

In Honor of Older Americans Month

2023 Health and Wellness Event

“Aging Abounds”

Wednesday May 17, 2023

1:00 pm -3:00 pm

Presented By

Canton Woods Senior Center

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

**Older Americans Month
Celebration
Luncheon for
Onondaga County Seniors**

**Senior Citizen of the Year – Laura Hand
Esteemed Elder – Manny M. Martinez
Serving Seniors Honoree – Joseph Patrick
Caregiver of the Year – Monica Williams**

**Thursday, May 18, 2023
Drumlins Country Club
800 Nottingham Road, Syracuse, N.Y. 13224**

**Check In: 11:00 am – 12:00 pm
Program and Luncheon starts promptly at Noon**

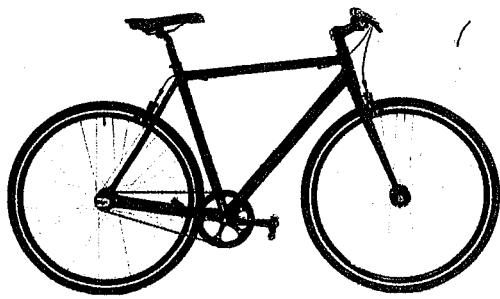
**Celebrating the 2023
Honorees, Their Guests &
Onondaga County Seniors!
Attendance Limited
to 260 Attendees**

**Registration Forms are available
by calling 315-435-2362 and one will be emailed or
mailed to you. All forms/payment (checks only)
MUST be in by 5/05/2023.
Honorees & One Guest Complementary
All Other Guests \$10.00/each.**

**Sponsored by Onondaga Elders, Inc. in Conjunction with our Sponsors
and the Onondaga County Department of Adult &
Long Term Care Services
Commissioner, JoAnne Spoto Decker
315-435-2362 www.ongov.net/adult**



**J. Ryan McMahon, II
County Executive**



The Baldwinsville Lions Club
in coordination with the
CNY Bike Giveaway Foundation
is hosting a

FREE BICYCLE GIVE AWAY

to the Greater Baldwinsville Community
Saturday, May 6, 2023 10:00am to 2:00pm
in Baldwinsville Community Park at the
Baldwinsville Lions Community House

FREE Popcorn and drink mix
Tricycles • Youth Bikes • Adult Bikes

Staff from The Bikery will be on hand during the event

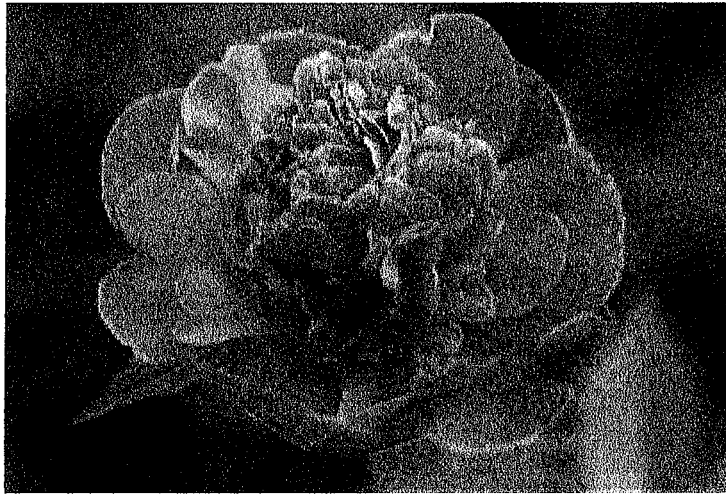
Limit of 10 people in the bicycle display area at any one time
and limit of 1 adult bike per family



We Serve



www.cnyfamilybike.org




Perennial Plant Sale!!

Saturday May 27, 9 AM to Noon

**River Mall, Downer St, next to Tops
Market, Baldwinsville
See our Facebook page**

**Peonies, Herbs, Grasses, Lilies, Hostas,
Crocosmia, Corydalis, Primrose,
Poppies, Helleborus & Much More.**

Women's Garden Club of Baldwinsville



Are you Interested in:
Re-entering the workforce?
Part-time/full-time opportunities?
Flexible schedules?

imagine
you!

