friends of those members who have recently passed.

The Amherst Center for Senior Services recently introduced their very own website. The Center will remain a presence on the Town of Amherst website but will now offer a new platform for you to reach us.
Our new website showcases our facilities as well as all of our ways to ensure active aging-classes, programs, volunteering, supportive services, nutrition and clubs. It will also be a great resource to find current and past issues of the Network. Check us out at amherstseniorcenter.com.

MY ACTIVE CENTER

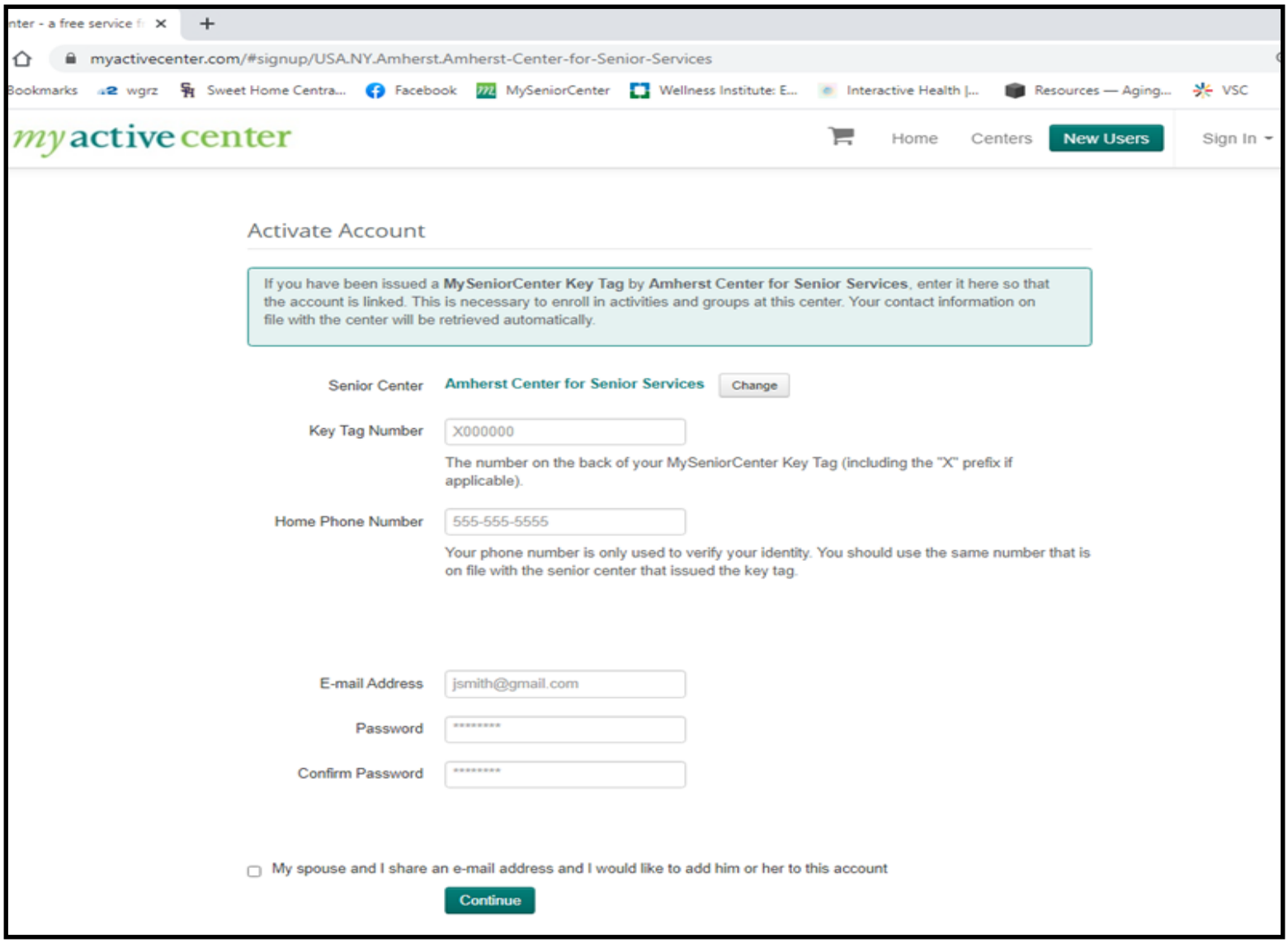
IMPORTANT INFORMATION

NEW FOR 2021
ONLINE REGISTRATION AND CREDIT CARD PAYMENTS

The Amherst Center for Senior Services not only has their own website now, we have implemented an online registration program for classes and programs on the website. It is called **MyActiveCenter.**

This gives you the ease of registering for your own classes and programs and even make credit card payments through the program.

- On January 4, you will be able to create your account and register for our raffle program.
- On January 19, you can register for classes or programs that begin in February.



