

Contact 50 Forward MV :

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info@theparkwaycenter.
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theparkwaycenter.org

Contact 50 Forward Parkway Center

Phone: (315) 223-3973

Fax: (315) 223-3975

Address:
220 Memorial Pkwy
Utica, NY 13501

Contact 50 Forward Verona Beach

Phone: (315) 235-2029

Fax: (315) 606-3214

Address:
6734 NYS Route 13
P.O. Box 310
Verona Beach, NY
13162



Happy 2022!!!! **We start the new year with the formal change of our agency name to “50 Forward – Mohawk Valley”!** This is an exciting time in our organization’s history as our Board of Directors has been committed to strengthening our capacity for growth and increasing mission impact, with the vision to have all of our communities Age Friendly. The intent is to grow in size and quality while ensuring that we continue to bring unique value to the senior community.

The decision and process to move forward with a name change began in January of 2021, one year ago. We enlisted a skilled volunteer consultant to help facilitate group discussions through the Aging By Design process, which consisted of a group of our members, staff and Board. The purpose was to discuss the Parkway Center’s name, its future growth and whether it was a true reflection of who we are as an organization. After many sessions and conversations, a proposal was presented to our Board of Directors to embrace a new organizational name to reflect who we are as an agency, and not just reflective of a location because we are also excited to announce that in May of 2021, we took over the operation and management of the **West Side Senior Center!** Our new name will also incorporate the original names as a part of each location - 50 Forward-Mohawk Valley: Parkway Center; 50 Forward-Mohawk Valley: Verona Beach; and 50 Forward-Mohawk Valley: West Side.

You will begin to see the implementation of the name changes as we update signage, printed materials and roll out our new website. The West Side will not be opening yet as we are in the process of securing funding to do much needed upgrades to the facility; however, we have relocated the Second Chance Tool Store to this location, which is open and accepting donations as well as volunteers. The West Side will complement the Parkway Center, not compete with programs, when it reopens.

Other news for the month is that registration for new programs can be done January 3rd – 7th between the hours of 8:30 am – 4:00 pm at each of our centers. Also many memberships are coming up for renewal – if you are not sure if you are due, you can stop in and ask our staff to look up when your due date is. **And if you are a current member and bring in a new member to join during the month, you will get a \$10 credit voucher to be used toward a program and the new member will get 50% off their center membership! So tell all your friends!!!**

These past two years have been challenging and I just want to thank all of you for being so supportive and patient as we have had to make changes quickly as we follow all guidelines that get issued. We only reopened/ opened in June of 2021 and I think we have done that successfully, but could not have done that without you. I wish all of you a very Happy and Healthy New Year.

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The Parkway Center, Utica, NY

06-5295

Invest in your community: invest in 50 Forward Mohawk Valley

For over **60 years** 50 Forward MV 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 50 Forward MV, 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

50 Forward MV 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, 50 Forward MV receives the remainder as a gift.

Life Insurance

50 Forward MV 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 50 Forward MV in their name, and asking other to do the same in lieu of flowers.

Over 80% of all the funding received by 50 Forward MV goes *directly* back into our programs and services.

Please call Kelly at 50 Forward MV for more information on these opportunities!

Staff

Administrative

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

Program Department

Deborah Zampardi, Wellness Coordinator ext. 115
Candy Curry, Utica Site Coordinator ext. 104

Volunteer Department

Sarah Maphia, Volunteer Outreach Coord. ext. 122
Mark Harris, Livable Communities ext. 113

Transportation Department

Way2Go Service Coord. ext. 108

Verona Beach Site—(315) 235-2029

Angel Heredia, Verona Beach Site Coordinator
Kate Regner, Volunteer Outreach Coordinator
Todd Stokes, Case Manager (315) 922-8206

2021-2022 Board of Directors

Regina Venettozzi, President
Venice Ervin, Vice President
Diana Koury, Treasurer
Richard Pratt, Secretary
Phyllis Ellis
Lucretia Hunt
Edward Jackson
Lonnie Jenkins
Chris Lambert
Brian Noonan
Lynn Tomaino

Fitness Center News

The Fitness Center is now open Monday-Sunday at 50 Forward Parkway Center and Monday-Saturday at 50 Forward Verona Beach!

