

Contact 50 Forward MV :

Email:
info@50forwardmv.org

Website:
50forwardmv.org

Contact Parkway Center

Phone: (315) 223-3973

Fax: (315) 223-3975

Address:
220 Memorial Pkwy
Utica, NY 13501

Contact Verona Beach

Phone: (315) 235-2029

Fax: (315) 606-3214

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



Happy February! Winter finally arrived last month in Central New York and with that I want to remind members that in order to ensure everyone's safety when the weather is bad enough that the schools are closed we close all 50 Forward locations. It will be listed on WKTV's scroll in the morning and on their website as well as our Facebook pages. We will also begin to implement our ROBO calling system to notify members of such events. And with that being said, we will continue to list our closings as Parkway Center – Utica and Parkway Center – Verona Beach as we do not want there to be confusion as we continue to roll out our new agency name, **"50 Forward Mohawk Valley"**.

As we rolled out our new name last month, we received feedback from members so I just wanted to share again why this decision has been made. Overall, this does not impact the operations or names of current centers as Parkway Center is still the Parkway Center and Verona Beach is going from Parkway at the Beach to Verona Beach all under 50 Forward Mohawk Valley. What the new name relates to, is who we are and who we serve as our mission is to serve individuals 50+. We are still maintaining the great programs and services, but expanding.

I also have some news that many people have been waiting to hear - the Senior Lunch Program will begin in February! We are working out the details for the Parkway Center to begin February 1st and running three days a week – Tuesday, Wednesday and Thursday. This is based on the ability of us to provide transportation with volunteer drivers three days a week. We are still working on getting the program running in Verona Beach. The program is depending on the staffing and drivers of the food service provider and we have to be patient as there are things that are beyond our control. Our newsletter information gets done in the early part of the previous month (January for February) so by the time Feb. 1st comes, we may have more updates. We are excited to have a plan to share with you.

As we continue to make our way through the pandemic, we are abiding by all recommended guidelines, including mask mandates. The guidelines change, sometimes daily, so we will make changes as we are given them. For those that do not want to attend in person exercise classes, we have our Online Subscription, for a separate fee, that is valid for the whole year and based on what your schedule permits. You can access over 80 different classes from a variety of Yoga, Zumba, Tai Chi, Work Your Core and Meditation Classes.

As always, we have a lot of program information and the need for volunteers in a variety of different capacities, outlined in our newsletter, including our annual Valentine's Day Luncheons at both locations. We could not do all that we do without your support and participation. Thank you!

Have a great month.

WILLOWVALE DINER

Happy to support the Parkway Senior Center

WE CATER ALL EVENTS ~ Call about our catering specials

Now offering 2 eggs, toast and coffee for \$2.99 with this ad

3410 Oneida Street • Chadwicks • 315-737-2201



**AmeriCorps
Seniors**

Become an
AmeriCorps Seniors
Volunteer TODAY!

315-223-3973

MOHAWK VALLEY MONUMENTS, LLC



Monuments • Markers • Private Mausoleums
Custom Memorials • Bronze Plaques • Memorial Portraits
Lettering • Memorial Cleaning • Repairs
QUALITY MEMORIALS SINCE 1929
315-724-7629

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

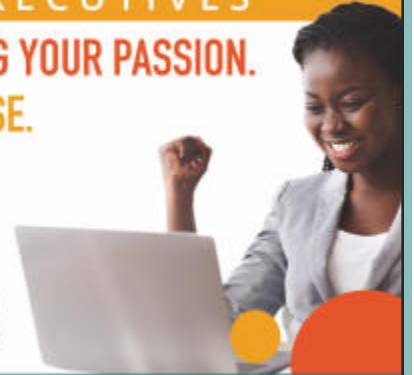
Contact **Richard Fernbach**
to place an ad today!
rfernbach@lpicommunities.com
or **(800) 950-9952 x3675**

WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers



**SUPPORT THE
ADVERTISERS**
*that Support
our Community!*



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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 the Parkway Center and Monday-Saturday at 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.

