

North Buffalo *Neighbors*



-Julie Lewitsky

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Helping Our Neighbors Get Around!

Transportation can be a major problem for older people, especially during the Buffalo winters. One goal of *North Buffalo Neighbors* is to help folks out when they face this challenge. Our plan is to match up volunteer drivers with the people who need rides to the doctor, the grocery store, and other essentials. If we have enough drivers, we hope to include rides to cultural and social events as well. We'll launch our service in March 2012. We're now sending out the call to North Buffalo residents for people who **need** transportation, those who would be willing to **provide** transportation, and those who would like to help with **coordinating** the two groups to respond to us. [See the return form on the back.]

Find out more!

Learn about:

- The North Buffalo Neighbors
- Disaster Preparedness & Falls Prevention [see page two]

Monday February 6: 1-3 PM

Holy Spirit Cafeteria*
91 Dakota Ave. (Hertel & Delaware)

Light refreshments will be served.
Enter off parking lot
*Not handicapped accessible.

PLEASE RSVP (see contact info on back page.)

Tuesday, February 14: 9:30-11:00 AM

North Buffalo Community Center*
203 Sanders Road

*A light breakfast will be served at 9 AM for \$2.50. If you plan to eat breakfast, call Carol Rainey at 874-6133, ext. 10 NO LATER than Feb. 6

What is North Buffalo Neighbors?

North Buffalo Neighbors grew out of an "Aging in Community" initiative begun by the Parkside Community Association and funded in part by the Community Health Foundation of Western and Central New York. The goal was to make it easy for Parkside seniors to live confidently and comfortably in their own homes. We named ourselves Flint Hill Village in honor of the War of 1812 Flint Hill encampment in what is now Delaware Park. During our start up phase as Flint Hill Village, we used some of our funds to provide smoke and carbon monoxide detectors for senior residents of Parkside. (continued on page 2)



Disaster Preparedness

No one likes to think about disasters, but recent events remind us that disasters can and do strike without much warning. It's important to learn how to prepare for such emergencies—whether natural or man-made. Our topic will be *Ready America*. You will receive helpful information to get you started on a home preparedness kit. We will also have available Emergency Response Data forms for those with any disability or special need(s) to fill out so that emergency response workers will be aware of these needs. This information can also be made available to block leaders for those of you who have an established

Block Club. **Come on Feb. 6 or Feb. 14 and get informed.** It could save your life!

What is North Buffalo, cont.

Our group also provided the community with informational meetings on topics such as Erie County Senior Services' programs, recent changes in New York State health care proxy and Power of Attorney laws, assisted living options in Western New York, and home modifications. In addition, we are members of the Falls Prevention Collaborative and provide literature and speakers to help individuals reduce the risk of falling in the home. We now have decided to expand our borders beyond Parkside to a wider area of North Buffalo. Please join us!



We've accumulated a lot of information on services that are available for seniors in our area. Here are some of them:

Congregate Dining

Erie County Senior Services welcomes you to "Stay Fit" dining, which serves hot, nutritious, delicious noonday meals Monday through Friday. They are also offering frozen meals for weekends. The suggested contribution is only \$2.50 but no one will ever be denied a meal if they cannot contribute. This program is available at the North Buffalo Community Center on 203 Sanders Road. Call Carol Rainey, 874-6133, ext. 10.

Erie County Dept. of Senior Services

To see the checklist of all the services available to seniors, visit www.erie.gov/depts/seniorservices or call 858-8526.

Home Delivery:

Food & Groceries

Meals on Wheels

Receive two meals a day plus a weekend package delivered to your home by friendly volunteers. 24 hour turn around for

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Annually, falls are reported by 1/3 of all people 65 and older at a cost of over \$20.2 billion. Among people 65-69, one out of every 200 falls results in a hip fracture, and among those 85 or over, one fall in 10 results in a hip fracture. 1/4 of those who fracture a hip die within six months of the injury.

What can you do?

Come to the presentation on Dec. 12 to learn how you can falls-proof your home. Receive a handy booklet to help you do an in-home assessment of the safety of your home. Look around your home for common danger areas such as:

- Throw rugs
- Poor lighting
- Clutter
- Uneven surfaces
- Lack of railings (outside & inside)
- Extension cords in pathways
- Poor arrangement of furniture



2-1-1 is an easy to remember number that makes a critical connection between individuals and families in need and the appropriate community-based organizations and government agencies. 2-1-1 makes it possible for people to navigate the complex and ever-growing maze of human services agencies and programs. Just call 211 or visit their website: www.211wny.org.

meals to start. No one is denied service but there is a general fee for the service for those who can afford it. Call 822-2202.

For a complete list of grocery delivery services call us at 352-7843.

Prescriptions

Black Rock Pharmacy: 876-3070

Budweys: 362-0460

Buffalo Pharmacies: 832-7744

Telephone Assurance Program (TAP)

TAP is a free volunteer service that provides regular telephone calls to homebound elderly adults and disabled persons to check on their well-being and to give people an opportunity to socialize. For more information call 218-1400.

**Transportation:
Going Places**

The curb-to-curb van service is available to seniors who are unable to use conventional means of transportation. Reservations for health-related trips may be scheduled up to 14 days in advance. Non-medical trips may be scheduled one week in advance. A brief registration is required for service. Call 858-RIDE.

Taxi Discounts

Liberty Cab offers a 10% discount on all taxi fares for seniors. They also have transportation cards. To inquire about the services call 877-7111.

Volunteer Drivers for Cancer Patients

The American Cancer Society has a vast volunteer network in which individuals in the "Road to Recovery" program serve as volunteer drivers for cancer patients

undergoing treatment. Call 1-800-227-2345.

Vision Rehabilitation Services

The Olmsted Center Senior Visions program in Erie County can provide an in-home assessment to persons over 60 with some sort of visual difficulty (i.e. cataracts, macular degeneration). Nurses can assess possible safety hazards and check medications, etc. The program's goal is to keep seniors with vision deficits safe at home. Their low vision specialist can help them when glasses no longer can correct vision and help people read mail, view television and do other visual tasks. Free transportation is available to their site. For more information call 882-1025.

Would You Be Interested?

A new Parkside resident is looking for mahjonn and knitting friends! A retired college professor is interested in starting a book club. If you would like to participate in either or both of these please let us know on the return form. We're thinking that morning coffee at the newly decorated Elam Jewett Café in the Church of the Good Shepherd would be a great place to gather.



**North Buffalo Neighbors
Steering Committee**

- Lynne Adamczyk
- Joan Baizer
- Carolyn Doherty
- Deborah Goldman
- Carl Granger
- Eloise Granger
- Ruth Lampe
- Julie Lewitzky
- Jean Neal
- Susan Udin

