



# South Buffalo Community Association

@ THE TOSH COLLINS COMMUNITY CENTER

## 2021 SENIOR PROGRAMS & SERVICES



Fostering engagement between older adults, and helping the elderly remain independent at home in: South Buffalo, West Seneca, Blasdell & Lackawanna.



## CONTACT US

### Address

35 Cazenovia Street  
Buffalo, NY 14220-1705

### Hours of Operation

Monday - Friday  
8:00am - 4:00pm



(716) 822-4532



[southbuffalo.org](http://southbuffalo.org)




@southbuffalocommunity



# PROGRAMS

CLPI

The South Buffalo Community Association facilitates many programs, activities and events geared towards Seniors, taking place at the Tosh Collins Community Center and throughout the neighborhood. While the pandemic has imposed restrictions, please contact us to find out the latest information.



## AARP Driver Safety Refresher Course

### AARP Defensive Driving

Typically offered bi-monthly, classes will resume after COVID restrictions are lifted.



### Transportation

For residents of South Buffalo, rides can be scheduled to and from the Tosh Collins Center, Medical Appointments, Grocery Shopping, and Field Trips.



### Scenic City Tours

Started in the Spring of 2021, special bus tours of the murals around Buffalo have occurred monthly highlighting a different neighborhood in the city.



### BINGO!

A fan favorite activity, BINGO is usually played weekly in the Center. During the COVID lockdown, BINGO transitioned to remote played over the phone. Special BUS BINGO trips have been scheduled over the summer



### Congregate Dining

Tosh Collins in a congregate dining site for hot lunches through the week. During COVID lockdown, we have been distributing frozen boxed meals weekly on Mondays.



### Walk Around The Park

To take advantage of the beautiful Cazenovia Park, during COVID lockdown, we started a walking group to get our steps in. Scheduled on Thursdays at 1 PM, the group is open to all.



### Tai Chi & Yoga

Movement based classes are offered at Tosh Collins weekly. While the COVID lockdown has forced us to put these classes on hold, starting in Summer '21, we will be offering Tai Chi outside in the park.



### Card Games

Tosh Collins hosts weekly card games from pinochle, to poker, to gin, and more. While not offered during COVID lockdown, games will resume after restrictions are lifted.



### Billiards

Tosh Collins has 2 pool tables and hosts pool games throughout the month. While on hold during COVID lockdown, pool will resume after restrictions are lifted.





# SENIOR SERVICES

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**The South Buffalo Community Association in partnership with Erie County Senior Services offers support of seniors through case managed services and linkages to programs. Additional linkages includes: Mental Health counseling, Nutrition Counseling, Senior Living Programs, Caregiver Support Options.**

**Feedmore WNY (i.e. Meals On Wheels)** - Receive nutritious meals at proper temperatures in accordance with the diet prescription provided by your physician. All personal information shared with agency staff will be kept confidential. You must be home to accept your meals. To be eligible for service, you must own or have access to a working refrigerator. Feedmore can also provide nutrition assistance and education. Clients will receive 2 meals per day (one hot and one cold) at a suggested donation fee of \$7.00 per meal.

**Home Care—(CHORE)** - There are three types of home care provided through Erie County:

**HOUSEKEEPING**

Monthly Housekeeping (CHORE) is a service only provided by South Buffalo Community Association (SBCA). Most of these clients can maintain their homes, they may just need a little extra assistance for the hard to reach areas. Light Housekeeping is a weekly service aimed to assist elderly clients with maintaining the cleanliness of their home if they are unable to do so because of physical/health reasons. Personal Care in conjunction with light housekeeping is another service that can be provided. This includes assistance with bathing/grooming, light meal preparation, and housework/laundry on a weekly basis, or more than one day a week depending on the needs of the client.

**Home Energy Assistance Program (HEAP)** - low-income household benefit that helps with utility costs such as heat. For standard services, there is no resource limit to this benefit. Additional assistance with utilities, such as furnace repair/replacement, is offered and will need to be assessed for further eligibility.

**Connect America - Personal Emergency Response Systems (PERS)** - Feel safer than ever in the comfort of your home with a PERS that works with or without a landline. The system includes a two-way speakerphone alarm base and lightweight bracelet or pendant buttons. Just press the help button on any device and an operator will respond immediately. In partnership with Erie County Senior Services, the units are provided at a reduced rate of \$20 per month for a private pay option or a donation based on your financial situation.



**Social Adult Day Care (SADC)** - Adult Day Health Centers provide a social environment for everyone and additional services for stroke recovery individuals, head trauma victims and frail elderly dementia participants. They specialize in Alzheimer's care, offering much needed respite services to the families of all participants. Erie County contracts with several Adult Day care centers such as Lord of Life in Depew and the Town of Hamburg Adult Day Center. These locations provide meals, activities, transportation (depending on location), and a bath/shower option. An SBCA case manager can provide information and conduct an assessment to help link to these locations.



**Supplemental Nutrition Assistance Program (SNAP)** - formerly known as "Food Stamps", is a low income benefit to help purchase food. In the program, you will receive a benefit's card to use for food purchases. Eligibility is not guaranteed as housing and medical expenses are used to determine eligibility and benefit amount. There is no limit to resources when applying for this benefit.



**Medicaid Application** - low income and resource based insurance that provides comprehensive coverage for medical care such as medications, medical equipment, medical doctors participating in programs, hospital, nursing home, home care, and transportation. If people exceed income limits, persons may be eligible for Medicaid through a spend down. If Medicaid is not recommended at this time, there are other insurance options that health insurance counselors can assist with to better meet your needs.





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4



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SENIOR SERVICES

Meals on Wheels  
(MOW)

Personal Emergency  
Response Systems  
(PERS)

Home Care  
(CHORE)

Senior Adult Day Care  
(SADC)

Home Energy  
Assistance Program  
(HEAP)

Supplemental  
Nutrition Assistance  
Program  
(SNAP)

Medicaid Application

Mental Health  
Counseling

Nutrition Counseling

Senior Living  
Programs

Caregiver Support

SENIOR PROGRAMS  
Transportation

Congregate Dining

Bus Trips

BINGO

Cards Games

Billiards

AARP Defensive  
Driving

Walk Around the Park

Tai Chi & Yoga

*The mission of the South Buffalo Community Association is to maintain and enhance the general cultural, social and recreational well-being of the neighborhoods of South Buffalo through human service programs. These programs include, but are not limited to the elderly, youth services, recreational programs for all ages, plus information and referral.*