Sign ups begin 10:00 am January 4th

Cicero

ENIOR

Center

5924 Lathrop Dr. Cicero, NY 13039 Tel: 315-452-3298 cicero.recdesk.com ARyan@CiceroNY.Gov

Center Staff

Alexandra Ryan Nancy Noble Margaret Hauenstein

Center Hours 10:00 am-4:00 pm

Center Closings

January 2nd-New Years Day January 16th-Martin Luther King February 20th-Presidents' Day

Youth Bureau, Parks & Recreation Staff

Teresa Roth, Director Linda Adams Jessica Soulier

CanTeen Staff

Amy Crowley Wesley Sweetman **Kiera McShane**

Park Staff

Bill Alley Bill Lawrence Mike Hogan Jacob Bourdage



January, February,

2023 Newsletter

March

New Year Reminders!

With the New Year comes registration updates and non-resident renewals! Please call us and let us know if you no longer wish to receive the newsletter, have moved, go away for a specific newsletter mailing, or if your emergency contact has changed! If you are a non resident and wish \Im to continue to be a member please pay your dues ASAP to continue receiving the newsletter.



Bad Weather Closing



To be informed of the Center closing in the event of a storm, watch for scrolling cancellations or check online with local channels 3, 5, 9 & Spectrum News 10. Please give us time to post as it isn't often decided until staff reports.

PEACE meals are cancelled when Syracuse City School District is closed. If weather is bad, please stay home where you are safe!

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Parks & Recreation Commission

Lori Lake-Toms, Chairperson Ruth Beasley, Vice Chairperson Tracy Blair-Funnell Jim Corl, Jr Elaine Davis **Thomas Stimson** Heather Wieland

Town Board

Mike Aregano, Supervisor, **Department Liaison** Mike Becallo, Councilor Mike Mirizio, Councilor Jonathan Karp, Councilor Nancy White, Councilor

BIRTHDAY/ANNIVERSARY CELEBRATIONS



Celebrate your birthday during our monthly cake and entertainment! January 6th, February 10th, March 17th If your name is missing, be sure to let us know. Also, let us know if you are

your name is missing, be sure to let us know. Also, let us know if you are celebrating an anniversary that you would like us to announce!



January Bírthdays

February Birthdays

March Bírthdays

2nd 2nd 3rd 3rd 3rd 4th 5th 9th 12th 12th 13th 14th 19th 22d 23rd 24th 26th 26th 26th 27th 28th 29th	Pat Carolyn Jean Barbara Christina Lois Arlene Juanita Sally Lillian John Thomas Judy James Mary Alice Lyn David Ellen Debbie Robert Sharon Marie Susan Gary Fiorina Reta Helen Helen Helen Charlotte Michael Mary Kenneth Rosanna Carroll Laura Carol	Sematoske Smith Acome Meldrum Tartaro Dorschel Fickett Blaylock Huntington Silva Bowman Trop Massena Barney Scheel Atwood Nappi Garland Troper Woodworth OConnor Cerio Bottino Burns Colosi Fiacco Spooner Smith Battes Biondi Bottes Biondi Boisey Kotwas Harrington VanTassel Griffis Short	12th 12th 13th 14th 14th 15th 15th 16th 16th 18th 21st 21st 21st 21st 21st 21st 21st 23rd 25th	Shirley Patrica Johanne Arlene Christine Kathleen Maria Sam Michael Evelyn Pam Cindy Cecilia Anthony Cecilia Anthony Sandy Josephine Donald Kate Georgia Lauren Patricia Katherine Dwight Katherine Dwight Kanneth Marjorie Gloria Ann Donna Rich Arthur LInda Carol Jack	LaMontagne Blundell Russell Lalley Petrangelo Lewis Mangus Blechl Filipkowski Byrnes Harrell LePage Nastasi Russell Oswald Sowell Wickham	11th 12th 13th 14th 14th 14th 14th 16th 16th 17th 18th 18th	Kendra Joyce Russell Kathy Linda Joyce Beatrice Al Carl Joanne Carol Patricia Patricia Patricia Patricia Susan Anne Paul Donna Cindy Richard Ida Donna Cindy Richard Ida Denise Gerald Diane Sandra Linda Kathleen Jack Margaret David Robert Marguerite Pauline Dale Joanne	Brais Morrison Rhea Wadsworth Latham Parkhurst Bowman Capria Falter Falter Heim Rose Gonzales Laclair Bisbee Osborn Kelley Pierce VanAlmelo D'Ambrosio Hind Sax VanDeWalker Biss Volz Biondi Bliss Volz Biondi Poplawski Fiumara Harte Martin Taylor Brassard Ours Mcauliffe Fortier Parker Rachetta
		VanTassel				18th	Pauline	Fortier
28th	Laura	Griffis						
29th	Carol	Short				20th	Joanne	Rachetta
29th	Ronald	Wade	26th	Elaine	Suskin	21st	Dorothi	Cacciola
30th	Michael	Ours	28th	Richard	McLaughlin			
30th	Ann	Vogt					Contin	rued on
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Continued on next page —>