February Birthdays



2/1 MaryTerese Sardina
2/1 Richard Fornito
2/1 Carol Steele
2/1 David Coleman
2/1 Jim Lawler
2/2 Dennis Dyke
2/2 Howard Heffron
2/2 Mike Juliano
2/2 Monica Merrill
2/3 Christine Sike
2/3 Marilyn Wood
2/4 Lorraine A Cox
2/4 Doreen Cameron
2/4 Michael Daley
2/4 Jesus Garcia
2/4 Emily Lansing
2/4 Robert Satinoff
2/4 Kim Barnum
2/5 Janet Famolaro
2/5 Maggie Doyle
2/6 Sharon Hayes
2/6 Catherine Heaton
2/6 David Wilson
2/6 Beverly Jones
2/6 Joann Price
2/7 Charles Moran
2/7 Mary Sweet
2/8 Kathleen Sinnott
2/8 Dennis Danella
2/8 Joseph Duffy
2/8 Leilani George
2/8 Joanne Ambrose
2/8 Adelaide Foresti
2/8 Mary Lourdes Ober-
nesser
2/8 Clifford (Bud) McLaugh-
lin
2/8 Susan Schafer
2/9 Janice Felitto
2/9 Dona Ross
2/9 Julie Ennis
2/10 Colleen B Cooper
2/10 Rosemary Carey
2/10 Michael Miller
2/10 Monica Gandara
2/10 Louis Degironemo

2/11 William A Miller
2/11 Nancy Culver
2/11 Maria T Callari
2/11 Cheryl Boyson
2/12 Barbara Halko
2/12 Ilene Garner
2/12 Nancy Long
2/13 Nancy Hebert
2/13 Moore Randy
2/13 Barbara Jean Santino
2/13 Randy Moody
2/13 Linda Dixon
2/14 Peggy Gill
2/14 Elaine Colenso
2/14 Valerie Zalocha
2/14 Terri Hobson
2/14 David Revill
2/15 Terry Coady
2/15 Carolyn Woodcock
2/15 Jo Anne Zecher
2/15 Clorinda Saber
2/15 Lawrence Root
2/15 Pamela Schulman
2/16 Patricia Patla
2/16 Christine Gelfuso
2/16 Arlene Winslow
2/17 Dolores Washington
2/17 John Cieplenski
2/17 Betty Armbruster
2/17 Edward Ferris
2/17 Richard Thomas
2/18 Vincent LaPaglia
2/18 Donna Moran
2/18 Joseph Wolo-
szynowski
2/18 Richard Borawski
2/18 Joseph Smothers
2/18 William King
2/19 Jack Mineo
2/19 Terry Kingsley
2/19 Donna Baldwin
2/20 Cynthia Chapple
2/20 Alleen Van Hatten
2/20 Patricia Yount
2/20 Lou Ann E Fiore
2/21 Cathy Noon
2/21 Julie K Miller
2/21 Diane Pimpinilla
2/21 Liz Rando
2/21 Sylvia Banas
2/21 Gloria Jakubowski
2/21 Joann Longo
2/22 William Pickles
2/22 William Prakles
2/22 Stephen Haspel

2/22 Denise Buczek
2/22 Richard Martell
2/22 Bert McCumber
2/22 Lynn Tomaino
2/23 Paul Huening
2/23 Darlene Alamond
2/23 Rose Sangiacomo
2/23 Sally Zogby
2/23 Pat Aiken
2/23 Mark Vescio
2/24 Michael E Richer
2/25 Angeline Fusco
2/25 Fay Ciancaglini
2/25 Maryangela Fiorentino
2/26 Linda Peters
2/26 Laurie Klein
2/27 Patricia Decker
2/27 Edward M. Dolan
2/27 Anna MacDonnell
2/27 Raymond Ulrich
2/27 Margaret M Earing
2/28 Nancy Bender
2/28 Cheryl Zammiello
2/28 Judy Cascella
2/28 Chris Cross

February Anniversaries

2/1 Jack & Patricia Cook
2/10 James & Patty Horn
2/12 Dominick & Rita Ann Scavo
2/13 Michael & Diane Waskiewicz
2/14 Elvin & Anagely Cubilla
2/14 Doug & Evelyn Byrne-
Richardson
2/19 Jeff & Patricia Kowalsky
2/19 Anthony & Elaine Stampala
2/20 Edward & Janice Jennings
2/24 Clem & Barbara Poteran
2/28 Richard & Lisa Krantz
2/29 David & Sue Ziemba





Safety is a top consideration when using small space heaters. The U.S. Consumer Product Safety Commission estimates that more than 25,000 residential fires every year are associated with the use of space heaters, resulting in more than 300 deaths. In addition, an estimated 6,000 people receive hospital emergency room care for burn injuries associated with contacting the hot surfaces of room heaters, mostly in non-fire

situations.

