

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

Wish List:

Heavy duty plastic-ware
Sanitizing wipes
Kleenex
Napkins
Bingo Prizes
Door Prizes
Coffee
Creamer
Non-dairy creamer
Sugar
Decaf Coffee



Time is flying because we are now in the Month of May! There are a lot of activities going on this month starting with the kick off of **Registration Week, May 2nd – May 6th** at both our locations for the new Spring/Summer Semester of Programs; celebrating all our mothers, grandmothers, great grandmothers, godmothers, aunts and friends at our **Annual Mother's Day Luncheons**; and, **National Senior Health and Fitness Day** on Weds., May 25th at the Parkway Center in Utica.

We are well into spring, but our weather doesn't always cooperate here in Central New York, so if you are just getting to do your spring cleaning, consider donating your old tools to our Second Chance Tool Store. The Tool Store is now located at 717 Court Street in Utica, and has been incredibly busy, donations are going fast and we are in need of more. The Tool Store has Tuesday Coffee, so consider stopping by for coffee to meet our volunteers and bring a donation. The proceeds benefit the programs and services of our agency and we are all doing our part in helping recycle.

I have some staff updates to share. First, many of you may already know, Debby Zampardi our Wellness Coordinator, will be retiring on May 6th. She has been a part of our growth over the past 6 years with such programs as Matter of Balance, Aging Mastery, Health Literacy, Parkinson's Support Group, Meditation, and more. We will miss her as I know many of you will as well. We hope she will come back in a different role after she settles into her retirement. Please join me in wishing a happy retirement to Debby!

We also have a new addition to our staff team, Bambi Rowland. She is our new Program Director, who has only been with us a few short weeks, but has hit the ground running. Some of you may have already met her as she has been visiting programs, shadowing our Site Coordinators, and helping with our events. She will be looking for your feedback for ideas for new programming and getting to know all of you. Please join us in welcoming Bambi! We are also hiring for two positions Transportation Coordinator and Volunteer Outreach Coordinator. These job descriptions are in the newsletter as an insert, please share and help the spread the word about these two jobs.

Have a wonderful month. Happy Mother's Day to all our mothers, grandmothers, great-grandmothers, godmothers, aunts and friends.

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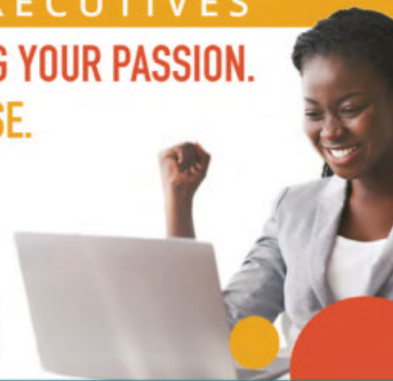
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The Parkway Center, Utica, NY

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
Bambi Rowland, Program Director	ext. 114
Sara Spezzano, Communications Dir.	

Program Department

Shannon Holmes, 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
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Verona Beach Site—(315) 235-2029

Angel Heredia, Verona Beach Site 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.

May Birthdays



5/1 Mary Schepisi
 5/1 Mary Byrd
 5/2 Elizabeth McKeon
 5/2 William Shaughnessy (Sr)
 5/3 Mike Reith
 5/3 Elisa Schaffer
 5/4 Renee Lohr
 5/4 Denise Spagnola
 5/4 Roy Dust
 5/5 Theresa Matt
 5/6 Christopher Roller
 5/6 Loretta Luley
 5/6 Phoenix Weydig
 5/7 Nancy Murawski
 5/7 Alfred Jufiar
 5/8 Michael Murphy
 5/9 Thomas Doig
 5/9 Debra Sutliff
 5/9 Patricia Mundschenk
 5/10 Joseph Kidd
 5/10 Frances Williams
 5/10 Rose Mauro
 5/11 Molly Bartlett
 5/11 Michael Montana
 5/11 Randi Johnson
 5/11 Randi Johnson
 5/12 Jim Houseman
 5/12 Wendy Stanhope
 5/12 Phyllis Jacobs
 5/13 Richard Rondenelli
 5/13 Sharon Cunningham
 5/13 Diep Thi Nguyen
 5/13 Charline Dacey
 5/14 Kristopher Worden
 5/14 Joseph Fiore
 5/14 Jeanne DelGenio
 5/14 Patrick Gallagher
 5/15 Kathleen Kohlbrenner
 5/15 Michelle Roth

