

January/February/March 2024



GENE-SENIOR

Genesee County Office for the Aging



2 Bank Street, Batavia, NY 14020 585-343-1611
Website: www.co.genesee.ny.us Email: ofa.dept@co.genesee.ny.us

FROM THE DESK OF DIANA FOX, DIRECTOR

OFA TURNS 50 IN 2024! HAPPY NEW YEAR!

Turning 50 can be a pretty exciting time - at least we think so here at the Office for the Aging! Knowing that this milestone was upon us, I began to dig around in our files to look back at our history and how we got to be where we are. My special thanks to all that have come before me and for all of the record keeping and details that allow me to share this information with you.

With the first Director and one Sr. Account Clerk-Typist hired, the Genesee County Office for the Aging opened the doors on June 1, 1974, located at County Building 2 on West Main Street. Funding for the OFA was largely supported then, as it is now, with federal Older Americans Act funds awarded to our county by the NYS Office for the Aging.

In 1975, the City of Batavia announced plans to build a multi-purpose community center- with separate facilities for seniors and youth, plus a swimming pool and indoor ice skating rink.

Three years later, in 1977, the now larger OFA staff moved to the newly built 2 Bank Street, which housed the Senior Center (owned by the City of Batavia) on the first floor, and the City Youth Center on the 2nd floor. Through a joint plan of operation between the City and the County to share the staffing and operating costs, the center would be open to all county residents age 60 and older, with better services and lower costs for both municipal governments. As the services continued to grow at the Bank Street location, City and County governments agreed to an increase in staffing and a satellite location was added on Liberty Street in 1990.

In 1996, a plan to consolidate all of the OFA staff into one building, at 2 Bank Street, was proposed. The Youth Center was relocating, which made the second floor of the building available. Renovations, including an elevator installation, and energy improvements were part of the proposal. Over the next couple of years the City ultimately decided to sell the Senior Center building to Genesee County for \$1, with the condition that the County continue to provide senior programs in the building for at least the next 20 years. In 1998 the staff from the Liberty Street were moved to the upstairs of the 2 Bank Street building, the deed to transfer ownership of the building to the County was recorded and the consolidation of the OFA and Senior Center began.

The Genesee County Office for the Aging has called 2 Bank Street, "home" for the past 26 of our 50 years, and will continue to be here for many years to come! Please watch for more information about our history in future newsletters. When you stop in to see us, don't forget to wish us a Happy 50th!

ADVISORY COUNCIL MEETINGS

Office for the Aging

Wednesday, January 3rd, February 7th
and March 6th
2:30 pm

Genesee Senior Foundation, Inc.

Thursday, February 15th
2:00 pm



“Do You Remember These?”

Co-hosts *Connie and Charley*

Listen to our radio show! Tune in to WBTA at
1490 AM or 100.1 FM
Sundays 9:00 a.m. or 9:00 p.m.

Or listen afterward online at:

<http://wbta.com/do-you-remember-these/>

We'd love your feedback about the show!

Write DYRT@WBTAi.com

Lots of topics & music to take you back to fun
memories!

**Sponsored by the
Genesee Senior Foundation, Inc.**



Feeling the Stress?

Genesee County Mental Health

Providing phone, video and in-person Sessions
(accept most insurances)

585-344-1421

Care & Crisis Helpline

585-283-5200

Crisis Text Line

Text GOT5 to 741741

Suicide & Crisis LifeLine

Call or Text 988 or
Chat at 988lifeline.org/chat

**If your life or someone else's is in imminent
danger, please call 911**

WHAT'S HAPPENING

Call 585-343-1611 for more information!

MONDAY:

- 9:30am - 10:30am - **Arthritis Exercise**
(\$1.50 suggested contribution)
- 1pm - 3pm - **Board Games and
Backgammon Play!**

TUESDAY:

- 10am - 12pm - **Mahjong**

WEDNESDAY:

- 9am - 12:30pm - **Quilting/Sewing Group**

THURSDAY:

- 10am - 12pm - **Euchre**
- 1pm - 4pm - **Cribbage**

FRIDAY:

- 9:30am - 11am - **Line Dancing**
- 1pm - 2:30pm - **Young at Art**
(\$10 per class)

MEALSITES (Must Pre-Register)

Lunch served at noon
(\$3.50 suggested contribution)

Havenwood:

Monday through Friday
Call 344-1330

Batavia at the Senior Center:

Monday, Thursday and Friday
Call 343-1611

Leisuretimers:

Tuesday
Call 343-1611

Corfu Presbyterian Church:

Thursday
Call 343-1611

Need Medical Transportation?

