

Lewiston Senior Center reopens with COVID-19 protocols

BY TERRY DUFFY
Editor-in-Chief

The Town of Lewiston Senior Center continues its reopening process – albeit with reduced offerings – following a months-long hiatus due to the COVID-19 pandemic.

“The center is reopening and we are so happy to welcome everyone back,” said Melinda Olick, center director. “Unfortunately, some activities will not meet the guidelines we are required to follow during the COVID pandemic. We are trying to bring things back in a healthy and safe manner.”

Olick said the center is now adhering to the following COVID protocols:

- Attendees are required to answer a COVID questionnaire and have their temperatures taken prior to entry;

- Attendees must wear face masks and 6-foot social distancing is required at all times;

- Attendees may remove their face masks while at lunch; and

- Attendees must avoid unnecessary contact with all surfaces, and the center will continue to operate at a reduced capacity.

Olick said the center is now open from 8 a.m.-4 p.m., Monday through Friday and maintains an open door policy for “a pleasant and healthy environment” for area seniors. “The caring staff is dedicated to the well being of those who participate in the many programs and services offered,” she said.

Olick added however that a number of popular activities simply are not yet available in this era of COVID. These include card playing and group functions such as Senior Centers Larks singers, which both remain in hiatus.

“The bad news is The Larks will not be opening until 2021,” Olick said.

She explained that the prac-

tice of signing has the potential to propel potentially dangerous (COVID) droplets further through the air than by speaking. “We will take a break and come back when it is safe to do so.”

But a number of center activities are up and running, such as its popular bingo games, which are now being held at 1 p.m. each Wednesday. Other activities returned for October include yoga, from 9:30 to 10:30 a.m. on Mondays; visits from the Niagara County Office for the Aging attorney, 11 a.m. to 12:30 p.m. Tuesdays; a Music Sight reading class, 9:30-10:30 a.m. Wednesdays; wood carvers and quilters at 9 a.m. Thursdays; and tai chi at 9:30 a.m. on Fridays.

Other activities for the month of October include a visit from Lewiston’s fire responders at 11 a.m., Tuesday, Oct. 6; flu shots by Rite Aid Pharmacy from 10 a.m.-noon Tuesday, Oct. 13; the Lewiston Senior Club at 1 p.m. and the Afternoon Book Club, both on Tuesday, Oct. 20; lunchtime Music with Mike at noon, Friday, Oct. 23; and the center’s annual Halloween Party, beginning with a Halloween lunch and continuing Tuesday afternoon, Oct. 27.

Also back in operation is the Town of Lewiston Senior Center care van, which operates from 8:30 a.m. to 3 p.m. Monday through Friday. The van service is open to all seniors age 60 and older residing within the geographic boundaries of the Town of Lewiston. It provides transportation for medical needs on a priority basis; as well as shopping, banking, hairdresser and barbershop visits in the Village of Lewiston.

Wheelchair services are not provided and donations are welcome.

For more information on the activities and services, contact the senior center at 754-2071.

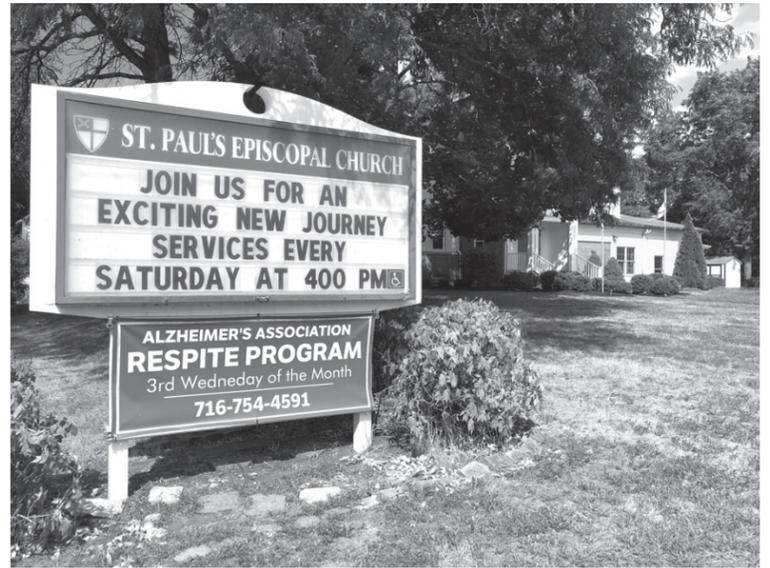
New service hours at St. Paul’s Episcopal

St. Paul’s Episcopal Church is now offering a 4 p.m. Saturday service at 400 Ridge St., Lewiston. The Very Rev. Randi Hicks-Rowe is the new celebrant.

A press release explained, “We have had to change our times due to several factors, not the least of which is the COVID restrictions and availability of clergy to conduct services. ...

“We saw this change as an opportunity to provide services that others might prefer to attend, because they will be on Saturday afternoon and no other local Episcopal churches are doing that.”

For more information, visit www.splewiston.org or on Facebook at splewiston.



Higgins announces approval of suicide prevention legislation

Bill makes 9-8-8 National Suicide Hotline

Congressman Brian Higgins, D-NY-26, announced the House of Representatives has approved four pieces of legislation to further federal efforts toward suicide prevention in the U.S. Included among these bills is S.2661, the National Suicide Hotline Designation Act of 2020, which would simplify the number of the National Suicide Prevention Lifeline from 1-800-273-8255 to 9-8-8. This change is intended to make the lifeline easier to remember and quick to dial, eliminating existing barriers to this life-saving resource. The bill previously passed in the Senate and will now move to the president’s desk.

