

THE NEXT CHAPTER NEWS

ERIE COUNTY DEPARTMENT FOR THE AGING

JUNE & JULY 2025



UNIVERSITY EXPRESS INVASIVE SPECIES FIELD TRIP

COUNTY EXECUTIVE
MARK POLONCARZ

COMMISSIONER
RANDALL HOAK



As temperatures rise, older adults are at greater risk for heat-related illnesses due to changes in how the body regulates temperature. Staying cool isn't just about comfort—it's a vital part of staying healthy. Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid outdoor activities during peak heat hours (10 a.m. to 4 p.m.) and opt for lightweight, breathable clothing. Use air conditioning when possible, or visit public places like libraries or senior centers to stay cool. June is also a time to recognize and reflect on several important themes that affect older adults. It's **Alzheimer's and Brain Health Awareness Month**, a reminder of the importance of keeping the mind active through puzzles, reading, and social connection. Staying socially engaged—whether it's joining a book club, attending a local concert, or spending time with loved ones—not only boosts mood but also supports cognitive health. June is also **Pride Month**, celebrating the contributions and identities of LGBTQ+ older adults and fostering inclusive communities where everyone feels seen and valued. Additionally, **World Elder Abuse Awareness Month** (June) brings attention to the safety and dignity of all aging individuals, encouraging vigilance and support in preventing neglect or mistreatment.

OUR NAME IS CHANGING!

Effective at the end of June, our name will change from the Erie County Department of Senior Services to the **Erie County Department for the Aging** due to the charter revision which happens every ten years. Under the leadership of former Commissioner Marinucci, this revision was submitted to better reflect the work we do. While older adults remain at the heart of our mission, our work also supports caregivers, families, and the broader aging community. Our new name embraces this inclusivity and our evolving role in the lives of those we serve.



Traveling this summer? Traveling is one of life's greatest joys, especially for older adults eager to explore new places. To keep those adventures joyful and worry-free, prioritize safety: stay aware of your surroundings, keep important documents close, and don't hesitate to ask for help when needed. A little preparation goes a long way—protect your health, trust your instincts, and embrace the journey with confidence.



THE DISH.

NEWS FROM OUR NUTRITION TEAM!

FARMERS MARKET COUPONS

Farmers Market coupon distribution starts in July! Coupons will be available at each dining site, with specific dates and times announced soon.

SENIOR SERVICES SUMMER PICNIC

Our annual Summer Picnic is set for Wednesday, July 30th and Thursday, July 31st at Bowen Road Grove in Lancaster. It's a fun event filled with food and fellowship for older adults across Erie County. Sign up at your dining site—priority goes to regular lunch participants!

SNAP-EDUCATION WORKSHOPS

Learn healthy eating and easy physical activity at our SNAP-Education workshops! Enjoy nutrition tips, movement activities, and cooking demos with samples. The next series starts Tuesday, June 10th at 10:30 a.m. at the North Buffalo Community Center. Call Michelle at 716.858.4951 to register.

COOKING WITH SASS

Cooking with SASS is back by popular demand! The next 4-week series begins Friday, June 6th at 11:00 a.m. at Williamstowne Village Apartments. Future sessions are scheduled in Alden (Sept. 9) and Eden (Oct. 7). Join us and learn to Cook with SASS!

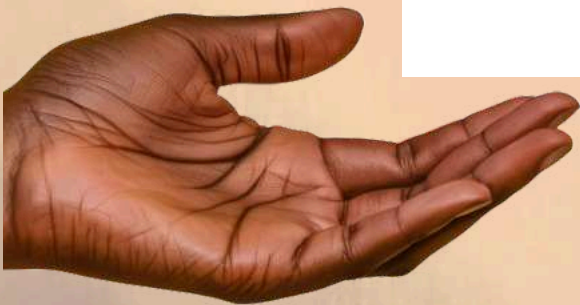
WALK WITH EASE WORKSHOPS

Our Walk with Ease program helps you build stamina with guided walks, stretches, and strength exercises. New workshops are coming in August and September at the Lackawanna, Cheektowaga, and Clarence Senior Centers. Take a step toward your fitness goals!



Are you providing care for a family member
or friend and need a break?

Sign up today to receive e-mail updates on
FREE events and supports available!



SCAN HERE or e-mail a
request to
caregiver@erie.gov



***Erie County
Department for the Aging***

Garden Project

Have a green thumb? Want to start gardening? Join us at East Aurora, Moorman Drive and Lackawanna!



BTPM  CLASSICAL
Live On Stage

FREE Musical Event for Older Adults

Velvet Voices Vintage Vibes

Thursday, June 19th | 2pm-4pm

BTPM Studio
140 Lower Terrace
Buffalo 14202

FREE & Easy Parking

Join BTPM Classical Live on Stage for a walk down memory lane! Enjoy the sounds of barbershop harmony, the smooth notes of Sinatra, and your favorites from The Great American Songbook during an afternoon of musical memories.

FEATURING:

Friends of Harmony Barbershop Chorus
Mark Swarts
Abel-Basil Cabaret

BTPM Classical Live On Stage is funded in part by the



Pre-registration is required. Sign up to attend at btpm.org/events or by calling 716-845-7000 Ext. 0



AGING MASTERY PROGRAM

Talk with the front desk to sign up!

This 10 class program will assist you in developing sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities

Navigating Longer Lives
Grand Island Senior Center
June 4th, 2025
12:45pm-1:45pm



Phone: 716-773-9682
Address:
3278 Whiteheaven Rd
NY 14072

- Sleep
- Exercise
- Falls Prevention
- Financial Fitness
- And more!
- Medication Management
- Healthy Eating
- Community Engagement
- Memory Matters
- Navigating longer lives
- Healthy Relationships

Have questions?
Visit
Erie.gov/seniorservices
Email
Jennifer.chowdhury@erie.gov
Call
716-858-2114



NY Connects
Your Link to Long Term
Services and Supports

We're Here for you!