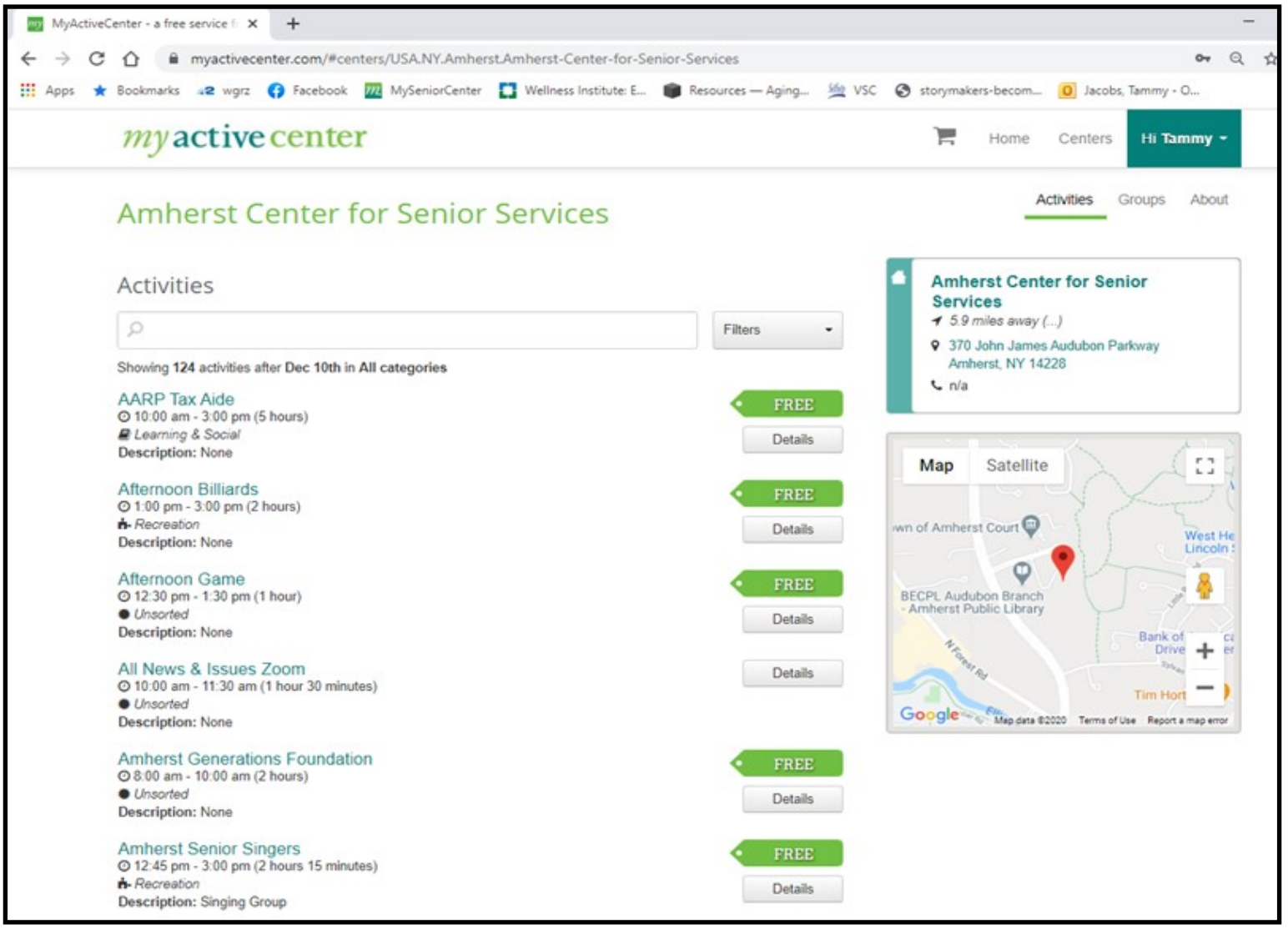
Please go to the link below to register:
https://myactivecenter.com/#signup/USA.NY.Amherst.Amherst-Center-for-Senior-Services

- Each blank needs to be completed on this page.

- If you have lost your keytag, are unsure of the phone number you have on file or have any other issues, please call us at 636-3050.

MY ACTIVE CENTER-continued

Bookmark **MyActiveCenter** to make it easy to return to.



After you have created your account, register for our raffle program. It is called *MyActiveCenter Raffle Program.*

This is great practice for registering for upcoming events.

Watch your email* and upcoming Networks for more information.

**If you currently do NOT receive emails from the Center, please contact Christina Yensan at cyensan@amherst.ny.us.*

myactivecenter

VIRTUAL CLASSES

PLEASE!! NOTE

If you participated in any of the classes below this past Fall we will be using the same Zoom links for January, so there is no need to reregister.

If you are registering for the first time, you will receive an email containing information about joining the class after you register.