When buying and installing a small space heater, follow these guidelines:

- Newer model small space heaters have current safety features. Make sure the heater carries the Underwriter's Laboratory (UL) label.
 - Choose a thermostatically controlled heater, because they avoid the energy waste of overheating a room.
 - Select a heater of the proper size for the room you wish to heat. Do not purchase oversized heaters. Most heaters come with a general sizing table.
 - Locate the heater on a level surface away from foot traffic. Be especially careful to keep children and pets away from the heater. More information can be found online: <https://www.energy.gov/energysaver/small-space-heaters>
-



Aging Together

Shannon Holmes, Program Director at 50 Forward Mohawk Valley grew up in Utica after moving here in her teens. She said, "I was raised by a single mother and aunts; strong, independent, and protective women." She attended Utica Schools, and then MVCC, receiving an AAS in Human Services and Liberal Arts. Shannon also attended SUNY Oneonta at MVCC to obtain a Bachelor's degree in Elementary Education with a minor in Special education. She has "three handsome, well rounded boys: Collin 24, Mark Jr. 18, and Aiden 15. Years ago, I wanted the same work schedule as my oldest; this encouraged me to become a teacher. I taught Kindergarten for seven years and second grade for three years in the Utica City School District."

After graduating from WERC (Women's Employment and Resource Center), Shannon learned of an opening as program director for the Parkway Center; that was eight years ago. At 50 Forward Parkway Center and Verona Beach, she coordinates the schedules and activities for instructional classes on-site and off-site throughout Oneida County, and helps set up educational workshops and special events. Most recently, beginning in 2021, Shannon helped launch the Member Online Content Portal. Shannon explained, "We implemented programs to help keep adults active in their homes and stay engaged during the uncertain times of the pandemic."

Shannon has also been involved with recruiting volunteers for programs like StayYoung StrongBones, which has classes as far north as Boonville, and into Western Oneida County. Shannon also said, "Our volunteers help every year with the 9/11 Day of Service, our New 2 U Thrift Store and with planning monthly special events, and our large fundraiser, the Christmas Formal."

She added, "Working with volunteers who want to share their passions and help others, whether it is through teaching classes, driving our bus to pick up those who no longer drive to the center, bringing people to their medical appointments, to helping them pay their bills, there are many ways we all help keep people independently living in their homes."

Shannon stated, "Because of my work at the Parkway Center, my life has purpose and meaning by being a part of a team, under the leadership of Kelly. Kelly has shown me what a difference we all make in helping older adults through education, nutrition, physical wellness and volunteer opportunities; which keeps us all active, engaged, involved, and together."

Finally, Shannon stated, "when I started at the center 8 years ago, we had just changed our name to the Parkway Center. We now have expanded to 3 sites, 2 social enterprises, 7 exercise classes off-site, and an on-line membership option. Now we also have our new name: 50 Forward Mohawk Valley. I am honored to be a part of the growth with our staff, our Board of Directors, and our volunteers and community partners."

SECOND CHANCE TOOLS GRAND RE- OPENING!

THURSDAY FEBRUARY 3, 10AM

THIS PROJECT IS MADE POSSIBLE BY A GRANT FROM THE
COMMUNITY FOUNDATION OF HERKIMER AND ONEIDA COUNTIES



We Need You!

We are looking for volunteers, can you help?



Second Chance Tools Re-Opening!

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. This means we are in need of skilled volunteers! If you are someone that is interested in volunteering at a place where you can work with your hands, work with tools, and help people find what they need for their latest DIY project this is the opportunity for you!