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 50 Forward MV 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.

January Birthdays

1/1 Diem Nguyen
1/1 Lynn Igoe
1/1 Loretta Szczygiel
1/1 Henri Ayres
1/1 Rebecca Feldman
1/1 Joseph March
1/2 Joyce Gouse
1/2 Ken Rando
1/2 Patricia Mazza
1/3 Nancy Joyce
1/3 Angela Fiozzo
1/4 John Dellerba
1/4 Brenda Brookins
1/4 Margaret Krug
1/4 Lucille Dober
1/4 Doris Lanza
1/5 Jennifer Heron
1/5 Yotin Padungtin
1/5 Suzanne Bowley
1/5 Phyllis Ritzel
1/6 Margie Duda
1/6 Larry Moylan
1/6 Virginia Lynch
1/6 Claire Furman
1/6 Bernadette Ventura
1/7 Larry Baker
1/7 Cynthia Davis
1/8 Donald Rawls Sr
1/8 Cindi Leach
1/9 Elizabeth McNaney
1/9 Julia Spina
1/9 Ann Murray
1/9 Debra Twist
1/9 Christine Zakris-Carpenter
1/9 Peggy Grant
1/10 Russell Cerminaro
1/10 Richard Ehly
1/10 Elizabeth Lemieux
1/10 Celia Casstevens
1/10 Mary Tesoriere
1/11 Michael Gray
1/11 Richard Catalone
1/11 Sharon McNally
1/11 Kim Vicks
1/12 James DeLalla
1/13 Eunice Arruda
1/14 Janet Watkinson
1/14 Richard Liss
1/14 Flora Brindisi
1/14 Judith May
1/15 Ken Dardano

1/15 Lucille Ricci
1/15 Kathleen Sierak
1/15 Joseph Tomaino
1/16 Lorraine Tedesco
1/16 Raymond R. Marshian
1/16 Noreen Anguilli
1/17 Joan Davis
1/17 Charles Ellis
1/17 Jean Masercola
1/17 Joseph Spano
1/17 Theresa Collicco
1/17 Monica A. Raj
1/17 Stanley Steele
1/17 Monique Simpson
1/17 Gary Ruzanski
1/18 Christina Moore
1/18 Wendy Spatuzzi
1/19 Mary Beth Allen
1/19 Al Godfrey
1/19 Sherry Mays
1/19 Vince Singe
1/19 Alison Coppola
1/19 David Salsberg
1/20 Sharon Thayer
1/20 Gerald Pietsch, Jr.
1/20 Anna Soyka
1/20 Laura Vashio
1/20 Kimberly Jaquier
1/20 Patrick Fiore
1/21 Mark Hediger
1/21 Charles Pieber
1/21 Lucille Philipson
1/21 Robert Ubbink
1/22 Theresa Maui
1/22 Grace Dunn
1/22 Theresa Maio
1/23 Rose Marie Guido
1/23 Mary Jo Timpano
1/24 Janine King
1/24 Josephine Abounader
1/24 Rita Shannon
1/25 Paolo Napolitano
1/25 Donald Dylis
1/25 Sharon Bryant-Heyboer
1/25 William J Hartman
1/25 Madeline Briggs
1/25 Michelle Thompson
1/26 Karen Anderson
1/26 Carmela Commisso
1/26 John Wisniewicz
1/26 Judith A Nickerson
1/27 Elaine Atkinson
1/27 Pauline Furney

