



# Pause to Consider

## Newsletter of the Town of Evans Senior Center

999 Sturgeon Point Road, Derby, NY 14047 - (716) 947-0974

Veronica Sullivan, Director

*Helping Seniors remain in their own homes through active participation, socialization, recreation and nutrition in the community.*

## SEPTEMBER 2017

### **REMEMBER EVERYDAY ACTIVITIES**

**7-9 AM EVERY MORNING** Start your day off with some cardio vascular exercise in our open Gym. Utilize the exercise equipment and walk laps around the gymnasium.

#### **12 NOON MONDAY – FRIDAY**

Lunch served! Stop in any time for a menu. Suggested cost is \$3.00.

Please call two weeks prior to order – 947-0874. Please be at the center by 11:45, and please try to call in cancellations before noon any day you can't make it.

### **CALL 947-0974 TO REGISTER FOR:**

#### MONDAY

**Coloring Corner @ 9:00-11:00 AM**

**Resistance Band Exercise  
@ 11:00AM**

#### TUESDAY

**Coloring Corner @ 9:00 - 11:00 AM**

**Bingo @ 10:00 - 11:00 AM**

**Low/No Impact Cardio Workout  
with Lisa @ 11:00 AM Every week**

**Explore the World of Mammals  
Sept 19th @ 1:00 - 3:00 PM **NEW!****  
Nature workshop with Hands-On activity with State Park Ranger

**Be A Citizen Scientist** Sept 26th  
@ 1:00 - 3:00 PM **NEW!** Nature workshop Bird watching, frog study, there's a way for everyone to get involved - with State Park Ranger

#### WEDNESDAY

**Sitting in Motion Exercise -  
@ 9:30- 11:00 AM Every Week**

**SPECIAL Torn Watercolor  
Workshop** September 13th ONLY!  
@ 1:30-5:30 PM - No experience required - OPEN TO PUBLIC See flyer for details. Sign up required.

**Open Watercolor Workshop For  
Seniors & Public @ 1:30 - 3:30 PM**  
Every 2nd & 4th Wednesday of the month starting September 27th.

#### THURSDAY

**Cards @9:00 AM-3:00 PM Every Week**

**Open Quilting Workshop  
@ 9:00 AM - 3:00 PM Every Week**

#### FRIDAY

**Coloring Corner, Games, Puzzles  
@ 9:00 AM**

**Crochet Workshop - All Levels  
@ 10:30 AM - 12 Noon**

**Line Dancing Class - Every Week  
from @ 10:30 - 11:30 AM Starting  
September 8th**

### **MEETINGS AT THE SENIOR CENTER**

**Southtowns Scarlette Chapeaus  
@ 11:00 AM 1st Monday of the month**

**Senior Advisory Board Meeting  
resume in September on the 2nd  
Monday of the month @ 6:00 PM  
(All seniors welcome)**

**Evans Art Guild  
@ 7:00 PM 1st Wednesday each month**

**Evans Travel Club  
@ 7:00 PM 2nd Monday of each month**

Do you like to volunteer? We are looking for individuals who would enjoy teaching our seniors a new craft, or exercise program, or hobby. Give us a call - we'd love to have you!

### **INFORMATION & REFERRAL SERVICES**

**Senior Center : 947-0974**  
Open 7AM to 4 PM

**Meals on Wheels: 822-2002**

**Evans Rural Transit Van Service**  
549-5098 – Dr. Appts, Errands, Etc.

**Going Places Van**  
858-7433 Mon–Fri, 8:30–4:30

**Erie County Senior Services**  
858-8526

**Telephone Assurance Program  
(TAP) 896-6388**

**Evans Police –Non-Emergency**  
549-3600

**EMERGENCY - Dial 911**  
Fire, Police, First Aid

**Evans Center Volunteer Fire Co.**  
549-1221

**Lake Erie Beach Fire Co.**  
549-1122

**Angola Village Fire Co.**  
549-3022

For more information about additional Senior Services and Programs such as HEAP, Adult Day Care & Respite, etc., please visit the Erie County Department of Senior Services at [www.erie.gov/depts/seniorservices](http://www.erie.gov/depts/seniorservices)

# Speaker's Corner at the Senior Center

**Open to the Public**

*Please Call to Sign Up for Speaker Events*

**September 7th @ 12:30 PM sharp** - Holocaust survivor recalls atrocities by Nazis

**September 18th @ 12:30 PM sharp** - Atwal Eye Care Education Coordinator on the "AGING EYE"

**September 20th @ 11:00 sharp** - Presentation on Restoring the Buffalo River and past & present history of the Iconic River

**September 25th @ 12:30 Sharp** - Preparing for the Future w/ Elderwood Specialist, Rehab, Assisted Living, Skilled Nursing Facility

## **POSITIVE QUOTE CORNER**

*"Every day is a new beginning...Problems and mistakes of yesterday are now just memories of a Lesson Learned.*

*I absorb the energy and possibilities of each new day, acknowledge the simple beauty that can be taken for granted, and look forward to tomorrow's new beginning!"*



## **COMMUNITY NEWS**

Our 2nd Senior Picnic of the summer was a great success and a lot of fun. I wanted to say a Huge "Thank You" to everyone that came and brought a dessert plate to pass and shout out to our Senior Advisory Board for their contribution to the picnic.

What a great adventure our Seniors had on our first Buffalo Garden Walk! Our walk consisted of 4 gardens in Hamburg and 2 gardens in Eden gardens and park lunch we had. We all agreed that every one of the gardens was absolutely beautiful! The owners of each one took the time to walk with us and answer any questions we had, and explained the great efforts it takes to have such amazing gardens of "BEAUTY"!

