

# Canton Woods Newsletter

## Older Americans Month May 2021

### Communities of Strength

#### Canton Woods Staff

Ruth Troy: Director

Joan Ferstler: Assistant Director

Phone (315) 638-4536

Open: 8:00am-4:00pm

Visit Canton Woods on the Village of

Baldwinsville Website

[www.baldwinsville.org](http://www.baldwinsville.org)

#### Neighborhood Advisor

Nancy Sullivan

B'ville Express

Gina Carroll

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

#### Director's Note:

#### May is Older Americans Month!

The theme for 2021 is *Communities of Strength!*

*Baldwinsville certainly is an amazing Community of Strength!* Canton Woods is fortunate to be in the heart of Baldwinsville. Throughout this incredibly challenging time the Baldwinsville Community has supported our senior residents. We are grateful for the support of the local municipalities, the local service organizations and the caring individuals who live and work in Baldwinsville. You all demonstrated tremendous generosity and concern for the health and wellbeing of Baldwinsville area seniors. Thank you to Baldwinsville for truly being a *Community of Strength!* Canton Woods is beginning the slow but steady process of reopening! The center will offer limited small group activities with advance sign up. Check the Village of Baldwinsville Website for updates.

Thank you for your continued patience and cooperation as we work to bring you back together in the center safely.

#### We will follow these important safety guidelines.

- **MASKS MUST BE WORN AT ALL TIMES!**
- **Adhere to Social Distancing**
- You **MUST** sign up in advance to attend a program at the center. The number of people in the building at any given time will be limited.
- Programs will have a start time and end time. Do not arrive more than 15 minutes prior to the start time. You will not be permitted to stay and congregate when your program has ended.
- **As you enter the center**
- You will answer COVID health screening questions.
- You will have your temperature taken.
- There is a participation waiver that needs to be signed.
- No food is permitted in the building and the center will not be providing any food.
- The center will not provide any drinks. You may bring your own individual drink that is not to be shared.
- No shared objects.
- Hand washing is encouraged, and sanitizer is available and recommended when you cannot wash your hands.
- Always consider your individual circumstances when deciding if you should participate in programs at the center.

**IF YOU CANNOT FOLLOW THESE GUIDELINES, WE ASK THAT YOU NOT ATTEND PROGRAMS AT THE CENTER AT THIS TIME!**

**We strongly encourage everyone to get the COVID-19 vaccine.** If you are having difficulty arranging a vaccine appointment, please call the center. We are happy to help. If for any reason, you are uncertain about receiving the vaccine. We recommend you contact your primary care doctor with your questions or concerns.

*Happy Mother's Day!*

*Ruth*

**Assistant Director:** May is here, hopefully the winter weather is behind us and we can focus on summer. Canton Woods is slowly opening-up and offering some programming. This is great news!!! I heard someone refer to Covid time as B.C. Before Covid as opposed to current Covid time. I can't wait for A.C. After Covid, whatever that looks like it should mean being able to be with your friends. Socialization and activities will be back in some form so keep reading the newsletter, check out the Village of Baldwinsville website for information. Stay healthy. Happy Mom's Day *Joanie*  
**(Remember to let us know your birthday for the newsletter).**

**Neighborhood Advisor**

**(Monday –Friday 9:00 am- 3:00pm)**

I think, with the improvement in the weather and increased availability of vaccines, we are all feeling, a little, more optimistic about the future, at least I hope that is the case.

Speaking of vaccines, if anyone is still interested in getting one and needs help scheduling, please contact me here at the center and I will do my best to assist you. Vaccines are now available on a walk-in basis for those over 60.

If you have a medical condition that is affected by heat and do not have an **air conditioner**.

**HEAP** is again offering them. I have the applications and a letter you can take to your doctor so that they can provide the correct documentation. This service is on a first come first served basis so apply early. HEAP has also

extended their deadline to August 31<sup>st</sup> or until funds are exhausted and they have added a third emergency benefit for those who have used all other HEAP benefits.

I know some of you have asked about the Farmers Market Coupons. I have not gotten any specifics thus far, but I am expecting this program to be offered. I will keep you posted as information becomes available.

SNAP is also continuing to provide maximum benefits through June 30<sup>th</sup>.

It is exciting to see everyone now that the center is starting to open, even if it is just for limited programs. We are so happy to welcome everyone back.