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Cicero Senior Center

BIRTHDAY/ANNIVERSARY CELEBRATIONS CONTINUED

March Birthdays CONTINUED



22nd	Cheryl	Garofalo
22nd	Sally	Sanfilippo
23rd	Dennis	Casey
23rd	Bill	Merritt
23rd	Gail	Sluzar
23rd	Lola	Zarins
24th	Andrew	Fiacco
24th	Karl	Wirt
25th	Elise	LaValle
26th	Patricia	McGuinness
26th	Dolores	Terino
27th	Richard	Wheeler
28th	Jenny	Hammond
28th	Kathy	Schafer
28th	Shirley	Sherwin
28th	Barb	Volz
28th	Barbara	Woodworth
29th	Laura	An
29th	Gifford	Gail
29th	Pat	Washo
30th	Claire	Cary

If you see a new face at the Center, please be sure to introduce yourself and extend a friendly **"Young At Heart"** welcome. Our newest members are:

Jaunita Bloylock, Gail Gifford, Laura Griffis, Jo Eells, Karen Lumb, Amy and Ralph DiCesare, Keitha Mazza, Linda Oswald, Denise Bliss, Barbara Meldrum, Bill Merritt, Nancy Mack, Robert Grosart, Alice Smith, Richard and Arlene Sharpsten, Deborah Degeneffe, Joanne Patten, and Debbie Troper!



TRAVEL NEWS

IMPORTANT REGISTRATION AND PAYMENT INFORMATION

Early registration and payment are necessary to ensure the success of a trip. Registration and payment information will be listed with each trip outline. Early registration and prompt payment helps us to plan and fulfill down payment obligations. **Registration for programs and trips will not be accepted without payment. If you don't have payment with you, you can put your name on the wait list. Trip payments are non-refundable unless we can fill your spot.** If a sufficient number of participants have not registered by the deadline, the trip may be cancelled.

Out to Lunch with Nancy

Always wanted to try a new restaurant but never knew what to order or who to go with you?! Now is the time!

Lunch and transportation will be on your own, but we ask that you sign up at the center so reservations can be made with the restaurant ahead of time!

Flaming Grill Chinese Buffet

244 Northern Lights Plaza, Syracuse, NY 13212 (northern Lights shopping center) **Date: Wednesday, January 18th** Time: Meet there (@ 11:30 am Cost: On your own

Waterfront

6 US-11, Central Square, NY 13036 **Date: Wednesday, February 15th** Time: Meet there (a) 11:30 am Cost: On your own

Cost: On your own

Zebbs Bar and Gríll

2803 Brewerton Rd, Syracuse, NY 13211 (Near old Kmart plaza) **Date: Wednesday, March 15th** Time: Meet there @ 11:30 am Cost: On your own

TRAVEL NEWS CONTINUED

Movie Tavern with Margaret

Arrive at the theater before the movie starts, get your seat and a wait staff will take your order. Your food will arrive and you can enjoy the movie and lunch in a comfy theatre chair.

These are the movies we are hoping to see, however times are not listed yet so they are subject to change:

I Wanna Dance with Somebody



I Wanna Dance with Somebody is a powerful and triumphant celebration of the incomparable Whitney Houston. Directed by Kasi Lemmons, written by Academy Award® nominee Anthony McCarten, produced by legendary music executive Clive Davis and

starring BAFTA Award® winner Naomi Ackie, the film is a no-holds-barred portrait of the complex and multifaceted woman behind The Voice. From New Jersey choir girl to one of the best-selling and most awarded recording artists of all time, audiences are taken on an inspirational, poignant—and so emotional—journey through Houston's trailblazing life and career, with show-stopping performances and a soundtrack of the icon's most beloved hits as you've never heard them before. Don't you wanna dance?