5/15 Mary (Tae) Dawson
 5/16 Michael Derry
 5/18 Philomena Lawrence
 5/19 Trudy Garvey
 5/19 Theresa Kapes
 5/20 Sandra Jetter
 5/21 Gilbert Lawrence
 5/21 Andrea Pietras
 5/21 Rose DeSanctis
 5/21 Carmine Zammiello
 5/23 Jacalyn Gazzilli
 5/24 Denise Giglio
 5/24 James Cancia
 5/24 Thomas Ortiz Jr.
 5/24 Edgar Kelsey
 5/25 Steven McDonald
 5/25 Elizabeth Trout
 5/26 Nancy Bello
 5/28 CandyCane Curry
 5/28 Eleanor Smith
 5/29 Sharon Whellahan
 5/29 Patricia LoGalbo
 5/29 Jan Breithaupt
 5/30 Linda Tyler
 5/30 Samuel (John) Campanie
 5/30 Louis Maury
 5/30 Raymond Morse
 5/30 Kerry Reppel
 5/31 Nancy Jennings
 5/31 Susan Carello
 5/31 Barbara Paradis
 5/31 Julie Walters

Get Well

FEEL BETTER SOON!

Ann Nowak
 Carmella Gallimo
 Camielle Kresa

Sympathies

Kevin Blaney
 Roger Haylette on the loss of his fiancé.
 Angelo Delmonico on the loss of his daughter.

May Anniversaries



5/1 Vince & Danelle Singe
 5/3 Brigitte & Richard Jones
 5/9 Robert & Julie Walters, Sr.
 5/11 Rosemarie & Robert Gianotti
 5/12 Anthony & Mary Esposito
 5/13 Phyllis & Dennis Jacobs
 5/16 Ron & Diane Gaetano
 5/18 Niki & Larry Garvey
 5/18 Wendy & John Kent
 5/20 Joseph & Lou Ann Fiore
 5/20 Carol & David Scalzo
 5/20 Suzanna & Joseph Amico
 5/23 Linda & Eugene Bukovsky
 5/24 Steven & Susan Montrose
 5/26 Nathan Kathleen Juby
 5/26 Marcia & Dennis Danella
 5/28 Judy & John Cascella
 5/29 Joseph & Theresa Costanza
 5/30 Marie & John Lucarelli

Supportive Housing: Critical to Meeting the Needs of an Aging Population

Supportive housing combines housing with health and other services in a supportive social community to help enable older adults and persons with disabilities maintain their independence. The demand for supportive housing options will increase as the baby boom population ages, life expectancies lengthen, and more older adults need health care and other supports to help them age in their communities.

The home is central to individual and community well-being and should support our lives today and into the future. In our work to address housing for older adults and their families, AARP and AARP Foundation created the Future of Housing Initiative with a focus on today and tomorrow. The majority of Americans want to live independently in their homes as they age. Therefore thinking about future needs today is of paramount importance.

When it comes to future needs our nation's housing is severely deficient. By 2030, one in every five Americans will be over age 65, and our nation will face a severe shortage in accessible and affordable housing to meet their needs.

Through the Future of Housing Initiative, we are developing strategies to address the senior housing crisis and make all of our communities affordable and welcoming for people regardless of age, background, circumstance, or physical ability.

Learn more by visiting: <https://futureofhousing.aarp.org/>



Aging Together

Virginia (Ginger) Pieloch, was born and raised by Polish immigrant parents in East Utica, and attended St. Stanislaus Church. She was the youngest of six children, and said “I was pampered and spoiled.” Polish traditions were very important to the family, and she shares, “my happiest memories were of Christmas Eve Wigilia suppers and Easter Swieconka Breakfasts.” She attended St. Stanislaus School, where she studied the Polish language, and graduated from Thomas R. Proctor High School in 1953. On October 15, 1955 she married her soul mate, Daniel Pieloch, who passed away in 2019. For 64 years they shared many happy adventures, especially sharing their love for Polka dancing, golf, and traveling with the grandsons for hockey and baseball. Virginia shared “we always considered our four children: Daniel Pieloch, Jr. (who passed in 2015), Regina

Venettozzi (Utica), Jean Engler (Deerfield), and Jennifer Gagnon (Marcy), as our greatest trophies. We also have our shining stars: three grandsons, four granddaughters, and one great-granddaughter.”