Parkway Center Utica Van

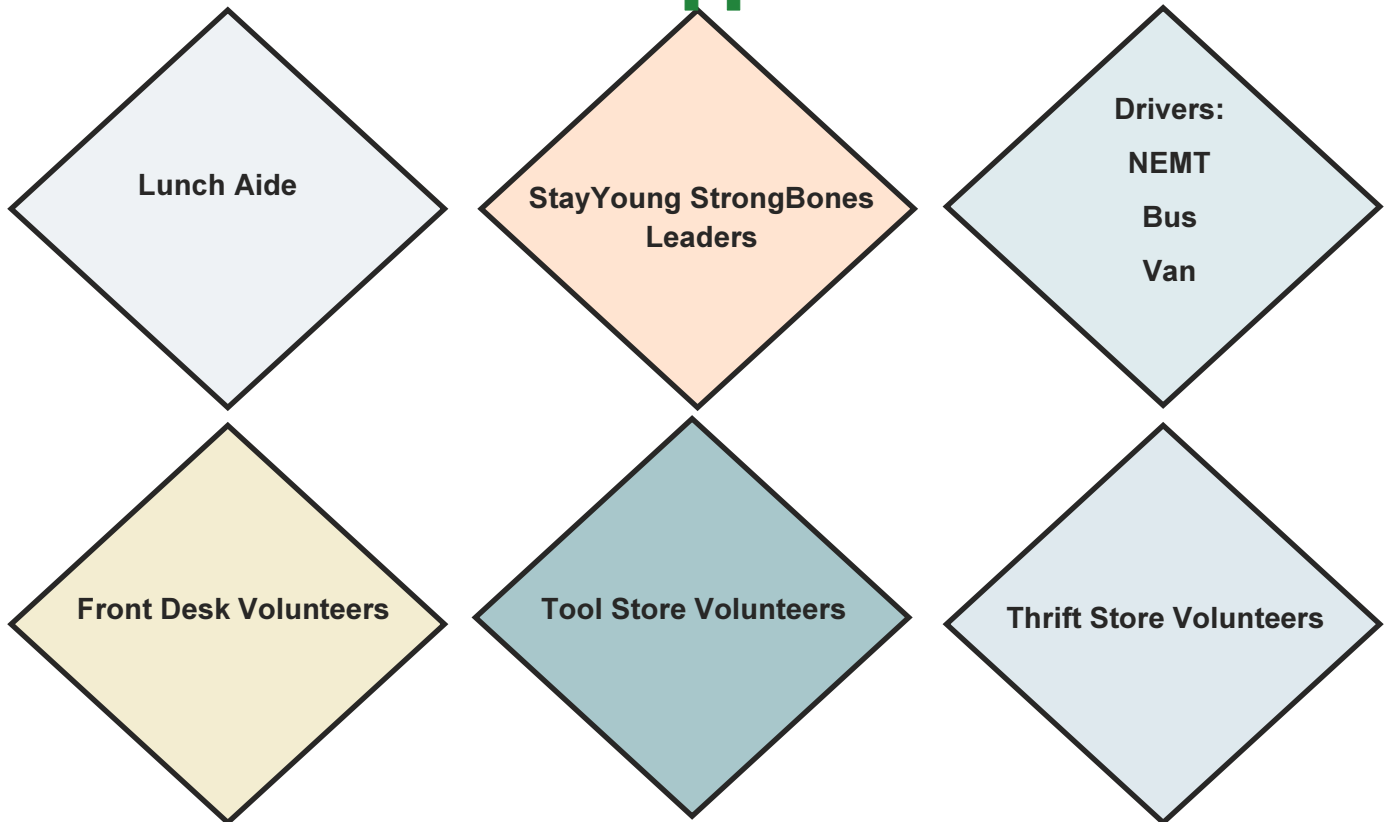
We are in need of drivers for the Parkway Center van! We have many members that don't drive, for a variety of reasons. The only way they can come to the Parkway Center is by riding on the large van that we have available. If you help make sure these members have reliable transportation to get to the Parkway Center and engage in activities that help keep them active, engaged, and involved please reach out!

Both opportunities above provide training, flexible hours, and a chance to get involved with a local organization serving members of our community. Please call Sarah Maphia the Volunteer Outreach Coordinator at (315) 223-3973 TODAY if you can volunteer!

Dear Volunteers and Community Partners,

I hope you all have been enjoying 2022 so far! I know this year has a lot of amazing things to hold for the Volunteer Department and we would love for you to be a part of it! Check out some of the volunteer opportunities we have to offer directly at our sites and throughout Oneida County. Volunteering with 50 Forward Mohawk Valley also means you are a part of something larger, *AmeriCorps Seniors*! If you want to make a positive impact on your community, make new friends, find a new purpose, and giveback; then volunteering as an AmeriCorps Seniors volunteer is perfect for you!

Volunteer Opportunities



There are also over 20 non-profit organizations with more than 100 volunteer opportunities at Oneida County AmeriCorps Seniors stations! Call 50 Forward Mohawk Valley and ask for the Volunteer Outreach Coordinator for more information!



RSVP Advisory Board:

Darby O'Brien, Lucretia Hunt, June Hanrahan

SUPPORT OUR ADVERTISERS!



February Programs—Parkway Center Utica

AARP Smart Driver—Parkway Center Utica

Date/Time: Monday February 14th and Tuesday February 15th 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) 223-3973 to signup.

