

# Edward T. Boyle

## JANUARY 2023



Happy New Year! I'm not much for New Year's Resolutions because frankly they're too cliché and are forgotten by February 1st, but I do believe you need to set goals.

As a Social Worker, I learned to write SMART goals with clients—Specific, Measurable, Achievable, Realistic and Timely. The acronym was developed to improve outcomes—after-all goals that are clear, feasible and easy to follow up on are more attainable. When you decide that something in your life needs to change—ask yourself, “what exactly am I trying to accomplish?” “What do I need to do in order to achieve it?” The next step is to make it quantifiable so that you can measure your progress. Now, ask yourself if the goal is realistic—remember old habits are hard to break and new habits are hard to start. Most importantly, make sure the goal is important to you! If you don't care about it, it won't happen. Finally, create a time frame to check in to see how you are doing with your goal. Remember I am here to help—sharing your goal with another trustworthy person is also a good way to make yourself accountable.

An example of a SMART goal might be— “By February 1st, I will walk 30 minutes a day, three times a week because it is good for my cardiovascular health and stress reduction which is so important to me.” Another might be—”By March 1st, I will loose 5-8 pounds by eliminating added sugars to my diet, eating 3-4 servings of vegetables per day three times per week because this will lower my health risks and help me to feel better about myself over-all.”

Whether you choose to make New Year's resolutions, set goals or use the SMART tool—try to be the best version of yourself everyday in 2023.

You may notice some changes in the newsletter, calendar, and notices as Julie Howard, your Program Director and I work to simplify and differentiate our roles for you. Keep in mind if the topic involves health or wellness it is a Service Coordinator role and if it involves entertainment, parties, or food sales it most likely is under the Program Office.

-Angelia Mack, Your Service Coordinator

**Message from Management: We wish you all a Happy, Safe and Healthy New Year! The office will be closed Dec. 30th and Jan. 2nd. And Jan 16th in honor of Martin Luther King Day.**



Christopher Community, Inc.

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

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315-253-0335

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Julie Howard,  
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315-253-6178

Service Coordinator—Angelia  
Mack, [amack@christopher-community.org](mailto:amack@christopher-community.org)  
315-370-5938

### Happening this month!

1/2 Birthday Bash w/ Jeff Martin & Dave Solazzo

1/6 Angie's Social Hour

1/9 Pizza Dinner  
Mark & Donna

1/11 Barebones Trombone Quartet

1/12 Health & Wellness Presentation

1/16 Hot Dog Dinner  
Bob Piorun & Friends

1/23 Merlyn Fuller

1/25 Pie Sales  
Silver Song Birds

1/30 Zita Dinner  
Elvis

\*\*\*Details and Times Inside

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

## **Boyle Senior Center January 2023 Events**

**Julie Howard Program Director**

### **Monday- Thursday 8-11am**

Coffee @ suggested donation

(2<sup>nd</sup> Floor Lobby)

Cards & Stamps for Sale

**January 2nd - Birthday Bash 5pm**

**6pm Music w/ Jeff Martin and Dave Solazzo**

**Trivia and Prizes Free for all**

**January 9th - 3pm Pizza Dinner \$5.00 sug donation**

**3:30pm Music with Mark and Donna Minnoe**

**January 11th - 2pm Music w/ Barebones Trombone Quartet**

**Popcorn and drink \$1.00 sug donation**

**January 16th - 2:30 Hot Dogs \$5.00 sug donation W/ Bob Piorun and**

**friends 3pm**

**January 23rd - 3pm Merlyn Fuller popcorn and drink \$1**

**January 30th - 4pm Zita Dinner \$5.00 sug donation**

**ELVIS 5pm music**

**\* Music is always free. Food is optional \***

**To order food please see Julie Howard or call 315-253-6178**

# 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

**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**

**\*\*\*unfortunately, we will no  
longer have walking club d/t little  
participation.\*\*\***

**If these services, programs, and  
events are important to you,  
please attend.**

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

**January 12th at 1pm , Advocate  
Health Advisor, Christine Zippi will  
present,**

**“When Life Gives You Lemons.”**

Come and learn how to start this year off  
right with a positive attitude even when  
life gives you lemons!