AARP DEFENSIVE DRIVING CLASSES:
If you need to renew your car insurance discount, you can take the AARP Smart Driver Online course by going to www.aarpdriversafety.org. Promo code for 25% discount: DRIVINGSKILLS

Functional Living Everyday Exercise (FLEE) PREREGISTER
Instructor: Jill Bronsky
Mondays, 10:00-11:00 am
(1/11 & 1/25)
Enjoy 50 minutes of activities that will help improve balance, mobility, and strength. Discover how functional fitness exercises that mimic activities of daily life can help promote better balance and reduce the risk of falls.
https://us02web.zoom.us/meeting/register/tZMrdOmvqDgoEtWh6iIc1e_vTepSmfy-l6lw

Yoga PREREGISTER
Instructor: Tina Phillips
9:00-10:15 am
Tuesdays, (1/12 – 1/26)
Thursdays, (1/14 -1/28)
Variations will be presented for beginner to intermediate so you can work at your own level transitioning from floor to feet.
https://us02web.zoom.us/meeting/register/tZcpcO-opz0qG9cgy_XDAffIO0yRYz9n8ApI

Ballet Stretch PREREGISTER
Instructor: Dawn Tarbox Szerbiak
Tuesdays, 9:45-10:40 am
(1/12-1/26)
This workout combines ballet and stretch for a low-impact, fat burning workout. Have a chair available to help with balance and resistant bands, if you have them.
https://us02web.zoom.us/meeting/register/tZ0vdemqpj8iHdLf9R0dROQBO6fYuOH8yH8i

Yoga & Meditation PREREGISTER
Instructor: Jennifer Nuwer
Tuesdays, 11:30 am-12:30 pm (1/12-1/26)
Fridays, 1:00-2:00 pm (1/15-1/29)
This class is a combination of meditation and yoga exercise, done from a chair. The ultimate goal is to achieve a gentle and healing experience.
https://us02web.zoom.us/meeting/register/tZclcO2rrjstGNVTFdDHEFqs8b8kv_H60WAF

Current Events
Leaders: Dick Mallison, Jeff Goodman, Joann Shafer or Dick Schanley
Wednesdays, 9:30 -11:30 am (1/13-1/27)
This weekly discussion group will touch upon local, national and world events and topics. If you have not participated in the past, please contact Cindy at cweiss@amherst.ny.us to reserve your spot and obtain the Zoom link.

Watercolor Intermediate
Instructor: Dan Meyer
Wednesday, 10:00 am-12:00 pm (1/13-1/27)
All classes are directed towards individuals with previous watercolor painting experience. If you have not participated in the past, please contact Cindy at cweiss@amherst.ny.us to reserve your spot and obtain the Google Meet link.

Laugh For Health PREREGISTER
Instructor: Jenny May
Wednesday, January 13 from 11:00-11:50 am
Laughter, breathing exercises and meditation will boost your immune system, lower tension and stress and put you in a better mood. This is a laughter exercise program being practiced in over 200,000 clubs in 110 countries celebrating started by Dr. Kataria 25 years ago. No equipment necessary and can be done sitting or standing.
https://us02web.zoom.us/meeting/register/tZEuce2hpzwtG91xBO2UNrQL-EcMgmVtgDFF

VIRTUAL CLASSES-continued

If you participated in any of the classes below this past Fall we will be using the same Zoom links for January, so there is no need to reregister.

If you are registering for the first time, you will receive an email containing information about joining the class after you register.

Zoom for Seniors PREREGISTER
Instructor: Nancy Wise
Wednesday, January 13 at 1:00 pm
Tired of not seeing faces? Join this WiseClass on using the video calling app-ZOOM. You can SEE and talk to your family and friends. And, it lets you join classes like this or participate in one of our many programs.
https://us02web.zoom.us/meeting/registertZcocum-hqD4rEtywVc_OC6zKfLvfW7DVDRHT

Art History
Instructor: Laura Watts
Thursdays at 10:00 am, Begins 1/14
If you have not participated in the class in the past, please contact Cindy at cweiss@amherst.ny.us to reserve your spot and receive the link.

Drawing Intermediate
Instructor: Dan Meyer
Thursday, 10:00 am-12:00 pm (1/14-1/28)
Expand your drawing abilities. All classes are directed towards individuals with previous experience. If you have not participated in the past, please contact Cindy at cweiss@amherst.ny.us to reserve your spot and obtain the Google Meet link.

All the News & Issues
Leader: Geoffrey McCauley
Fridays, 10:00-11:30 am (1/15-1/29)
This weekly discussion group will touch upon local, national and world events and topics. If you have not participated in the past, please contact Cindy at cweiss@amherst.ny.us to reserve your spot and obtain the Zoom link.

Guitar or Ukulele
Instructor: Jenny May
Fridays, 9:30 am (1/15-1/29)
Individual one-half hour lessons will be offered. No prior musical experience is necessary. Please contact Cindy at cweiss@amherst.ny.us to RSVP and set up a time for your lesson.

