



June 2020



ello Friends.

**H**The Centre's employees remain hard at work, both at home and in the centre, anticipating your return. We remain closed due to the Executive order, but look forward to opening soon! Our maintenance staff are working very hard to ensure our building is safe, disinfected, and ready to open when we are once again allowed to. We have decided to start a monthly newsletter to remain in touch, engaged and keep you informed during these unprecedented times. The staff are working on some activities we hope you will partake in, due to the closure. We are concentrating on activities through Facebook, our website or over the phone. The activities include virtual coffee talks, and social engagements while still practicing safe social distancing. We will help you get set up with Zoom or put you on the list for a phone call once a week. Your mental and physical wellness is our top priority. The Centre has a staff member answering the phone every day, so please do not hesitate to call if you need assistance at **433-1886**. I am very excited to share that we have hired Erin Strassburg as our Senior Advisor and Program Services Coordinator. Please stay safe and I can't wait until we meet again.

Gretchen

**Welcome Erin Strassburg to our Senior Centre.**



We miss our daily activities with all of our members so we are going **VIRTUAL!** Check out our Facebook page ([www.facebook.com/TheDaleAssociation](http://www.facebook.com/TheDaleAssociation)) or our website ([www.daleassociation.com](http://www.daleassociation.com)) to find videos and other interactive content to use at home. We'll be posting wellness content, crafts, recipes, and more! If there's something you'd like to see or miss about The Dale during your time at home, please send your suggestions in with the returnable slip. We can't wait to virtually interact with everyone!

## Virtual Programs

**To participate you will need a device with a camera, internet and an email address.**

To register for a session, please call Erin Strassburg at 716-433-1886 ext. 109 or email at [erin.strassburg@daleassociation.com](mailto:erin.strassburg@daleassociation.com) and state which session(s) you would like to attend and your email address. Once you are registered, you will receive an email with the session's details.

### Zoom social – Let's catch up with each other

Wednesday, June 17<sup>th</sup> at 10am

Friday, June 19<sup>th</sup> at 10am

Wednesday, June 24<sup>th</sup> at 10am

Friday, June 26<sup>th</sup> at 10am

### Zoom Games

Thursday, June 18<sup>th</sup> at 11am – Trivia

Thursday, June 25<sup>th</sup> at 11am - Charades

### Zoom Needlers group

Tuesday, June 16<sup>th</sup> at 1pm

Tuesday, June 23<sup>rd</sup> at 1pm

Tuesday, June 30<sup>th</sup> at 1pm

## CARE

Having contact with friends and relatives is so important to our well-being; it is more so during this pandemic. The Dale Association's **CARE** program is a *free* telephone Reassurance program sponsored by the Dale Association in conjunction with the Niagara County Office for the Aging.

A trained volunteer makes a scheduled call to seniors or disabled adults who are homebound, isolated, living alone or in need of daily contact to ensure personal safety and to check on their well-being. If you or anyone you know would like more information about the **CARE** program, call Program Coordinator Nancy Smith at 433-1886 ext. 108.

## Vision and hearing program

Members of the Dale Association's Vision Support program in the Lockport area received a special visit from the Lockport Lions Club on Tuesday, May 12<sup>th</sup>. Volunteers from the Lions club delivered a hot meal to our Vision Program members as a special way to say "*we are thinking of you during this difficult time.*" Vision Program Coordinator Nancy Smith coordinated the event with Lockport Lions Club Sight Chairman Ronald Truax. One of the vision program participants sent a note to The Dale saying the meal "was so unexpected and wonderful."

Another thing many program participants are doing during this time when we all can't be together, is maintain social contact by frequently calling each other to offer a friendly hello. "*It keeps us going*" says one of the Vision Program members.

Anyone interested in learning more about the Vision and Hearing Program can contact Nancy Smith, Program Coordinator at 433-1886 ext. 108.



Pictured left to right are: Joseph Rizzo (Lockport Lions President), Michael O'Malley, Michael Stein and Ronald Truax (Sight Chair)

## Virtual Prog. Cont. from page 1

**Zoom Murder Mystery** – each participant will play their role and we will all try to find out 'who dunnit'. Participants will receive their part prior to the session.