1/27 Barbara Ames
1/27 Virginia Voce
1/27 Dominick T Scavo
1/28 Janet Raymer
1/28 Barbara Karl
1/28 Wanda Wooden
1/29 Steve Patterson
1/30 Constance Grimaldi
1/30 Joanne Felitto
1/30 Jack (John) Cessna
1/30 Margaret Guyer
1/30 Catherine McCarthy
1/30 Jim A. Owens
1/30 Frank Roefaro
1/30 Randy White
1/30 Michael Rollis
1/30 Joanna Wisnoski
1/31 Carole Aulbach
1/31 Linda Hauschildt
1/31 Susan Glinski

January Anniversaries

1/3 Polly & Hartwell Herring
1/4 Theresa & Glenn Philip Smith
1/9 Catherine & James Hanretty
1/10 Roberta & Henri Ayres
1/13 Wayne & Sharon Cunningham
1/20 Patricia & Willis Bartlett
1/22 Katrina & Roger Sweet
1/23 Barbara & Ron Paradis
1/25 Eileen & Anthony Enjeim
1/27 Philomena & Dr. Gilbert Lawrence
1/27 Irene & John Cleary
1/27 Dominick & Rita Scavo
1/28 Roger & Sharon Senus
1/31 Rose Mary & Mike Plehn

Sympathy

Meg Black on the loss of her brother in law.

The family and friends of Regina Clark.

Joanne DeStefano on the passing of her husband.

Get Well Soon

Marta Pleeter



50 Forward Mohawk Valley's History

50 Forward Mohawk Valley is a non profit and our mission is to provide programs and services to individuals 50+ empowering them to live healthy and vibrant lives.

50 Forward Mohawk Valley is the oldest and largest senior center service provider in two counties – Herkimer and Oneida, dating back over 60 years to 1957!!! And we serve over 4, 000 individuals 50+ annually.

Over the past 60 years, our agency has gone through several consolidations and name changes:

1957: Our roots bring us back to 1957 when Senior Day Center of Utica was formed.

1998: Senior Day Center of Utica and Senior Services of Utica merged to become ElderLife, Inc.

2005: ElderLife, Inc. and the Cornhill Senior Center were having difficulties and Parkway Rec Center was being underutilized. Mayor Julian at the time asked if ElderLife and Cornhill Senior Center could work together and move their operations to the Parkway Rec Center – which is how the Parkway Senior Center was formed.

2013: As we continued to grow, we listened to our members. Our membership starts at age 50 and many even at age 90 did not like the idea of attending a “Senior Center” so in 2013 the Parkway Senior Center became the Parkway Center.

2021: May of 2021 the Parkway Center started conversations with the West Side Senior Center, the Parkway Center took over the operations and management of the West Side Senior Center! And in June of 2021, the Parkway Center opened its second location in Verona Beach – Parkway at the Beach.

2022: The Parkway Center changes its name to become “50 Forward – Mohawk Valley”

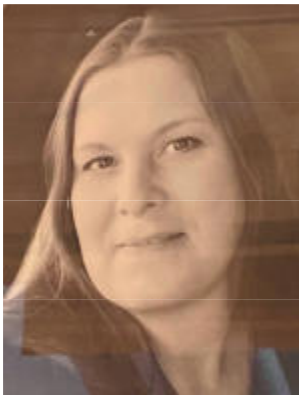
Improving Access to Safe and Affordable Housing



By 2030, one in every five Americans will be over age 65, and our nation will face a severe shortage in appropriate housing to meet their needs. As people age, they need housing that is structurally and mechanically safe and that accommodates people with disabilities. Those 50 and older also need safe communities, adequate transportation options and access to grocery stores, doctors and community activities. AARP Foundation is developing strategies to address the senior housing crisis and make all of our communities affordable and welcoming for people regardless of age or physical ability.