Ginger retired from Utica College after 20 years of working in the Library, the President's Office, and the Institute of Gerontology, where she worked with all the senior groups in Oneida County; the Parkway Center was one of those groups. Her interests include golf, knitting and crocheting, music, reading, and adventures with her kids and grandkids.

In the past, Ginger coordinated registration and uniform distribution for Masters Division of Empire State Games, for ten years. She also developed and coordinated Elderhostel programs, such as ones on the Revolutionary War, the Opera at Glimmerglass in Cooperstown, the Great Camps of the Adirondacks, and the Erie Canal. She participates in fund raising for scholarship funds, by helping to set up bus trips, pasta dinners and basket raffles. Ginger also donates lap robes to veterans in nursing homes and baby blankets to CareNet.

Ginger still does a lot of volunteering at different sites: 50 Forward Parkway Center, Holy Trinity/St. Stanislaus Church, American Legion Auxiliary Utica Unit #229, where she is a member of the Executive Board and Poppy Chairperson. Again, being very proud of her Polish heritage, she stated, “I participate in raising the Polish Flag at City Hall, placing a wreath at General Casimir Pulaski's monument, and I am a member of the Kopernik Association and the Polish Community Center.”

Currently, Ginger is participating in the STEPS program at the Parkway Center, she helps with coordinating the mailing of the monthly newsletter, and she will be working with the crocheting group and bingo. She stated, “After Dan passed away, my life was filled with changes and voids. 50 Forward MV brought new friends, experiences, and interests into my life. It is great to have access to so many different social and learning activities, as well as everything you need to maintain your health and abilities. Volunteering gives you the opportunity to share your life experiences and talents. It's great to be needed and appreciated.”



Spring Registration Week. May 2nd-6th

Join us at BOTH 50 Forward locations the first week of May for registration.

***50% off 50 Forward MV Memberships (New Members AND Renewals) for questions or more information call:**

**Parkway Center at (315) 223-3973
Verona Beach at (315) 235-2029**

**does not include \$5 membership card*

Second Chance Tools is Open and Accepting Donations



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 excited to be officially reopened and are as busy as ever.

We are accepting donations of hand tools, yard tools (no gas powered tools please), power tools, nails, screws, nuts and bolts, and other handyman supplies are also welcomed. With spring cleaning just around the corner now is the perfect time to get rid of all those supplies you don't need and support a great local nonprofit. If you would like to donate or need more information call (315) 223-3973 ext. 117 or (315) 765-6648.

Volunteer Recognition

Volunteers are so valuable to 50 Forward, AmeriCorps Seniors, and our community. Our community would not be as great as it is without volunteers. Thank you to all of the volunteers of 50 Forward, AmeriCorps Seniors, and the Volunteer Resource Center who make a positive impact on our community each and everyday!

Award Recipients

2020 Parkway Center Outstanding Service Award: Rob Byrd

2020 RSVP Hometown Hero Award: Eleanor Maw

2020 50 Forward MV Community Service Award: Gene Allen

2022 AmeriCorps Seniors Station of the Year: Donald J. Mitchell VA Outpatient Clinic

2022 50 Forward MV Outstanding Service Award: Gary Vanderworken

2022 50 Forward MV Community Champion Award: Thomas Buono

BEE THE DIFFERENCE!



Thank you to our amazing Sponsors:

Bank of Utica

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Health & Wellness Information From Susan Blatt, MD: Hearing Loss and Getting Back into Life

Hearing loss is common as we age. Half of Americans over the age of 75 have some degree of deafness. The first step, if you are having trouble hearing, is to talk to your family doctor. You will probably be sent to an Ear, Nose and Throat doctor. Perhaps, the problem has a simple solution, such as cleaning wax out of the ears. If a hearing loss is found, you will be sent to an audiologist (hearing specialist) and then to a hearing aid technician.