Reserve your spot early:
Up to 30 days ahead!



New Riders:
call OFA at
(585) 343-1611

Repeat Riders:
call RTS at
(585) 343-3079

**GENESEE SENIOR
FOUNDATION DONATIONS:**

**Janice Erion
THANK YOU!**

The Financial Assistance, Library Visits, Handyman, Home Visitation and Transportation Programs are funded by a grant from the Muriel H. Marshall Fund for the Aging in Genesee County; the fund is overseen by the Rochester Area Community Foundation.

YOUR SUPPORT IS APPRECIATED

Because needs are always greater than the funds available to meet them, the Genesee County Office for the Aging (OFA) encourages monetary donations to our not-for-profit **Genesee Senior Foundation, Inc.**

Name _____

If you do not want your name published in our monthly newsletter, please indicate by marking the box.

(Street Address)

(City, State, Zip)

Gift amount: \$ _____

In Memory of: _____

In Honor of: _____

Funds received will be used to support OFA Programs such as: Project Lifesaver (tracking system for individuals with dementia), Home Delivered Meals, Recreation/Senior Trips, Transportation and other services as needed.

Please designate contribution use:

- Where most needed
 For this program:

All donations are greatly appreciated & are tax deductible to the extent of the law.

Please make checks payable and send to:

**Genesee Senior Foundation, Inc.
2 Bank Street
Batavia, NY 14020**

CAN YOU HELP AN OLDER ADULT?

Join AmeriCorps Seniors and volunteer to drive older adults without other transportation options to medical appointments or explore other opportunities to make a difference!

Mileage reimbursement is provided.

If interested, please contact AmeriCorps Seniors at 585-343-1611 or OFA.Dept@co.genesee.ny.us



ask marshall

Answers, Ideas and Resources
For Older Residents of Genesee County

Financial Management • Handyman
Friendly Visits • Library Visits
Transportation • Volunteer!

(585) 815-7979

Housed at the Office for the Aging

**Website Address for the Genesee
County Office for the Aging
www.co.genesee.ny.us**

**NY CONNECTS
of Genesee County**



1-800-342-9871

NY Connects of Genesee County is here to help you. Whether you are an older adult, person with a disability, or caregiver, we have a fair and easy way for you to get connected to the long term care help you need.

We make the hard choices simpler for you.

Information is available in printed form
(585) 343-1611

Or

Reach us on the web at:

www.nyconnects.ny.gov

Prescreen for programs you may be eligible for at: www.mybenefits.ny.gov, it's quick, easy, and confidential!

This work funded through grants from NYS Office for the Aging, NY Connects, Administration on Community Living, and the generous support of the Genesee County Legislature.

CAREGIVERS

ARE YOU CARING FOR A LOVED ONE WITH MEMORY IMPAIRMENT?

Submitted by: Laurie Watson,
Specialist, Aging Services

The Alzheimer's Association – WNY Chapter and the eight WNY Offices for the Aging, including Genesee County are part of the Alzheimer's Disease Caregiver Support Initiative (ADCSI). This program is funded through the New York State Department of Health and designed to support caregivers and people with dementia in the community.

The core services of this program include: Caregiver Assessments, Education, Support Groups, Safety Services, Respite Services and Legal Services

To learn more about this program, call Genesee County OFA at 585-343-1611.

SAVE THE DATES

Programs provided by the
Alzheimer's Association - WNY Chapter

Wednesday, January, 2024
"Tips for Tough Conversations"

Wednesday, March 13, 2024
"Know the 10 Warning Signs"

2:00 pm - Genesee County Office for the Aging
2 Bank Street, Batavia
Call 1-800-272-3900 for more information

CAREGIVER SUPPORT GROUP

Submitted by: Laurie Watson,
Specialist, Aging Services

If you are a caregiver of **someone with a memory impairment** and feeling overwhelmed, depressed or angry, it is time for you to get help for yourself and the loved one that you are caring for. We offer a caregiver support group where you can freely express yourself among people who are going through a similar, if not the same, experience.