Date: Tuesday, January 24th

Time: TBA (movies typically start 12 pm-1 pm) Cost: \$5.00 (lunch and \$5 movie ticket on own)

80 for Brady

Four octogenarian best friends played by Jane Fonda, Lily Tomlin, Rita Moreno, and Sally Field—head to 2017's Super Bowl LI in order to see their favorite football player Tom Brady (playing himself in all his New England



Patriot glory.) The shenanigan-filled comedy, which is based on a true story, is *The Hangover* meets the *Golden Girls*.

Date: Tuesday, February 21st

Time: TBA (movies typically start 12 pm-1 pm) Cost: \$5.00 (lunch and \$5 movie ticket on own)

CENTER HAPPENINGS

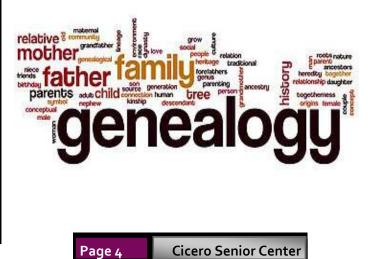
Genealogy For Beginners

Dick Sharpsten is generously donating his time to teach a class in Genealogy for beginners. This program is intended for those who are just starting their journey and want to know where to begin. Classes will consist of 3 sessions every-other week. The first session he will cover is getting familiar with the basic form and focus on the use of the "Family Group Sheet" as the primary tool, and begin exploring your own family. Second session will cover any problems that you encountered in using the "Family Group Sheet" and introduce the Pedigree Chart to begin organizing your data. It will also cover additional sources for obtaining information to explore such as obituaries, cemetery records, photographs, etc. From there he discusses interviewing family members and recording the information, as well has how to number sheets so they can be filed for easy retrieval. The final session will be held to answer any questions or problems that were encountered and review other sources for obtaining information such as reference libraries, federal and state census, probate court records, county land deeds and other records. Also he will provide suggestions on some available genealogy computer programs and show a sample of a shareware that he recommends.

This classes is being offered for FREE, however you must sign up for all three sessions ahead of time.

Dates: Friday, January 27th Friday, February 10th Friday, February 24th

Time: 10:30 am Cost: FREE



CENTER HAPPENINGS

Ongoing Activities at the Center

Exercise: Mondays & Thursdays 9:00 am-10:00 am

Pitch/Bunco: Rotating Mondays at 1:00 pm

Yoga: Tuesdays at 9:00 am – 10:00 am

Trivia: Tuesdays at 1:00 pm

Game Day: Tuesdays at 2:00 pm

Movie: Every-other Wednesday at 10:00 am

Mahjong: Wednesdays at 1:00 pm

Knitting/Crocheting: Thursdays at 1:00 pm

Art: Every-other Thursday at 1:00 pm

Bridge/Phase 10: Thursdays at 1:00 pm

Bingo: Fridays at 1:00 pm

Billiards: Monday thru Friday 10:00 am- 4:00 pm

PEACE Luncheons

Congregate meals are Mondays, Tuesdays and

Fridays at noon. If you are not comfortable or unvaccinated, pick up is still available between 11:30 and noon at the kitchen door in the rear of the building. Suggested donation of \$3.50 (or whatever you can afford). Must sign up ahead of time!

Bíllíards Room

The billiard room is open for daily use with 2 tables and many que sticks available for use.

Days: Monday thru Friday

Hours: 10:00 am to 4:00 pm Cost: FREE

Cards and Dice

Pitch and Bunco rotate every other Monday. Come play these tournament-style games and win some fun money!



Day: Rotating Mondays

Time: 1:00 pm Cost: \$3.00

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Trívía Tuesday

Your brain needs exercise too, so lets put it to the test! Join us to play team trivia!

Tuesdays Day:

Time: 1:00 pm Cost: Free





Cicero Senior Center

Game Day

Many games available, including Dominos!

Day: Tuesdays Time: 2:00 pm FREE Cost:



Lunch and Movie

Join us these Wednesdays to watch a newly released movie. Join us after the movie for pizza!



Dates: Wed, January 11th & 25th Wed, February 8th & 22nd Wed, March 8th & 22nd

Time: 10:00 am movie, Lunch to follow

Cost: \$8.00 (Lunch), Movie-FREE

Mahjong

Mahjong is a tile-based game of skill, strategy, calculation and chance. Come observe and learn!

