

# Edward T. Boyle Center

## FEBRUARY 2023

February is all about the heart. On the surface it is associated with Valentine's Day—which by the way is not just for couples, but a time to express our love for family and friends.

Taking care of our heart, protecting it, shielding it and giving it the best nutrients is so important because despite all our advancements since 1950, cardiovascular disease is still the number one cause of death in the United States. We have all been touched by someone impacted by heart disease—a family member, friend, neighbor that suddenly has a heart attack and we are often shocked. It is the kind of news no one wants to hear and yet it happens every 40 seconds.

Most of us have learned the major risk factors for heart disease including high blood pressure, high blood cholesterol, and smoking. Often, cardiovascular disease can be prevented, but it also can be treated when diagnosed. Regular health screenings are vital in keeping our heart in check—we should ask our doctor about our heart health including blood pressure, cholesterol, weight, blood glucose, diet, and exercise level.

On Friday, February 3rd wear red to raise awareness about cardiovascular disease and promote American Heart Month. Join us to kick off the month at Angie's Social Hour at 10am where we will learn how much we know about heart disease and what the latest research shows. Throughout February when you see a heart—think of heart health.

**Did you know that right here at the Boyle Center you can get your blood pressure taken every week, join an exercise class, join weight loss club, eat nutritional meals in the community room through the senior nutrition program, and you can have your blood work done on Friday mornings with a prescription from your doctor? It's true and if you have any questions about these Health and Wellness Services please give me a call 315-370-5938.**

Best Regards,

Angelia Mack, Your Service Coordinator

**Message from Management: The office will be closed on Monday, Feb. 20th in observance of Presidents Day.**



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

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315-253-6178

Service Coordinator—Angelia  
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315-370-5938

Happening this month!

- 2/3 Angie's Social Hour
  - 2/4 Unity Band
  - 2/6 Birthday Bash/Bob Piorun
  - 2/9 Dietician
  - 2/11 Ukulele Lady Dawn
  - 2/13 Valentine's Day Party w/  
Dave Solazzo, Jeff Martin &  
Julie Howard
  - 2/20 Hoffman Dinner w/ Terry  
Grimes
  - 2/22 Pie Sales & Silver Song  
Birds
  - 2/23 Heart Health
  - 2/27 Chili Cook Off & Elvis
  - 2/28 Dr Anu Godishala  
American Heart Month
- \*\*\*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 February 2023 Events

Julie Howard Program Director

February 4<sup>th</sup> - 2pm Unity Band

February 6<sup>th</sup> - 2pm Birthday Bash, trivia/cupcakes free for everyone w/ Bob Piorun 2:30

February 11<sup>th</sup> - 1pm Ukulele Lady Dawn

February 13<sup>th</sup> – 5pm Valentines Pizza Party \$5.00 sug. donation  
W/David Solazzo, Jeff Martin, and Julie Howard. Please sign up by Feb. 9<sup>th</sup>

February 20<sup>th</sup> - 2pm Hoffman Hots, Mac salad, dessert, drink  
\$6.00 sug. donation, please sign up by Feb.14th  
2:30pm Terry Grimes

February 27<sup>th</sup> - 4pm Chili Cook off, corn bread and dessert \$5  
sug. donation, please sign up by Feb 23rd  
5pm Music with Elvis (Tom Gilbo)

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

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



Thank you, Thank you, Thank You to Betty Minnoe for a fabulous New Years Eve Party! Thanks to everyone who brought food, helped with the prep and clean up. And last but not least, Thank you Pam and Tony for the wonderful entertainment! —Angela Franceschelli

# 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**

**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.

**Friday, Feb. 3rd at 10am—**

Angie's Social Hour- coffee, treats, trivia and  
education

**Thursday, Feb. 9th 1pm Kelly's**

**Choice—** a Nutrition Consulting firm will send  
a Syracuse University student to present,  
"Eating Right for Your Heart."