Many older persons can benefit by getting hearing aids. Even though some people hate the idea of hearing aids, in this day, these wonderful devices bring relief and comfort. You will be part of a conversation again. Once you determine to start with hearing aids, plan to see the hearing aid specialist often. These devices need frequent adjustment and you will need to be taught to use them correctly. It may take months to become adept at living with hearing aids.

Hearing aids are expensive and insurance may not cover the expense. They can also be lost and that means more expense. Still, the ability to hear your children, your relatives, and your friends is very important.

You may know about cochlear implants. These devices restore hearing, after surgery is done to connect a device to the nerves leading to the brain. They do not work for everyone. So, your doctor may not recommend them.

Recent research shows that older adults who lose their hearing may have trouble coping with many aspects of their lives. It is important to stay physically active. If television keeps you in touch, you can watch TV with special devices. Ask your friends, relatives, and spouse to speak up. Remind them that you cannot always hear. Lean forward and cup your hand behind one ear. That is a universal gesture that reminds others to speak up. If you do not insist that people speak up, you will drift out of the conversation. Hearing aids, used correctly, can keep you involved with your friends and relatives.

May Programs—Parkway Center

Crocheting—Parkway Center

Date: Every other Tuesday beginning May 10th

Details: Come crochet with Ginger! Bring your own projects to work on OR Ginger can show you how to make some beautiful pieces. **If you are interested in attending please call Candy at (315) 223-3973.**

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May Programs—Parkway Center CONT.

MediGold—Parkway Center

Date: May 2nd 10am-12pm

Details: Lynn from MediGold will be holding a presentation on Medicare information to answer all of your questions.

Mother's Day Luncheon —Parkway Center

Date: May 5th ****Must sign up by May 2nd****

Time: 11:30-1pm

Menu: Scrambled eggs, home fries, bacon, French toast, fruit, and cake

Entertainment:

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

AARP Smart Driver—Parkway Center

Date: May 9th & 10th 1-4pm

Details: We will be holding an AARP Smart Driving course that will help you brush up on the rules of the road and may give you a discount on your insurance. You **MUST** be able to attend both days. Please call (315) 223-3973 to reserve your spot today (seats are limited.)

Cost: \$25 for AARP members \$30 if you are NOT a member

CFLR Mentoring—Parkway Center

Date: May 18th at 10am-11am

Details: CFLR's Compeer Mentoring Program offers socialization and education about all things mental health & wellness through conversation and group activities while offering mentoring volunteer opportunities. The first meeting takes place May 18th and will follow a biweekly schedule, no RSVP necessary simply show up!

CDPHP—Parkway Center

Date: May 18th at 10am-11am

Details: CDPHP will be here to present on their services.

Excellus—Parkway Center

Date: May 18th at 11am-1pm

Details: Robert Connor will be at the Center to answer any questions about Medicare or Excellus Coverage, and also to set up in-person appointments for anyone who wishes to learn more.

Parkinson's Support Group—Parkway Center

Date/Time: May 19th 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 Shannon at (315) 223-3973 or sholmes@50forwardmv.org for more information.

Book Club Meeting —Parkway Center

Date: May 26th at 8:45am

Details: This newly formed group will begin meeting to review and discuss a book members have been reading.

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May 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) 9:30am</p> <p>Aerobics (G) 9am</p> <p>Flex & Flo Yoga (C) 10:30am</p> <p>Silver Sneakers (G) 10:15am</p>	<p>Crochet Group 10am *will begin meeting April 12th and then every other Tuesday</p> <p>Silvertones (CW) 10:30am</p> <p>Lunch (CE) 11:30am</p> <p>Pickleball (G) 11:30am *beginner level</p> <p>Open Pickleball (G) 1pm</p> <p>Mahjong (CE) 1pm</p>	<p>Aerobics (G) 9am</p> <p>Silver Sneakers (CW) 10:15am</p> <p>Lunch (CE) 11:30am</p> <p>Pinochle (C) 1pm</p> <p>Matter of Balance 1pm (starts 3/16)</p>	<p>Tai Chi (G) 9:45am</p> <p>*First Thursday of the Month Yesterdays Ensemble (CE) (10:45)</p> <p>Lunch (CE) 11:30am</p> <p>StayYoung StrongBones (G) 1pm</p> <p>Parkinson's Support Group 1:30pm (CW) *third Thursday of the month</p>	<p>Open Art (CE) 9am</p> <p>Aerobics (G) 9am</p> <p>Chair Yoga (C) 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> <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> </div>					