Find more info at: <https://www.aarp.org/aarp-foundation/our-work/housing/>

Aging Together



Kari Johnson is the Assistant Director of 50 Forward Mohawk Valley. She was born and raised in Utica, and attended local schools. Later on, she attended Herkimer College and SUNY Empire State College, majoring in Human Services. Kari was a hairdresser at a local salon and also a waitress and bartender at several restaurants and hotels for many years. Kari has three grown children (in their 30's) and three step-children, as well as four grandchildren, and they all live nearby. In 1998 she married Curt Johnson, and they currently live in their own home in Cold Brook, in Herkimer County. Mostly, Kari enjoys caring for her dogs and participating in her hobby of following politics.

Sixteen years ago (June 2005), while working for a non-profit agency, Senior Network Health, she saw an opening for RSVP Project Director, for the senior center. She has now seen the agency grow from Elderlife and the Cornhill Senior Center, and their merger, to the present agency of 50 Forward Mohawk Valley. Kari stated, "This is the longest job I have ever had. I've been a part of it growing into an agency which now has three sites: Parkway Center in Utica, Parkway Center at the Beach, in Verona Beach, and the West Side Center, as well as the tool store and thrift store." In her present position, she mainly oversees staff in the volunteer and transportation programs; the tool store, *Second Chance Tools*; and thrift store, *New2u*; and handles grant writing and overseeing those grants for the agency. Kari added, "I enjoy working with staff members at the Parkway Center; we are a great team."

In the past Kari sat on several boards as a volunteer, but now she works to inspire others to volunteer. She added, "The Parkway Center has been a big part of my life for so many years now. And I am always pushing for more volunteers – so please call the Parkway Center if you want to volunteer and be a part of a great organization!"

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. Right now we have a very high demand 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!



Location: 726 Washington Street, Utica

Hours: Monday-Thursday 10:00 am—3:00 pm

Other Details: Stop by to drop off donations during the hours we are open, or browse through all that the store has to offer. We have a variety of children's clothing, adult clothes, toys, bedding, home goods, collectables, and much more! Find us on Facebook at [New 2 U, Thrift Store!](#)

Looking for Volunteers to for the new Tool Store.



50 Forward Mohawk Valley received a grant from the Community Foundation of Herkimer and Oneida Counties to help renovate the new location of the Tool Store at 717 Court Street, Utica. We are looking for skilled volunteers to assist with the running of the tool store at our new location. For more information call Kari Johnson, Assistant Director at (315) 223-3973.

Calling All Crafters!

50 Forward Mohawk Valley would like to share some exciting news! We are going to open a second hand craft store at the West Side Center. There is a lot of work to do! The space needs to be packed and cleaned, items from there will be going to our thrift store. There are many craft supplies to be sorted and the thrift store will be sending their craft items over for the new store. Do you like crafting? We would love to have you volunteer to get this project started and beyond! Call Kari at 315-223-3973, ext.117 for more information or to volunteer for our new store: [West Side Crafts & Things.](#)

HAPPY NEW YEAR! HAPPY NEW YEAR! HAPPY NEW YEAR! HAPPY NEW YEAR! HAPPY NEW YEAR!

Dear Volunteers and Community Partners,

Happy New Year! It is that time of year when people say “new year, new me” and start making healthy changes to their lives. Well I am here to offer you an option that will help you be healthy this new year... **VOLUNTEERING!**

Did you know that volunteering among adults provides benefits to physical and mental health? Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older. Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. Reduced stress further decreases risk of many physical and mental health problems, such as heart disease, stroke, depression, anxiety, and general illness. So exercising and eating healthy are not the only things you can do to stay healthy; you can volunteer too!

Just to name a few volunteer opportunities available:

- *Bus Drivers
- *Non-Emergency Medical Transportation Drivers
- *Snow Shoveling Volunteers
- *StayYoung StrongBones Leaders
- *Matter of Balance Coaches
- *Second Chance Tools
- *New 2 U Thrift Store
- *Front Desk Receptionists

*We also have a variety of volunteer opportunities to offer at AmeriCorps Seniors stations. Call 50 Forward MV Parkway Center at 315-223-3973, Verona Beach at 315-235-2029 or check out our website for more information.