Essential Computer Skills 4 - File & Folder Mgmt PREREGISTER
Instructor: Nancy Wise
Wednesday, January 20 at 1:00 pm
Where is the file I just downloaded? What does that File name mean? Unsure where to save things? Take this WiseClass to get your answers.
https://us02web.zoom.us/meeting/register/tZIqceirqDoiGty47JWQkbXhy7Nnt9_By6b5

East Meets West-Survey of Orientalism Part 1 PREREGISTER
Instructor: Michael Harris
Tuesdays, 1:00 – 3:00 pm (1/26-2/23)
The fascination of Western culture with the cultures of the Near and Far East has been a longstanding attraction – the Occidental and Oriental worlds almost having a Yin/Yang complementary relationship. In this course, we will examine some of the leading works of the Western Imagination that have tried to capture the wisdom, beauty, exoticism and eroticism of the Orient: the China of Marco Polo and Pearl Buck, the Japan of Puccini and Gilbert & Sullivan, the India of Rudyard Kipling and the Middle East of Sir Richard Burton's 1001 Arabian Nights and Edward FitzGerald's The Rubaiyat of Omar Kayaam. https://us02web.zoom.us/meeting/register/tZYlfuurrjoqG9Z8_pvROUoEKg942tcuDVo0

Your Google Account PREREGISTER
Instructor: Nancy Wise
Wednesday, January 27 at 1:00 pm
Your email account is more than just email. You have an address book and a calendar and a note book too. Once you enter your information, your account will help you by reminding you, giving you directions and keeping you organized. Join this WiseClass for an overview. Bring your questions.
https://us02web.zoom.us/meeting/register/tZYodeyhqjIjGNNo4wtv3yEUrsnvlZ2edsjb

VIRTUAL PROGRAMS

THE LINKS TO ALL THE FOLLOWING VIRTUAL PROGRAMS CAN BE FOUND ON:

https://tinyurl.com/ACSSZoomLinks

Good Coffee Company
Daily, Monday-Friday at 9:00 am
No program ON January 18

Games
Monday, January 4 at 11:00 am– *Chain Reaction*
Monday, January 11 at 11:00 am– *Outburst*
Thursday, January 21 at 11:00 am – *Family Feud*
Monday, January 25 at 11:00 am- *Apple to Apples*

Mind Teasers
Monday, January 4 at 1:00 pm
Thursday, January 28 at 11:00 am

Fun with Food-Celebrate National Soup Month

- **Carrot & Ginger Soup**

Tuesday, January 5 at 11:00 am

- **Cauliflower Soup**

Tuesday, January 19 at 11:00 am
Recipes will be sent once you have registered

Trivia Tuesdays
January 5, 12, 19, 26 at 2:00 pm

Make Lunch Together

- **Grilled Cheese and Tomato Soup**

Wednesday, January 6 at 11:00 am

- **Tuna Sandwich**

Wednesday, January 13 at 11:00 am

- **Chicken Caesar Salad**

Wednesday, January 27 at 11:00 am

Word up Wednesdays
Challenge your mind with our word games
January 6, 13, 20, 27 at 2:00 pm

The Food Labels

Thursday January 7 at 11:00 am with *Jennifer Johnson*
Understanding food labels is the key to smart shopping. Learn how to make sense of the food label, read the ingredients list and decipher front-of-package health claims. We'll also review the recent changes to the Nutrition Facts label. Please email Tammy at tjacobs@amherst.ny.us for your reservation and the link

***This is Us* chat**
Thursday, January 7 at 1:00 pm
Let's talk about the popular show on NBC *This is Us*

Essential Estate Planning: A Discussion of the Basics
Thursday, January 7, 2021 from 4:00 to 5:00 pm
Attorneys Judy N. Cuzzacrea Wagner of Harris Beach, PLLC and Robert Friedman of Friedman & Ranzenhofer, PC will share information about estate planning. Learn vital information about estate planning documents allowing our trusted family members to make financial and medical decisions in the event of incapacity, including Powers of Attorney, Living Wills, Health Care Proxies, MOLST Forms, and guardianship proceedings. The program will also discuss why it is important to have a Last Will and Testament, how the estate administration process works and how to avoid probate. We will also discuss different forms of trusts and how they can be incorporated into your planning for asset protection, caring for disabled family members and keeping things simple for your family. To register, click the webinars button on WNY-Lawyers.com

Dishin with the Director
Friday, January 8 at 2:00 pm
Get to know Brian with some fun conversation

VIRTUAL PROGRAMS -continued

THE LINKS TO ALL THE FOLLOWING VIRTUAL PROGRAMS CAN BE FOUND ON:

https://tinyurl.com/ACSSZoomLinks

Book Club
Monday, January 11 at 1:00 pm
We will discuss *Lilac Girls* by Martha Hall Kelly

Dollar Tree Crafts

- **Epsom Salt Luminaries**

Tuesday, January 12 at 11:00 am
Supplies needed: empty jars & Epsom salts

- **Dip Dye Candles**

Tuesday, January 26 at 11:00 am
Supplies needed: White candles, crayons, sauce pan, empty soup can

Clarity Group-Medicare 101
Wednesday, January 13 at 3:00 pm
New to Medicare or thinking about retiring? Join us to learn about the basics of Medicare.

