

Have questions about health insurance? We've got answers!

Navigating health insurance can be overwhelming, but you don't have to do it alone.

The Erie County Department of Services – Insurance Resource Center is here to provide you with unbiased information and expert assistance on Medicare, Medicare Supplemental plans, and Medicare Advantage plans.

Whether you're looking for help with co-pays, vaccines, and premiums or preventive services, or if you're seeking options for those without health insurance, we've got you covered.

Mark your calendars! From Oct. 15 to Dec. 7 each year, Medicare enrollees have the chance to review and switch their Medicare Part D plans. Our team can help you compare your options – without any sales pitches – ensuring you make the best choice for your needs.

We also offer informative group presentations to keep you informed about your options.

For more information, don't hesitate to reach out to us at 716-858-7883.

This service is funded by the U.S. Administration for Community Living, Department of Health and Human Services.

Grand Island Recreation Department Veterans Day ceremony

The Town of Grand Island cordially invites veterans, family members and friends to attend the Veterans Day ceremony at 11 a.m. Monday, Nov. 11, at the Veterans Park Memorial Wall in Veterans Park, located at 1717 Bedell Road.

There will be a reception following the ceremony at the Charles N. DeGlopper Post 9249, located at 2121 Grand Island Boulevard.

If you have any questions, you can contact Recreation Department at 716-773-9680 or by email to recreation@grand-island.ny.us.

The Town of Grand Island extends a very gracious thank you in advance for your time and participation.

Grand Island Memorial Library 1715 Bedell Road

The Grand Island Memorial Library announces the following programs. For more information, call 716-773-7124.

•“New York Spirits” will be presented from 2-3 p.m. Sat-



Have events that you would like considered for publication?

Please send notices via email to dispatch@wnypapers.com

Deadline for submissions is 4 p.m. Monday of the week in which you would like your announcement to be published.

urday, Oct. 26, for ages 12 and over. Hear ghost stories such as the Amityville horror house, Fort William Henry, and the Red Coach Inn. Presented by local educator and entertainer Cris Johnson. To register, call 716-773-7124.

•A Friends of the Grand Island Memorial Library meeting is set for 6 p.m. Tuesday, Oct. 29, in the library meeting room. Open to the public.

•“Get Focused: Adult,” 6-7 p.m., Wednesday, Oct. 30. This cerebral nutrition class explores which foods create, and which reduce, brain fog, lack of focus and mental clarity. Includes a discussion on nutrition science, recipe demonstration and food samples. Cost is \$20 per person, which covers class materials and food sampling. To register, visit www.healthykitchenhealthylife.com/events, or call 716-282-2098 for more information.

•LEGO Club is 1-2 p.m. Saturdays, Nov. 2 and Dec. 7, for ages 5-12. Join us for a LEGO free build. LEGOs are provided. Just bring your imagination! Call 716-773-7124 to register.

•A donated book sale will be held from 5-8 p.m. Thursday, Nov. 7. Featured will be a library members' night presented by the Friends of the Grand Island Memorial Library. Individual memberships will be available at the door for \$5. Current members: Bring your card for admittance. A general sale of donated books will take place from 10 a.m. to 3 p.m. Friday and Saturday, Nov. 8-9, with items priced as marked. Saturday will feature a bag sale – fill a bag for \$5, with bags provided. The three-day event will also feature a bake sale (cash only, while supplies last) with proceeds to benefit the Richard Earne Memorial Reading Garden. All book sale proceeds will benefit the Grand Island Memorial Library.

•Read to a dog from 1-3 p.m. Saturdays, Nov. 9 and Dec. 14. Open to all ages. Sign up for your personal, 20-minute reading session. Select a book and practice reading aloud to a good listener at the Grand Island Library. All our furry friends are therapy dogs certified through the SP-CA's “Paws for Love” Program. Call 716-773-7124 to register.

•The Grand Island Memorial

Library book club will meet next at 6 p.m. Tuesday, Nov. 12, to discuss “West With Giraffes” by Lynda Rutledge. Physical copies will be available to borrow. For more information, call 716-773-7124.

•Margaret Logan from Explore Buffalo will present “Buffalo Murals!” from 1-2 p.m., Saturday, Nov. 16. This talk will provide an overview of the locations, artists, and the wide variety of murals that have appeared around the Buffalo area over the past several years. To register, call 716-773-7124.

Buffalo & Erie County Public Libraries have more than 3.2 million materials – books, eBooks, DVDs, music and more. Free library cards (traditional and eLibrary) are available to Erie County residents and to those who work and/or attend school in Erie County.

UB School of Dental Medicine day of free dental care for veterans

Information courtesy of the University at Buffalo The University at Buffalo School of Dental Medicine will hold its ninth annual “Dentistry Smiles on Veterans” program on Saturday, Nov. 2, at the UB Dental Clinic in Squire Hall on South Campus.

On this day of free dental care, U.S. veterans can receive comprehensive oral health care services, including dental screen-

ings, cleanings, restorations, repairs and extractions at no cost. Additional programming will be provided by UB experts in the areas of nutrition, exercise science, optometry and more.

Since 2014, UB's program has helped numerous veterans by providing hundreds of thousands of dollars in free dental care. Last year alone, 162 veterans received services valued at approximately \$93,500.

Veterans of all branches of the military are eligible to participate in the event on Nov. 2. Appointments are required, and spots are still available. To make an appointment, call 716-829-2780.

Services will be offered by the UB School of Dental Medicine and the Eighth District Dental Society. Volunteers from UB's academic health centers will provide additional services and education focused on improving patient health and wellness.

The event will run from 8 a.m. to 3 p.m. in the UB Dental Clinic, first floor of Squire Hall, on UB's South Campus (the intersection of Main Street and Bailey Avenue). A presentation of the colors by the Niagara Falls Air Force Reserve will take place at 10 a.m.

Response to Love Center

Bring your bottles and cans to the Grand Island Bottles & Can Recycling Center at the Grand Island Plaza, 2411 Grand Island Blvd. Indicate that your bottles and cans should go to Sister Johnice and The Response To Love Center, and your donation will automatically be credited to the account. The center, at 130 Kosciuszko St., Buffalo, serves hot meals, has a food pantry and provides clothing distributions to those in need.

Zonta to mark '16 Days of Activism'

The Zonta Club of Grand Island begins its observance of the 16 Days of Activism on Monday, Nov. 25, and the event runs through Tuesday, Dec. 10.

The proclamation calls for an end to violence against women worldwide.

Zonta Club President Heidi Travagline said the Town Board will issue a proclamation about the campaign at the board's meeting on Monday, Nov. 18.

The 16 Days of Activism event supports Zonta International's “Say No to Violence Against Women” campaign. Members of Zonta clubs, including Grand Island's, are encouraged to take local, national and international actions to influence the making and implementation of laws, as well as changing gender-based attitudes and behaviors, to end violence against women.

The campaign against gender-based violence is an annual international campaign that begins on the International Day for the Elimination of Violence Against Women. It concludes on Human Rights Day. It was started by activists at the inaugural Women's Global Leadership Institute in 1991 and continues to be coordinated each year by the Center for Women's Global Leadership.

To contact the Zonta Club of Grand Island, email grandislandzonta@gmail.com. To find out more, go to https://welsh-womensaid.org.uk/news/the-mirabal-sisters-a-history-of-international-day-for-the-elimination-of-violence-against-women/.

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716-858-7883

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