

January 2016

Canton Woods Staff

Ruth Troy Director
Joan Ferstler Assistant Director
Phone 638-4536
www.baldwinsville.org

Neighborhood Advisors

Ellen Stevens & Jezanna Osier

B'ville Express Coordinator

Ellen Stevens

Canton Wood's Activity Group

Board Members

President: Ed Barlow
Vice President: Kathy Hogan
Secretary: Avis Neupert
Treasurer: Arlene Luckette

Weather Closings:

1. There is NO PEACE Lunch if Syracuse Schools are Closed.
2. Meals on Wheels is Closed if the Baldwinsville and/or Liverpool Schools are Closed.
3. ***Canton Woods is Closed only when the Village of Baldwinsville is Closed.***

B'ville Express will NOT pick up riders if the Baldwinsville Schools are closed. It will be the responsibility of the rider to cancel any appointments for that day.

January 2016

HiiCAP Representative

Monday, January 4th at 10:00am

\$4.50 Hot Turkey Sandwich lunch

Thursday, January 7th at 11:50am

National Grid Representative

Tuesday, January 12th at 11:00am

If you have any questions about HEAP (Home Energy Assistance Program) this is your opportunity to get answers.

SPEAKER: Onondaga PT:

Friday, January 29th at 11:30

Topic: Winter Safety

Meals on Wheels

Happy New Year!

We hope everyone had a Great Holiday! The weather sure has been great! If you know of anyone that is home from the hospital or is homebound and cannot get out we are here to help with meals. Please give us a call at 638-2171. We have delivery available for 1-7 days a week cold and hot nutritious meals made daily in our kitchen. All menus are approved by the Onondaga County Dietician, we try to please everyone! Stop by and smell the meals cooking!! If anyone has any long aprons from your kitchen in good shape; we would love to take them off your hands. Thank you!

Donna & Pam

Sunshine Lady

Janet Wojnovich is the Sunshine Lady for Canton Woods. If you know anyone who should have a card sent to them due to illness, etc. please call Janet at 638-2957.

Get Well & Thinking of You Wishes sent to: Elaine Smith, Thelma Dausman, Willard Olin, Joy Eastman, Mary Williams, Marilyn Corey, Jane Vennette.

Sympathy cards were sent to the family of Mary Williams, Willard Olin, and Marion Dick.

Please remember our Canton Woods folks who are in our area care facilities: Theresa Stagnitta, Ken Klotz, Peggy Vodek, Skip Collins, Jackie Adams, David Appleman, Theresa DeShane, Lois Reid, Edgar Chapellier, Eileen Murray, Jean Carrington, and Charlie Organski.

2015 Newsletter Renewal Time

We are now taking renewals for the 2016 newsletter. If you live in the Towns of Lysander or Van Buren; the cost is \$4.00 for the mail delivery; all others who wish to have the newsletter delivered the cost is \$5.00. Please fill out this form and mail it with your payment to the Center or stop by and drop it off. Make Checks payable to Canton Woods Senior Center. Please pay promptly to avoid interruption in your newsletter service.

NOTE: Please make a note on your calendar when you pay for your newsletter, that way you will remember that the 2016 subscription is paid.

ALSO: If you live outside the Towns of Lysander or Van Buren and you pay the \$25.00 User Fee, this fee does not include the newsletter subscription. You will still need to pay \$5.00 for your newsletter subscription.

Newsletter Renewal Form

This is the LAST time this reminder will be in the Newsletter!

Name: _____

Address: _____

Phone: _____

Residency:

Town of Lysander _____

Town of Van Buren _____

Village of Baldwinsville Yes or No

Would you be interested in receiving the newsletter via email *if that were an option in the future?* Yes or No

B'ville Express

As a reminder, B'ville Express will not pick up riders if Baldwinsville Schools are closed due to inclement weather. If the weather is questionable, the volunteer driver will use their discretion with regard to whether or not to take you to your appointment. It is the responsibility of the rider to cancel any appointments for that day. When you have rescheduled your appointment, please call Ellen at either 638-4536 or 638-0097 to arrange for a ride.

