



# TOWN OF HAMBURG

# *THE PRIME TIMES*

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BUFFALO, NY

Dept. of Youth, Recreation & Senior Services, 4540 Southwestern Blvd., Hamburg NY 14075

<p><b><u>SUPERVISOR</u></b> James Shaw</p>	<p><b>September 2021</b></p>	<p><i>Director</i> Martin C. Denecke <i>Deputy Director</i> Joseph P. Wenzel <i>Sr. Recreation Supervisor</i> Joseph S. Pietras <i>Recreation Specialist</i> Marc C. Collins</p>
<p><b><u>COUNCILMEMBERS</u></b> Shawn Connolly Beth Farrell Karen Hoak Michael Petrie</p>	<p><b>646-0665</b> <b>www.hamburg-youth-rec-seniors.com</b></p>	

**CENTER FOR ELDER LAW & JUSTICE**

**MOBILE LEGAL UNIT**

**NOVEMBER 18, 2021**

**12:30 PM - 4:00 PM**

There will be a brief presentation on the mission and purpose of the CELJ. Afterwards, an attorney/paralegal team from CELJ will be available to offer FREE legal assistance to seniors.

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*CELJ provides free civil legal services to seniors, people with disabilities and low-income populations in nine Western New York counties. Our goal is to protect the essentials of life, such as housing, income, access to health care and protection from abuse. Services include health care advocacy, elder abuse prevention, consumer protection, housing issues, and more. For information, email: [info@elderjusticenyc.org](mailto:info@elderjusticenyc.org) or call 716-853-3087.*

*New Yorkers age 55+ can reach an attorney directly for legal advice through our Free Senior Legal Advice Helpline. Call 1-844-481-0973 or e-mail [help-line@elderjusticenyc.org](mailto:help-line@elderjusticenyc.org) at any time.*

**Flu Vaccines Scheduled at HSCC**

TOPS Clinic:

- ◆ **Wednesday, Sept. 8, 1:00 pm - 3:00 pm**

RITE AID Clinics:

- ◆ **Wednesday, Sept. 22, 10:00 am - 1:00 pm**  
(65+ yrs. of age)
- ◆ **Saturday, Oct. 9, 10:00 am - 1:00 pm**  
(3+ yrs. of age)

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⇒ To make an appointment, please call the Seniors Front Desk, 646-0665, 9am - 5pm

⇒ WALK-INS ARE WELCOME

⇒ Bring Insurance card

**Fundraiser for Hamburg Adult Day Services**

**Saturday, September 11**

**11:00 a.m. - 1:00 p.m.**

Please drop off clean, refundable glass or plastic bottles and cans at the Senior Community Center, 4540 Southwestern Blvd. The money raised will help support quality and beneficial entertainment that makes a positive impact on our participants.

Any questions call Meghan, 716-646-0255.

**Stay-Fit Dining Lunch Program**  
(Erie County)

**Hamburg Sr. Community Center**  
4540 Southwestern Blvd.,  
646-0096

Lunches are served in the Dining Room Tuesdays through Fridays. Doors open at 11:30am. Meals served soon after. Reservations for must be made Monday, Tuesday, or Wednesday (by 10:00am), of the preceding week.

Frozen lunch meals (for the week) are still available for curbside pick up on Mondays for those registered for the lunch program.

1. There is a choice of 3 or 5 meals per box for the week.
2. Reservations must be made Monday, Tuesday, or Wednesday (by 10:00am), of the preceding week.
3. If you have not previously registered for the lunch program, you may do so by calling Heidi at 858-7639.
4. Suggested \$3.00 donation/meal is still accepted.

Lunches are also served at the Hamburg (village) site, Creek Bend Apartments, 25 Buffalo St. Please call Fran Christ, 648-2414, 9:30 a.m. - 1 p.m. Monday, Tuesday, or Wednesday (by 10:00am), of the preceding week.