Friday, June 26<sup>th</sup> at 1pm

**Borrow and read eBooks and audiobooks from your local public library FREE** (ZOOM live online lesson)

Tuesday, June 30<sup>th</sup> at 1pm

## Walking Club

Walking club will meet twice a week on Mondays and Wednesdays. We can have no more than 8 participants at a time and everyone must wear a mask. Please register with Erin Strassburg at 716-433-1886 ext. 109 or email at [erin.strassburg@daleassociation.com](mailto:erin.strassburg@daleassociation.com)

Walking club will meet on:

Monday, June 15<sup>th</sup> at 8:30 am

Wednesday, June 17<sup>th</sup> at 8:30 am

Monday, June 22<sup>nd</sup> at 8:30 am

Wednesday, June 24<sup>th</sup> at 8:30 am

Monday, June 29<sup>th</sup> at 8:30 am

Wednesday, July 1<sup>st</sup> at 8:30 am

Location: Day Road Park (meet at the Santa Claus House)

**Need assistance with setting up email or zoom? Give us a call and we will walk you through it! 433-1886**

## Masks

The Dale Association has been very fortunate to receive several mask donations in the past months. If anyone is in need of a mask please contact us at 433-1886.

## Memory Minders Program

The Memory Minders program works with individuals suffering with early onset memory loss. The program is designed to slow down the progression of memory loss with brain stimulation and socialization programming. Participants enjoy fun activities including word puzzles, trivia, special themed days, and music, exercise and art projects. Our trained volunteers work one on one with participants. Classes meet on Mondays and Fridays from 10-2pm at the centre. Transportation locally can be arranged if needed when we reopen.

During this time when caregivers are stressed the most remember to take time and care for yourself. It's easy to get overwhelmed by caring for someone with dementia. For tips on caregiving visit the caregiver's website at [www.aarp.org/caregiving](http://www.aarp.org/caregiving) or the National Alzheimer's website at [www.alzfdn.org](http://www.alzfdn.org)

Contact Angie Crawshaw-coordinator for a scheduled assessment at 433-1886 ext.111

We would like to take a moment to **THANK** all of our **MEMBERS** that have renewed their membership during this shutdown. Your support is what keeps us moving towards opening our doors when it is safe for all of our staff and members. Until then, we hope you stay safe and healthy and we are still just a call away if you need anything!

## Travel

Energetically, we wait for the day when we can get out and about with our travel buddies. We aim to keep you up to date on future trips and any postponed tours. Currently, trips/tours have been postponed through the end of July, and we continue to plan for future adventures. We look forward to when we can *Experience the World* together. The health and safety of our members is of utmost importance and we remain committed to staying up to date on public health and local health department guidelines, rules and regulations. We appreciate your trust in us and hope to see you soon!

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WANT TO DISCOVER NEW PLACES FROM THE COMFORT OF YOUR HOME?

CHECK OUT THESE WEBSITES BELOW!

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Tour National Parks - <https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>

Visit 12 famous museums – <https://tinyurl.com/wp2gmtw>

Watch the metropolitan opera - <https://www.metopera.org/>

15 Broadway Plays and Musicals you can watch on stage from home - <https://tinyurl.com/wyq8vsx>



Please register for any of the above-mentioned events by either calling or completing the form below. Just place an "X" next to the session you would like to participate in.

Recently changed your phone number? Have you gone from a land line to a cell phone? Please update your phone number below.

Complete and return to: The Dale Association  
 33 Ontario Street  
 Lockport, NY 14094

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_ Yes, I would like assistance setting up zoom \_\_\_\_\_

<b>Zoom Social</b>	<b>Yes, I will attend</b>
Wednesday, June 17 <sup>th</sup> at 10am	
Friday, June 19 <sup>th</sup> at 10am	
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<b>Zoom Murder Mystery</b>	<b>Yes, I will attend</b>
Friday, June 26 <sup>th</sup> at 1pm	
<b>Zoom Ebook &amp; library lesson</b>	<b>Yes, I will attend</b>
Tuesday, June 30 <sup>th</sup> at 1pm	

*Suggestions for other virtual or at home activities that The Dale could offer:* \_\_\_\_\_  
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