Medicaid Planning &Asset Preservation: Know the Rules
Wednesday, January 13, 2021 from 4:00 to 5:00 pm
Attorneys Judy N. Cuzzacrea Wagner of Harris Beach, PLLC and Robert Friedman of Friedman & Ranzenhofer,PC will share information about Medicaid and Long Term Care Planning. An understanding of the process is important to assure there are no barriers to Medicaid benefits when nursing home or home care is needed. This program will explain eligibility, the latest rules about transferring assets, penalty periods and other actions that can impact eligibility. We will also discuss legal techniques that can protect your assets, including transferring property, spend down rules, spousal allowances, caregiver agreements and promissory notes. Gain the basic knowledge necessary to minimize the potentially catastrophic effect that the cost of long term care can have on family wealth. To register, click the webinars button on WNY-Lawyers.com.

2021! Let's Talk Programming
Thursday, January 14 at 9:00 am
Join Deputy Director, Melissa and our Program Staff to discuss your ideas for 2021 programs

Netflix Talk
Thursday, January 14 at 11:00 am
Looking for a new show on Netflix? Join us and share what you are binge watching

Bingo
Thursdays January 14, 21, 28 at 1:00 pm
Bingo boards will be mailed to you after registration.

SPECIAL GUEST COFFEE HOUR
Friday, January 15 at 9:00 am
Join Volunteer Services Director, Jodi Kwarta for coffee and a chat

Cooking with Jen

- **Skinny Brownies with Black Beans**

Friday, January 15 at 11:00 am

- **Lasagna Soup**

Friday, January 29 at 11:00 am

National Hat Day
Friday, January 15 at noon
Join the staff for lunch. Wear your favorite hat to celebrate this holiday

Flashback Fridays
Friday January 15, 22, 29 at 2:00 pm
Take a look back at this day in History!

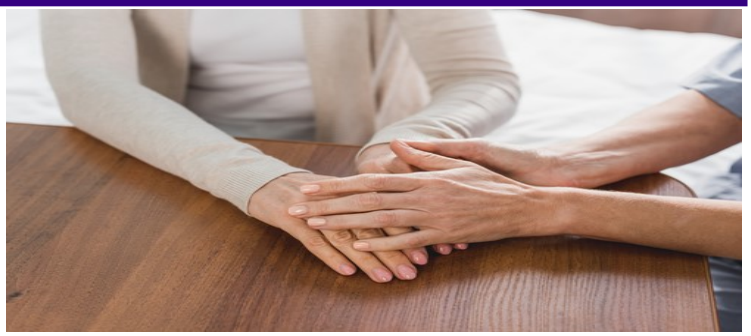
Inauguration Lunch
Wednesday, January 20 12:00 pm
Let's watch President Elect Joe Biden being sworn into office

January Birthday Celebration
Friday, January 22 at 11:00 am
Join us we honor anyone born this month

Book Club
Monday, January 25, at 1:00 pm
We will discuss *The Giver of Stars* by JoJo Moyes

SOCIAL WORK

Your needs are important to us and we want to assure you that we are still committed to working diligently to provide information and referrals for programs and services. While the Center is currently closed for regular member use, we are available to meet for in-person office visits by appointment only, as well as telephone or virtual appointments. Please call the Social Work office to schedule an appointment.



Mindfulness Matters: Mindfulness of Thoughts, Fri. January 15th at 2:00 pm
"A thought is not a fact- a thought is just a thought." –Jon Kabat-Zim
Being Mindful of Thoughts can help to not be overtaken by views and judgments that come into our thoughts. It helps to be aware that thoughts are not necessarily facts, before we act on them. Thoughts need attention, because with them we can be the best and the worst of who we were made to be. Dr. Louise Ferretti joins us again this month to discuss suggested ways to practice ***Mindfulness of Thoughts***. We will explore thoughts that are healthy/worthwhile vs. unhealthy/destructive, and what it feels like to let go of a thought that is not helpful, while showing kindness and care to our experience. Please register in advance for this meeting at:
https://us02web.zoom.us/meeting/register/tZUldeqrpjMsE9e0mbTgf3pUGGygLEmOFmxi

Ted Talk & Discussion-"Why aren't we more compassionate?" Thurs. January 21st at 1:00 pm
Daniel Goleman, author of "Emotional Intelligence," asks why we aren't more compassionate more of the time. We will meet via Zoom and watch the Ted Talk "***Why aren't we more compassionate?***" with a facilitated discussion to follow. All you need is an open mind and an opinion to share. Please register in advance for this meeting at:
https://us02web.zoom.us/meeting/register/tZUvcuygpj8iG9V11kFUEl0nv8uWM0HQckDK

Virtually Just Say It! 2020 is over and GOOD RIDDANCE! Mon. January 25th at 10:00 am
Join us via Zoom, as we respectfully share thoughts and simply talk freely amongst peers. This month our discussion will be centralized to the year we've all endured, 2020. No worries about being "appropriate" or "speaking carefully" in fear of what others will think. This group would like to hear what you have to say. **JUST SAY IT!** Please note; what we talk about in this group stays in this group. register in advance for this meeting at:
https://us02web.zoom.us/meeting/register/tZcuduqgpz8jH9chwz7QKtO2au3MQwTCviIy

Widow/Widowers and Caregivers Support Groups have paused in-person meetings. However the support you need will continue to be available. Contact the Social Work office for all of your support needs and hear of the innovative ways support is able to be provided and shared.

