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### Contact the Parkway Center

**Phone: (315) 223-3973**

**Verona Beach Site: (315) 235-2029**

**Email: [info@theparkwaycenter.org](mailto:info@theparkwaycenter.org)**

**Website: [theparkwaycenter.org](http://theparkwaycenter.org)**

I hope everyone is doing well. It has been a long year, but hopefully we are getting closer to being able to re-open. I realize that many places have re-opened and many of you are wondering why we have not yet or when we will. I wish I could report that we have a date scheduled for re-opening, but right now we are waiting for recommendations and guidance as to those details. We have plans in place so that when we are given the green light, we are prepared and can do so safely. The health and safety of all of you as well as staff is a priority.

One of the things that gets us closer to being allowed to reopen is vaccinations. There are various vaccination sites popping up and pharmacies are now being allowed to provide shots. Appointments are still needed so if you are having difficulty making an appointment you can call Oneida County for assistance at 315-798-5431 or if your local pharmacy is offering appointments, you may be able to call directly.

This month is when we would normally celebrate all of our volunteers at our Annual Volunteer Recognition Event. We will be unable to gather to celebrate our volunteers this April but we want to honor and thank them for all that they do with this special Volunteer Edition of The Messenger. We could not do all that we do without the service of our dedicated volunteers. Thank you hardly seems like an adequate enough phrase, but we do sincerely thank you for what you do.

One of our volunteer programs that we mention often is our non-emergency medical transportation program. And this is because we have a great need for volunteer drivers; which is even greater now as we still have drivers that have not returned because of the pandemic, but the need to assist people to get to doctor appointments or even to get vaccinations has grown. We provide all our drivers with guidelines and safety kits for sanitization to ensure their health and safety. As a driver, if you choose to use your own vehicle, you would be reimbursed mileage or we have agency vehicles available for drivers of the program. Rides are scheduled two weeks in advance so as to ensure availability of a driver. I cannot say enough about our drivers as they are providing an invaluable service to our senior community who would not have access to doctor's appointments without this service. If you are interested and would like more information, please call our office. Even if you are only able to do a few rides a month, that can help greatly.

On another positive note, we have been working on some exciting new changes and opportunities that will be rolled out soon. Keep your eye on the upcoming newsletter for more news as we will share when things are finalized. Happy April! Have a safe and happy Easter. Hopefully this is the beginning of our spring season.

Please stay safe and healthy.

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# Respect & Inclusion:

## April Birthdays



4/1 Shree Prakash Vidyarthi  
 4/1 Linda Bukovsky  
 4/1 Camille Kresa  
 4/2 David Schulz  
 4/2 Wayne Houseworth  
 4/3 Patricia Guarnieri  
 4/3 Lawrence Bruno  
 4/3 Tracy LaReaux  
 4/4 Dorothy Bailey  
 4/4 Barbara Pieber  
 4/4 William Brunnett Sr.  
 4/5 Antonio Ward  
 4/5 Greg Drayton  
 4/5 John Horvath  
 4/5 Bridget Rubino  
 4/6 Theresa Robinson  
 4/6 Rose Hosp  
 4/8 Mary Brood  
 4/8 Pearl Thomas  
 4/8 Quintin LaReaux  
 4/8 Bernard Monroe  
 4/9 Andrea Aurigema  
 4/9 Denise Carey  
 4/9 Sharon Falange  
 4/9 Joan Panella  
 4/10 Betty Arcuri  
 4/10 Regina Galer  
 4/10 Judy Armando  
 4/10 Joe Fraccola  
 4/10 Frank Gillette  
 4/11 Marc S. Laury  
 4/11 Loretta Hovanec  
 4/11 Susan Tice  
 4/11 Rosemarie Vitullo  
 4/11 Elaine Stampala  
 4/12 Adrene Moran  
 4/12 Paul Werren  
 4/12 Gregory Schiffer  
 4/13 William Jardinella  
 4/13 Rita Fumarola  
 4/14 Suzanna Amico