Meetings focus on providing emotional support, tips for coping with behavior issues and sharing experiences.

For more information please call 585-343-1611.

**Meetings are held the 3rd Thursday of each month at 1pm at Office for the Aging
2 Bank St. Batavia**

CARING FOR A LOVED ONE

Submitted by: Laurie Watson,
Specialist, Aging Services

If you are caring for a loved one who is 60 years or older, please give Office for the Aging a call. Our staff can provide you information to assist you and your loved. This includes information about support groups, training, respite (short term break), managing stress, counseling and much more!

Please contact the Office for the Aging at 343-1611 for more information.

CAREGIVER STRESS

Submitted by: Laurie Watson,
Specialist, Aging Services

Caregiving can often have a significant impact on the life of the caregiver in more ways than one. It can make maintaining your physical and mental health more difficult.

Signs of Caregiver Stress

- Feeling overwhelmed or constantly worried
- Feeling tired often
- Getting too much sleep or not enough sleep
- Gaining or losing weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Having frequent headaches, bodily pain or other physical problems
- Abusing alcohol or drugs, including prescription medications

Strategies for Managing Caregiver Stress

- Accept help
- Focus on what you are able to provide
- Set realistic goals
- Get connected
- Join a support group
- Seek social support
- Set personal health goals

You are not alone

You may have a hard time asking for help. Unfortunately this attitude can lead to feeling isolated, frustrated and even depression. Take advantage of your local resources. Reach out to Office for the aging to see what may be available to you. 585-343-1611

Source:
mayoclinic.org/healthy-lifestyle/stress management

TAX SEASON IS ALMOST HERE AND AARP TAX-AIDE VOLUNTEERS ARE READY TO HELP

Submitted by: Karen Spiotta, AARP Tax-Aide Local Coordinator

Does the thought of preparing your own taxes make you nervous and give you a headache? The AARP Foundation Tax-Aide program will be available again in Genesee County to help. This is a free tax preparation service operated by trained program volunteers. It is designed primarily for older adults with moderate to low incomes and basic returns. However, the program can provide the service to other individuals, regardless of age, as well. Some more complicated returns are outside the scope of the program and unable to be prepared.

The tax preparation process will involve one visit to the site taking approximately 1-1 ½ hours. Tax payers will remain at the site with the tax volunteer throughout the process.

The program will operate at three (3) sites-Batavia Senior Center, 2 Bank St., Batavia- Tuesdays and Thursdays; Northgate Free Methodist Church-South Campus, 350 Bank St., Batavia (near intersection of Bank St and Vine St.)-Mondays; and St Ann's Community at the Greens, 1 West Ave., LeRoy- Wednesdays.

The service will be available from early February to early April. Appointments are required (no walk-ins) and will begin to be taken the week of January 22, 2024. Appointments for the Batavia Senior Center and Northgate FMC- South Campus can be made by calling the Senior Center at 343-1611 during regular business hours. Please specify the site you are requesting. For appointments at St Ann's Community at the Greens, please call 768-2740.

VERY IMPORTANT: When making your appointment, you will be asked to pick up an Intake Booklet and to fill it out **before** coming to your appointment. This will save you time at the appointment and will help to ensure a complete and accurate return is prepared for you. **Those appearing without a completed Intake Booklet will have to fill one out at the site. This will delay your appointment and could result in you having to make a new appointment.** The Intake Booklet contains important information and more detailed instructions, along with a list of tax documents you may need to bring with you. The Intake Booklets will be available at the front desk at the Senior Center (for Senior Center and Northgate appointments) and in the vestibule at St Ann's Community at the Greens (for appointments there). **Please do not pick up an Intake Booklet until you have been given an appointment.** Tax-Aide Volunteers look forward to providing this service to as many individuals as possible again this tax year.