It's never too late to follow new paths.

Wednesday, May 3

5:30 - 7:30 p.m.

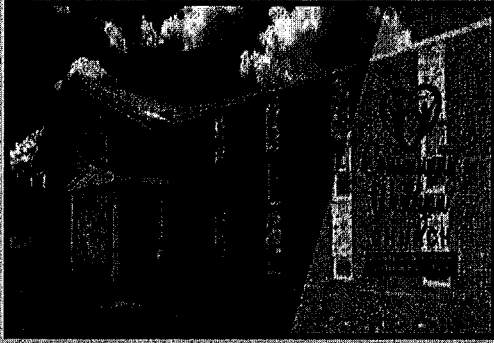
SRC Headquarters
7502 Round Pond Road
North Syracuse, NY 13212

- Light refreshments, networking and raffles
- Job opportunities - SRC & CPS Recruitment
- Senior resources
- Professional coaching with Emergent



<https://survey.alchemer.com/s3/280529/Re-Imagine-You-May-3-2023-Event-Registration>

Sponsored by SRC, Inc., a locally headquartered company delivering innovative, advanced defense solutions and products that help keep America and our allies safe and strong through R&D, services, and manufacturing - investing all its earnings into technology, employees and communities.

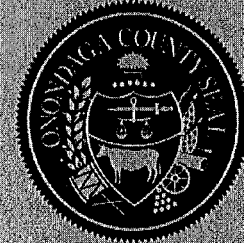


Community Wesleyan Church
112 Downer Street, Baldwinsville
is Hosting an
Institute for Caregivers Class
For Current & Future Family Caregivers -
Open to the Public

Services You May Need BUT Don't Know About - Aging & Caregiving

Learn about the Department of
Adult & Long Term Care Services

- ◆ Caregiver Services
- ◆ Long Term Care Resources
- ◆ Nutrition Services
- ◆ Home Care (EISEP)
- ◆ Senior Services (HEAP/Transportation) AND So Much MORE!



**Onondaga County Department of
Adult & Long Term Care Services**

Thursday, May 4, 2023 from 5:30 to 7:30 pm

Presenters:

DALTCS Project Directors, Supervisors & Staff

REGISTER HERE

Contact Kimberly Connell (315) 435-2362 Ext. 4693

KimberlyConnell@ongov.net

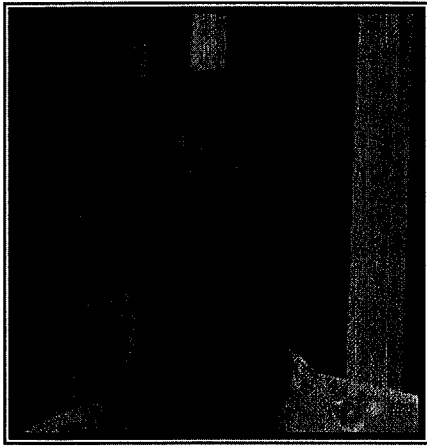


J. Ryan McMahon, II
County Executive

**Onondaga County
Caregiver Services**

Institute**for**
Caregivers

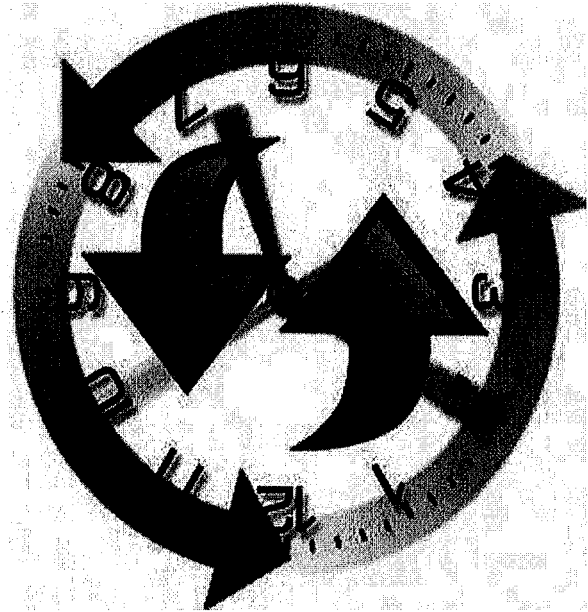
JoAnne Spoto Decker
Commissioner
Onondaga County
Department of Adult & Long
Term Care Services