Day: Wednesdays Time: 1:00 pm

Cost: FREE

Phase 10

Phase 10 is the Rummy-type card game with a twist! Be the first player to complete 10 varied phases.



Day: Thursdays Time: 1:00 pm

Brídge

Come play this team trick taking game . Partners are not needed but tables of 4 are required, so call to save your spot.

Day: Thursdays Time: 1:00 pm Cost: FREE



Knitting/Crocheting

All levels welcome! Enjoy the company of others in this social knitting group!



Day: Thursdays Time: 1:00 pm Cost: FREE

Bíngo

Play 11 games with prize money determined by what we bring in!

Day: Fridays Time: 1:00 pm Cost: 50¢ per card





CENTER HAPPENINGS CONTINUED

Entertainment & Birthday

Celebrations

Happy New Year Dish To Pass & Entertainment w/ "Live Wire"

It's a Holiday Potluck! Come One, Come All! Bring your favorite seasonal dish, some New Year cheer, and a healthy appetite! Following lunch we will celebrate birthdays then musical entertainment!



Date: Friday, January 6th Time: 12:00 pm Lunch 1:00 pm Entertainment Entertainment FREE

Winter Break Entertainment With "Clear"

Beat the winter blues with some musical entertainment!! Come ahead of time for a PEACE

lunch followed by cake to celebrate birthdays!

Date: Friday, February 10th

Time: 12:00 pm PEACE Lunch 1:00 pm Entertainment



Irísh Dancers

Everyone is Irish on St. Patrick's Day so dust off your dance shoes and kilts and join us for some shenanigans! Kids from Francis Academy will be in to preform Irish dances for us (time and date TBA)!



Date: Thursday, March 16th OR Friday, March 17th Time: 12:00 pm PEACE Lunch ??? Entertainment Cost: \$3.50 PEACE Lunch **Entertainment Free**





Cicero Senior Center



Meals Hosted by the Center

Chinses New Year Luncheon



Let's bring in the Chinese New Year with a sampling of foods! Date: Thursday, January 26th Chinesee Time: 12:00 pm Cost: \$8.00

Casíno Day

Come play some casino style games with us! After, enjoy lunch with good company! Date: Thursday, February 2nd Time: 10:30 am Cost: \$8.00 (Lunch included)



Annual Fish Fry



Come to the center on Ash Wednesday to "break bread" with your friends. We will be serving local caught fish and homemade

sides cooked right here at the center! Date: Wednesday, February 22nd Time: 12:00 pm Cost: \$10.00

Irísh Luncheon

Let us celebrate St. Patrick's day with a traditional Irish meal! Date: Thursday, March 16th Time: 12:00 pm Cost: \$8.00



Englísh Hígh Tea Party



A traditional tea party is a perfect setting for an afternoon. Tasty finger sandwiches, delicious treat and of course tea will be served.

Date: Thursday, March 30th Time: 12:00 pm Cost: \$7.00

CENTER HAPPENINGS CONTINUED

"Art in the Afternoon"

Mod Podge Fabric Plates

These decoupage plates are so easy to make. Chose from our huge stash of fabrics and add Mod Podge! That's it...so easy!



Date: Thursday, January 12th Time: 1:00 pm Cost: \$3.00

Gal-entine Heart Explosion Box

What is a "Galentine"? Its women celebrating their friendships with their lady friends. It's Valentine's Day with your gals. You can make a special gift for



your friend, and she will be so surprised when she opens it up. Don't worry it won't really explode!

Date: Thursday, February 9th Time: 1:00 pm Cost: \$5.00

Step by Step Paint Class

The Painting Café will come to the center for this Social Artworking experience which was created for people without any painting experience. This truly is "Art for



Everyone." You will be instructed one step at a time through your painting and we think you will be surprised at what you can do!

Date: Thursday, March 9th

Time: 1:00 pm

Cost: \$12.00

"Table Decorating"

Help us make unique table decorations for the Senior Center's tables for the month!

Dates: Thursday, January 26th

Thursday, February 23rd Thursday, March 23rd

Time: 1:00 pm Cost: FREE



<u>Fítness Programs</u>

Aerobics with Michele



A low impact aerobics class twice a week. You can choose to stand or sit to your personal preference. **Day:** Mondays and Thursdays Time: 9:00 am - 10:00 am Cost \$40.00 for 3 months of classes

Yoga with Joan

A weekly yoga class. Depending on your comfort level, you can choose to be in a chair or on the floor.