4/15 Robert Flagler  
 4/15 Patricia Rumrich  
 4/15 Allen Suprenant  
 4/15 Christine Salomon  
 4/16 Diane Loose  
 4/16 Mark Ford  
 4/16 Cynthia Jarema  
 4/16 Linda Abel  
 4/17 Bernard Vagnoni  
 4/17 Carlo Graziadei  
 4/17 Charles Poma  
 4/17 Rosanne Hart  
 4/18 Dominic Aiello  
 4/18 Etta Dontino  
 4/18 Laraine Bielewicz  
 4/18 Thomas Buono  
 4/18 Barrie Czerkies  
 4/19 Andrew Zygmunt  
 4/20 Marcia Kaczor  
 4/20 James Wasielewski  
 4/20 Robert D'Amico  
 4/21 Carol Wendler  
 4/21 Joseph Beratta  
 4/21 Robert Burnap  
 4/22 Dena Gigliotti  
 4/22 A. Karen Kelly  
 4/22 Dick Motto  
 4/22 David Jones  
 4/23 Donato Nappi  
 4/23 Michael Way  
 4/23 Alice Browar  
 4/25 Dominick Pepe  
 4/25 Karen Oeinck  
 4/26 Frank O'Brien  
 4/26 Frank Chiffy  
 4/26 Betty Grygiel  
 4/26 Caren Summers  
 4/27 Frances Inkawhich  
 4/27 Jean Rygielski  
 4/28 Christine Keeler  
 4/28 Dorothy Sutton  
 4/28 Diane Waskiewicz  
 4/28 Nancy Agen  
 4/28 Carol Simpson  
 4/29 Francis Carey  
 4/29 Cheryl Rundle  
 4/29 George Buccolo  
 4/30 Eileen Enjeim

## April Anniversaries



4/3 Lena & Richard Martell  
 4/7 John & Catherine Fauss  
 4/8 Carole & Ronald Cardamone  
 4/24 Raymond & Sharon Senus  
 4/24 David & Evelyn Wilson  
 4/25 Richard & Beverly Price  
 4/27 Salvatore & Janet Famolaro  
 4/30 Louis & Frances Inkawhich

## Sympathy

To the family and friends of Ann Murphy.

To Ann Garro on the loss of her husband.

To the family and friends of Angela Bernholz.

To the friends and family of Alice Ward.

If you have noticed that we have missed adding any names, or know of any members that have passed, please give Candy a call at (315) 223-3973 to let us know.

***\*If we missed your birthday or anniversary, please let us know!\****



## Aging Together

Justine Poniktera grew up in Doylestown, PA, the oldest of four. She felt fortunate to have wonderful parents, her mother stayed at home and her father was a lawyer and a Judge. "They gave us love and taught us the values we still have today." Her siblings now live at a distance; however, they see each other weekly on Zoom, since the Pandemic keeps them from personally visiting!

Justine went to Bucknell University and studied Sociology. After college, she married and had two children, a son and a daughter. She stayed home with them for eleven years, then she went back to college for an MA in Counseling with a Certificate in Gerontology. Later she directed an older adult counseling program, worked as Supervisor of a Senior Center, and finally as Admissions Director of a Continuing Care Retirement Community. She shared that she has lived in several different states: PA, Alaska, where her husband was in the Army in Fairbanks, NJ, and NY. She now has four grandchildren.

Justine states that family is her biggest interest, but she also enjoys walking outdoors, golf, travel, genealogy, reading, and knitting. She likes being with family and friends, participating in exercise classes, and volunteering. "When I retired, we lived at a year-round camp on Kayuta Lake for three seasons and then in Ocala, FL during the winter for 15 years," she said. After her husband passed in 2013, she said she decided to move to Utica in 2017, after her only year-round neighbor moved away. Justine shared that she really enjoys Utica and her home here and also appreciates the convenience of local shopping and cultural activities.

Her daughter lives in Utica and had told Justine about the Parkway Center, after she moved from Kayuta Lake in August 2017. She said both her son and daughter encouraged her to try some of the activities available there. "And I'm so glad I did, as those programs have enriched my life," Justine stated. At the Parkway Center, she has attended the Silver Sneakers exercise classes and Boom class, the Matter of Balance class, Yoga classes and she tried the fitness center. She also joined the Friendly Red Hats, which is sponsored by the Parkway Center.