If you are currently registered as a rider, you should also be registered with Centro for Onondaga Senior Call A Ride (OSCAR). OSCAR will provide up to three round trips or 6 one-way trips per month. The program is offered to locations outside the Call-A-Bus service area and within Onondaga County, Monday through Friday from 7:00a.m. to 7:00p.m. If you are not currently registered and need an application, please call Canton Woods and we will provide you with one. Thank you,

Ellen

Outreach/Neighborhood

Advisor

Happy New Year

We are still taking applications for the Home Energy Assistance Program (HEAP). This program is to help qualified families with their home heating bills. If you receive SNAP benefits you qualify automatically otherwise stop in to see Ellen of Jezanna to see if you qualify and receive help with your application. Many people are unaware that they qualify, so check if you are in doubt.

Ellen & Jezanna, Outreach Workers

The Neighborhood Advisor Program and B'ville Express are funded by the Onondaga County Department of Adult and Long Term Care Services.

Food Sense

Orders need to be in by

Monday, January 11th 2016 by 10:30am

Pick up between 11:30am & 2:00pm

Wednesday January, 20th 2016

Please pick up promptly. We do not have freezer space to hold orders.

January's Projected Package: \$15.50:

11lb Meatballs, 11lb Italian Meatballs, 11lb Ground Turkey, 12oz Veal Patties, 24oz Pasta Alfredo Meal, 26oz Spaghetti Sauce, 18.5oz Chicken & Bean Soup, 11oz Broccoli & Carrots, 11lb Ziti, 14.5 Diced Tomatos, 2 Fresh Produce.

SPECIALS:

2.5lbs Chicken Breast for \$4.50

2lbs Stuffed Pork Chops for \$7.75

5lbs French Fries for \$4.00

2.5lbs Chicken Wings for \$5.50

5lbs American Cheese for \$10.25

3lbs Breaded Shrimp for \$16.50

4.5lbs White Chicken Pasta Bake for \$13.50

Food Bank of CNY

Tracey Clark from the Food Bank of CNY can help you receive Food Stamps/ SNAP.

Please call Tracey at 437-1899 ext. 224 And set up an appointment or contact CW's Outreach Workers Jezanna or Ellen at 638-4536.

January Birthdays

1/1 Helen Kiteveles, Nick Lipari

1/2 Aileen Ecker

1/3 George Gay

1/4 Arlene Vowles

1/5 Barbara Kidd

1/7 Ray Richards

1/8 Chuck Conklin, Gary Rose

1/9 Norma Kidd, Milford Breland, Laurie Marsh, Barb Wiggins

1/10 Carolyn Dreher

1/14 Arlene Session, Nancy Buswell

1/16 Jean Sant, Sushila Shah

1/17 Fran Sewell, David Stone

1/18 Peg Wrona, Gary Rink, Georgia Sanderson

1/19 Henrietta Barnat, Donna Metz,

1/22 Judy Laurange

1/26 Mary Jean Scheafer

1/27 Ann McVene, Catherine Kimber

1/28 Mary Jean Howard, Evelyn Peneston, Robert Chadwick, Millie Flett

1/29 Aileen Ballard, Richard

Beausejour, Ann Samonte

1/30 Margaret Bard

Please Note: Our birthday list is by request only. If your birthday is not on the list and you would like it to be or if someone should not be on our list, please call the center. 638-4536.

Birthday Breakfast

Canal Walk Café is offering each senior on our birthday list a FREE breakfast **on his or her birthday!** Be prepared to show identification and tell how old you are! This is an awesome opportunity to celebrate your birthday and support a wonderful local eatery. Thank You Canal Walk Café for your continued support of our seniors.

PEACE LUNCH

Reminder: Please sign up for PEACE lunches at least one day in advance of the day you want lunch OR call before 8:15am that morning. Also, you can leave a message on our machine and we will add you to the list. Lunch is served at 12:00pm on Monday, Wednesday, and Friday at Canton Woods for a small donation. Thanks for your cooperation. **Menu/ calendar is available at reception desk.**

Crafts

Thank you to everyone who came to our craft sale. We made a really nice profit! Thanks to all our craft group members who help us throughout the year. Happy New Year everyone! The Craft Group!

Wii Bowling

The Wii Bowling Tournament is a lot of fun. Please join our current group of bowlers for a great afternoon of fun. Prior experience with Wii Bowling is appreciated.