*Blasdell site should be opening in the near future.*

**Pickle Ball**

A fun sport that combines many elements of tennis, badminton and ping-pong. Played both indoors or outdoors on a badminton-sized court using paddles and wiffle-type balls. Three courts are available in the gymnasium for "recreational play" on Mondays, Wednesdays, and Fridays, 2:15 - 2:45 pm.

**Fee: \$3/session or \$15/month**

**Bike Patrol**

A group of individuals that gets together weekly and ride bikes on various bike paths throughout Erie County. This year Bike Patrol will be offering two types of rides:

Level 1 - will be a ride that is about 20-25 miles at a pace of 10-12mph.

Level 2 - ride 10-15 miles at a slower pace.

Both rides will have leaders. Riders will meet here at the HSCC at 9:00am every other Friday, beginning on May 7.

**(HIICAP)  
HEALTH INSURANCE INFORMATION &  
COUNSELING ASSISTANCE PROGRAM**

One-on-one counseling is available through the Erie County Department of Senior Services. This program offers unbiased information and assistance regarding:

- ◇ Health Insurance
- ◇ Supplemental policies
- ◇ Long-term Care insurance
- ◇ Assistance with filing claims and referrals to other professionals.

For more information or to make an appointment, call **646-0665**. Volunteer counselors will be available each month, usually the 1st and 4th Wednesdays.

**2021 Open Enrollment for Medicare Plans**

**October 15 - December 7**

*HIICAP volunteers Mary & Randy will be available for appointments on most Wednesdays during this period. Please call for specific days and times.*

**University Express classes are back at HSCC!**

Free educational classes will be held in October & November at Hamburg Senior Community Center. Topics include consumer education, health-care fraud, importance of communication, fake news, herbs, nutrition, etc.

***go to Page 6 for class topics and schedule.***

**AARP Driver Safety Classes**

We received the following email from AARP:

***Driver Safety will be extending our nationwide closure of in-person events until January 1, 2022. As you know, we were hopeful to resume in 2021. However, with the continued spread of COVID-19 variants and unknowns regarding the future of vaccine boosters, we believe moving the target restart date is the best approach at this time.***

For those seniors interested, you could try the on-line classes available at **[www.aarpdriversafety.org](http://www.aarpdriversafety.org)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Abs/Back Strengthening 8:30 a.m.		Abs/Back Strengthening 8:30 a.m.	
SilverSneakers® Classic 9:00 a.m.		SilverSneakers® Classic 9:00 a.m.		Cardio Lite 9:00 a.m.
Yoga 10:00 a.m.	Total Fitness 10:00 a.m.	Yoga 10:00 a.m.	Total Fitness 10:00 a.m.	Yoga 10:00 a.m.
Cardio Lite 11:00 a.m.	Strength & Stability 11:30 a.m.	Cardio Lite 11:00 a.m.	Strength & Stability 11:30 a.m.	
	ACE 1:00 p.m.		ACE 1:00 p.m.	
<i>Times may be subject to change</i>	Yoga for Arthritis 2:00 p.m.		Yoga for Arthritis 2:00 p.m.	

### FITNESS ROOM

#### OPEN Monday - Friday, 8:00am - 4:00pm

- Treadmills
- Bikes
- Ellipticals
- Recumbents
- Rowing machine
- Weights

Room is supervised. Staff is available for instruction on equipment. Individual orientation is required for first visit.

#### Abs, Back/Strengthening

Keep your bones strong, your stride long & your back healthy by doing these exercises that concentrate on your Core (abs, back & hips).

#### SilverSneakers® Classic

Designed to increase muscular strength, range of motion and activities of daily living skills. A chair is offered for support, if necessary.

#### Total Fitness

Overall workout for flexibility, strength, cardio, involving floor-mat work.

#### Yoga

Increase flexibility, strength & breath through the method of Hatha Yoga.

#### Cardio Lite

This whole body workout starts with low impact aerobics and then followed by muscle strengthening and stretches.