Justine shared that when she first moved to Utica, she did not know anyone here. "After settling into my new home, I hoped to meet some people outside of my neighborhood. And this did happen when I first joined the Silver Sneakers class, where I met several very friendly women. We all had a common interest in exercise, and I became friends with a few of them. Some of us went out for coffee or lunch after our class. Even though I can still go to Kayuta Lake to visit my friends there, I am glad I was able to make new friends in Utica," she shared.

Justine did seek out some volunteer activities through the Parkway Center. First, she volunteered to tutor young people who were studying for their GED through the Rescue Center. Later she volunteered to help at the Habitat for Humanity Restore in Utica. Now, while staying at home, she has volunteered to make "Friendly Calls" to PC members. Finally, Justine stated, "I have enjoyed all three of those volunteer opportunities; I have always liked being with people and especially working with older adults, as I did during my career. I feel I have had a truly fortunate life and would like to give back and help others, as I find it very fulfilling."

## Tech Corner: How to Connect

Every Zoom event that we offer at the Parkway Center offers the option to call in. If you want to connect over Zoom but are having trouble connecting for whatever reason, you can call in to the Zoom events to participate.

If you are having trouble connecting over Zoom and would like someone to walk you through the process please give us a call at (315) 223-3973.



## Easter Drive-thru Luncheon

**Dessert sponsored by The Grand!**

**Date:** Thursday, April 1

**Time:** 11:00am-12:00pm

**Menu:** Ham, mashed potatoes, veggies, roll, applesauce

**Cost:** \$10

**Details:** You must call the Parkway Center and have your reservation and payment in by March 29. Payments can be made by mailing a check or dropping a payment off Mon-Thurs between 9am-12pm (please call before stopping by so we know to expect you!)

## Health & Community Services:

### Health & Wellness Information From Susan Blatt, MD: Volunteers in Pandemic Times

The COVID-19 pandemic has caused us to stay home most of the time. In the past, many retired seniors kept busy by helping others. Much of that volunteer work has been curtailed. Not only are the seniors not able to keep busy, but the result is that people who needed help may have lost that support. Some organizations have discovered ways to help those who need services in new and creative ways.

Hospital volunteers used to offer their services to aid patients and families. In general, traditional hospital volunteer services were cut back dramatically with the COVID pandemic. Not only could visitors not see their loved ones, but all the people who guided patients and comforted them had to stay home.

For many community services, the number of homebound patients rose dramatically and the ability to visit them decreased. Single elderly people were often sheltering in their house or apartment with no one available to bring them food and keep them company. Many community agencies, such as the Parkway Center, that work with older adults have developed new resources, such as virtual get-togethers using home computers, or virtual counseling sessions using phones.

If you are lonesome or are having a difficult time finding food and other necessities, contact an organization like the Parkway Center or another senior center and tell them your problem. They may know a potential volunteer who would love to help you.

If you need help with getting COVID vaccine, these organizations can advise you. It will be easier to get out of the house if you are vaccinated, but you still need to wear a mask, keep your distance, and stay away from crowds.

April is volunteer recognition month. Parkway Center is proud of its many volunteer programs that are described in this newsletter, particularly their non-emergency medical transportation program which helps people get to their medical appointments, which is just as important as it was before the pandemic.

It should be pointed out that being a volunteer is a wonderful way to keep busy. It is great to help people who need guidance and also it gets us out into the world.



## Housing:

### ***Spring is Finally Here!***

Who doesn't love spring?! Everything is starting to bloom, flowers are beginning to appear, and bright green leaves are opening up on the trees. We have started pulling out the lawn furniture and washing it down for a whole new year of fun in the sun!

As you are opening those windows and letting fresh clean crisp air into the house, there are some very important housekeeping items that need to be addressed as well:

#### **1. Replace the batteries in your smoke and carbon monoxide detectors.**

Batteries should be replaced every six months. In most cases you might consider following the Spring and fall time changes to get those batteries replaced. Some people have opted to install 10-year battery powered smoke detectors/carbon monoxide detectors. The 10-year lifespan for these units is very convenient, however, if you don't write the expiration date visibly on the unit, you may forget very quickly when they will expire. Whatever smoke and carbon monoxide detectors you use, make sure that you are testing the units regularly to ensure that they are working properly and replace them as needed.