Friendly Visitor Program is going virtual!
The Friendly Visitor Program provides socialization to isolated, home-bound individuals living in the Amherst area. Individuals will meet virtually for a *Friendly Visit.* The program is provided by the Amherst Center for Senior Services. If you would like more information on how to become a participant or volunteer please contact the Center's Social Work office.

ARE YOU OR SOMEONE YOU KNOW IN NEED OF HOME BASED SERVICES?
Through a partnership with Erie County Senior Services the Center has an in-house Senior Outreach Program. Trained staff are available to provide assessments for home and community-based services such as Meals on Wheels, Home Care, Adult Day Care and Personal Emergency Response Buttons. There may even be funds available to assist in the cost of services. **Call Senior Outreach Services directly at 636-3070.**

FOR PROGRAM RESERVATIONS OR APPOINTMENTS: ANGELA JONES, SOCIAL WORKER ajones@amherst.ny.us or at 636-3055, EXT. 3129

VOLUNTEER NEWS

HAPPY NEW YEAR to all of our FABULOUS VOLUNTEERS!!! With a challenging year behind us and a fresh one in front of us, it's a great time for us to thank you for your loyalty and dedication and also to thank you, in advance, for the all of your anticipated efforts in 2021. While we faced unprecedented challenges last year, we now have an opportunity to show how strong and resilient we are and will look forward to this new year with a sense of hope and faith that 2021 will bring us many blessings. Eventually, there will be new volunteer opportunities and we can't wait to let you know when we can invite you back to the Center so we can work alongside you again. It's become even more apparent in the past several months that our volunteers truly are the heart and soul of the Center. Your volunteer presence here is among our many blessings and we promise to never take it (or you) for granted.

Many of you have had an inordinate amount of "alone time" over the past several months and are chomping at the bit to get back to volunteering. We want to remind you that while service opportunities may be slim-to-none at the Center for the time being, we invite you to consider volunteering elsewhere. There are sure to be organizations that are currently in need of volunteers that would be thrilled to have you. Think about it... in addition to our seniors, there are children, animals, the cultural arts, the environment, and a plethora of other causes that are all worthy of your generous spirit, time and talents. We encourage you to serve anywhere and everywhere you are willing. Please consider contacting the fine people at Erie County's **Retired Senior Volunteer Program (RSVP), at (716) 858-7548**, as they are always in contact with organizations throughout Erie County in need of volunteers and they can help you find the right fit, particularly if you are looking for something special to match your specific skill set. Not to worry, as you will always be welcomed back to the Center with open arms when we are able to make you that offer. And remember, we will happily accept your volunteer service hours from outside the Center, so please remember to report them to us.

The Town of Amherst Warm Clothing Project was (again) a great success this past holiday season and we would like to thank our own **Knitting Club** and the several staff who made monetary donations and/or purchased coats, boots, hats & mittens and other warm clothing for children throughout Amherst who are most in need. Their generosity provided these children with the basic necessities needed to get through a Buffalo winter and we humbly thank you. It was a pleasure working with the Town of Amherst Youth and Recreation Department who always work so hard and do an amazing job of coordinating the project each year.

Reader's Theater is now meeting virtually on ZOOM. If you are interested in participating as a performer or a guest, please email Pam Williams at pamelajoyce14@hotmail.com and she will kindly share the link with you.

Member, Carol Hensel (picture on lift) drops off completed lap robes and picks up more materials. Lap robes are made by our very own Monday Community Services Club to donate to local nursing homes.

Member, Bob Peluso, (picture on left) is videotaped reading The Night Before Christmas to be sent to the students at Buffalo's School 30. The Center has made visiting the school an annual tradition that couldn't be done in person this year due to COVID restrictions. Our very own Knitting Club generously provides hats and scarves to the students every year. We thank you all for your kindness this year and every year!

A special thank you to all of our members who donated a gift card to Operation Snow Angel. The Center delivered close to 100 gift cards to seniors in need this holiday season!

Jodi Kwarta, Director of Volunteer Services, jkwarta@amhert.ny.us or 636-3055, ext. 3126.

2021 ELECTED OFFICIALS

PRESIDENTIAL INAUGURATION: Expect Smaller Crowds and More Social Distancing

The stage being built on the West Front of the Capitol can hold 1,600 spectators for a close-up view of President-elect Joseph R. Biden Jr. as he takes the oath of office. The reviewing stand under construction in front of the White House will be ready for the inaugural parade and thousands of cheering onlookers as the marchers pass by. And the National Mall is prepared to accommodate many more.