Day: Tuesdays

Time: 9:00 am - 10:00 am Cost \$35.00 for 3 months of classes

FOREVER YOUNG CLUB

The Forever Young Club is a group of fun-loving ladies that meet every month for celebrations, trips, special luncheons, etc. There is an additional membership fee of \$25 to join this group.

Annual Meeting & Lunch

Enjoy a catered lunch as we kick off our annual meeting to discuss what everyone would like to do this year! *Membership Due*

Date: Thursday, January 19th Time: 11:00 pm Cost: \$10.00 lunch, \$25.00 Dues

Dísh to Pass and Games

Bring in your favorite dish, before we eat we enjoy each others company and play a few games!

Date: Thursday, February 16th Time: 11:00 pm Cost: Your Dish

ТВА

During our meeting we will decide what we would like to do this month!

Date: Thursday, March 23rd Time: TBA

Coct. TP/

Cost: TBA

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HAPPY NEW YEAR!!

Inarguably, who was the most important and famous person who passed away in 2022?

- 2. His was the "slap heard round the world" (the person who did the slapping).
- 3. What musician made history by holding every spot in the top 10 spots on the billboard hot 100 list?
- 4. What 1973 court ruling was overturned by the Supreme Court on June 24th?
- 5. What country star initially refused a Rock N Roll Hall of Fame nomination but was voted in anyway?
- 6. What TV series closed out its six season run with Mandy Moore walking through a train?
- 7. The world of golf was jolted when what country backed a start-up professional league called LIV?
- 8. What new fully immersive Star Wars hotel opened at Disney World with a \$5,000 price tag?
- 9. War returned to Europe when Russia invaded what country on February 24th?
- 10. Who was the first member of the X-Men to offficial appear in the MCU via Dr. Strange's Multiverse?
- 11. Who are the Gigli stars who reunited and got married in 2022?
- 12. What Delia Owens novel made it to the big screen in 2022?
- 13. What Hawaiian volcano began erupting on November 27th, 2022?
- 14. What is the only animated movie that ended the year in the Domestic Top 5 Box Office hits?
- 15. What person shocked many with their worm Halloween costume
- 16. Australian animated character who made her Macy's Thanksgiving Day parade debut in 2022?
- 17. What body of water was so low in 2022 that rangers have been uncovering dead bodies?
- 18. In what Middle Eastern country was the 2022 World Cup hosted?
- 19. Who wrote a viral song exposing Victoria's "secret?"
- 20. The show 1883 aired on Paramount Plus as a prequel to what popular TV series?
- 21. Who replaced British Prime Minister Boris Johnson then resigned after just seven weeks?
- 22. What grain became a viral sensation in 2022 after a young boy talked about how much he liked it?

NAME THE WINNER OF THESE EVENTS OR AWARDS

- 1. World Series:
- 2. Super Bowl:
- 3. NBA Championship:
- 4. Stanley Cup:
- 5. Men's College Football:
- 6. Men's College Basketball:
- 7. PGA Masters:
- 8. World Cup:
- 9. Oscar for Best Actor:
- 10. Oscar for Best Supporting Actress:
- 11. Oscar for Best Picture:

- 12. Oscar for Best Animated Feature Film:
- 13. Emmy for Outstanding Comedy Series:
- 14. Emmy for Outstanding Drama Series:
- 15. Grammy for Best Album:
- 16. Grammy for Best New Artist:
- 17. Country Music Award for Best Entertainer
- 18. AMA Artist of the Year:
- 19. TIME Magazine Person of the Year:
- 20. Sports Illustrated's Athlete of the Year:
- 21. Top Box-Office Movie of 2022: Top Gur
- 22. People Magazine Sexiest Man Alive:



Answer

Sheet

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at the

Senior

Center

CENTER INFORMATION

Join the Cicero Senior Center

Membership is free to Town of Cicero residents that have reached the age of 55. Seniors living outside of the town must pay a low annual membership fee of \$30.00per individual, or \$45.00 for a couple! (*This eliminates an additional charge to non-residents for trips and events.*) Fill out one of our registration forms to get on the quarterly newsletter mailing list. All trips are offered to members first. Events and celebrations at the Center are for members only. Occasionally, guests can attend events with prior approval from the Center Coordinator as space is limited.