**We would like to welcome Cluster
13 Ministers as an AmeriCorps
Seniors Station!!**



Happy New Year,

Sarah Maphia

**Thank you to all the
volunteers who made
the Christmas Formal
Possible!**



RSVP Advisory Board:

Darby O'Brien, Lucretia Hunt, June Hanrahan

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January Programs—50 Forward Parkway Center (Utica Site)

AARP Smart Driver—Parkway Center Utica

Date/Time: Monday January 10th and Tuesday January 11th from 1-4pm

Details: We are once again offering the AARP Defensive Safety Driving Course. You must be able to attend both days and reservations are needed. Please call the Parkway Center at (315) 733-0000 or the instructor Dawn Nudo at (315) 235-8555.

Cost: AARP member cost is \$25 if you are not an AARP member the cost is \$30

New Year's Party —Parkway Center Utica

Date: Thursday, January 13th

Time: 11-1pm

Menu: Scrambled eggs, sausage links, bacon, French toast sticks, fruit cups.

Entertainment: TBD

Cost: \$10 members/ \$13 non-members

Financial Exploitation—Parkway Center Utica

Date/Time: January 19th at 10am

Details: The Oneida County OFA and Adirondack Bank will be discussing the warning signs of financial exploitation and how to protect yourself from it. Attendees will also learn how to look out for and avoid scams.

Parkinson's Support Group—Parkway Center Utica

Date/Time: January 20th at 1:30pm

Details: Sessions are now being held in person! Join this group to connect with others; learn and exchange coping skills; cultivate self-esteem, inspiration, and personal growth; listen, understand, and support one another. If you are interested in attending this group, please reach out to Debby at (315) 223-3973 or dzampardi@theparkwaycenter.org for more information.

Office for the Aging—Parkway Center Utica

Date/Time: January 20th at 11am

Details: A case manager from the Office for the Aging will be at the Parkway Center to answer any questions you might have for OFA.

New Class

Chair Guided Meditation and Stretching—Parkway Center Utica

Date/Time: Thursdays January 13-February 24 at 8:45am

Details: Join Debby for a guided journey of relaxation set to soft background music. The focus of this guiding is to take some time for yourself, and to perhaps, ultimately, obtain an enjoyable healthy experience. At the end of the class there will be a series of stretches to help with movement.

Cost: \$25

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parkway
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January Programs—50 Forward Parkway Center

Registration Week:
January 3rd – 7th between the hours of 8:30 – 4:00

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u> <u>Sunday</u>
<p>Aerobics (G) 9am</p> <p>Flex & Flo Yoga (C) 10am</p> <p>Silver Sneakers (G) 10:15am</p> <p>Garden Club (LC) 10am</p> <p>Open Table Games (CW) 1pm</p>	<p>Zumba Gold (G) 10am</p> <p>Crocheting (C) 10am</p> <p>Silvertones (CW) 10:30am</p> <p>Pickleball (G) 11:30am *beginner level</p> <p>Open Pickleball (G) 1pm</p>	<p>Aerobics (G) 9am</p> <p>Silver Sneakers (CW) 10:15am</p> <p>Canasta (C) 1pm</p>	<p>Guided Chair Meditation (C) 8:45am</p> <p>Tai Chi (G) 9:45am</p> <p>*First Thursday of the Month Yesterdays Ensemble (CE) (10:45)</p> <p>Zumba Gold Toning (G) 11:30 am</p> <p>StayYoung StrongBones (G) 1pm</p>	<p>Open Art (CE) 9am</p> <p>Aerobics (G) 9am</p> <p>Chair Yoga (G)10am</p> <p>Silver Sneakers (G) 10:15am</p> <p>Beginners Yoga (G) 11:30am</p> <p>Mahjong (CE) 1pm</p> <p>Open Pickleball (G) 1pm</p>	
<div style="border: 2px solid green; padding: 10px;"> <p><u>Key</u></p> <p>G - Gym</p> <p>CW - Chalet West</p> <p>CE - Chalet East</p> <p>RC - Rec. Center</p> <p>L - Library</p> <p>LC - Learning Center</p> <p>LO - Lobby</p> <p>LG - Lounge</p> <p>EC - Empowerment Center</p> </div>					



