

# Lewiston Choraleers present Easter program at area churches

The Lewiston Choraleers will present an Easter program at four area churches on March 10, 16, 17, 24. The program will feature a cantata titled "Covenant of Grace" by Joseph Martin. The dates, times, and sites of the program presentations are as follows; each begins at 2 p.m.

- Sunday, March 10, at First Presbyterian Church of Youngstown, 100 Church St.
- Saturday, March 16, at First Presbyterian Church of Lewiston, 500 Cayuga St.
- Sunday, March 17, at St. James Lutheran Church, 2437 Niagara Road, Bergholz
- Sunday, March 24, at Messiah Lutheran Church, 915 Oneida St., Lewiston

The Choraleers will be directed by Dr. Brad Wingert and accompanied by pianist Lynda Williams. Performances are open to the public, with a general admission fee of \$5 (children 12 and under admitted free). More information on the Lewiston Choraleers is available at [www.lewistonchoraleers.com](http://www.lewistonchoraleers.com) and on Facebook. (Submitted photo)



## IN THE NEWS

### Herschell director joins board of Canal Fest

The Herschell Carrousel Factory Museum announced Executive Director Ian K. Seppala has joined the board of directors of Canal Fest of the Tonawandas.

"Canal Fest is an important part of the Tonawanda-North Tonawanda community, and I am proud

to be able to help guide this successful organization in the future," Seppala said.

The Herschell Carrousel Factory Museum is a founding member of the eight-day festival shared across the twin cities of Tonawanda and North Tonawanda. The museum has two representatives on the board. Seppala will join trustee-emeritus Charles Proefrock. He will be replacing



Herschell Carrousel Factory Museum trustee Jay Wilcox.

"We are excited to have Ian join the board and bring fresh ideas into the organization," Canal Fest Secretary Deb Darling said.

Canal Fest organizers are currently planning for the official 40th event, to be held July 14-21. The festival is the largest outdoor activity of its kind, held on the banks of the Historic Erie Barge Canal. Each year, nearly 300,000 visitors are drawn to its attractions, food, live music and premier events. To learn more, visit [www.canalfest.org/](http://www.canalfest.org/).

medical management services people receive from their providers.

Participants will enhance their ability to maintain active and fulfilling lifestyles, improve problem-solving and decision-making skills, as well as address the challenges of living with diabetes. Workshop topics also include improving food choices, increasing physical activity, and practicing coping skills to maintain nutrition and a healthy weight. Attendance at all sessions is recommended for optimal outcomes.

Individuals with diabetes or caregivers of persons with diabetes can register for the diabetes self-management workshop program by contacting Stacy Knott, MS. Ed., nursing operations manager, at 716-278-8596.

For information on how participating in the workshops can help you manage your diabetes, please visit [www.niagaracounty.com/diabetesprevention](http://www.niagaracounty.com/diabetesprevention).

Additionally, we encourage employers and community groups to contact the NCDOH nursing division at 716-278-1900 if they would like to offer one of our chronic pain, diabetes, or chronic disease self-management workshops to their employees or clients.

### NCDOH offers free diabetes prevention program workshops

Submitted by the Niagara County Department of Health

The Niagara County Department of Health nursing division, in collaboration with the Niagara County Office for the Aging, is offering a free diabetes prevention program. This is a 16-week program for people who are at risk for developing Type 2 diabetes. Classes are scheduled in 16 con-

secutive weekly sessions, then bimonthly for three months and once a month for five months.

This workshop starts Feb. 27 and is scheduled for 4-5 p.m. Tuesdays at Lockport Memorial Hospital's Community Room, 6001 Shimer Drive. Program participants will learn the skills they need to make lasting changes in health behaviors, such as losing a modest amount of weight, being more physically active, and managing stress.

Many people with pre-diabetes will develop Type 2 diabetes within three years if they do not take steps to prevent it. This program offers a proven approach to preventing or delaying the onset of Type 2 diabetes through modest lifestyle changes.

To participate in this lifestyle change program, you will need to meet all four these requirements:

- ✓ Be 18 years or older
- ✓ Have a body mass index of 25 or higher
- ✓ Not be previously diagnosed with type 1 or type 2 diabetes
- ✓ Not be pregnant

You will additionally need to meet one of these requirements:

- ✓ Had a blood test result in the prediabetes range within the past year
- ✓ Be previously diagnosed with gestational diabetes (diabetes during pregnancy)
- ✓ Received a high-risk result (score of 5 or higher) on the prediabetes risk test

Individuals with pre-diabetes can register for the diabetes prevention program by calling Stacy Knott, MS. Ed., NCDOH nursing operations manager, at 716-278-8596.

For information on how participating in the workshops can help you prevent diabetes, please visit [www.niagaracounty.com/diabetesprevention](http://www.niagaracounty.com/diabetesprevention).

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