Steering Committee

The Steering Committee meets monthly to keep our Center running smoothly. If you have any ideas, suggestions, or concerns, please feel free to attend our next meeting. Meetings are scheduled for 10:30 am on the third Tuesday morning of each month.

Members: Jackie Bashore, Elaine Bisbee, Mona Brown, Claire Cary, Elaine Davis, Jan Fulkerson, Carolyn Gearty, Toni Mundstock, Mary Alice Scheel, Lydia O'Connor (North Syracuse Central School District Board of Education Liaison), and Joanne Heim (Parks and Rec Commission Liaison).

Path of Love

This program is an opportunity to make a donation to the Senior Center by purchasing an engraved brick to be placed in a path entering our gazebo. This is a lovely way to pay tribute to family members or to leave a message for future generations. To place your order for a brick, simply call the Center at 315-452-3298 or stop by the Center. Cost per brick is \$50.00.

Cícero Express - Bus Information

The Cicero Express will pick up Town of Cicero residents on Mondays and Fridays. Everyone agrees this is a great asset to our Town residents and a transportation bargain at \$3.00 per person. If you need a ride please reserve your seat at least one day in advance by contacting the Center at 452-3298. Always check with the Senior Center for schedule

changes. The bus run may be cancelled if we do not have enough riders on any given day.

*Restart of this service is yet to be determined



Bad Weather Closing

To be informed of the Center closing in the event of a storm, watch for scrolling cancellations or check online with local channels 3, 5, 9 & Spectrum News 10. PEACE meals are cancelled when the Syracuse City School District is closed. If weather is bad, please stay home where you feel safe.

Informative Presentations

We often hold presentations on topics such as VA benefits, Elder Law, Reverse Mortgages, Elder Abuse, Defensive Driving and Medicaid/Medicare. Have ideas of other topics you would like to know more about? Let us know. Call the center or look for flyers of upcoming topics of discussion.

Medícal Forms

Have you updated your medical form lately? A staff member can assist you in updating your information anytime. It is very important that these forms are kept current. We care about your health and safety. Don't forget to inform us of your change of address.

E-Maíl or US Maíl?

We are e-mailing the quarterly newsletter to those preferring to eliminate some of the paper in their lives. Another great advantage of e-mail is the ability to receive our newsletter when you're out of town so you won't miss out on upcoming events and trips. If you are leaving town for an extended period, please notify us. Newsletters are not forwarded by the U.S. Postal Service, and we are charged for each piece returned to us. Our mailings take place in March, June, September and December. If your newsletter is returned to us more than once, we will take you off our mailing list. However, you can always drop-in and pick up a newsletter.

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RESOURCES AND SERVICES



Onondaga County Office for Aging 315-435-2362

www.ongov.net/aging

The Onondaga County Office for Aging is one of 59 Area Agencies on Aging in New York State and is part of the national aging network. Their aim is to be a focal point for information, advocacy, and coordination of eldercare services. Some of their services are listed below.

<u>Caregiver Services</u> - Provides respite programming, information and assistance, and support and discussion groups. It also offers the "Institute for Caregivers" – classes for current and future caregivers that inform on relevant topics. <u>Community Services</u> - Provides information and referrals related to home repairs, legal services, senior center activities, health promotion initiatives, transportation options and shopping services. It also includes the Neighborhood Advisor Program.

Energy Programs - The Home Energy Assistance Program (HEAP) offers heating and cooling assistance to income eligible seniors. <u>Health Insurance</u> - The Health Insurance Information, Counseling & Assistance Program (HIICAP) offers free and unbiased information. <u>Home Care - Expanded In-Home Services for the</u> <u>Elderly Program (EISEP)</u> - A sliding-scale, feebased program that provides non-medical home care for frail individuals. It also includes case management and respite care options.

<u>Nutrition Services</u> - Provides nutritious meals and nutrition education through home delivered meals, senior dining sites and nutrition counseling. The unit also manages the annual "Senior Farmers Market Nutrition Program."

<u>NY Connects</u> - Provides information and assistance on long term care services for persons of any age. <u>Long Term Care Services</u> - Offers medically based home care for children and adults who receive Medicaid.