Tournament Winners

Shuffleboard

11-6

1st Place: Kathy Heintz & Jerry Dingman

2nd Place: Ronna Geddes & Larry Wood

8 Ball

11-13

1st Place: Steve Cleland & Fred Elliott

2nd Place: Larry Wood & Dave Hardy

Reg. 9 Ball

11-20

1st Place: Ron Pratt

2nd Place: Steve Cleland

Wii Bowling T'ment

11-23

1st Place: Frank Lusha & Nick Lipari

2nd Place: Ed Barlow & Marshall DuBuc

Corn Bag Toss

11-30

1st Place: Ed Barlow & Charlie Zambito

2nd Place: Ronna Geddes & Frank Lusha

Darts

11-16

1st Place: Jim Wyman & Doug Clark

2nd Place: Charlie Zambito & Ron Pratt

Party Bridge

11-18

1st Place: Marlene Engledrum

2nd Place: MiMi Dundon

Turkey Shoot

1st Place: Jane Venette

2nd Place: Tom Howard

Book Club News

December's Review

This month we read China Dolls, by Lisa See. This book certainly relates to the current events going on today. It adds a dimension to current events.

The story centers around the past and present lives of Grace, Helen, and Ruby. All of Asian background trying to escape their cultural background and make their own way in accomplishing the American Dream.

The story takes place before and after World War II and conflicts arise due to the prejudices of the time and the attack on Pearl Harbor. One of the main characters, who hid her Japanese heritage and passed as Chinese, is discovered and has to go to a Japanese internment camp. Grace left her home due to the beating and abuse she had to endure from her father. Throughout the novel we see the character Grace change from a naïve young girl to taking over Ruby's persona as an exotic dancer in a variety show. Ruby comes out of the internment camps and continues to strive to be famous. Helen, so mysterious, eventually explains the reason for the aura. While other books of Lisa See's have been read by members of the group, this was not the favorite. It seemed repetitious. Her other novels were more immersed in the culture of China. It was also difficult at times to follow along because the novel is told chapter by chapter by a different character's point of view.

The next book we will read is Life in Motion by Missy Copeland. Our next meeting is January 19th at 2:00pm.

Tai Chi Classes

Classes are held Tuesdays and Thursdays at 8:00 am. Charges are payable to instructor. Please check the calendar for dates.

Active Older Adult Exercise Classes

This aerobics class is a workout for seniors every Tuesday and Thursday morning at 9:15am. Charges are payable to instructor.

Falls Prevention Class

Classes are on Tuesdays and Thursdays at 10:00 am. The instructor is a licensed physical therapist. This is a FREE class! The class resumes on January 12th.

Arm Chair Aerobics

Tuesdays and Thursdays at 10:30 am. Join the group at any time. This class is FREE.

Blood Pressure Screening

The Center offers blood pressure screening from 10:00am -11:00am on Friday. Please look at the calendar for the exact dates and times.

Aurora Meeting

Aurora meets the 3rd Thursday of each month at 12:30pm. This month the meeting is on January 21st. For more information call the Center.

AARP Defensive Driving Class

AARP is Thursday January 7th 10:00 am – 4:30 pm. One half hour lunch is scheduled at 12:00 pm. Cost is \$20.00 for members of AARP and \$25.00 for non-members of AARP. Each person taking the class needs to submit a check payable to AARP for the appropriate amount. Bring your valid N Y State driver's License.

Free Legal Services

Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be in 2016. Call the center to make an appointment 638-4536. You must be a resident of Onondaga County and at least 60 years old to participate in this program.

January 2016 Library News

Please "Check Out" our new arrivals in the Library!!

Small Print

Deadline (S. Brown)
Rogue Lawyer (J. Grisham)
Silver Linings (D. Macomber)
Truth or Die (J. Patterson)

Large Print:

Forever Odd (D. Koontz)
Knit Together (D. Maconber)
Alex Cross Trail (J. Petterson)
Edge of Winter (L. Rice)

Business Meeting

The Canton Woods Business Meeting will be held on February 5th 2016 at 11:30a.m or as needed.

PRESIDENT'S CORNER

Hope everyone had a happy and safe Christmas season, and a safe winter season. Please check our newsletter for upcoming events. We are planning to have lunch specials some Thursdays during the winter. Look at the newsletter for the dates and times. If the weather is bad, please drive safely and/or stay home. We do not want to see anyone getting hurt driving or walking in the snow. Don't forget to SWIPE your card when you come into the building. Thanks!