#### Strength & Stability

Body strengthening, flexibility and improving balance.

#### ACE (Anyone Can Exercise)

Manage your Arthritis through movement. Exercises include chair aerobics, strength training/balance and gentle stretching.

#### Yoga for Arthritis

Designed to increase joint flexibility and reduce pain; overall well-being.

### PROGRAM FEES

#### Fitness Room

Resident	\$15/month
Non-Resident	\$20/month
Annual Fee	\$175/year

#### Exercise Classes

Resident	\$20/month
Non-Resident	\$25/month

#### Annual Fee\* (residents only) \$200/year

\* also includes use of equipment at Town Park Fitness, parking sticker, ID card)

**All-inclusive Annual Fee: \$230 (\$290 for couples)** - includes the use of the fitness equipment, therapeutic pool, and any classes offered at HSCC. Residents Only: may also use equipment and go to classes at Town Park - includes parking sticker and ID. (excludes insurance plans).

### Therapeutic Pool

Update: The pool is OPEN for classes and open swim. There are some classes that are for vaccinated persons only which allows for more persons in the pool at a time. When signing up for these classes, you must present proof of vaccination.

For information on days/times of all classes and open swim, you can call the front desk, 646-0665 or go to the Seniors page on the department website.

Sign-ups are taken only at the front desk until determined otherwise.



# Town of Hamburg Adult Day Services

4540 Southwestern Blvd., Hamburg  
 Monday - Friday, 9am - 4pm  
**646-0255**

The **Hamburg Adult Day Program** offers assistance to caregivers who work or need relief from the daily demands of providing care. The program includes meaningful programs, case supervision, meals, fitness programs, socialization, and assistance with personal care. This program is open to individuals who are unable to attend traditional Senior Center programs, including residents of other towns. Full days and half days are available.

Please support the Adult Day Services by purchasing F.I.R.S.T. certificates worth \$10 at participating restaurants. The proceeds go towards entertainment. Call 646-0255 for more information on participating restaurants.

**GIFT CERTIFICATE**  
 Friendly Independent Restaurants of the South Towns  
**Neighbors Serving Neighbors**  
 Your F.I.R.S.T. Choice Dining Out

**\$10.00**  
**GIFT CERTIFICATE**

Redeemable at any F.I.R.S.T. Group Member Restaurant  
*(see back for list of members)*

Not Valid on Holidays  
 One Coupon per 2 People  
 Not Valid With Any Other Coupon or Discount

NO CASH REFUND  
 Tax and Gratuity Not Included

**EARN**  
**25%**  
 On Your Next Fundraiser  
**\$2.50**  
 from each Gift Certificate sold goes to the selling organization

## EMPLOYMENT OPPORTUNITIES

### Program Assistant, Adult Day Program

- ◆ Seeking dedicated, caring individual to work with disabled adults and elderly; involves some personal care.
- ◆ Up to 19 hrs./week, Monday - Friday
- ◆ Experience not necessary, but compassion is!

Interested persons should contact Rosanne Witryk directly at 646-0255.

### Van Driver, Senior Services - Transportation

- ◆ Clean CDL w/ Passenger endorsement needed
- ◆ Part-time, up to 19 hrs./week, Monday - Friday
- ◆ Drive elderly and adult with disabilities to medical appts., shopping, senior programs, etc.

For more information, call 646-0665, or stop in at the Seniors Front Desk in the Senior Community Center.

### AARP Smart Driving Course

AARP may be resuming on-site classes in the Fall. Until then, you could try the on-line classes available at [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

### University Express (Erie County)

Free educational classes are available ONLINE in a variety of topics including current affairs, history, humanities, finance, health, etc.