**Thursday, February 23rd at 1pm—**

Advocate Health Advisors, Christine Zippi &  
Ben Johnson will present how to have a  
healthy heart.

Christine and Ben are Independent Medicare  
insurance brokers, but they aren't coming to sell  
insurance. They will teach us life skills in a fun  
and engaging way.

**Tuesday, Feb. 28th at 4pm—** Dr. Anu

Godishala, cardiologist and Assistant Professor  
at the University of Rochester Medical Center  
will present on Heart Health!

**Wednesday, Feb. 8th at 9:30am—**

The Food Bank of CNY will deliver to 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 February

### Birthday!

2/1	Sarah Gibbous	711
2/6	Shirley Dautrich	106
2/8	Phyllis Tanner	505
2/18	Sherry Hazzard	810
2/22	Pat Strapach	805
2/23	David Stoelzel	818
2/25	Nancy Fox	401
2/25	Patricia Bergerstock	603



Please join us on Feb. 6th at 2pm for the February Birthday Bash in the Community Room. Cupcakes, Trivia, Prizes, 50/50 and Music by Bob Piorun will be brought to you by the Program Office.

Happy birthday, all you February babies! As either a witty, intelligent, and strong-willed Aquarius (Feb 1-18) or a compassionate, insightful, and creative Pisces (Feb 19-29), you've got some of the best qualities around.

Here are some February birthday fun facts you might find especially interesting:

- Some would say your birth flower is the iris, which represents faith, hope, and wisdom. Others say it's the violet, which represents faithfulness, modesty, and virtue. Which one's your favorite?
- According to tradition, the Roman emperor Augustus took one day off February and added it to August, the month named after him.
- There are a few dozen national monthly observances during February, including Black History Month, Bird Feeding Month, Embroidery Month, Grapefruit Month, Haiku Writing Month, and Umbrella Month. There are just as many national weekly observances during February, including Friendship Week (week 1), Flirting Week (week 2), Secondhand Wardrobe Week (week 3), and Pancake Week (week 4).
- A person born on February 29 during a leap year (which occurs only every four years) is called a "leapling" and will usually celebrate their birthday on either February 28 or March 1 in all non-leap years. The odds of being born on February 29 are 1 in 1,461 (or 0.068%) according to the Honor Society of Leap Year Day Babies.
- An impressive roster of famous people were born in February! These iconic household names include: Jennifer Aniston (2/11), Drew Barrymore (2/22), Sheryl Crow (2/11), James Dean (2/8), Charles Dickens (2/7), Michael Bolton (2/26), Thomas Edison (2/11), Michael Jordan (2/17), Norman Rockwell (2/3), Babe Ruth (2/6), John Steinbeck (2/27), and John Travolta (2/18).
- If you're a history buff, you probably also know that the following four presidents shared February birthdays: William Henry Harrison, Abraham Lincoln, Ronald Reagan, and George Washington. <https://www.americangreetings.com/blog/february-birthday-fun-facts/>

## Attention!

AARP Tax Prep will take place at the Boyle Center this year beginning February 6th. Please call 208-991-3021 and leave a message with your name and phone number to schedule an appointment. Appointments will be available Mon., Tues. and Weds. mornings thru April. Single seniors must file a tax return when their taxable income is over \$14,700 in 2022. If their filing status is married filing jointly, they will need to file when their taxable income is over \$27,300. For 2022, people over 65, single, and who have more than \$14,250 in income outside of their social security income will need to file a tax return. Seniors who are married will need to file if their non-social security income is over \$28,700.

## Lunch to Go

## Benefit the SCAT Van

Wednesday February 8<sup>th</sup> 2023

We Will Deliver between 10:00am-12:00pm

Cost is \$7.00 per lunch, lunch includes:

Goulash, Bread & Butter

Sign up and prepay Angelia by Friday, February 3<sup>rd</sup>



Ellen Reynolds 519  
Connie Campbell 518



## 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, February 14th 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.**