#### **2. Dryer vent cleaning.**

Dryer vents tend to get overlooked. Make sure you are cleaning your dryer vent at least every year, or sooner, depending on how often you use your dryer. Lint tends to stick to the sidewalls of the duct while passing through. Lint can build up quickly so a regular check and vacuuming out of the duct can significantly reduce your chances of a fire hazard. Try to keep your dryer near the vent duct outside cover, this reduces the distance the lint has to travel. Make sure that when you are cleaning your vent duct, that you also ensure that the outside vent cover is not clogged with lint. At this point you should also be checking for damages or holes in the duct, excess tape that may promote a block in the duct. If you find that the duct is severely damaged, it's time to get a new duct. Some people like to use a vacuum to clean out the duct, or my favorite is to take it outside and use a leaf blower; make sure it is a dry day so the vent does not have a chance of getting wet. When you reconnect the duct make sure you give it a test run to ensure that the duct is properly and securely fashioned and that air is flowing properly. We would recommend unplugging the dryer prior to starting the cleaning.

#### **3. Replace furnace filter.**

It is recommended that you change your furnace filter every other month depending on the size of your filter. A regular change of the filter helps to improve the efficiency of your furnace system, in turn providing a longer life for your heating/air-conditioning system. It also provides for a healthier environment while reducing the need to dust so often...who doesn't love that!



### **Thank You to All the Amazing Volunteers of the Parkway Center:**

We want to thank all of our wonderful volunteers for all they do for the Parkway Center, other non-profits, and our community as a whole. If we have missed your name on the next page, please call us at (315) 223-3973 so we can make sure to recognize you in our May newsletter.

Kathleen Aiello	Carmela Commiso	Jim Houseman	LeeDella Longway	Virginia PieLoch	Jacqueline Secor
Claire Allison	Suzanne Costanza	Kristi Houseman	Rona Lucas	John Pierson	Annette Shaffer
Polly Angerosa	Stephen Couch	Wayne Houseworth	Betty Lou Luczak	Andrea Pietras	Carol Simpson
Katherine Angleton	Katharine Countryman	Jean Houts	Ellen Luley	Gerald Pietsch	Jeanette Simpson
Jean Areiero	Jeanette Creo	Lucretia Hunt	Lou Ann Mandronico	Heidemarie Pietsch	Lois Slack
Larry Badger	Joanne Czerw	Ed Hutchinson	Susan Mariani	Karen Pirnie	Glenn Smith
Bonnie Baker	Clara Dempsey	Forrest Jackson	Patricia Markus	Robert Plunkett	Dorothea Smothers
Beverly Beck	Joan DiCocco	Edward Jackson	Marie Martin	Justine Poniktera	Sharon Sobolewski
Ashley Berger	Gloria Duffy	Lonnie Jenkins	Eleanor Maw	Lynne Potoczny	William Stanton
Catherine Berryman	Cheryl Edmiston	Mary Jo Jennings	Sherry Mays	Elaine Pratt	Carol Steele
Charmaine Bill	Bradford Edwards	Heather Johnsen	Joseph Mazzatti	Javon Pratt	Richard Stemmer
Meg Black	Phyllis Ellis	Curtis Johnson	Donald McGhee	Richard Pratt	Jeanne Stevens
Joanne Bogan	Ben Enea	Harold Johnson	Gabrielle McGhee	Carol Prichard	Shirley Swan
Elizabeth Bohling	Venice Ervin	Liza Johnson	Lorraine McGovern	Frank Putruele	Ann Tabrizi
James Brady	Sandra Fentiman	Randi Johnson	James McKinnon	Maria Quintal	Janet Tinelli
Carol Branner	Robert Flagler	Nancy Marie Jones	Bill McMyler	Bernadette Raab	Lynn Tomaino
Richard Branner	Joseph Fraccola	Michael Kaiser	Edward Mehl	Dorothy Rafferty	Rose Toukatly
Debra Briggs	James Furgal	Gloria Kasprowicz	Jackie Meyer	Marilyn Rahn	Elise Towne
Flora Brindisi	Arnold Furney	Barbara Kates	Jackie Meyer	Christine Redmond	Dominick Tripepi
Janet Brown	Margie Gadziala	Jeanne Kellogg	Virginia Miller	Debra Rehm	Gary Vanderworken
William Bryant	Mary Wahl	Joan Klossner	Joe-Anne Mitchell	John Remington	Regina Venettozzi
Maryann Buck	Carmella Gallimo	Kathleen Kohlbrenner	Adrene Moran	Ronald Ribyat	Eugenia Walters
Thomas Buono	Joan Gallimo	Gloria Koslofsky	Eric Morrissette	Gail Rice	Suzette Warren
Elaine Burke	William Gaspa	Joan Kotwica	Valerie Morse	Jean Marie Rinehard	Anne Weaver
Robert Burnup	Suzanne Gerling	Diana Koury	Joyce Murphy	Dona Ross	Jared Webre
Mary Buttimer	Angelo Giacobelli	Camille Kresa	Robert Murphy	Joseph Rueger	Thomas Weimer
Rob Byrd	Marianne Gillmore	Paul Kucerak	Marc Nelson	Cheryl Rundle	Richard Weise
Leo Callari	Joanie Gorton	Cheryl Lamb	William Nelson	Lucy Rung	Paul Weiss
Larry Campbell	Thelma Gray	Christopher Lambert	Brian Noonan	Cynthia Rye	Frances Welch
Denise Carey	Jeannine Grossman	Michele Lancolla	Kathleen Northrup	John Nortz	Razia Sattar
John Carmody	Gail Hartwell	Emily Lansing	John Nortz	Ann Nowak	Denise Saunders
Judith Cascella	Elizabeth Harvilla	JoAnn Larkin	Dawn Nudo	Denise Saunders	Pamela Scalora
Marianne Chabat	Terri Hobson	Daphne Larrabee	Darby O'Brien	Mario Scalzo Jr	Ted Wurz
Lorraine Coleman	Diane Hodges	Emily Lee	Emina Ogresevic	Elisa Schaffer	Jean Yost
Sarah Coleman	Geoffrey Horan	Ted Lenio	Annette Paparella	Carl Schleicher	Theodore Zaniewski
Theresa Collicco	Rose Hosp	Charlene Lojenski	Charleen Pernat	Tina Schuff	Sally Zogby