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

Valentine's Luncheon —Parkway Center Utica

Date: Thursday, February 10th

Time: 11:30-1pm

Menu: Willowvale chicken n biscuits dinner

Entertainment: TBD

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

Parkinson's Support Group—Parkway Center Utica

Date/Time: February 17th 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.

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



SUPPORT OUR ADVERTISERS!





February Programs—Parkway Center Utica

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday Sunday</u>
<p>Chair Yoga (CW) 9am</p> <p>Aerobics (G) 9am</p> <p>Flex & Flo Yoga (C) 10am</p> <p>Acrylic Painting 10:30am *1/24-2/14</p> <p>Silver Sneakers (G) 10:15am</p> <p>Open Table Games (CW) 1pm</p> <p>Zumba Chair (G) 11:30am</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>	
<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>					



February Programs—Verona Beach

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u> <u>Sunday</u>
<p>Senior Theater 10:00 am (first & third Monday of the month)</p> <p>Silver Sneakers (G) 10:15am</p> <p>Ping Pong (G) 1pm</p>	<p>Guided Chair Meditation 9:30 am</p> <p>Reiki 10:30am *Second Tuesday of the month</p> <p>1 on 1 Tech Help 2pm *</p> <p>Pickleball 9am</p> <p>Walk with a Buddy 1pm</p>	<p>Silver Sneakers (G) 10:15am</p> <p>Yoga (WR) 10:30</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>Bible Study 2pm (M)</p>	<p>Zumba Gold (G) 10am (Saturday)</p>
					<p><u>Key</u></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>

February Programs—Verona Beach

Rock Steady Boxing Parkinson's Class—Verona 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 February Movie **While You Were Sleeping** starring Sandra Bullock and Bill Pullman! There is a suggested donation of \$1 for popcorn or bring your lunch to eat while you watch.

Valentine's Luncheon —Verona Beach

Date: Tuesday, February 8th

Time: 11:30-1pm

Menu: Pulled chicken sandwiches, coleslaw, and macaroni salad

Entertainment: TBD

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

Water Color Class —Verona Beach

Date: Friday, February 18th

Time: 3-4pm

Menu: We are so excited for this new class! We were contacted by a middle school student who wanted to volunteer to teach watercolor. She will be teaching two paintings during the hour long session: a color wheel and a sunset. **You must pre-register for this class by February 11.**

Cost: \$10

Chair Guided Meditation and Stretching—Verona Beach

Date/Time: Tuesdays January 18-March 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

Senior Theater

The Senior Theater is intended to provide a regular, structured activity for older adults to remain active and engaged in their community and is a great way for them to connect to their peers, to socialize, meet new people, find similar interests and simply have a good time. Forms of theater that are promoted include acting, dance, music (both vocal and instrumental), puppetry, reading/recitation, to name some of the more popular. Also available in Senior Theater, to participants with an interest, are the technical theater activities like directing, costuming, set blocking, props, or script writing. You can join the Senior Theater Group on the first and third Mondays of the month at 10am.



Other Program News:

Parkway Center Utica

Luncheon Save the Dates:

St. Patrick's Day Luncheon—March 17

Easter Luncheon—April 14

Verona Beach

Luncheon Save the Dates:

St. Patrick's Day Luncheon—March 15

Easter Luncheon—April 12

Health & Wellness Information From Susan Blatt, MD: Difficulty Sleeping

During the pandemic, many of us have had trouble sleeping. Insomnia is common as we age. One thing that will help is to develop some habits that encourage good sleeping. Avoiding naps will help us sleep better at night.

It also appears that we sleep better if we are tired physically, so we need to begin to exercise regularly. The virus has kept many from using a gym or other exercise programs. Aim for walking 2 miles a day. Most of us can walk outside on most days of the winter. Wear sturdy boots and wrap up thoroughly with coat, mittens, scarves, and layers. Once you begin to walk outside, you develop momentum. If you have slight aches and pains, try to keep at it. If the discomfort is serious, talk to your doctor.

There are things to do at bedtime that will help us sleep. Watch calming programs on television, avoid arguments with family members, read "gentle" books or magazines. Do not drink alcohol and do not eat heavy snacks. Last thing in the day is to brush your teeth.

Set a bedtime. Maybe for you it is eleven p.m. Get in bed by 10:30 even if you are not sleepy. Dim the lights. Make sure the room is quiet. Read for half an hour, remembering that your bedtime is eleven. Then at eleven turn off the lights and close your eyes. Like any habit, it takes a while to establish. Whether or not you go quickly to sleep, stay quietly in bed. Eventually you will sleep. Make sure you wake up at the same time. Maybe eight in the morning.