Neighborhood Advisor Program

If you are 60 years of age or older, you can receive assistance through the Neighborhood Advisor Program. Some available programs are Energy Grants (HEAP), Medicare, Financial Assistance, Medicaid, Health Services, Prescription Drugs, Home Care and Senior Groups. Contact Catholic Charities directly at (315)454-0168 with any questions.

Legal Aid Society of Mid NY

Legal Aid Society of Mid New York has qualifying programs to help regarding questions on Power of Attorney, Wills, Health Care Proxies, Medicare/ Medicaid, Public Assistance or other public benefits. **Call 315-703-6600 to make an appointment and see if you qualify**.

Home Repairs

Project Fix is a small in-home repair service for senior citizens, 60 years and older living in Onondaga County. This is funded through Catholic Charities, NYS Office for Aging and Onondaga County Department of Adult and Long Term Care Services. They can help you with plumbing, electrical and carpentry services. Cost to you is materials and a donation for labor. Call Nancy Roberts at (315)362-7005.

Syracuse Call-A-Bus

Don't forget about this alternative for your transportation needs. Call-A-Bus is a paratransit service providing origin-to-destination trips to eligible people with disabilities who would otherwise use Centro buses if it were not for their disabilities. To determine if you are eligible for Call-A-Bus, you must complete a written application, and it must be signed and verified by a healthcare professional of your choice. This process may take several weeks. To request an application, please contact your local Call-A-Bus office Monday -Friday. 8:00 am - 5:00 pm. Fares range from \$2.00 to \$3.00.Your trip reservationist can tell you the exact rate of your trip at the time you make your reservation.

Contact Information: 315-442-3434

RESOURCES AND SERVICES CONTINUED





Meals on Wheels

Those of you that can't make it to the Center for a PEACE lunch, may want to look into the North Area Meals on Wheels. They prepare and deliver 2 wellbalanced and nutritious meals a day directly to the elder, disabled, and homebound in the area! The cost of the meals is minimal (\$8/day) and financial assistance may be available for those meeting the required guidelines. They can accommodate most special diets and allergies and meals can be provided on a short or long term basis. With meal service they also provide a most important health and safety check on clients. Call North Area Meals on Wheels at 315-452-1402 for more information.



Cícero Town Hall Phone Numbers

Cicero Town Hall 8236 Brewerton Rd. Cicero, NY 13039 315-752-1180

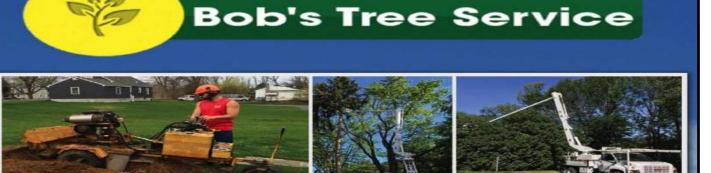


312-722-1100	SHE
Assessor's Office	Ext 500
Comptroller's Office	Ext 506
Town Clerk/Dog Control	Ext 501
Court	Ext 804
Receiver of Taxes	Ext 503
Supervisor	Ext 505
Zoning/Code Enforcement	Ext 504
Parks & Recreation	315-699-5233
Senior Center	31-452-3298
Teen Center	315-699-1391
Police Department	315-699-3677
Highway Department	315-699-2745

NOPL Líbraríes Program

The Northern Onondaga Public Libraries offer a host of fun and fascinating programs throughout the year. All are welcome to enjoy. Programs are free of charge unless otherwise listed. Visit www.nopl or give the library a call to sign up for any of the following programs: eBook program NOPL Book Discussion Groups Arts and Craft Projects NOPL knitting group Informative Lectures Beginning Internet Classes

For Your convenience there are three library branches in our community. NOPL @ Cicero 699-2032 NOPL @ North Syracuse 458-6184 NOPL @ Brewerton 676-7484



Tree Trimming • Tree Removal Stump Grinding & Removal

Maintain healthy trees and a beautiful lawn Affordable trimming and quick tree removal will keep your property looking it's best.

315-575-1186 www.bobstreeandstump.com



John DeNigro

Medicare Field Sales Representative Syracuse, NY jdenigroghealthshare360.com (315) 982 - 8711



ALBERT A. STIRPE, JR.

MEMBER OF ASSEMBLY 127TH ASSEMBLY DISTRICT ROOM 656 LOB ALBANY, NEW YORK 12248 TELEPHONE: 518-455-4505 FAX: 518-455-5523

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