## Virtual February Programs

### Grief Your Way -

Sponsored by Heintz Funeral Home

**Date/Time:** April 6 & 20; 5:30 pm

**Details:** Candy will be holding a virtual grief support group through Zoom. If you are interested in attending this group, please reach out to Candy at (315) 223-3973 or [ccurry@theparkwaycenter.org](mailto:c Curry@theparkwaycenter.org) for more information.

### Parkinson's Support Group

**Date/Time:** April 7 at 1:30 pm and April 22 at 11:00 am

**Details:** Debby will be holding a Parkinson's support group through Zoom. If you are interested in attending this group, please reach out to Debby at (315) 223-3973 or [dzampardi@theparkwaycenter.org](mailto:dzampardi@theparkwaycenter.org) for more information.



## Member Connect (Social Hour)

**Date:** Wednesday, April 14, 2021 (Please pre-register)

**Time:** 1:00-2:00pm      **Location:** Zoom

Join us for a live, interactive session with all the members we have missed seeing! We will include introductions, updates, and the activity for this session is:

## Why I Volunteer

Tell your story – what it means to you, and why others should.

Please note if you cannot attend using Zoom, you can CALL IN to the social hour and participate over the phone! Call in by dialing 1-646-876-9923, then entering the meeting ID 835 4777 4198, and then the passcode 730001. The Zoom link for this will be on [theparkwaycenter.org](http://theparkwaycenter.org), the Parkway Center Facebook page, and will be emailed out to members.

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# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. **The Parkway Center presents A MATTER OF BALANCE**, an award-winning program designed to manage falls and increase activity levels.