**Onondaga County Office for Aging
Is Hosting an Institute for Caregivers
ZOOM Class for Current & Future
Family Caregivers.
LIVE Video Presentation
Open to the Public**

Aging Backwards

- Strength
- Flexibility
- Exercise
- Activity



Wednesday, May 4, 2022 from 5:30-6:45 pm

Presenter: Pat VanBeveren, PT

Executive Director, Empower Parkinson, Inc.

REGISTER HERE NOW!

You Can Also Register at:

<http://www.ongov.net/aging/caregiver.html>

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Institute
for
Caregivers

JoAnne Spoto Decker
Commissioner
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**Positive[®]
Approach**
www.teepasnow.com

The Positive Approach to Care

This Interactive Class Explores:

- Dementia/Alzheimer's Care
- Showcases Teepa Snow's
Care Partnering Techniques

Thursday, May 5, 2022 from 5:30-7:30 pm
Presenters: Sheila Ohstrom & Bernadette Trip
Certified Teepa Snow Trainers

REGISTER HERE NOW!

You Can Also Register at:

<http://www.ongov.net/aging/caregiver.html>

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Institute^{for}
Caregivers

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Commissioner
Executive Director,
Office for Aging



Soule Public Library

101 Springfield Road, Syracuse
is Hosting an
Institute for Caregivers Class
For Current & Future Family Caregivers -
Open to the Public

Caring for the Caregiver

Strategies to Combat
Caregiver Stress, Burnout & Anxiety
Resources & Supports



1. Respite Care
2. Tech Tools
3. Training Videos
4. Support Groups
5. Caregiver Planning

Tuesday, May 9, 2023 from 5:30 to 7:00 pm



Presenter:
Vickie Stephens,
Caregiver Trainer, Access CNY

REGISTER HERE

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KimberlyConnell@ongov.net



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Onondaga County
Caregiver Services

