

Lewiston Senior Center  
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# Newsletter

## Welcome Back!

Hello, My Name is Melinda Olick and I am the new Coordinator for the Senior Center. I am very excited and looking forward to meeting everyone. We have been patiently waiting for your safe return. Carol, Patty, John, Randy, Mike and I have been working very hard to get the center ready. We have made some changes that will enable us to keep the center clean, disinfected and allow social distancing for every one's safety.

### WE WILL BE FOLLOWING COVID GUIDELINES

**-A COVID QUESTIONNAIRE AND TEMPERATURES WILL BE TAKEN PRIOR TO ENTRY**

**-FACE MASK REQUIRED**

**-6 FOOT SOCIAL DISTANCING**

**-AVOID UNNECESSARY CONTACT WITH SURFACES**

**-LIMITED CAPACITY**

**FOLLOWING THESE GUIDELINES WILL HELP KEEP EVERYONE SAFE**



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#### SPECIAL POINTS OF INTEREST

- Calendar of Events
- Lunch Menu





## RE-OPENING PLAN FOR THE SENIOR CENTER

The center will be opening in a gradual manner. We are starting with the lunch program. The Niagara County Office for the Aging Nutrition Program will begin serving meals at the center on Tuesday, September 1, 2020.

Providing all goes well, our plan is to allow a little time to pass and then consider which other programs and activities can begin. Providing the activities can meet all the COVID guidelines.

Unfortunately there are some activities which will not be able to resume for the foreseeable future due to the COVID pandemic. All activities will need to be evaluated on an individual basis to determine their ability to follow the COVID protocol. Any activity that involves

individuals touching the same surfaces and those that involve being closer than 6 feet will not meet the COVID protocol. That being said the previous calendar of activities is no longer in effect. For the first 14-21 days there will be no additional activities. Once we have determined it will be safe, we will begin allowing activities, one at a time to resume at the center.

It is our hope that although we might not be happy with the necessary changes, everyone will understand the necessity and be patient during this process.

If anyone has questions comments or suggestions regarding the re-opening of the center please do not hesitate to speak to me.

Thank you! Melinda

*“Every day may not be a good day....but there is something good in every day.”*

### HOW TO KEEP YOUR IMMUNE SYSTEM HEALTHY

Although you may not be able to fully prevent an illness this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead.

  
**Love  
yourself  
enough  
to live  
a healthy  
lifestyle.**

## SOME THOUGHTS FROM MARY

### Immune-Supporting Nutrients

The following nutrients play a role in the immune system and can be found in many foods:

**Beta-Carotene** is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.

**Vitamin C** rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.

**Vitamin D** is found in fatty fish and eggs. Milk and 100% juices that are fortified with Vitamin D also are sources of this important nutrient.

**Zinc** tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.

**Probiotics** are “good” bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi.

**Protein** comes from both animal and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

### Focus on Balance

To help keep your immune system healthy all year long, focus on a balanced eating plan, adequate sleep and stress management.

Aim for five to seven servings of vegetables and fruits daily to get vitamins, minerals and antioxidants that may support immune health.

Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using in recipes. Clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.

Find healthy and appropriate ways to cope with stress, such as meditation, listening to music or writing. Physical activity also is a great way to help manage stress and may help reduce the risk of some chronic diseases that could weaken your immune system further.

Lack of sleep contributes to a variety of health concerns, such as a weakened immune system. Seven to nine hours is recommended each day for adults.





## HELLO EVERYONE! WELCOME BACK!

I wanted to take this opportunity to introduce myself and provide a bit of information about my background.

Prior to accepting the position as the Coordinator of the Lewiston Senior Center I worked for the Town of Cambria in the Assessor's office. While working there I assisted residents with the STAR Exemption process.

I suppose that my career working with seniors began while working as the Parent Community Involvement Worker for the Niagara County Head Start Program. Head Start had the most wonderful Foster Grand Parents, they worked in the classrooms with the children but were Foster Grand Parents to every one at the center.

My career also included working for the Niagara Community Action Program as the Coordinator for the Nutrition Outreach and Education Program. While with that program I assisted Niagara County residents interested in determining their potential eligibility for the Food Stamp Program. In that position I had the opportunity to come to this center and offer Food Stamp information.

I worked for the Niagara County Office for the Aging as a Site Director for the Nutrition Program. During my time with the county I worked at various sites through out Niagara County.

I attended Niagara University and graduated with a Bachelors Degree in Psychology.

I am very excited and looking forward to the re-opening of the center meeting and getting to know everyone.

Thanks you in advance for your patience and understanding while we navigate through the COVID protocol that we must have in place.

Melinda S. Olick



## THE TOWN OF LEWISTON SENIOR CENTER

Will be open 8:00am-4:00pm Monday -Friday. It maintains an open-door policy creating a pleasant and healthy environment for Senior Citizens. The caring staff is dedicated to the well being of those who participate in the many programs and services offered.

Prior to the COVID Pandemic the center offered Mah-jongg, Bingo, Yoga, Tai Chi, Woodcarving, Euchre, Quilting, Bridge, Resistance Band Exercise and the Lewiston Larks.

It is our hope to resume some of these activities in the future, in a gradual manner.

You do not need to be a member of the Senior Club to participate in any of the programs offered at the Center!

The center is always looking for newcomers, and when activities resume new activities.

Legal Services-The Niagara County Office for the Aging Attorney is usually available at the Center the first Tuesday of every month from 11:30am-12:30pm. Hopefully this service will resume at the Center in the near future. Please call for more information.

The AARP Driver Safety Program is on hold until further notice.

## TOWN OF LEWISTON SENIOR CENTER CAREVAN

Transportation is provided for residents who would like to attend activities at the center and for medical appointments for a small fee. However, no Senior will be denied service due to an inability to pay. The Carevan is in operation Monday through Friday from 8:30 am—3:00 pm. Arrangements must be made 24 hours in advance.

**Who may use the Carevan:** The caravan may be used by Seniors 60 years or older, residing in the geographic limits of the Town of Lewiston. We do NOT have a wheel chair van. If you required ANY assistance, due to liability restrictions, you must have someone accompany you to provide the required assistance.

**Service Priorities:** Medical needs will be the first priority for service. Seniors requiring hospital or doctors care will be scheduled prior to any other need. In order to accommodate as many people as possible, you may have to be picked up earlier than you think necessary if there is more than one appointment scheduled for the same time. YOU MAY HAVE TO WAIT TO BE PICKED UP for your trip home.

Friday has been designated as shopping and banking day. This service is limited to the Village of Lewiston. Wednesday and Thursday morning have been designated as hairdresser and barbershop day. This service is also limited to the Village of Lewiston.

**Client Location Conditions:** Clients are expected to keep driveways clear of any obstacles( low hanging tree branches, ice/snow, and any other obstruction). If your location is determined by the driver to be impassable or hazardous, arrangement will be made to pick you up at another location.

**Donations for Service:** Travel within the Town of Lewiston will be at the rate of 50 cents per one trip and \$1.00 round trip. Travel outside of the Town of Lewiston will be at the following rates:

**Summit Mall Medical     \$4.00**

**Niagara Falls                 \$4.00**

**Youngstown                  \$ 3.00**

**No Senior will be denied service due to an inability to pay.**

**The Van Drivers would like to remind you to “Buckle-Up” when you ride in the van.**