**It's Back – We have approval to offer again, virtually!**

## **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

## **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

**These Classes will be Virtual – through Zoom.**

**Dates: TUESDAYS, April 27 – June 22, 2021 \*\*Registration for 9-session class required,  
PLEASE register by April 13, materials will be sent to your home address.**

**Time: 1:00-3:00pm**

**Location: On Zoom – A log-in will be sent through email**

**Cost: Class is FREE**

**For more information or to sign up, please contact Debby Zampardi at [dzampardi@theparkwaycenter.org](mailto:dzampardi@theparkwaycenter.org) or call the Parkway Center -315-223-3973. The Parkway Center has a short instructional video on how to use Zoom, which can be accessed through our website [www.theparkwaycenter.org](http://www.theparkwaycenter.org). We can also help you with any questions you may have about Zoom.**

**SUPPORT OUR ADVERTISERS!**



# CALL TO ACTION



The Parkway Center is currently looking to recruit volunteers for the following opportunities:

**NEMT Drivers:**

Transport Oneida County Seniors to and from non-emergency medical appointments.

**Grocery Shoppers:**

The Parkway Center matches volunteers with Oneida County residents who have a need for a volunteer to go grocery shopping for them, due to being quarantined for one reason or another.

**Together Apart:**

*Coming Soon!* Call us to get on the list to learn about volunteer opportunities you can do from the safety of your own home.

**Friendly Callers:**

Volunteers are matched with an older adult in need of a weekly friendly call.

## Stations of AmeriCorps Seniors

ACR Health	Oneida County History Center
American Red Cross: Mohawk Valley	Parkway Center
Center for Family Life & Recovery/Compeer	Parkway Center at the Beach
Children's Museum	Rescue Mission of Utica
CNY Veterans Outreach Center	United Way of the Valley & Greater Utica A
Donald J. Mitchell VA Outpatient Clinic	Utica Public Library
Empowered Pathways	Utica Zoo
Foothills Rural Community Ministry	Waterville Residential Care Center
Hope House	YWCA of the Mohawk Valley
Jason Gwilt Memorial Senior Apartments	
Mohawk Valley Health System	
New Hartford Senior Center	

## **RSVP**

### **Advisory Board**

*Darby O'Brien*

*Lucretia Hunt*

*Annette Shafer*

*June Hanrahan*

## **Civic Engagement:**

Dear Volunteers and Community Partners,

### **We Appreciate You!**

April is finally here and that means we are giving a warm welcome to Spring, but more importantly, the week of April 18th is National Volunteer Week. Volunteers are so important to the Parkway Center. We are truly thankful for all the amazing volunteers that we have in our Parkway Family. Thank you to all the volunteers throughout Oneida County for the hard work, kindness, dedication, and selfless acts you have performed over your time of volunteer service.

The Volunteer Department has some exciting ventures going on. We recently updated the volunteer section on the Parkway Website to make sure looking into volunteering within Oneida County is easier than ever for older adults. All of the volunteer opportunities that we have to offer within Oneida County are now up on the Parkway Center website: <https://www.theparkwaycenter.org/volunteer/> Check it out!

### **RSVP is now AmeriCorps Seniors**

As many of you know, the Parkway Center is the sponsor of Oneida County Retired and Senior Volunteer Program (RSVP). RSVP is now AmeriCorps Seniors. AmeriCorps Seniors invites adults age 55 and over to use their life experience and skills, or develop new ones, to solve problems close to home. This program engages individuals in volunteer service to meet critical community needs as well as to provide a high quality experience that will enrich the lives of volunteers as well as the individuals they are helping. Since 1974 Oneida County RSVP, now AmeriCorps Seniors, has matched problems to be solved with people willing to help solve them.

### **Together Apart**

The Volunteer Department is so excited to announce we are developing future programming with our stations and partners. This program is called Together Apart. This program is to help us all find our way together, while we are separated. This program is perfect for individuals looking to volunteer safely from their own homes. It truly will bring us all together, while we are still physically apart. We have amazing partnerships with other nonprofits within Oneida County that we are looking to help get the word out about remote volunteer opportunities as well as help recruit and place older adults in remote volunteer opportunities. If you are interested in learning about this developing program, please feel free to contact me at 315-223-3973 or email [smaphia@theparkwaycenter.org](mailto:smaphia@theparkwaycenter.org).