MEDICARE ADVANTAGE OPEN ENROLLMENT SEASON

Submitted by: Kimberly Perl, Specialist, Aging Services

If you ALREADY are in a Medicare Advantage plan, you can still switch to another plan, from January 1- March 31, if should you decide to do so. You can also drop your current Medicare Advantage plan and go back to Original Medicare, and pick up a stand-alone Part D (drug) plan.

During this time, please be aware there will STILL be continued commercials and phone calls from plans trying to get you to switch. *Do NOT feel pressured to do so.* Unfortunately, if you call the number on a TV commercial, you will more than likely feel pressured into taking a plan they talk you into. If you are happy with how things are going, you do NOT have to change your coverage! HOWEVER, if you find that you no longer are having a certain prescription covered, or maybe your physician no longer takes your plan...give us a call and we will help you navigate through it all. Please call Office for the Aging at 585-343-1611.

Remember – we are **NOT** sales agents here...give us a call and feel no pressure.

SAFETY TIPS TO PREVENT FALLS THIS WINTER

Submitted by: Sherri Bensley, Public Health Educator

Studies have shown a direct link between colder weather and falls for older adults. It can be easy to slip and fall in the winter, especially because of icy and snowy conditions. The chance of suffering a fall in colder weather increases after the age of 65, and significantly increases for adults 75 years and older.

Below are some tips that you can use this winter to prevent and reduce falls.

Walk slowly.

- Change your walking style for greater stability. Use a slower and wider gait to protect yourself against falls.
- Allow enough time to get where you are going so you don't have to hurry. The chances of falling increase when you are rushing and are using less caution.

Wear shoes and boots that are appropriate for winter weather.

- Always make sure you are wearing the correct shoes for the conditions outside.
- Choose winter shoes and boots with rubber, non-skid soles in order to maintain traction on slippery surface.
- You can also attach spikeless ice and snowshoe gripper sole covers for extra stability.

If you use a cane, replace the rubber tip before it is worn smooth.

- Consider purchasing an ice gripper cane tip that has spikes on the bottom to penetrate the ice and secure a firm grip when you are walking.

Keep your steps and walkways clear from snow.

- Make sure the areas where you frequently walk are clear of snow and ice. You may need to ask others for help or you may need to hire someone to do it for you. Remember that it is ok to ask for help!
- Use salt or sand to keep your steps and walkways clear and help with traction.

Black ice can be dangerous and impossible to see.

- Don't assume that the blacktop just looks wet, because cold weather can cause black ice to form fast. Sometimes grassy areas can be less slick than road surfaces.

When you get out of your vehicle, check to see if the ground is slippery beneath you.

- Plant both feet firmly on the ground before moving.
- Use the doorframe as support if needed.

Watch for slippery floors when you are entering and exiting buildings or your home.

- Melting and refreezing snow can cause slippery conditions at the entrances/exits to any building.

Carry a little sand in a bag.

- Keep a small bag of sand in your coat pocket and toss it onto the ground in front of you to provide better traction while walking.

Dress appropriately for the weather when you head outside.

- Even if you are going for a quick trip to the mailbox or the store, make sure that you are wearing warm clothing. Gloves, jackets and winter footwear will protect you and keep you warm if you fall in the driveway or parking lot.
- Hypothermia can happen quickly for older adults due to changes that happen to the body with aging.

Take a cell phone with you.

- Bring a cell phone with you wherever you go, so you can call for help if you need it.

For more information and support, call Office for the Aging at 585-343-1611.

References

- Health in Aging. (2019). *Tips Sheet: Winter Safety for Older Adults*. Retrieved from <https://www.healthinaging.org/tools-and-tips/tip-sheet-winter-safety-older-adults>
- Mayo Clinic. (2019). *Avoiding the slip: Winter fall prevention*. Retrieved from <https://www.mayoclinic.org/medical-professionals/trauma/news/avoiding-the-slip-winter-fall-prevention/mac-20451039>

LIBRARY VISITS

Submitted by: **Lucine Kauffman, Coordinator**

Now that winter is officially here, we are less inclined to venture out. If you are unable to visit the Richmond Memorial Library and browse our collection of library materials, you may qualify for home delivery-- we can bring the library to you!

