

# Edward T. Boyle Center

MARCH 2023



We welcome March as a time of transition—while spring is marked on our calendar, we know we still have to be prepared for winter. It seems the perfect

time to address being prepared. No one wants to talk about death, but it is a fact of life and there are steps that you can take to be as prepared as possible.

*“None of us are getting out of here alive, so please stop treating yourself like an after thought. Eat the delicious food. Walk in the sunshine. Jump in the ocean. Say the truth you're carrying in your heart like hidden treasure. Be silly. Be kind. Be weird. There's no time for anything else,” Nanea Hoffman*

Hoffman was right and there is no time like the present to take control of that which you can control. In my opinion, everyone over the age of 18 should have a Health Care Proxy. A simple document to state who is in charge of your health care decisions if you are unable to make those decisions yourself.

But there are other questions that need answering from an expert in the field, such as:

“Do you need a Power of Attorney?”

“Is it important for you to have a will in place?”

“What happens if you die without a will?”

“What if you can't afford a will?”

“What if you have no family—who can you name to manage your affairs?”

“What does Surrogate's Court have to do with it?”

Don't be alarmed, we will learn the answers to these questions and more on **March 30th at 1pm in the Community Room as Elder Law Attorney, David Tehan guides us on how to be prepared.**

Best Regards,

Angelia Mack, Your Service Coordinator



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!

3/3 Angie's Social Hour

3/3 Nutrition Education

3/6 Birthday Bash w/Jeff & Dave

3/9 The Empty Nesters

3/12 Clocks Ahead

3/13 Pizza Diner w/Donna & Mark

3/15 Dessert Social w/Sue Alexander

3/16 Epic Presentation

3/20 Ham Dinner w/Larry Luttinger Quartet

3/27 Goulash Dinner w/Elvis

3/29 Pie/Drink w/ Silver Song Birds

3/30 Elder Law Attorney

\*\*\*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**

March 6th - Birthday Bash 5pm, Trivia/Prizes  
Music w/Jeff and David 6pm

Thursday, March 9th 3pm

Music by, The Empty Nesters

March 13th - Donna and Mark Minnoe 3:30pm

Pizza Dinner 2:30pm \$5.00

March 15th - Sue Alexander 2pm

Dessert Social 1:00pm \$3.00

March 20th - Larry Luttinger Quartet 5pm

Ham Dinner 3pm \$10.00

March 25th - Erie Canal Cloggers 2pm

March 27th - Elvis Is In The House 5pm

Goulash Cook Off Dinner 4pm \$5.00

\*Music is always free. Food is optional\*  
To order food, please see Julie Howard or  
Call 315-406-9373

# 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**

**\*\*\*New this month! Chair Yoga for Seniors. Due to our busy calendar we will have chair yoga at 2:30pm on Tuesdays in the Community Room. (yes, we are going to try after the Wegmans shoppers bus).**

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

**Friday, March 3rd at 10am—**

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

**Thursday, March 9th 3pm**

Special Music by, The Empty Nesters

**Thursday, March 16th at 1pm— EPIC,**

Elderly Pharmaceutical Insurance Coverage or better known as EPIC provides secondary coverage for Medicare Part D and EPIC-covered drugs purchased after **any Medicare Part D deductible is met**. EPIC also covers approved Part D-excluded drugs once a member is enrolled in Part D. Come to see if you qualify for EPIC!

**Thursday, March 30th 1pm** David Tehan

will be on site to discuss end of life planning, including POA, HCP, and wills.

**Wednesday, March 8th at 9:30am—**

Sign up by Friday, March 3rd.

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.

**Wednesday, March 29th - 2:30pm**

Pie/drink Sales; **3pm** Silver Songbirds  
Proceeds from pie/drink sales will be used to bring Joe Trianfero back on May 25th mark your calendar!!!

## Happy March Birthday!

3/2	Francis Carter	509		
3/2	Carol Wiseman	807		
3/4	Ernest Gamba	311		
3/9	David Neal	814		
3/10	Shirley Head	708	3/16	Cindy Rose 414
3/12	Angela Morgan	420	3/28	Pam Gross 507
3/15	Debra Anthony	816	3/30	Veronica Cooney 406
			3/31	Pete Shayler 804
			3/31	Marion Appleby 303



Please join us on March. 6th at 5pm for the March Birthday Bash in the Community Room. Cupcakes, Trivia, Prizes, 50/50 and Music by Jeff and Dave will be brought to you by the Program Office.

Happy birthday to all the March babies! Whether a boisterous and vibrant Aries (March 21-April 19) or an easygoing and friendly Pisces (Feb. 19-March 20), you're sure to have a wonderful month welcoming in a new spring.

## Here are some other great facts for anyone born this month!

- March's flower is the daffodil, which represents hope
- The birthstone of March is the aquamarine, which symbolizes courage and bravery
- March comes from the name of the Roman god of war, Mars
- Spring officially begins in March! It starts anywhere from March 19 to March 21 every year
- Celebrity Birthdays this month include Jon Bon Jovi (3/2), Jessica Biel (3/3), Chuck Norris (3/10), Albert Einstein (3/14), Adam Levine (3/18), William Shatner (3/22), Reese Witherspoon (3/22), Lady Gaga (3/28), and Celine Dion (3/30).
- Monthly observances include American Red Cross Month, Fire Prevention Month, Women's History Month, and National Reading Month

Here's to hoping that this month also brings you a little luck o' the Irish as we celebrate Saint Patrick's Day, along with your very special March birthday!

Retrieved 2/22/23 from <https://www.americangreetings.com/blog/march-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 (income outside of social security earnings) 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.



## Message from Management:

On Wednesdays the Leasing office will be available to tenants for emergency reasons. Our office window blinds may be closed but the staff will be in the office catching up with meetings, training and paperwork. If you have an emergency please call the office at 315-253-0335.

**Attention:** We need additional floor captains for 1, 2, 6, and 8 who are responsible to welcome new residents on their floor, monitor door tags, hand out fliers when needed and be a good neighbor :)



Home Sweet Home

**\*\*\*Floor Captain Meeting Tuesday, March 14 at 11:00am  
all floor captains please attend. If you would like to  
become a floor captain please attend this meeting.\*\*\*  
If you are unable to attend, call Angelia at 315-370-5938**