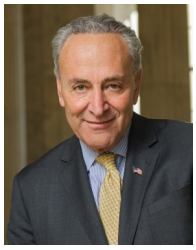
But the traditional pomp and circumstance of America's quadrennial version of a coronation is colliding with the grim reality of a pandemic that is likely to still be raging on Jan. 20. For that reason, Mr. Biden's team is signaling that he wants a very different kind of inauguration.

"We will honor the American inaugural traditions and engage Americans across the country while keeping everybody healthy and safe," said Tony Allen, the president of Delaware State University and the committee's chief executive.

Inauguration Lunch
Wednesday, January 20 at 12:00 pm
Let's watch President Elect Joe Biden being sworn into office. Preregister for this virtual event at:
https://tinyurl.com/ACSSZoomLinks

www.whitehouse.gov
(202) 456-1414

Local Elected Officials



Senator Charles Schumer
Schumer.senate.gov
(716) 846-4111

Senator Kristen Gillibrand
gillibrand.senate.gov
(716) 854-9725

US Congressman Brian Higgins
higgins.house.gov
(716) 852-3501

US Congressman Chris Jacobs
jacobs.house.gov
(716) 634-2324

Governor Andrew Cuomo
www.governor.ny.gov
(518) 474-8390

State Senator Edward Rath

Assemblymember Karen McMahon
mcmahonk@nyassembly.gov
(716) 634-1895

Mark Polancarz
county.executive@erie.gov
(716) 858-8500

Legislator Jeanne Vinal
Jeanne.vitale@erie.gov
(716) 836-0198

Legislator Chris Greene
(716) 858-7500

Town Supervisor
Brian Kulpa
bkulpa@amherst.ny.us
(716) 631-7032

Town Clerk
Francina Spoth
fspoth@amherst.ny.us
(716) 631-7045

Highway Superintendent
Patrick Lucey
plucey@amherst.ny.us
(716) 631-5990

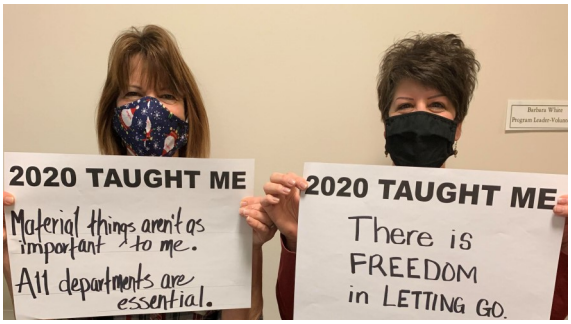
Councilman
Jacqualine Berger
jberger@amherst.ny.us
(716) 631-7013

Councilman
Deborah Bucki
dbucki@amherst.ny.us
(716) 631-7013

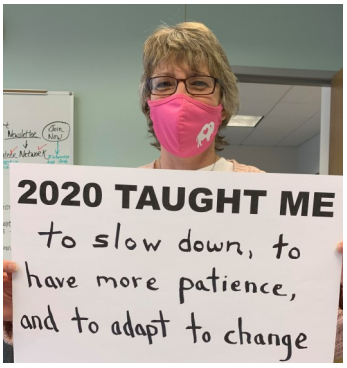
Councilman
Shawn Lavin
slavin@amherst.ny.us
(716) 631-7013

Councilman
Michael Szukala
mzukala@amherst.ny.us
(716) 631-7013

2020 TAUGHT ME



The coronavirus pandemic swept the planet and effectively stopped the way in which the world has operated for so long. No one was prepared to have his or her plans, hopes, and dreams put on hold, and yet March 19, 2020 marked the first stay-at-home issued in the United States by the state of California after a total of 9,197 coronavirus cases were discovered in the United States alone; however, present-day numbers reveal a total of approximately 9.6 million documented coronavirus cases worldwide and this pandemic has resulted in over 490,000 deaths, and these two numbers only continue to steadily rise. Schools ceased in-person instruction; business offices closed, resorting to completing a vast majority of essential work remotely; all entertainment facilities and nonessential businesses were closed, and all nonessential travel was banned worldwide. We are still -- and will be for the foreseeable future -- experiencing the effects of this pandemic, and while things are slowly beginning to open up once again, the uncertainty that accompanied the early weeks of quarantine life taught us several lessons.



1) Plans change. Life is more flexible than we think.

2) Busyness can no longer be an excuse. The people that are supposed to be in our life will be there.

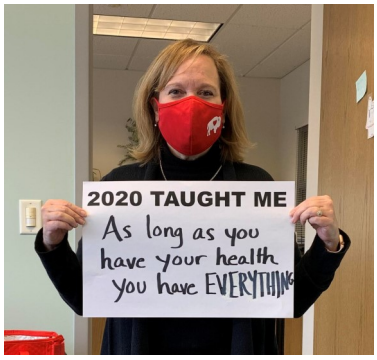
3) Being bored is okay. There are worse things in life than being bored.