Institute**for**
Caregivers

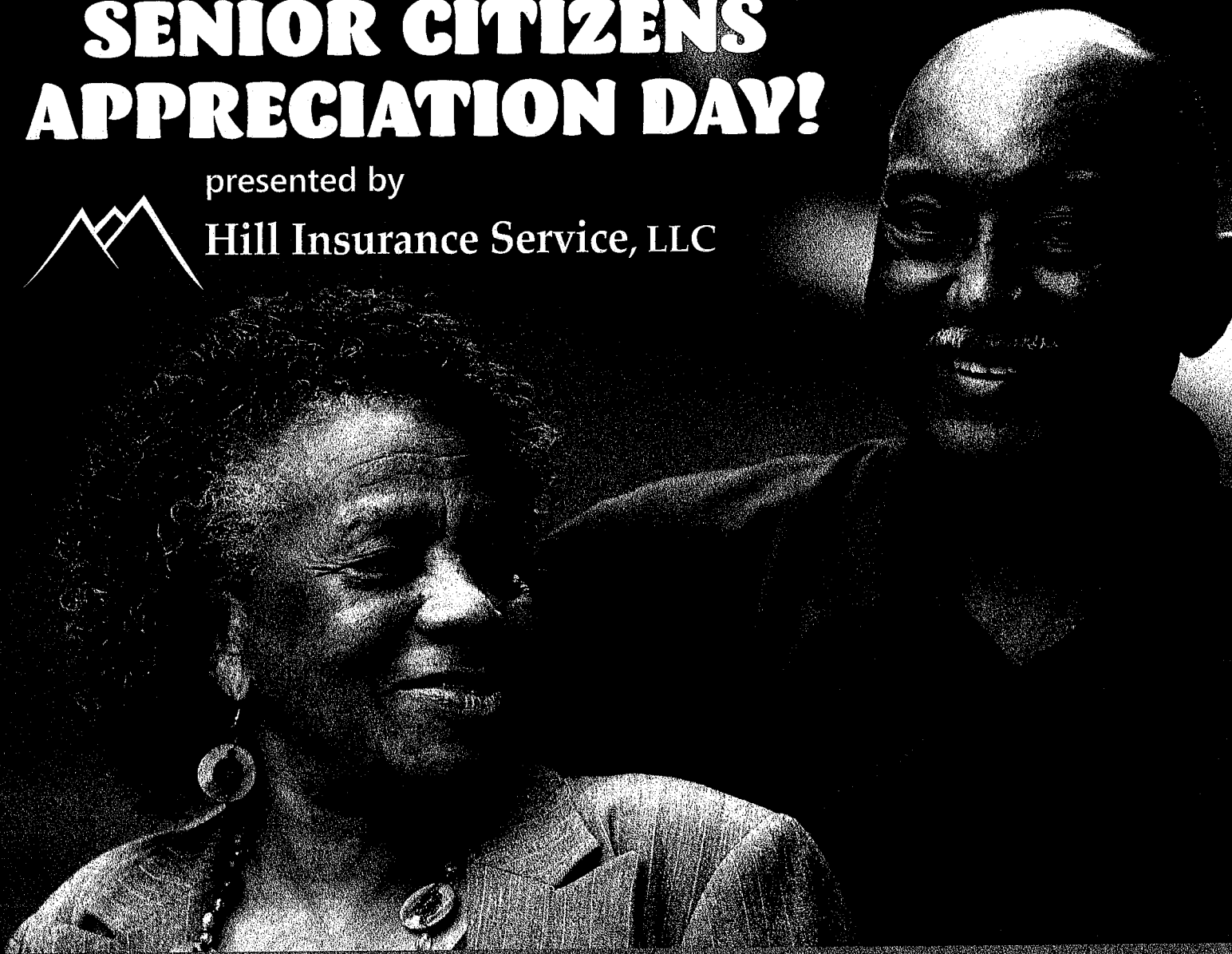
JoAnne Spoto Decker
Commissioner
Onondaga County
Department of Adult & Long
Term Care Services

SENIOR CITIZENS APPRECIATION DAY!

presented by



Hill Insurance Service, LLC



Join us for a special early-morning experience for senior citizens (62+) at the Rosamond Gifford Zoo!

WEDNESDAY, MAY 10

Free admission for seniors 62+ from 8:30 a.m. – noon

Enjoy free admission, complimentary continental breakfast from 8:30 to 9:30 a.m., special keeper talks, and access to senior-specific exhibitors. Tour the zoo and walk around the zoo's scenic Wildlife Trail.

Learn about Senior-level memberships for year round free zoo admission!



**Registration required. For more information,
visit bit.ly/RGZSeniorAppreciationDay**



CNY Senior Housing & Care Expo

Free

JOIN US!

May 31, 2023

9am - 1pm

CNY Regional Market, E - Shed
2100 Park Street, Syracuse

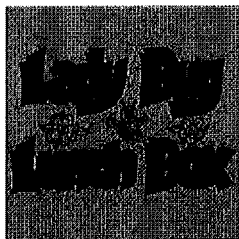
Presented by:



Loretto

Exceptional People. Extraordinary Care.

Food Truck:



Delicious food
priced a la
carte.

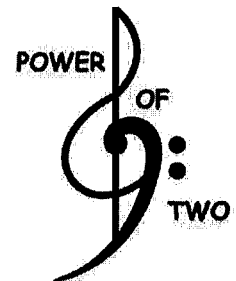
Enjoy the music and food
while you plan your next
adventure in living, discover
how to stay in your home as
long as possible, or find
programs and services you
didn't even know you
wanted.

Easy free parking, door
prizes, and giveaways...

Coordinated by:



Live Music:



Stage Sponsor:



Over 30 organizations for you to discover.

Event Sponsors:

