

# Edward T. Boyle Center

MAY 2023



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Older Americans Month is celebrated in May. Much has changed since the beginning of this endeavor in 1963 when President Kennedy established Senior Citizens month when only 17 million living Americans had reached their 65th

birthday, now there are more than **65 million** older Americans. This year's theme is *Aging Unbound*, which focuses on aging in place—that is how individuals can stay in their home, apartment, etc. and live fulfilling lives in their community for as long as possible. Ironically, this is my job in a nutshell.

As a service coordinator, I provide you with services and resources to allow you to have your needs met and remain in your homes for as long as possible. As an example, many times people view resources such as a personal emergency response button, as something that somehow makes them less independent. But I am here to tell you—that is not true. Resources like this provide a tool to remain independent longer. Sadly, most people wait until there is a crisis, and then they are forced to make an immediate change. If there could be one thing I could educate you all about it would be to make a plan for your future. If it is very important to you to remain in your home as you age then, develop a plan on how you will do that if your needs should change. Or if it is very important to you that you go to a specific facility if needed, talk about it now. One of the biggest struggles I have seen from people impacted by crisis is the lack of control they feel over their lives.

Now, is the time to make those decisions about aging in place and to make sure you have a trusting person to be your Health Care Proxy to make health care decisions if you are unable. If you would like more information or assistance please give me a call for an appointment. It's May, the weather is changing, the birds are singing and the flowers are blooming—get outside for some fresh air! Enjoy the moments! Best Regards, Angelia Mack



A non-profit development and management company specializing in housing for seniors, families, and the disabled in Upstate New York.

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## Happening this month!

- 5/1 Birthday Bash  
Bob Piorun, Jeff Martin, Julie Howard
- 5/3 Angie's Social Hour
- 5/8 Pizza Dinner  
Donna & Mark
- 5/10 CNY Food Pantry
- 5/15 Hamburger Dinner  
Bob Sealy
- 5/18 Diabetes Management
- 5/19 Scat Van to Sauder's
- 5/20 Pony Visit
- 5/22 Zita Dinner  
Elvis
- 5/25 Joe Trianfero
- 5/26 Scat Van Trip to Del lago
- 5/31 Silver Song Birds

\*\*\*Details & Time Inside\*\*\*

**Boyle Senior Center, Inc., invites all senior citizens of Cayuga County to participate in its recreational, educational, cultural, and community service programs.**

**May 2023 Boyle Senior Center Program Events  
From Julie Howard Program Director**

May 1st - 5pm Birthday Bash Cupcakes Trivia/Prizes All Welcome  
5:30 Music w/ Bob Piorun, Jeff Martin, and Julie Howard

May 8th - 2:30pm Pizza Dinner \$5.00 suggestion donation.  
3:30pm Donna and Mark Minnoe  
Music is always Free. Food is Optional

May 15th - 4:30pm Hamburger Dinner \$7.00 suggestion donation  
5:30pm Music with Bob Sealy.  
Music is always free. Food is optional

May 22nd - 4:00pm Zita Dinner \$5.00 suggestion donation  
5:00pm Elvis

May 29th - Holiday no music

**Who doesn't love a pony?!**

I'm sure there are some people, but I sure do! If you would like some pony love, please join Angelia Mack in the community room May 20th at 3pm for some fun, smiles and pictures with Cupid (notice the heart markings.)

You read that correctly! Ponies for Purpose, will bring a certified therapy pony to the Boyle Center on Saturday, May 20th at 3pm.



# Health & Wellness



## **Health & Wellness from Angelia Mack, the Service Coordinator— Keeping your Mind, Body, & Soul Healthy.**

**Monday, Wednesday, & Friday  
11:30am** Exercise with Phyllis Tanner

**Monday:** Entertainment  
(see Program office for details)

**Tuesday: 10am** Art Class for Seniors  
(\$2 donation)

**12:40pm** free Centro Bus to  
Wegmans

**2:30pm Chair Yoga**

**Wednesday: 10am** Blood Pressure  
Checks (2nd floor lobby)

**10am** Diet Club

**Thursday: 10am** Bible Study (2nd  
floor card room)

**Fridays: 10am**

Get your Blood Work done,  
(2<sup>nd</sup> Floor Lobby)

**\*\*\*Last Weds of every month  
-Silver Song Birds 2:30pm Pie  
Sales and Performance**

If you have any questions about the  
above please see Angelia,  
or call 315-370-5938.

**Wednesday, May 10th at 9:30am—**

Sign up by Friday, May 5th

The Food Bank of CNY will deliver to the  
community room for your shopping  
convenience. If you have any questions,  
or need help getting food call Angelia  
315-370-5938.

**Thursday, May 18th at 1pm—** Diabetes  
Management with RN educator, Veron  
Gaines

**Friday, May 19th 10am—** Scat Van Trip  
to Sauder's Market. Sign up and prepay  
\$8

**Friday, May 26th 10am—** Scat Van Trip  
to Del Iago Casino. Sign up and prepay  
\$8

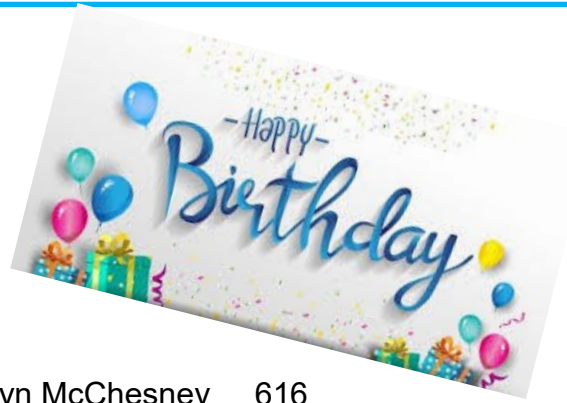
**Thursday, May 25th 2pm—**  
Entertainer, Joe Trianfero, courtesy of  
the Silver Song Birds.

**Saturday, May 20th 3:30pm—**  
Pet Therapy with Ponies for Purpose.  
Come to the Community Room to get  
some Smiles, love and photos with  
Certified Therapy Pony, courtesy of  
Angie Mack.

## Happy Birthday to all those born in May!

5/5 Janet Dodrill 513  
5/10 Mark Powers 812  
5/14 Dale Machia 802  
5/14 Bill Stearns 103  
5/15 Sister Anne Marie  
Saphara 618  
5/15 Joyce Prosonic 421  
5/15 Anne Wade 208  
5/16 Deanna Curran 613  
5/18 Marlene Bassett 302  
5/18 Fred Snyder 314

5/19 Marilyn McChesney 616  
5/19 Lucy Ward 710  
5/21 Pat Day 105  
5/23 Jay Leader 620  
5/24 Martha Warren 706  
5/24 Nina Horner 714  
5/27 Bill Frendak 703  
5/29 Sally Gower 210  
5/30 Ellie May 315  
5/30 Shirley Talamo 306



Please join us on May 1st at 5pm for the May Birthday Bash in the Community Room. Cupcakes, Trivia, Prizes, 50/50 and Music by Bob Piorun, Jeff Martin & Julie Howard will be at 5:30 brought to you by the Program Office.

Here are some more cool May birthday fun facts for all the May babies out there:

- May’s flower is the Lily of the Valley, which is a symbol of humility.
  - The birthstone of May is the emerald, a strong symbol of success and love.
  - The two astrological signs for this month are Taurus (April 20-May 20), which is characterized as dependable and friendly, and Gemini (May 21-June 20), who represents versatility and quick wit.
  - May is a month of races! The Kentucky Derby is held on the second Sunday of May, while the Indianapolis 500 is also held each year during this month.
  - Nationally recognized month-long holidays include National Bike Month and National Physical Fitness and Sports Month
- Several celebrities also have their birthdays in May, so you’re in good company! These include David Beckham, Dwayne “The Rock” Johnson, Adele, George Clooney, Enrique Iglesias, Bono, George Lucas, Tina Fey, Bob Dylan, and Clint Eastwood!
- Hope your birthday is as special and beautiful as the blooming flowers!

<https://www.americangreetings.com/blog/>



## Please Welcome

211 – Nancy Panarisi

612 – Diane McNabb

702 - Helen Ball

**Please join your floor captains, Service Coordinator and Program Director on Tuesday, May 9th 10:00am in the Computer Room (2nd Floor).**

If you are a new tenant and have not joined us for a meeting, please come to meet some people and learn some important details about the Boyle Center.



**Home Sweet Home**

**Attention:** We need additional floor captains for 1, 8 who are responsible to welcome new residents on their floor, monitor door tags, hand out fliers when needed and be a good neighbor :) Please see Angelia Mack if you are interested.

I have received several complaints about missing carts. First of all, the carts in question do not belong to the Boyle Center and have accumulated from local stores. However, many of you have come to rely on them for carrying things to your apartment.

**Please, please, please return them to the first floor when you are done using them.**



It would be a good idea to purchase a pull behind cart of your own. If you would like help buying one of these online please see Angelia Mack.