Your President, *Ed Barlow*

Memorial Giving

Canton Woods is giving you the opportunity to donate directly to the Center through Memorial Giving:
Enclosed is my gift of \$ _____

In memory

of _____

Your name _____

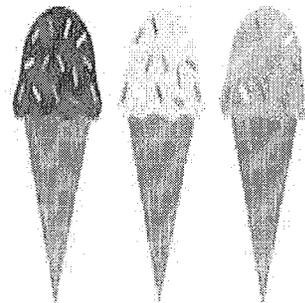
Your address _____

Make checks payable to CWSAG Memorial Fund.

Send to: Canton Woods Senior Center
76 Canton St Baldwinsville NY 13027

Ice Cream

Thank you for all the Byrne Dairy Receipts.
Please keep them coming.



**Assistant Director
Happy New Year!!**

Wow! It is 2016 already. I hope it is a great year for Canton Woods. Starting in the New Year, Steve Cleland is offering to hold free pool lessons on Wednesday mornings at 9:30am. If you are interested please call me and let me know. Start date to be determined by interest. Canton Woods 638-4536.

Joanie

HappyNewYear2016Z.com



Director's Note: Thank you to everyone who made a charitable donation to Canton Woods Senior Center as part of their holiday giving. We are very grateful for your generous gifts and the support for the center. Your contributions allow us to continue to offer a wide range of programs and activities for everyone to enjoy. Happy New Year! 2016 has arrived! The beginning of a New Year is the perfect time to try a new fitness program. Tuesday and Thursday mornings offer a full range of opportunities to increase your activity and improve your health. Read your newsletter and find the program that meets your fitness needs. You may want to try a new game or activity. Wii Bowling and Corn Bag Toss are great fun. You could join the Book Club. They have a wonderful time exploring new books together. A new year is time for new experiences. There are plenty of opportunities at Canton Woods for new experiences! January is time to renew your newsletter subscription. If you live outside of the towns of Lysander and Van Buren it is also time to pay your non- resident building use fee. Your prompt attention is appreciated. As a reminder, the weather related closing policies are listed in this newsletter. You should always use your own best judgement when determining if it is safe for you to venture out during the winter season. The winter season also means colds and flu. If you are ill, please stay home, and return to the Center when you are well. I wish you all a very Happy and Healthy New Year!

Ruth

Ask the Physical Therapist... Web Searching your Symptoms: 3 Ways to Do It Right

Between computers, tablets, smartphones, an app for this and app for that - we have a wealth of health information available to us - literally at our fingertips. Why sit, wait and wonder what your diagnosis could be if you could simply search the internet and try to figure it out on your own? It sounds like a no-brainer, right?

It might be hard to resist, but it's important to remember that there is A LOT of information available - through many sources. Before you dig into web searching, keep a few things in mind...

- Use sites or sources you can trust...

If you're searching for symptoms or health care terms in a search engine, select the links to reputable health care information websites. There are a lot of sites with user-written content, and sites where web users respond to questions posed by others on the web. This does not mean not that these sites are necessarily unreliable, however there is no guarantee that a qualified health care professional has provided the content - or that it has even been reviewed. To be safe, stick to the well-known sites with contributions from professionals. Many health providers themselves are also offering their tips & expertise on the web for all to learn from.

Looking for information on the benefits of aquatic therapy? Experiencing low back pain? Sources you can likely trust are websites and blogs written by physical therapists, orthopedic specialists & other provider groups in your area.

- Take it with a grain of salt...

There is a good chance you will be overloaded with information, and maybe a little scared by what you read on the web. Take it with a grain of salt and bear in mind that your health care providers are highly educated, experienced, have many tools at their disposal - and also know your medical history! They will be able to give you the best insights regarding your particular case. Remember, one or two matched symptoms does not necessarily mean you have found your diagnosis!

- Educate rather than self-diagnose...

Rather than hopping onto the web determined to figure out what might be wrong with you, try to absorb the information and make use of it. Researching your symptoms and body systems can help you be prepared to communicate with & understand your provider as well as what is happening in your body - and why. You will then be able to discuss possible treatment options and make an informed decision having done some research on your own.

Ever felt that you had not keyed your provider in on all that you had wanted to during your time with them? Communication is key! Think about it ahead of time to make the best of your visit - In your research on the web, think about how symptoms and sensations are described? What key terms are used? Use what you have learned to effectively relay what you are experiencing to your provider.

***This monthly column is maintained by the physical therapists at Onondaga Physical Therapy. If you have a question for them, you can reach them in person at 19 East Genesee Street, across from the B'ville Diner, by phone at 315-635-5000 or online at www.onondagapt.com or www.facebook.com/onondagapt.