January Programs—50 Forward Verona Beach

Registration Week:
January 3rd – 7th between the hours of 8:30– 4:00

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u> <u>Sunday</u>
<p>Chair Yoga (CW) 9am</p> <p>Readers Theater 10:00 am (every other Monday)</p> <p>Acrylic Painting 10:30am *1/24-2/14</p> <p>Silver Sneakers (G) 10:15am</p> <p>Zumba Chair (G) 11:30am</p> <p>Ping Pong (G) 1pm</p>	<p>Guided Chair Meditation 9:30 am</p> <p>1 on 1 Tech Help 2pm *</p> <p>Pickleball 9am</p> <p>Walk with a Buddy 1pm</p> <p>Healthy Changes 1pm</p> <p>MOB 12:30pm</p>	<p>Silver Sneakers (G) 10:15am</p> <p>Yoga (WR) 10:30</p> <p>(CM 1pm</p> <p>Rock Steady Boxing (W) 1pm</p>	<p>1 on 1 Tech Help 2pm *</p> <p>Pickleball 9am</p> <p>Tai Chi for Arthritis (W) 10am</p> <p>Mahjong 10am</p>	<p>StayYoung StrongBones (W) 10am</p> <p>Silver Sneakers (G) 10:15am</p> <p>Ping Pong (G) 1pm</p>	<p>Zumba Gold (G) 10am (Saturday)</p>
					<p>Key</p> <p>M—Mallard Room</p> <p>BH—Blue Herring</p> <p>W—Walleye Room</p> <p>OL—Oneida Lake Room</p> <p>G—Gym</p> <p>* - By appointment only</p>

January Programs—Verona Beach

Rock Steady Boxing Parkinson's Class—Parkway at the Beach

Date/Time: Wednesdays at 1-2:30 pm and 2:30-3:30pm

Details: This program is designed for people with Parkinson's Disease. It helps push the limits imposed by the effects of the disease. The coach will guide you through circuit-based training in a group setting to accomplish your goals while feeling good about yourself.

Movie Club - Verona Beach

Date/Time: First Tuesday of the month at 11am

Details: Join us for our January Movie **Liar Liar** starring Jim Carrey! There is a suggested donation of \$1 for popcorn or bring your lunch to eat while you watch.

Bible Study - Verona Beach

Date/Time: Fridays beginning January 12th from 2-3pm

Details: This will be a 9 week discussion on the book "God: Is He Out There?" By Mez McConnell. This book will be provided to participants at no cost.

New Year's Party —Verona Beach

Date: Wednesday, January 12th

Time: 11-1pm

Menu: Scrambled eggs, sausage links, bacon, French toast sticks, fruit cups.

Entertainment: TBD

Cost: \$10 members/ \$13 non-members

Mobile Mammogram—Verona Beach

Date/Time: Wednesday, January 12 from 10am-3pm

Details: The Upstate University Hospital Mobile Mammography Van will be at our location on January 12th. Women 40 and older are eligible to use this van IF they have NOT had a mammogram in the past year and if they show NO signs or symptoms of breast cancer. Pre-registration is required you can register by calling (315) 464-2582 or going to www.upstate.edu/noexcuses.

Financial Exploitation—Verona Beach

Date/Time: January 27th at 10am

Details: The Oneida County OFA and Adirondack Bank will be discussing the warning signs of financial exploitation and how to protect yourself from it. Attendees will also learn how to look out for and avoid scams.