[www.erie.gov/universityexpress](http://www.erie.gov/universityexpress)

## SENIOR TRANSPORTATION

646-1666, Monday - Friday, 9am-4pm

Van Service continues to be provided for:

- ◆ Medical appointments: Hamburg, adjoining municipalities, and City of Buffalo
- ◆ Senior programs, shopping within Hamburg
- ◆ Grocery shopping (Tuesdays & Thursdays)

Safety protocols: fascial masks, hand-sanitizing, cleaning/disinfecting between pickups, one passenger at a time (perhaps two in bigger vans).

### General Information

Transportation service for Hamburg residents, 55+ years of age in need of transportation to various appointments and destinations. Our fleet consists of full-size passenger vans and wheelchair accessible vehicles.

- ◆ Reservations for MEDICAL appointments may be made **up to one week** in advance. For other purposes, **24 hours** in advance.
- ◆ Fees are determined by distance and type of vehicle (passenger van or wheelchair). Most fees are within \$10 to \$45, per round trip.
- ◆ Wheelchair van operates within the Town and is available, on a limited basis, beyond town limits.

## Around the Town ...

With the summer winding and the fall arriving, remember the many activities in the southtowns. Here are a few:

- ◆ Hamburg Farmers Market - **Saturdays**, 7:30am - 1:00pm, Moose Lodge, 45 Church St.
- ◆ Village Community Market - **Saturdays**, 9:30am - 2:00pm, Municipal parking lot

**Sept 4th:** Hamburg Music Festival at Hamburg Memorial Park 2 pm - 11 pm. \$15 wristbands required will be sold around the village.

**Sept 18th & 19th:** Borderland Music & Art Festival at Knox State Farm 10 am - Evening .

**Sept 18th:** Hamburg Brewery Anniversary Party: Tickets pre-sale only. For info call 649-3249.

**Sept 18th - 19th:** Orchard Park Art Festival. 10 am - 3 pm . 4041 Southwestern Blvd., OP

For more information, go to the Southtowns Regional Chamber of Commerce website:

<https://southtownsregionalchamber.org/events-news/event-calendar/#!/calendar>

## More Programs and Services

Youth, Recreation, Senior Services Dept. welcomes **#feedhamburg** is a local organization dedicated to addressing the needs of the community by distributing food, personal hygiene and household items to those living in Hamburg. If you or someone you know can need this type of assistance, you can call **716-436-8415** or go to [www.feedhamburg.com](http://www.feedhamburg.com).

### Harmonia Collaborative Care 97 S. Buffalo St., Hamburg

Hamburg residents are eligible for some services provided through the agency's Senior Care Management Program . Harmonia provides a full range of financial, housing, home energy, safety, nutrition, personal care, and mental health services to frail, low-income and isolated seniors. Call **648-0650** or visit [www.harmonia-care.org](http://www.harmonia-care.org)

### FeedMore WNY 822-2002

**Formerly Meals on Wheels** until a merger with the Food Bank of WNY, this program offers 2 meals a day, 5 days a week to people who are 60 or older, disabled, homebound, unable to do their own shopping or cooking, living alone or have little support. Delivery by a volunteer provides a daily check on the well-being of the recipient.

## General Coronavirus Information

### Local Vaccination locations:

1. Erie County sites- Key Bank Center, ECC North, ECC South (*see box on left side for contact information*).
2. Local Pharmacies in Hamburg:
  - Rite Aid: 649-9505
  - CVS: 648-2990; (Blasdell, 825-4688)
  - Walgreens: 648-1475
3. Supermarkets:
  - Wegmans: [wegmans.com](http://wegmans.com)
  - Tops: [topsmarkets.com](http://topsmarkets.com), 1-800-522-2522

Also, be aware of "pop-up" sites at different locations. The Hamburg Senior Community Center has hosted Erie County Department of Health and Rite Aid vaccination clinics. None are currently scheduled.

### VACCINE INFORMATION

Eligible New Yorkers can receive a vaccination through a network of State-run sites distributing vaccine statewide Eligible New Yorkers can also make an appointment at a New York State operated vaccine site:

1. Going online: [ny.gov/vaccine](http://ny.gov/vaccine)
2. Calling **1-833-NYS-4-VAX (1-833-697-4829)** New York State COVID-19 Vaccination Hot line from 7am - 10pm, 7 days a week.