4) Emotions are meant to be felt. Knowing why you feel a certain way is important.

5) Technology can fail you. Yeah. Nothing more needs to be said.

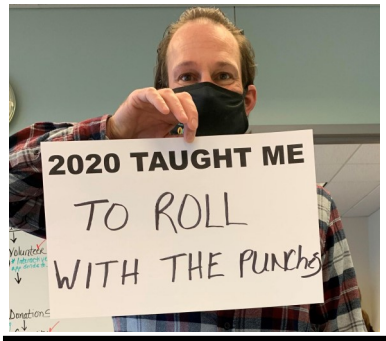
6) Quality work production has nothing to do with our good looks. Love the unfiltered you.

7) Life forces us to have uncomfortable conversations. Uncomfortable conversations are always scarier in our heads.



8) People are really hurting. Have empathy for others and be grateful for the little things in life.

So while we are all very aware of all the life changes, canceled plans and events, and potential opportunities that are no more because of the COVID-19 pandemic and the mandated stay-at-home order, taking a moment to reflect on how this stagnation in our plans and heavily planned schedules has changed our perception of life is essential.



Has COVID -19 taught us anything about ourselves? Has this pandemic made us better, more empathetic, selfless individuals, or are we even more eager to rush into the mundanity of a life that consists of overly booked schedules, totally structured days, lacking in the flexibility that makes life exciting; is it easier to exist in a life we never wanted to sign up for? As we address these questions in our own personal lives, let's aim to leave this unexpected era of our history as better people.

https://witi.com/articles/1757/8-Lessons-COVID-19--Taught-Me/

What did 2020 teach you? Share your response with our Public Relations Coordinator, Christina Yensan at cyensan@amherst.ny.us or even better, send us a selfie holding a sign and we can showcase in our February Network.

RESOURCES

ERIE COUNTY SENIOR SERVICES:
https://www2.erie.gov/seniorservices/

NEW YORK STATE | NY Connects Your Link to Long Term Services and Supports of ERIE COUNTY
(800) 342-9871 (716) 858-8526

Erie County Senior Services mission is to promote the well-being of all older adults through coordinated and cost-effective services which enhance their independence, dignity, and quality of life. Visit their site for more information.

FRIENDLY CALL PROGRAM:
The Center has developed a Friendly Call Program where volunteers can reach out by telephone to members who may just need to hear a friendly voice. People who wish to receive calls can contact Jodi directly at 636-3055 ext. 3126.

FRIENDS HELPING FRIENDS:
The Center's pantry contains nonperishable food items, toiletries, and cleaning supplies. These items are available to obtain as needed. We are committed to ensuring pantry access is provided with respect and confidentiality. Call the Social Work Office at 636-3050, ext. 3129 for an appt.

HEALTH INSURANCE:
Univera Health Care Thursday, January 7
Please call Michele Hrichan at (716)572-8315 for Center appointment.

Clarity Group Wednesday, January 20 (9:00-11:00 am)
Please call Lisa Giancarlo at (716)854-4886 for Center appointment to discuss Medicaid.

LEGAL:
The Center for Elder Law & Justice 844-481-0973 (9:00-11:00) E-mail helpline@elderjusticeny.org with your name and phone number. A licensed attorney will respond to you within 1 business day

MENTALHEALTH:
NY Project Hope 844-863-9314
Free, confidential, emotional support helpline as part of the FEMA response to COVID 19

Erie County Warm Line
844-749-3848 or text 392-2221 (Confidential support and for non-crisis residents of the County)

SAMHSA (Substance Abuse and Mental Health Services Administration) 800-662-4357, Distress Hotline 800-985-5990, or text TalkWithUs to 66746

NUTRITION:
AMHERST MEALS ON WHEELS: 636-3065
https://amherstmealsonwheels.org/
Home Delivered Meals, Emergency Food Boxes. New volunteers welcome.

FROZEN MEALS:
The Senior Center is preparing frozen meals. Please call 636-3050 if you are interested in ordering. You may order up to five meals at one time for a suggested donation of $3 per meal.

TRANSPORTATION:
Amherst Senior Transportation Dept. 636-3075
Currently driving to and from medical appointments for $10. Must be reserved one week in advance

Hearts & Hands 406-8311

MAILING SUBSCRIPTIONS
To have the Network delivered to your home, mail this form, along with $6 check payable to:
Amherst Center for Senior Services and **mail to:**
NANCY LECLAIR
Amherst Center for Senior Services
370 John James Audubon Parkway
Amherst, NY 14228.
This notice does not apply to members of the Travel and Dinner Club, since a portion of their dues covers receiving a copy off the Network in the mail.

GENERAL MAILING SUBSCRIPTION for One Year

Name: _____

Street Address: _____

City:_____ **Zip:**_____

Telephone: _____