New Class

Chair Guided Meditation and Stretching—Verona Beach

Date/Time: Tuesdays January 11-February 1 at 9:30am

Details: Join Debby for a guided journey of relaxation set to soft background music. The focus of this guiding is to take some time for yourself, and to perhaps, ultimately, obtain an enjoyable healthy experience. At the end of the class there will be a series of stretches to help with movement.

Cost: \$25

Healthy Changes—Addressing Inflammation—Verona Beach

Date/Time: Tuesdays January 11-February 1 at 1pm

Details: Do you want to put forth your best effort to get healthier and lose weight? By meeting weekly in a group we will: identify problem areas; gather information; identify what changes to make; set goals; and take the steps needed to get healthier and address inflammation and other concerns.

Cost: \$25

Other Program News:

Parkway Center Utica

Luncheon Save the Dates:

Valentines Day Luncheon—February 10
St. Patrick's Day Luncheon—March 17
Easter Luncheon—April 14

STEPS Program—Parkway Center Utica

This program is a partnership with Utica College Physical Therapy, it is managed by Professors of PT and Doctoral PT students. This program assists individuals in achieving improvements in their health and well-being. During this program you will be paired one-on-one with a doctoral student with will design a program specifically for you.

****There are 36 spots open and it is first come first serve the first session is January 26th. You must sign up during registration week at the Parkway Center Utica.**

Verona Beach

Luncheon Save the Dates:

Valentines Day Luncheon—February 8
St. Patrick's Day Luncheon—March 15
Easter Luncheon—April 12

Health & Wellness Information From Susan Blatt, MD: Keeping Healthy Teeth

Having healthy teeth is very important. They feel better, there is less discomfort when eating or talking, and they look better to others. Just like having a clean kitchen or a clean desk, it requires steady maintenance to have healthy teeth. It is important to have a good dentist. It is also important to follow the dentist's recommendations.

Most of us have a general dentist we see regularly. They have staff who clean your teeth every 6 months, and they repair cavities and fillings. Often when a problem is complex, they will send you to a specialist. If you do not have a regular dentist, you definitely need one. Talk to friends you trust about their dentist. Go to an appointment and see what you think. That professional will be with you, helping you with your teeth, for many years.

One situation that may need a specialist is gum inflammation. Your gums may have become inflamed causing bleeding, soreness, or even loose teeth. Gum specialists, called periodontists, supplement the care your regular dentist provides. Go to the periodontist that your dentist recommends. The gum specialist will have staff members who cleans the teeth and gums thoroughly. They also advise ways to clean your teeth, to improve the gums. The specialist may do surgery to improve your gums.

Teeth sometimes need to be removed or replaced. Usually, oral surgeons remove teeth. Almost always this is done with local anesthesia. There will be no pain, but some discomfort. Replacement techniques vary with the situation. The newer technique is to put in an implant. The artificial tooth is actually attached to the jawbone. It is a serious undertaking, but the result of an implant procedure is a tooth that will last the rest of your life.

So, the secret to having healthy teeth is to brush, floss, and rinse frequently, and to do this every time you eat. You should see a general dentist twice a year, have fillings done when necessary, and go to a periodontist when your dentist recommends it. It is never too late to start such a plan.

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Rock Steady Boxing

Rock Steady Boxing at 50 Forward Verona Beach is in full swing! If you are interested in participating please call Angel Heredia at (315) 235-2029 to sign-up and schedule a required, pre-class interview.

Rock Steady Boxing (RSB) is a program which provides an alternative treatment for Parkinson's Disease. Its method employs functional movement fitness. It is intense, circuit-based training that pushes the 'perceived' limits and uses tough love and fun to accomplish its goal.

It is non-contact boxing and has been shown to slow down and even reverse the progression of PD. It helps with motor skills by improving balance, strength and flexibility. Participants usually feel better, have more energy, enjoy a better quality of life and have a better mood and outlook.



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50 Forward Mohawk Valleys 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, United Way of the Valley and Greater Utica Area, The Mother Cabrini Health Foundation, the Health Foundation of Western and Central New York, 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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