Sleep apnea is a fairly common problem, especially in overweight people. Symptoms include loud snoring and periods of gasping for air at night. It requires a visit to the doctor, who may want you to get a sleep study.

What about sleeping pills? It is best to avoid them. There are some harmful effects that with prescription sleeping pills. And sleeping is a natural state, that should not require medication. Many people drink alcohol in the evening, feeling that it will help insomnia. It does not and so there should be no alcohol at bedtime. Some people only sleep six or seven hours a night and they feel fine. If so, consider that a normal night for you.

Do you wake up in the middle of the night filled with dread? That does happen to us all, and the pandemic has not helped. Remind yourself that often the problem you are worrying about will disappear by morning. What if the dread in the night persists? Call the Parkway Center and talk to someone there or call your doctor. If it persists, you need to find a counselor, who can help you with this problem.

A restful night's sleep is refreshing. We awaken ready to face the day. You should find activities to keep you busy during the day. Keep in contact with your friends and relatives. And then plan a new approach to sleeping.

You deserve a 5-Star Medicare plan.*

For more information call (518) 641-3400
or 1-888-519-4455
TTY/TDD: 711



*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.

CDPHP Universal Benefits,® Inc. Y0019_21_16471_M

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251



Senior Friendly Food Pantry!

Food Pantry is open MON & TUE 3-6 pm
and twice a month
Drive Thru from 2-7:30 pm
1404 WEST STREET, UTICA
315-734-9608

See our facebook page for schedule:
<https://www.facebook.com/Johnson-Park-Center-216078625103918/>
www.johnsopnarkcenter.org

ADVERTISE HERE

to reach the
senior market



Call (800) 477-4574

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



Rock Steady Boxing

Rock Steady Boxing at 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 a complimentary 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 in some cases 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.



New Members:

Parkway Center

Rita Carlson
Hunberto R. Soto
Mark Pfisterer
Pam Pfisterer
Gisela Casatelli
Louis Casatelli
Rich Griffin
Barbara Griffin
Maggie Doyle
Rita Delia
Becky Kelsey
Edgar Kelsey
Debra Wolak
Rosalyn Sears
Kathleen Bramley
Eddie Mims
John Freeman

Verona Beach

William Verge
Rosemary Verge
James Thorp
Kathleen Thorp
Gerard Snow
Hannah Pegg
Alan Foster
Lori Bulken
Starr Wojciechowski
Ellen Mesi
William John Maxey
Mark Peckham
Kim Frarey
Larry Garvey
Niki Garvey

Donations—Thank you!!

We want to say thank you to all those that have contributed to our annual appeal. Your contributions always mean so much, but especially this year. Thank you!



Funders/Sponsors

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.



Answers to Your Medicare Questions
Questions about Medicare?

Order your free *Understanding Medicare DVD & Organizer.*

Call 1-800-291-7830, 8 am to 5 pm, Mon – Fri
 (TTY/TDD users call 1-800-421-1220).

ExcellusMedicare.com/Answers

Excellus

*There is no obligation to enroll.
 Y0028_25-44_0 File&Use 02112012

Enjoy the rewards of the holiday season
 with an AmeriCU Visa® Signature Rewards Card!



Earn 20,000 CURewards® Bonus Points when you make \$3,000 in purchases in the first 90 days.

Apply today at americu.org!

AmeriCU
www.americu.org | 800.388.2000

Qualification is based on an assessment of individual creditworthiness and underwriting standards. No points will be earned for cash advances, balance transfers, or convenience checks. You will earn points if you remain a cardholder in good standing and your account is maintained according to the terms of the account. Points are non-transferable and are forfeited in the event the account is closed. Points are not redeemable if the credit card account is delinquent. Equal Housing Lender. Membership restrictions apply. Insured by NCUA.

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



ATTENTION
 Senior Network Health Customers!



Parkway Drugs is now able to package your medication!

Call our North Utica store and speak to one of our family of pharmacists at (315) 624-9988 to learn about:

- How we can package your medications
- How we make life a little easier

Free delivery to your door 7 days a week
Try Us, You'll Like Us!

PARKWAY DRUGS

350 LELAND AVE. (315) 624-9988 <i>North Utica Big Lots Plaza</i>	485 FRENCH RD. (315) 792-4669 <i>South Utica Near Chanatry's</i>	1256 ALBANY ST. (315) 735-3525 <i>East Utica Across from Rosario's</i>
--	--	--