Our Seniors went on a Tour of OLV Basilica in August. The tour was that very impressive, and the architectural beauty and artistic skill was just breath-taking. The tour guide was very informative and everyone enjoyed themselves

First time attending "ERIE COUNTY PICNIC"!! This particular event was provided through our Erie County Lunch Program, it invited all active sites that have a lunch program running to come and enjoy a picnic setting on Erie County.

Even though none of our seniors won any raffles, they enjoyed themselves in a new atmosphere, with great music, dancing and a lot of laughs.

The Senior Center also arranged 2 outings to Farmers markets, East Aurora and Irving, which each had a large variety of fresh produce and everyone enjoyed browsing around the venue.

Special Shout out to our van driver, Mickey. She drove our seniors to all the events with great humor and smiles. Transportation was also provided by our Evans Senior Van Service.

Wednesday, August 16<sup>th</sup> was the 25<sup>th</sup> Annual United Way Day of Caring. As part of our new partnership with United Way, we had 10 volunteers from **Essendant** of Orchard Park, come in to help organize and clean our basement! We are now organized and have SO MUCH more room!

**Thank you! Thank you! Thank you!**

## **JOIN OUR NEW TRAVEL CLUB!**

**LETCH WORTH STATE PARK & HIDDEN VALLEY ANIMAL ADVENTURE** Thursday, September 21, 2017 Price per person **\$74.00** (including Lunch) \*\*\*Final Payment Due 9/1/17\*\*\*\*  
Departing @ 8:30 am from the Senior Center, Home @ 5:00pm

**SENECA ALLEGANY CASINO** Monday October 30, 2017 Price per person - \$ 30.00  
\*\*\* Final Payment Due October 1st, 2017

Departing 11:00am from the Senior Center; Home @ 6:00pm

**HOLIDAY POPS CONCERT @ KLEINHANS MUSIC HALL W/ BUFFALO PHILHARMONIC ORCHESTRA** Friday, December 15, 2017 Price per person - \$107.00 (including sit down lunch @ Webbs Lofts, catered by Pearl Street Grill) **Departing 8:30 am from Senior Center; Home @ 3:15pm**

\*\* Payment/Booking Policy apply to all of these trips. Questions & Reservation please contact:  
**Tony Montoro @ 716-549-5347**

# Senior Health and Happy Lifestyle

## How to Stay Sexually Healthy as You Age

A healthy sex life is an essential part of overall good health, and it's a myth that sex has to suffer as you get older. If you give sex the attention it deserves, you can maintain a healthy and active sex life no matter what birthday you just celebrated.

### Age-Related Changes in Sexual Health

As we age, changes in our bodies may affect our sex lives. This can lead to problems such as less enjoyment during sex or difficulty becoming sexually aroused.

In women, hormonal changes after menopause or a hysterectomy can cause the vagina to become shorter, narrower, and less lubricated. These vaginal changes can make sex somewhat uncomfortable and less pleasurable. In addition, the psychological effects of aging may make sex less enjoyable for some women.

In men, aging is associated with an increased risk of becoming impotent, or being unable to have or keep an erection. Some men find that when they get older, erections can be less firm or smaller than they used to be, and that they produce less ejaculate during an orgasm or lose an erection faster after orgasm.

Health problems are more common in old age, and certain age-related conditions can also affect sexual satisfaction in both men and women, including:

- ▮ Arthritis
- ▮ Diabetes
- ▮ Heart disease



- ▮ Chronic pain
- ▮ Stroke
- ▮ Incontinence

### Maintaining a Satisfying Sex Life

While you cannot stop the aging process, there are plenty of ways to preserve your sexual health as you get older:

- ▮ Pay attention to your overall health. Exercising regularly, eating a healthy diet, drinking plenty of fluids, avoiding smoking and excessive alcohol consumption, and managing the stress in your life can help to keep your sex life active and satisfying.
- ▮ Communicate with your partner. Your relationship with your partner is an important part of your sexual health. Talk to your partner about his or her sexual desires and discuss any sexual changes you are experiencing. Be a good listener if your partner has sexual concerns.
- ▮ Try something new. Exploring sex without intercourse, trying new sexual positions, having sex at different times of the day, and focusing more on foreplay can make your sex life more exciting and satisfying.
- ▮ Be open to meeting new people. Be open



to meeting someone who is also single. You can meet new people by getting involved in new social activities, taking advantage of events at your local community center, or signing up for adult education classes at a nearby college or university.

## **Solving Sexual Health Issues**

If you have a sexual problem you are concerned about, talk with your doctor. In some cases, treating an underlying health problem or adjusting a medication, such as blood pressure or diabetes drugs, antihistamines, or antidepressants can help with sexual problems such as impotence.\*\*

When a health problem or medication is not the problem, there are simple ways to treat many of the common sexual issues people experience as they age. For example, women who have poor vaginal lubrication can often find satisfaction using lubricants or vaginal estrogen supplements. Impotence in men can frequently be managed or reversed with medications, hormone replacement therapy, penile implants, surgery, or sexual counseling.

The bottom line: Don't assume that your sexual self disappears as you age. You can remain sexually active for years to come.



## **RESOURCES**

### ***Learn How a Better Diet Can Help***

[www.diabetesselfmanagement.com](http://www.diabetesselfmanagement.com)

### ***Sexuality in Later Life/National Institute on Aging***

[www.nia.nih.gov/health/sexuality-later-life](http://www.nia.nih.gov/health/sexuality-later-life)

### ***High Blood Pressure's Effect on Your Sex Life***

[www.seniorcaring.com](http://www.seniorcaring.com)

### ***Why You Should Have More Sex for Heart Health***

[www.everydayhealth.com](http://www.everydayhealth.com)