***B'ville Express***

The *B'ville Express* remains closed due to COVID-19. If you need transportation, we encourage you to register for the OSCAR program, a free senior ride program provided by CENTRO. To register for OSCAR, or if you need to reserve a ride, call the OSCAR program at 315-442-3434. If you are having any type of procedure, please call the B'ville Express as I do have access to a free ride program for procedures only. I would love to hear from the B'ville Express Drivers and Riders! I hope you are all doing well. *Gina B'ville Express, Transportation Coordinator*

**MOW:**

Hello Everyone,  
We would like to wish everyone a great Mother's Day! Stay Safe!  
Donna & Jeff

**Sunshine Lady**

Janet Wojnovich is the **Sunshine Lady** for Canton Woods. Janet would like to hear from you if you know of someone who is not feeling well, had a hospital stay, or has had a family member pass away. Please call **Janet at 315-638-2957 or Please let the Staff or Office Volunteers know too!!**

Listing's will resume in June.

## **Summer 2021 Entertainment Series Kicks Off!**

Start the summer off with music!

**George Leija** will perform in Canton Woods gazebo on **Thursday May 13 at 2pm**. Bring your lawn chair, masks required. (rain date of May 20th)

## **Flower Arranging Demonstration**

Wednesday, May 19<sup>th</sup> at 2:00pm

Presented by Don Ives.

Learn how to make an artful flower arraignment with cutting flowers from his gardens! Sign up required.

## **Time to Talk**

### **Fridays in May, from 9:00-10:30am**

To be safe and stay healthy we have not gathered with our friends and neighbors for many months. Now it is time to reconnect!

**Following the guidelines outlined on the front page**, we invite you to make a "reservation" to visit with fellow Canton Woods participants. A chance to socialize, chat, shoot the breeze, catch up, gab! Call the center at 315 638- 4536, (groups of 4 or less) and sign up for a time slot.

## **Upstate University Hospital's**

**Mammography Van** to visit Canton Woods on **Tuesday, May 11, 2021**. Screening appointments are available 10 am – 3pm. The 45 foot van is equipped with a state of the art 3D digital mammogram system, private exam and dressing room and a waiting room. To be eligible for a mammogram on the van, women should be 40 years and older, not have had a mammogram in the past 12months and not be experiencing breast problems. For more information or to schedule an appointment, call 315 464-2582 or request an appointment online at <http://www.upstate.edu/mobile-mammography/>

## **PEACE LUNCH**

**Grab and Go Peace Lunch** Monday Wednesday and Friday. Reservation required.

## **May Birthdays:**

As you know we are updating our birthday list so please call or e-mail your birthday month and day.

[jferstler@baldwinsville.org](mailto:jferstler@baldwinsville.org)/ (315) 638-4536.

## **Food Bank of CNY**

The Food Bank of CNY can help you receive Food Stamps/ SNAP.

Please call (315) 437-1899 ext. 224 to set up an appointment or contact Nancy, CW's Outreach Worker (315) 638-4536.

**Food Sense** helps stretch your food buying dollars and is open to everyone and available each month.

**Call the center to request the May Package List**

**Cost: \$20.50**

**The order deadline is Monday May 10 by 10:30am**

**The pick- up date is Wednesday, May 19<sup>th</sup> 11:30am-12:30pm**

## **Art Group**

Art group will meet in person on Tuesday May 4<sup>th</sup> and Tuesday May 18<sup>th</sup> at 2pm. The art group will meet in the pavilion weather permitting otherwise inside the center.

## **Falls Prevention Class**

Classes are on Tuesdays and Thursdays at 10:00 a.m. **FREE!** The instructor is a licensed physical therapist. The class will meet throughout the month of May, (DVD featuring the instructor will be used on May 25<sup>th</sup>).

## **Kripalu "Chair Optional" Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher**

Classes held Thursday mornings at 11:30am. A **FREE** 4 week series begins on May 20<sup>th</sup>! Call the center to register, space in limited. Please check our calendar for upcoming dates.

## Tai Chi Classes

Classes are held Tuesdays and Thursdays at 8:30 a.m. Charges are payable to instructor. Please check the calendar for dates.

**Spring Walking Group**, Mondays & Wednesdays at 9:30am. Please meet in the parking lot, wear a mask at all times, bring your water bottle, and wear appropriate sneakers and clothing for the weather. One of Canton Woods staff will accompany the walkers. The traditional Canton Woods mile starts in the parking lot, and heads to McHarrie Town, around the first circle then back to Canton Woods parking lot. Please come and join us for a little exercise and hopefully, much needed sunshine!

## CW Exercise Class

Aerobics work out designed for seniors will resume in September!

## Free Legal Services

Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be June 1. Call the center to make an appointment (315) 638-4536. You must be a resident of Onondaga County and at least 60 years old to participate in this program.