“The ongoing pandemic has exacerbated an already long-neglected mental health crisis,” Higgins said. “This legislation advances efforts to provide people and communities with better access to resources. Together we can help save lives. Check on your friends, neigh-

ors and family.”

Additionally, through H.R. 4585, the Campaign to Prevent Suicide Act, funding will be allocated for the Department of Health and Human Services, Centers for Disease Control and Prevention, and the Substance Abuse and Mental Health Services Administration, in order to launch and operate a coordinated media campaign to promote the change to the 988 number.

A press release said, “While raising awareness of and increasing access to the National Suicide Prevention Lifeline is a major step forward in preventing self-harm and suicidal behavior, Congress recognizes its responsibility to go even further. Accordingly, H.R. 4564, the Suicide Prevention Lifeline Improvement Act of 2020, will increase the lifeline’s annual budget to \$50 million. Moreover, this bill will establish a pilot program to ‘research, analyze, and employ various innovative technologies

and platforms for suicide prevention and reports on the use and progress of the pilot.’”

The final of these four bills, H.R. 5619, the Suicide Prevention Act, will create two grant programs to expand the abilities of state, local and tribal governments to prevent, address and respond to self-harm and suicidal thoughts and actions. These programs will provide channels through which regional health departments and hospitals can receive federal funding to monitor and assist individuals who are at risk of self-harm or suicide.

September is National Suicide Prevention Awareness Month. The transition to the 9-8-8 hotline is expected to take place over the next year. In the meantime, know that you are not alone. If you or somebody you know is experiencing suicidal thoughts, reach out to suicidepreventionlifeline.org or 1-800-273-8255.

‘Pedal for Polio’ event sponsored by Canadian & American Rotarians

Bicyclists, donors and sponsors will unite in America and Canada on both sides of the mighty Niagara River on Saturday, Oct. 24 – known as World Polio Day.

The ride will begin during the morning hours near the Aquarium of Niagara and Discovery Center on the American side of the falls, and end with a grand cannon bang and socially distanced barbecue at Fort Niagara in Youngstown.

On the Canadian side of Niagara Falls, the cycling venture will begin at the Rainbow Bridge and culminate at Niagara on the Lake, where another resounding canon blast will be heard, and an outdoor picnic will also be held.

The “Best of Friends” district Rotarians and community members will pedal for polio eradication with the assistance of sponsorships and donations. Following COVID-19 guidelines, the cycling event will be limited to two members from each of the Rotary District 7090 clubs.

Rotary International, a founding partner of the Global Polio Eradication Initiative, has reduced polio cases by 99.9% since its first project to vaccinate children in the Philippines in 1979.

More than 2.5 billion children in 122 countries have been vaccinated due to the valiant efforts of local and worldwide Rotary Clubs. At the present time, Rotary has contributed more than \$1.8 billion toward eradicating polio. Rotarians will continue to fight against this debilitating and paralyzing disease until there are no new cases diagnosed through-

out the entire world.

Rotary District Gov. Frank Adanson has challenged each Rotarian in the district to donate \$50 and seek one additional donation of \$50 from a friend, business or family member. The significant goal to raise \$200,000 at this time and through Oct. 24 will result in a dollar-for-dollar matching contribution, by the Bill and Melinda Gates Foundation. When this goal is met, nearly one half of a million dollars will be invested into Rotary’s “End Polio Now” campaign.

The Niagara River Greenway association is partnering with Rotary District 7090 to make this unique fundraiser a success. Greenway’s mission is to create a world-class trail and green space network that communities can be proud of and cherish for generations to come.

For more information on how to become a sponsor, donate money, or the Pedal for Polio international bicycling event, call 716-484-8814, email office@d7090.org, or visit <https://rotary7090.org/Stories/pedal-for-polio>.



“Viewpoint” Telephone Call-In Talk
Monday - Friday 9-11 am

“VIEWPOINT” IS THE NATION’S FIRST TWO-WAY TELEPHONE TALK SHOW

Listen to NFP’s editors each Wednesday at 10:15 am

Now available online at web1440.com



“Lori & Friends”

hosted by **Lori Caso**

LCTV Channel 1301
September 14th - 27th
Mon 3am, 10am, 3pm • Wed 4am, 4pm, 10pm
Thur 3am, 10pm • Fri 10:30am
Sat 3:30am, 5:30pm • Sun 11:30am, 10pm

www.loricaso.com



Guest: **Ken**
Historical Association
of Lewiston



THE GRANITE SHOP
402-1046

A Milestone Video Production. Made possible by funds from...



NIAGARA FRONTIER PUBLICATIONS
SENTINEL • TRIBUNE
DISPATCH • PENNSAVER
wnypapers.com



906 CENTER ST., LEWISTON

Shine Studio
Ask for Toni
297-0181

DON'T MISS A THING!
Go to our website
wnypapers.com

LOCAL NEWS, STORIES,
CLASSIFIEDS, COUPONS,
SERVICE DIRECTORY!



NIAGARA FRONTIER PUBLICATIONS
Lewiston-Porter Sentinel
Grand Island PennySaver
Niagara-Wheatfield Tribune
Island Dispatch