Whether you are paying for services out-of-pocket, have coverage through insurance, or are eligible for a government program, finding the right long-term services and supports can be extremely confusing. The Erie County Department for the Aging-NY Connects is your locally trusted, friendly, unbiased option providing you with up-to-date information and assistance that may be available to you. Call now to speak with one of our live, certified case managers at 716-858-8526!

Family Health Fair – July 26

Join Senator Sean Ryan and Assemblywoman Karen McMahon for a free Family Health Fair on Saturday, July 26 from 9 AM to 12 PM at the Amherst Senior Center (370 John James Parkway). Over 70 organizations will offer free services, including health screenings, vaccinations, CPR training, and a blood drive hosted by the American Red Cross. Schedule blood donations at redcrossblood.org or call 1-800-RED-CROSS. All ages welcome!



Now Hiring: Part-Time Caregivers

Join our Consumer Directed Homecare Team and make a real impact in the lives of local seniors. Provide personal care, light housekeeping, and other daily tasks. Enjoy flexible hours and choose your work location within Erie County. Call NY Connects at 716-858-8526 or email NYCONNECTS@ERIE.GOV to learn more.

RSVP

IS

BACK!



Stations are running as usual, record your hours, and tell your friends to volunteer!
716-858-7548

Congratulations!

Pat and John were awarded for Exemplary Volunteer Service in Albany for Older New Yorkers Day! Accumulating a combined 8,000 hours, Pat and John continuously give back to Erie County making it a better place.



AWARDEE:
John Moffat
Erie County

UNIVERSITY EXPRESS

The Spring semester is in full swing and we can't wait for you to join us!
Visit Erie.gov/universityexpress for more!

University Express Field Trips

University Express has two exciting field trips coming up in June! Join us for a guided tour of the Burchfield Penney Art Center on Friday, June 6. Tour slots are available at 10:45 AM, 11:15 AM, 11:45 AM, 12:15 PM, 12:45 PM, and 1:15 PM. Sign up on our website!

Free Movie Day

Don't miss Free Movie Day at the Aurora Theatre on Tuesday, June 10 at 2 PM! We're showing GREASE—wear your best 50s outfit and sing along with us!

SOME UPCOMING CLASSES

Heat Safety Class - Beat the Heat

Get prepared for summer hazards with “Beat the Heat,” a class covering outdoor safety, food safety, insect bites, heat-related illnesses, and more. Taught by Pati Aine Guzinski from the ECDOH, it takes place Wednesday, June 25 at 6:00 PM at the Grand Island Golden Age Center. Call 716-773-9682 to register.

PRIDE - Queer History (Virtual)

Discover the rich and often overlooked history of the LGBTQ+ community with the Pride Center of WNY. This virtual class, led by Ashtin Ashbrook, takes place Friday, June 27 at 10:30 AM. The Lancaster Senior Center will host a group viewing—call 716-685-3498 to register.

Alzheimer's Education Series

Healthy Living for Your Brain & Body
Learn how diet, exercise, and mental engagement support brain health.

- June 24, 1:00 PM - Dorothy J. Collier Community Center (716-882-0602)
- July 9, 2:00 PM - Baptist Manor (716-881-1120 x4)
- July 11, 11:45 AM - Tosh Collins Senior Center (716-822-4532)
- July 15, 1:00 PM - West Seneca Senior Center (716-675-9288)



Erie County Club 99 DANCE



Thursdays 10am
Alden Community Center
13116 W Main St, Alden, NY 14004

Erie.gov/Seniorservices | 716-858-6403

REGISTER NOW!

→ ERIE.GOV/PARKS/EVENTS



SENIOR HIKING CLUB

WEDNESDAY JUNE 18TH
9:30AM

"URBAN TREKI" SENECA BLUFFS
HIGGINS PARK HIKE

MEET AT SENECA BLUFFS HABITAT
PARK PARKING LOT

NO RESTROOMS - MODERATE
IMPACT - LOW ACCESSIBILITY

YOU'RE INVITED TO ERIE COUNTY'S

World Elder Abuse Awareness Day

PRESS CONFERENCE



MONDAY JUNE 16TH
11AM

OLD COUNTY HALL STEPS

RAIN LOCATION - RATH BUILDING 12TH FLOOR MEDIA ROOM

SPECIAL GUESTS - ERIE COUNTY EXECUTIVE MARK POLONCARZ,
ERIE COUNTY DISTRICT ATTORNEY MICHAEL KEANE, CEO
CENTER FOR ELDER LAW AND JUSTICE KAREN NICOLSON,
COMMISSIONER OF SOCIAL SERVICES KAREN RYBICKI, AND
COMMISSIONER OF SENIOR SERVICES RANDY HOAK

RSVP TO AISLYN MCQUEEN - ERIE COUNTY SENIOR SERVICES
AT AISLYN.MCQUEEN@ERIE.GOV OR 716-858-4601

PLEASE WEAR PURPLE

ERIE COUNTY SENIOR SERVICES A MATTER OF BALANCE

COACHING



Be the balance in someone's life—Train as a Coach!

A Matter of Balance is a falls prevention class to empower older adults,
build strength, and create community. Join us for this **two session**
training to become a coach!

Northwest Amherst Community Center
220 Northpointe Parkway, Amherst 14228

Thursday July 10th 10am-2pm

Thursday July 17th 10am-2pm

To sign up contact Jennifer Chowdhury at
jennifer.chowdhury@erie.gov