Sincerely,

*Sarah Maphia*



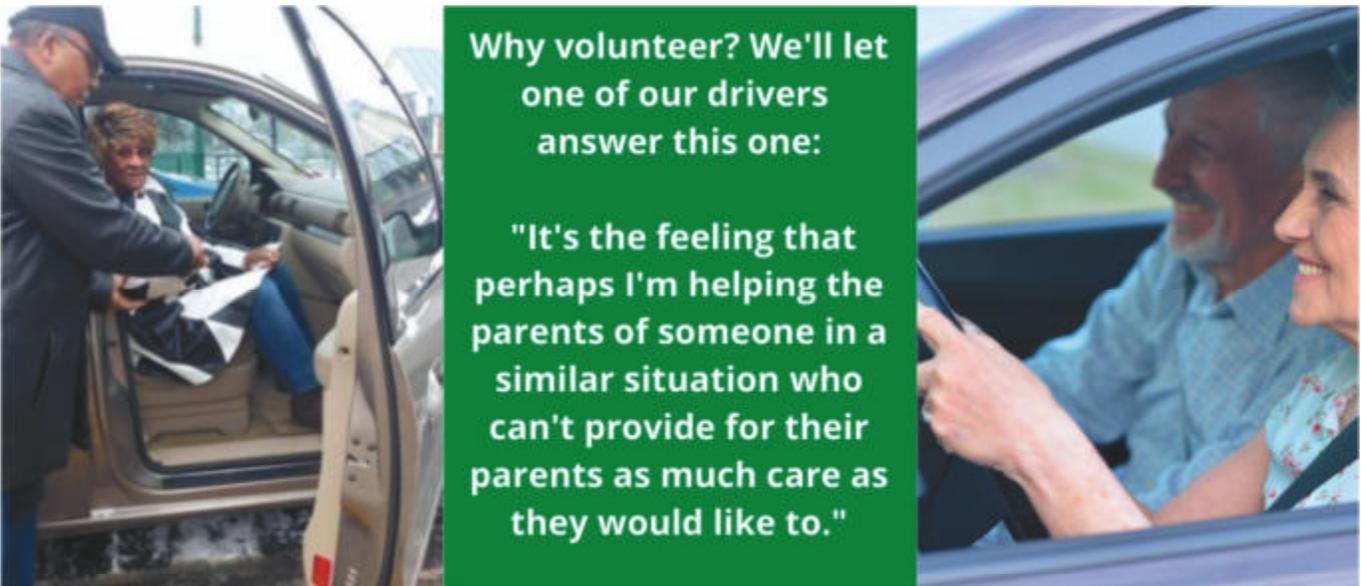
## Transportation:

### Way2Go

We are in need of drivers for our non-emergency medical transportation program (NEMT)! This is a program that helps older adults get to their medical appointments. Many people had to postpone appointments during the health crisis and they are now trying to get back on track. Unfortunately this means we have a very high demand right now and not enough drivers.

We understand that people may be wary of volunteering right now, but please know that the safety of our volunteers and their passengers is of utmost importance. We have instituted new policies and procedures for your safety including, providing you with cleaning supplies for your vehicle. If you want to volunteer but don't feel comfortable using your own vehicle we have two vehicles at the Center you can use!

Please call Sarah Maphia the Volunteer Outreach Coordinator at (315) 223-3973 TODAY if you can volunteer!



# WE NEED YOUR HELP!

**The Parkway Center is in need of volunteers 55+ to drive older adults to their doctors appointments. You will receive mileage reimbursement, excess liability insurance, and other benefits as a volunteer! Please call Sarah at (315) 223-3973 if you can help today!**

## Communication & Information:

### **New 2 U Thrift Store & Second Chance Tools are OPEN!**



Located at 726 Washington Street in Utica

**Expanded Hours of Operation: Monday-Thursday 10:00 am-3:00 pm**

Stop by to drop off those donations you have been saving or to browse through all that the store has to offer: children's clothes, adult clothes, toys, bedding, home goods, collectibles and much more!