## May 2021 Library News

**"Check out" our new arrivals in the Canton Woods Library!! Call the center to arrange pick up.**

We Begin at the End (J.S. Charles)

Win (H. Coben),

What's Mine and Yours (N. Coster)

Fast Ice (C. Cussler)

Bounty (J. Evanovitch)

Midnight Library (M. Haig)

Klara and the Sun (K. Ishiguro)

Red Book (J. Patterson)

Lost Apothecary (S. Penner)

Faithless in Death (J.D. Robb)

The Affair (D. Steel)

We Begin at the End (C. Whitaker)

Double Jeopardy (S. Woods)

## Crafty Corner

**Tuesday's craft group**, we have an official name. **THE YARN CREW!** I know we haven't seen each other in a long time, but we are getting ready to start again. YAY!

First meeting of the group will be **May 25<sup>th</sup> at 10:30am** at Canton Woods. PLEASE CALL IF YOU PLAN ON ATTENDING SO THE CENTER CAN PLAN ON ADMISSION PROTOCOLS. There are different rules in effect as listed in the front of the newsletter.

In your absence, I have been working on the storeroom. It is looking really organized now.

Just to let you know, I have been delivering lap robes donations to St. Joseph's Hospital.

Can't wait to get together, *Edwina*

## Book Club News

Discussion this week revolves around a book called Code Girls. It is a non-fiction account of the governments use of women during World War II to help decode and encrypt messages going back-and-forth between countries. It was a fascinating book full of lots of information that we found interesting. This move to make women help with the intelligence information that was passed back-and-forth was truly the beginning of the national security administration. The members of the book club were given cryptograms to solve. We all pretty much agreed that some of us would be very good at this while others of us were without the patience necessary. The next book is The Four Winds by Kristin Hannah.

Next meeting will be Tuesday, May 25<sup>th</sup> at 2:00pm at Canton Woods.

## BINGO!!!

***In person BINGO! Friday at 1pm. Call to reserve a spot and for more details.***

**Puzzle and Paperback Book give away.** May 12<sup>th</sup> 1:00pm- 3:00pm call for a time slot.

**Travel News** Hello everyone, I hope you are all doing well and enjoying spring. I have added a trip to Lancaster to see the new show "Queen Esther" at the Sight and Sound Theatre. This trip is scheduled for October 12-14, 2021. I will have details in the June newsletter. Call me at 315-415-0040 for information. We are still taking sign-ups for Newport and Cape Cod. Happy Mother's Day to all the moms and grammas. Take care and God bless, love, Jacki

**NEWPORT, RHODE ISLAND AND BLOCK ISLAND - JUNE 8-11, 2021**

Travel with us to America's first resort town as we enjoy the charm of Newport's historic buildings and restored homes. This four day tour includes: deluxe Hale transportation; 3 night's accommodations at the Wyndham Newport Hotel; guided tour of Newport; admission to the Breakers Mansion; admission to the Green Animals Topiary Gardens; Round trip high speed Ferry passage to Block Island; admission on a sightseeing tour of Block Island; ; 3 breakfasts; ; 1 dinner; 1 Lobster bake the historic National Hotel on Block Island ( there are other options if you do not want lobster); 1 lunch; boat tour around Newport and a stop at Mystic Seaport on the way home; all meal taxes , gratuities, room taxes and driver and guide gratuities. Fully escorted by Jacki Abbott.

**COST: 945 per person based on double occupancy \$1145 Per person single and \$885 Triple. Balance due now. There is a \$100 non- refundable cancelation fee. All payable to BELLE TOURS LLC. Mail to: Belle Tours LLC 132 Plymouth Drive, Syracuse, NY 13206**

**CAPE COD – WHALES, SEALS AND PILGRIM HISTORY – SEPTEMBER 20-24, 2021**

**Our fall trip for 2021 takes us to beautiful Cape Cod for five glorious days. This trip includes: deluxe Hale transportation; 4 nights at the Red Jacket Blue Water beach resort in S. Yarmouth; welcome reception upon arrival; guided tours of Hyannis, Provincetown, Martha's Vineyard, Chatham and Plymouth; ferry passage to Martha's Vineyard; a whale watch or Dune Tour while in Provincetown; admission on a Seal Watch excursion; admission to the Atwood House Museum and the Pilgrim Hall Museum; 4 breakfasts at the hotel; 2 Dinners; 1 lobster dinner (other options available); 1 dinner with entertainment; all taxes, gratuities and room taxes. Fully escorted by Jacki Abbott.**

**COST: \$1,125 per person double - \$1,045 triple - \$1,395 Single**

**A deposit of \$500 is due to sign up. Balance due July 30, 2021. All payable to BELLE TOURS LLC**

**There is a \$100 non- refundable cancelation fee.**

## **Onondaga County Office For Aging Registered Dietitians present: *Nutrition As You Age!***

Nutrition Education will be offered to interested senior participants using Zoom.