Also, for Erie County Dept. of Health contact info:

- ◆ [www2.erie.gov/health](http://www2.erie.gov/health), click on **COVID-19**
- ◆ COVID-19 Information line **(716) 858-2929**, Monday - Friday, 8:30am - 5:00pm

To sign up for any classes, call the Seniors Front Desk at 646-0665.  
Seating may be limited due to safety protocols in place.

### University Express - Fall 2021

<b>Wonderful World of Herbs</b>	<b>October 5</b>	<b>10:00 am</b>
Why do we call some plants “herbs”? Learn about the history, lore, and uses for both common and unusual herbs you can grow. <u>Instructor:</u> <b>Carol Ann Harlos</b> , Master Gardener, Cornell Cooperative Extension		
<b>Fake News - Vetting Your Sources</b>	<b>October 7</b>	<b>10:00 am</b>
What is fake news? How do you spot wrong information? Where does it run most rampant? Our very own re-search analyst, Ryan Gadzo, will give you tips and tricks to vet your information sources. <u>Instructor:</u> <b>Ryan Gadzo</b> , Research Analyst, Erie County Department of Senior Services		
<b>Be An Educated Consumer</b>	<b>Oct 13</b>	<b>10:00 am</b>
Learn how to be a well-informed consumer. Learn about well-known scams that affect people in every walk of life, each and every day life. What are the Red Flags one should watch for to identify these scams? What tips will prevent you from becoming a victim? Join us to learn more. <u>Instructor:</u> <b>Jess Poleon</b> , Director of Consumer Protection, Erie County Office of Public Advocacy		
<b>Sugar,Sugar!</b>	<b>Oct 19</b>	<b>10:00 am</b>
Compare natural sugars, added sugars and substitutes and then discover role each can play in a healthy pattern of eating. <u>Instructor:</u> <b>Jenny Ferrentino</b> , MS, RDN, Wegmans Nutritionist		
<b>Senior Services: How we Serve You</b>	<b>Oct 21</b>	<b>1:00 pm</b>
Join us for a lesson on what Senior Services does and how you can access the programs and services. <u>Instructors:</u> <b>Karen Adamo</b> , Senior Case Manager, <b>Moira Mycio</b> , Assistant Long Term Care Coordinator. Erie County Senior Services		
<b>Healthcare Fraud</b>	<b>Oct 27</b>	<b>10:00 am</b>
Medicare Fraud costs tax payers billions of dollars a year. Find out how the Senior Medicare Patrol can help you Prevent, Detect and Report Medicare Fraud. <u>Instructor:</u> <b>Beth Nelson</b> , Outreach Counselor with NY State Wide Senior Action Council		
<b>Our Town</b>	<b>Nov 4</b>	<b>1:00 pm</b>
This play won the Pulitzer Prize for Drama. Through the characters, "Our Town" teaches us about mortality, ap-preciation of life, love, marriage, and the circle of life. <u>Instructor:</u> <b>Jim Banko</b> , retired English teacher, Buffalo Public Schools		
<b>So Many Healthcare Options</b>	<b>Nov 10</b>	<b>10:00 am</b>
Receive unbiased information on Medicare Advantage plans. Discuss supplemental plans, options to pay for pre-scription drugs, and low-cost care options. <u>Instructor:</u> <b>Bill Daniels</b> , Coordinator of Insurance Outreach, Erie County Department of Senior Services		
<b>Communication Competence</b>	<b>Nov 16</b>	<b>2:00 pm</b>
Understanding the importance of communication within relationships is crucial to interpersonal health and bal-ance. Learn how to be effectively communicative, while avoiding miscommunications thus enriching the connec-tions you have personally and professionally. <u>Instructor:</u> <b>John Harrigan</b> , PhD, Professor, SUNY Erie		