

Hello Canton Woods!

We miss you and hope you are well. Please remember, we are available at the center by phone at (315) 638 -4536. Call with any questions or concerns.

Despite the recent snow, the calendar says it is May!

May is Older Americans Month! The theme for 2020 is **Make Your Mark!** This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Canton Woods celebrates the diverse senior population and their many lifelong contributions!

This year's theme also highlights the difference everyone can make in the lives of older adults, in support of caregivers, and to strengthen communities. The difficult circumstance highlights the incredible strength of our local community; Onondaga County and more specifically, our own home town of Baldwinsville have been tremendously responsive to the needs of residents, especially our seniors. **Thank you B 'Ville!**

The separation and isolation we are experiencing powerfully illustrates the impact and significance of the center to our seniors and our community. Canton Woods is the coming together with others and the human connection people desperately miss during this challenging time. We have spoken with many of you throughout this time of staying home to stay safe. You all express appreciation for our concern for your wellbeing and tell us it is comforting to hear a friendly familiar voice on the phone. **Your message to us is loud, clear and unanimous; you miss the center, you miss your friends and your favorite programs and activities!**

We invite you to celebrate Older Americans Month and **Make Your Mark!** One critically important way you can **Make Your Mark!** is by reminding the local municipalities how important your senior center, Canton Woods is to you. Let them know how much you miss the opportunity to spend time at the center with your peers, the programs and services provided, and how much you look forward to returning to Canton Woods when it is safe to do so.

Canton Woods Senior Center operates under a three way municipal agreement which includes the Village of Baldwinsville, the Town of Lysander and the Town of Van Buren. **Your municipal representatives need to hear your message too! Take the time to send them your message.**

Staying healthy is the goal, so please continue to social distance, stay home, and stay well so we can all be together again soon! Take care!

Ruth

Contact information for your local municipal representatives. Please be sure to thank the municipalities for their support of Canton Woods as you share your message.

Mayor of Baldwinsville and Village of Baldwinsville Board
16 W Genesee St. Baldwinsville, NY 13027
dclarke@baldwinsville.org

Town of Lysander Supervisor and Town of Lysander Board
8220 Loop Road, Baldwinsville, NY 13027
supervisor@townoflysander.org

Town of Van Buren Supervisor and Town of Van Buren Board
7575 Van Buren Road, Baldwinsville, NY 13027
supervisor@townofvanburen.com

Hi

First I want to say I hope everyone is well. Then, I hope this "ends" soon so we can be together again. Part of my job at Canton Woods is to plan the activities at the Center. Obviously, I can't do that right now, so I am encouraging you to find some kind of activities at home. I am sure you are doing this already. There are games and movies on your computer. Look for 10 minute chair yoga, and easy work outs for seniors also balance programs. Try these out!! I know those of you crafters are busy! Our CW crafters will take donations, especially mittens and hats for the craft sales. It is important to stay connected, so call your friends, call your neighbors, and check in on family. A friendly phone call can mean so much. If you would like to reach me, call the center for directions. This time will end. The most important thing is to stay safe. See you sooner than later!!! Joanie

Helpful information

Thank you to Kathy Hogan (SAG Vice President) who graciously assisted us with posting videos and photos from Canton Woods. You can see them at Cwsag on Facebook/ by friending Kathy Hogan.

Mayor Clarke is on Home Heart and Community Facebook live stream, every week (Wednesday morning) and shares information about the Village including the senior center. You will find other local leaders on this site as well.