Any printed materials will be provided to the senior center directors for distribution to participants.

The same presentation will be offered on each of the dates listed below. Individuals should join on one date that best fits their schedule.

### **Save the Dates!**

Thursday, May 13th at 1:30 pm:

**OR**

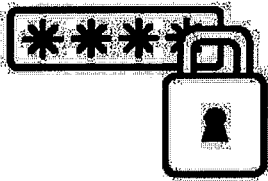
Wednesday, May 19th at 10:00 am

Call the center to request the Zoom links or if you have other questions, email Heather Hudson at HeatherHudson@ongov.net or Laurie Zirilli at LaurieZirilli@ongov.net.

VOLUNTEER LAWYERS PROJECT OF ONONDAGA COUNTY PRESENTS:

# 2021 VIRTUAL ELDER LAW FAIR

*Educational sessions and information for older adults  
and caregivers. Free and open to all!*



Session #1: Thursday, May 6, 2021 (12 - 1 PM)

## SENIOR SCAMS & FRAUD

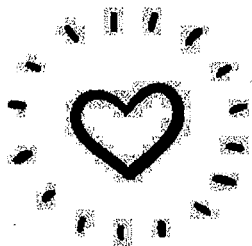
Learn about common fraud, scams & abuse targeted toward older adults.



Session #2: Thursday, May 13, 2021 (12 - 1 PM)

## SENIOR RENTER RIGHTS & REASONABLE ACCOMMODATIONS

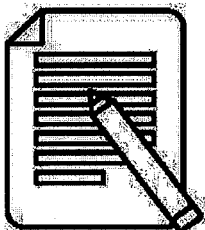
Session for those who rent/are considering renting. Learn tenant rights & accessibility laws.



Session #3: Thursday, May 20, 2021 (12 - 1 PM)

## CAREGIVING SUPPORT & RESOURCES

Information on support and resources for caregivers, including a framework to help you make plans to care for family members, neighbors and friends.



Session #4: Thursday, May 27, 2021 (12 - 1 PM)

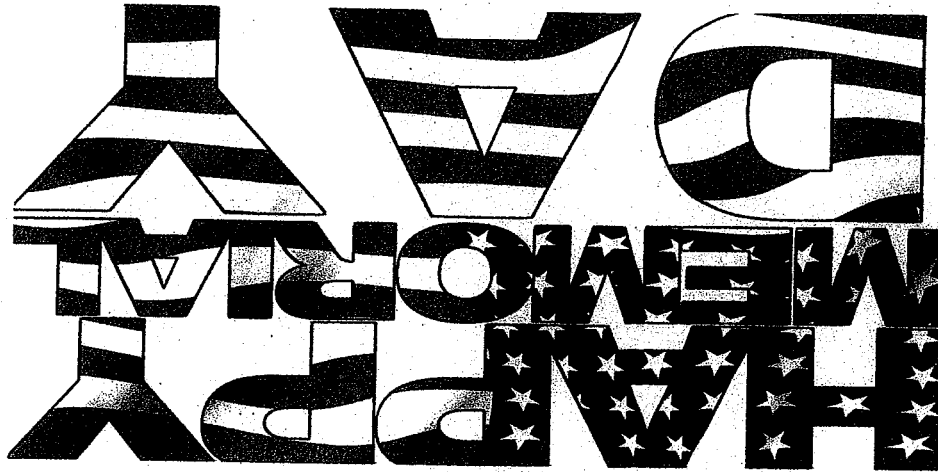
## ESTATE PLANNING

What to know about last will and testament, health care proxy, living wills, power of attorney, and guardianship/conservatorship.

Please visit: [www.onvlp.org/elderfair2021](http://www.onvlp.org/elderfair2021)  
to learn more and register.