Christine is an Independent Medicare  
insurance broker, but she is not coming  
to sell insurance. She will teach us life  
skills in a fun and engaging way.

**I am working on rescheduling the  
EPIC presentation that had to be  
canceled in December. Check the  
white board for details.**

The CNY Food Bank will deliver on  
**Wednesday, Jan. 11th at 9:30am.**

Food will be available in the  
community room for your shopping  
convenience. **Please come with a  
grocery bag or two and help yourself  
to the foods you will consume. If you  
need a whole box, no problem-grab a  
cart or bring your own shopping cart.**

Any left over food will be distributed to  
the local food pantry. **If you have any  
questions, or need help getting food  
call Angelia 315-370-5938.**

## Happy January Birthday!

1/4	Tim Farrelly	517
1/6	Abby Hassan	309
1/8	Lucy Cacciotti	202
1/15	Clara Rusin	605
1/17	Rachel Williams	104
1/18	Joe Daly	619
1/26	Paulette White	319
1/26	Ed Bohin	308
1/27	Donna Baliva	707



Please join us on Jan. 2nd at 5pm for the January Birthday Bash in the Community Room. Cupcakes, Trivia, Prizes, 50/50 and Music by Jeff Martin & Dave Salozzo will be brought to you by the Program Office.

Kick off the New Year with all the January babies! It is appropriate the year is first celebrated with the professional and independent Capricorn (Dec. 22-Jan.19) and the intellectual and intuitive Aquarius (Jan. 19-Feb. 18).

## Here are some awesome facts about your January birthday!

- January is home of several awesome national monthly observances, including National Hobby Month, National Blood Donor Month, National Book Month, and National Thank You Month.
- January is a month of extremes! It is the coldest month in the northern hemisphere and the hottest month in the southern hemisphere.
- Your birthstone is the garnet, which represents purity, truth and friendship.
- The flowers of January are the snowdrop and the carnation

Additionally, you share January with some pretty sweet celebrity birthdays! There's Elvis Presley (1/8), Eli Manning (1/3), Bradley Cooper (1/5), Oprah Winfrey (1/29), Martin Luther King Jr. (1/15), Betty White (1/17), Justin Timberlake (1/31), and Phil Collins (1/30) –just to name a few!! 12/28/2022 retrieved from <https://www.americangreetings.com/blog/january-birthday-fun-facts/>

**Attention!** AARP Tax Prep will take place at the Boyle Center this year and most importantly they will be able to have in person appointments in the card room. Appointments will be available Mon., Tues. and Weds. mornings beginning in Feb. and going thru April. There is no current phone number set up to make appointments, but I will provide information as it becomes available.

## Message from Management:

We have had a lot of questions regarding Emergency On-Call Maintenance like which number to use and what is considered an emergency.

If you have an emergency after hours all you have to do is call the Main office 315-253-0335 and the phone call will be directed to our on call emergency number. Emergencies are not something basic like a blown light bulb or towel rack falling, those things can wait until the beginning of the business day. Please see the list of different emergency examples:

- Flooding/leaking ceiling
- No heat in the winter
- No electricity
- Water coming into the apartment
- No running water
- Leaking hot water tank
- Exterior door, window or lock broken and unable to secure the apartment
- Lock-outs
- Inoperable toilet
- Inoperable refrigerator

These are a few examples of an emergency. Please remember that telling a Superintendent or Assistant Superintendent about a maintenance issue is not enough, you must tell the main office the issue as well.

Thank you, Management



Home Sweet Home

\*\*\*If you moved into the Boyle Center and **have not** come to a new resident meet & greet please join us on 2nd floor in the card room on **Tuesday, Jan. 10th at 11:30am.** Meet your floor captains and learn some important things about the Boyle Center.

**\*\*\*Floor Captain Meeting to follow, all floor captains please attend.**