May 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>Pickleball 1pm</p> <p>Rock Steady Boxing (W) 1pm</p>	<p>Pickleball 9am</p> <p>Pitch 11am</p> <p>Movie Club 1st Tuesday of the month 11:30am</p> <p>Lunch 11:30am</p> <p>1 on 1 Tech Help 2pm *</p> <p>Weekday Walkers 1pm</p> <p>Reiki 10:30 am *May 10th</p>	<p>Silver Sneakers (G) 10:15am</p> <p>Yoga (W) 10:30am</p> <p>Pickleball 1pm</p> <p>Rock Steady Boxing (W) 1pm</p>	<p>1 on 1 Tech Help 2pm *</p> <p>Pickleball 9am</p> <p>Zumba Gold (M)9:30am</p> <p>Tai Chi for Arthritis (W) 10am</p> <p>Jam Session 10am *bring your own instrument</p> <p>Mahjong 11am</p> <p>Matter of Balance 1pm (BH) (starts 3/17)</p> <p>Weekday Walkers 1pm</p>	<p>StayYoung StrongBones (W) 10am</p> <p>Silver Sneakers (G) 10:15am</p> <p>Ping Pong (G) 1pm</p> <p>Bible Study (BH) 2pm</p>	<p>Zumba Gold (G) 10am (Saturday)</p>

Key

M—Mallard Room

BH—Blue Herring

W—Walleye Room

OL—Oneida Lake Room

G—Gym

* - By appointment only

May 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 May Movie **Where the Red Fern Grows**. There is a suggested donation of \$1 for popcorn or bring your lunch to eat while you watch.

Mother's Day Luncheon —Verona Beach

Date: May 6th ***Please RSVP by May 3rd***

Time: 11:30-1pm

Menu: Biscuits and Gravy OR Pancakes, scrambled eggs, breakfast sausage, fruit cup, coffee, and juice

Entertainment: TBD

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

Excellus—Verona Beach

Date: May 17th at 11am-1pm

Details: Robert Connor will be at the Center to answer any questions about Medicare or Excellus Coverage, and also to set up in-person appointments for anyone who wishes to learn more.

MediGold —Verona Beach

Date: May 24th at 11am-1pm

Details: A representative from MediGold will be at the Center to talk about their Medicare Advantage plans that serve seniors and other Medicare beneficiaries.

Additional Program News:

- At the Parkway Center location the Gym will be CLOSED on May 17th for the School Board Election.
- At the Parkway Center location we would like to begin Rummikub again and there is a volunteer who would like to facilitate this group. If you are interested in participating please call Candy at (315) 223-3973 and let her know.
- Both 50 Forward locations will be closed May 30th for Memorial Day.

Senior Health & Fitness Day 2022



Join Us On May 25th!

Time: 10:00 am - 1:00 pm

Location: 50 Forward Mohawk Valley Parkway Center
220 Memorial Parkway Utica

For the National Senior Health & Fitness Day
Health & Fitness Expo

At the Expo you will find:

Health Information

Health Screenings

Medication Return on Site

Licensed Medicare Advisors able to assist with information

There will also be:

Raffles

Bake Sale

alzheimer's 
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and twice a month
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1404 WEST STREET, UTICA
315-734-9608

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The Parkway Center, Utica, NY

06-5295

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 (PD). 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

Richard Ferrone Sr.
Carol Jonquil
Stephen Roefaro
Anna Gross
Kerry Repper
Bernice Mrzlikar
Christopher Volo
John Orasio
Patrick Riggles
Lisa Jeffery
Marion Reagan

Verona Beach

Anthony Esposito
Vicki Anderson
Suzanne Baker
Jane Laczak
Catherine Davis
Christine Dust
Kris Kahler
Thelma Chase
Marie (Sis) Merrell
Jean Stone
Patricia Deutsch
Robin Lester
Larry Ecker
Richard Hogeboom
Tamara Smith
Carol Iannone
Kathleen Breed
Thomas Doig
Karen Felshaw
Denise Rabe

Donations—Thank you!!

Barbara Countryman
Ginger Pieloch



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

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