## CANTON WOODS May 2021

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						<b>1</b>
<b>2</b>	<b>3</b> 9:30 Walking Group	<b>4</b> 8:30 Tai Chi 10 Fall's Class 2 Art Group	<b>5</b> 9:30 Walking Group	<b>6</b> 8:30 Tai Chi 10 Fall's Class	<b>7</b> 9-10:30 Time to Talk 1 BINGO	<b>8</b>
<b>9</b> <b>M</b> <b>O</b> <b>m'</b> <b>s</b> <b>D</b> <b>A</b> <b>y</b>	<b>10</b> 9:30 Walking Group	<b>11</b> 8:30 Tai Chi 10 Falls Class 10-3 UpState Mammography 2 Zoom Bingo	<b>12</b> 9:30 Walking Group 1-3 Puzzle/Paperback Give Away	<b>13</b> 8:30 Tai Chi 10 Fall's Class 2 Music by George Leija	<b>14</b> 9-10:30 Time to Talk 1 BINGO	<b>15</b>
<b>16</b>	<b>17</b> 9:30 Walking Group	<b>18</b> 8:30 Tai Chi 10 Falls Class 2 Art Group	<b>19</b> 9:30 Walking Group 2 Flower Arranging Demo	<b>20</b> 8:30 Tai Chi 10 Fall's Class 11:30-12:15 Chair Yoga 2 Rain date for George Leija	<b>21</b> 9-10:30 Time to Talk 1 BINGO	<b>22</b>
<b>23</b>     <b>30</b>	<b>24</b> 9:30 Walking Group     <b>31</b> <b>Memorial Day</b> <b>Center is Closed</b>	<b>25</b> 8:30 Tai Chi 10 Falls Class 10:30-12 The Yarn Crew 2 Book Club	<b>26</b> 9:30 Walking Group	<b>27</b> 8:30 Tai Chi 10 Falls Class 11:30-12:15 Chair Yoga	<b>28</b> 9-10:30 Time to Talk 1 BINGO	<b>29</b>



**CANTON WOODS MISSION STATEMENT**  
SENIOR CITIZENS are a valuable community resource. CANTON WOODS MULTIPURPOSE SENIOR CENTER meets the challenges facing Older Americans by offering stimulating SOCIAL ACTIVITIES, EDUCATION AND RECREATION PROGRAMS, NUTRITION, HEALTH AND OTHER ACTIVITIES.  
CANTON WOODS - Helping Seniors to remain active members of the community.

**CANTON WOODS SENIOR CENTER**

76 Canton Street  
Baldwinsville, NY 13027  
Telephone # 315 638-4536

[www.Baldwinsville.org](http://www.Baldwinsville.org)

Non-Profit Organization  
U.S. Postage  
Baldwinsville, NY 13027  
Permit # 10

*Happy  
Mother's  
Day*



(Open Monday-Friday-8:00AM-4:00PM)

May 2021 Newsletter



<p>Canton Woods 315 635 4536 PEACE, INC. - FSD MONDAY</p>	<p>May 2021 SENIOR NUTRITION WEDNESDAY</p>	<p>Canton Woods 315 635 4536 OFFICE FOR AGING &amp; YOUTH FRIDAY</p>
<p>3 Beef Goulash Capri Blend Vegetables Dinner Roll Margarine Milk Cookie</p>	<p>5 Glazed Ham Sweet Potato Wedge California Blend Wheat Bread Margarine Milk Fresh Honeydew</p>	<p>7 BBQ Chicken Strips Chuckwagon Corn Rice Wheat Bread Margarine Milk Pudding</p>
<p>10 Sweet and Sour Shredded Pork Served over Rice Oriental Blended Vegetables Tropical Fruit Wheat Bread Margarine Milk</p>	<p>12 Cranberry Walnut Chicken Salad Chef Salad / Ranch Croissant Milk Cookie</p>	<p>14 Julienne Salad Meat / Cheese Italian Dressing Dinner Roll Margarine Milk Cookie</p>
<p>17 Chicken Cordon Bleu Casserole Cut Asparagus Wheat Bread Margarine Milk Diced Pears</p>	<p>19 Vegetable Lasagna Chuckwagon Corn Diced Peaches Italian Bread Margarine Milk</p>	<p>21 Chicken Riggles Cut Asparagus Wheat Bread Margarine Milk Pineapple Tidbits</p>
<p>24 Tuscan Tortellini (Cheese Tortellini topped with a tomato based sauce with spinach and parmesan cheese) Fruit cocktail Wheat Bread Margarine Milk</p>	<p>26 Beef Pot Roast Mixed Vegetables Wild Rice Wheat Bread Margarine Milk Applesauce</p>	<p>28 Sliced Roast Beef Swiss Cheese / Bun Potato Salad 3 Bean Salad Mayonnaise PC Milk Mandarin Oranges</p>
<p>31 Memorial Day Agency Closed</p>		
<p>All Meals include: Coffee, Tea, Milk Bread, and Margarine</p>	<p>Menu meet 1/3 of RDA Menu is Subject to Change</p>	<p>Suggested Contribution: \$3.50</p>