Located at 1925 Genesee Street in Utica

**Expanded Hours of Operation: Wednesday-Friday 10:00 am-4:00 pm**

We are ready to accept all those donations you have been saving up! Stop in to find all your handyman needs at affordable prices

**Please know that we have taken extra precautions at both locations to ensure your health and safety. This included a thorough cleaning before opening, and new cleaning procedures that will take place throughout the day. We also ask that shoppers please wear a face covering while in the store.**

## Invest in your community: invest in the Parkway Center

For over **60 years** the Parkway Center has been providing programs and services to individuals 50+, empowering them to live healthy and vibrant lives.

There are many ways in which you can give back to the Parkway Center, to help ensure we are able to continue to provide these programs and services to the most vulnerable in our community.

### Ways to Give:

#### Outright Gifts

This can be a check, money, or credit donation; and it can be used as a charitable deduction on your taxes.

#### Wills

The Parkway Center can be named as a beneficiary in your will by designating a specific dollar amount, or percent of your estate.

#### Charitable Gift Annuity

This is a very simple contract between the Community Foundation & you. Through this program you will receive a monthly income stream for life. At the end of your life, the Center receives the remainder as a gift.

#### Life Insurance

The Parkway Center can be named as a beneficiary of your life insurance policy.

#### In Memory of Loved Ones

You can honor the memory of a loved one by making a donation to the Parkway Center in their name, and asking other to do the same in lieu of flowers.

Over 80% of all the funding received by the Parkway Center goes *directly* back into our programs and services.

**Please call Kelly at the Parkway Center for more information on these opportunities!**

## Staff

### Administrative

**Kelly Walters**, Executive Director ext. 111  
**Kari Johnson**, Assistant Director ext. 117  
**Lori Babiarz**, Finance Administrator ext. 121  
**Shannon Holmes**, Program Director ext. 114  
**Sara Spezzano**, Communications Dir.

### Program Department

**Deborah Zampardi**, Wellness Coordinator ext. 115  
**Candy Curry**, Site Coordinator ext. 104  
**Anthony Pensero**, Visual Arts

### Volunteer Department

**Sarah Maphia**, Volunteer Outreach Coord. ext. 122

### Transportation Department

**Michaela Murphy**, Way2Go Service Coord. ext. 112

### Verona Beach

**Todd Stokes**, Permanent Supportive Housing  
**Angel Heredia**, Site Coordinator

## 2020-2021 Board of Directors

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**Venice Ervin**, Vice President

**Diana Koury**, Treasurer

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**Lucretia Hunt**

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**Lonnie Jenkins**

**Chris Lambert**

**Brian Noonan**

**Richard Pratt**

### ***Fitness Center News (CLOSED until further notice.)***

Members in good standing may use the Fitness Center during the hours stated. The annual membership for the Exercise Room is \$50.00 + \$5.00 for a security card.

(for members of the Parkway Center only)

If you have any questions please call the Center at 223-3973.

*First time users of the exercise room, must call for an appointment to have an orientation of the proper use and safety procedures of the equipment.*

The Fitness Center Volunteers are available Monday- Friday 9:30 am -12 noon to help you with any questions you may have in the use of the equipment.

# You deserve a 5-Star Medicare plan.\*

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\*CDPHP Medicare Advantage PPO plans received 5 out of 5 Stars overall from Medicare. (2021) Every year, Medicare evaluates plans based on a 5-star rating system.

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# NEVER MISS A NEWSLETTER !

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## Funders/Sponsors

Parkway Center programs and services are supported with grants from the Corporation of National and Community Service, Oneida County Office for the Aging and Continuing Care, New York State Office for the Aging, the Administration on Aging, New York State Department of Transportation, Community Development Block Grants from City of Utica, Community Foundation of Herkimer and Oneida Counties, and community grants. We are committed to improving the quality of life of older adults throughout Oneida and Herkimer Counties. We provide programs and services of health, wellness, socialization, volunteerism, access to resources, and transportation.



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# AVON

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You can support the Parkway Center by purchasing AVON products! During this time please give Jackie Meyer a call at (315) 601-7114 to purchase products! You can also shop directly online by going to [youravon.com/jmeyer!](http://youravon.com/jmeyer!)

Special Thank You To Eannace Funeral Home for our Celebration Cakes!



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## ATTENTION Senior Network Health Customers!



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