The Library Visits Program delivers library services to Genesee County residents who are 60+ years old and unable to visit the library due to long/short-term illness, disability, caregiving responsibilities, or lack of transportation.

Through personalized visits, LVP staff and volunteers bring library materials to older adults so they can remain connected and engaged.

CURBSIDE PICKUP is another option for Library Visits patrons who are able to drive to the library, but would rather not enter the building due to health or mobility issues. Simply call or email LVP staff to make a request. Or, you can place a hold (over the phone or through your online library account) within the NIOGA System. When your items are ready for pick up, we'll contact you. Then when you arrive in the parking lot, call the circulation desk, and someone will bring the library materials out to you.



To apply for our services—or if you would like to volunteer--please call askmarshall at 815-7979 or email askmarshall@co.genesee.ny.us.



UPCOMING EVENTS

DIGITAL SKILLS DAY

Join us on January 22nd from 3-5 pm at the Office for the Aging for a Digital Skills Day.

We will have 6 stations for you to visit to sharpen your skills:

- Getting to know your Smartphone/Tablet
- Getting started with email/how to get an email account
- How to answer / check email / setup email greeting
- Using Social Media, e.g. Facebook
- Downloading Apps: Android / Apple
- Using technology for health and wellness: Get Setup / TruAlta / Senior Planet

Bring your own device and have someone trouble shoot your needs.

Call 585-343-1611 for more information.

PINEWOOD DERBY

Let's see those car making skills and join us for an intergenerational event at the Office for the Aging. This is a free program for older adults and their grandchildren (or special child in your life) to participate in a Pinewood Derby. The event will take place while kids are off of school during Presidents' Break (the exact date will be released soon!)



Call 343-1611 to register and for more information about picking up your Pinewood Derby Car kit!

VALENTINE CARD MAKING CLASS

Please join us at Office for the Aging on February 5th 1:00 to 3:00pm please call 585-343-1611 to register for this free event.



WHAT IS HIICAP?

Submitted by: Kimberly Perl, HIICAP Coordinator

HIICAP stands for “Health Insurance Information Counseling Assistance Program” or, as I like to further explain – we are Medicare Specialists. In order to work in the capacity we do within this program, we need to pass an exam on a yearly basis, given to us by the NYS Office for the Aging (NYSOFA). NYSOFA offers us many trainings throughout the year in the forms of webinars, phone calls, emails, and in-person, in order for us to continually be updated on any/all changes with Medicare.

The HIICAP mission is to empower, educate, and assist Medicare-eligible individuals through objective outreach, counseling, and training.

The HIICAP vision is to be the known and trusted community resource for Medicare information.

We will help you narrow down your choices, and ensure your medications are all covered and your physicians/facilities are in-network. We give you the tools to make an educated decision. We will also look to see if you are eligible for other programs and help with applications as needed.

We assist with anything “Medicare” - from offering retirement and Medicare 101 classes, to helping with appeals, insurance issues, or prescription assistance and anything in between. Call us anytime for assistance at 585-343-1611.

WHAT ARE FACILITY FEES?

Submitted by: Kimberly Perl,
HIICAP Coordinator

Reprinted from Medicare Rights

Dear Marci is a biweekly e-newsletter that helps consumers—people with Medicare, their families and caregivers—understand their Medicare benefits and options. Each issue features Medicare coverage advice, basic health tips and links to vital health care resources.

Dear Marci,
I went to the doctor last month and now owe more than I thought I would. I called the office and learned that they charged me a facility fee. What is this?
-Roman (Baton Rouge, LA)

Dear Roman,

You may owe a facility fee when you go to a hospital-owned outpatient clinic. In other words, when you see a doctor at a facility that is owned by a hospital, rather than owned by the doctor. These facility fees help the hospital maintain the clinic by offsetting operational costs.

If your doctor’s office charges you a facility fee, it will be in addition to the cost of your medical care. Your doctor’s office may call it something like a “room charge.” Facility fees can range a lot in cost; the fee could be \$15 or \$150.

Under Original Medicare, facility fees are a covered service, and you are responsible for 20% of the cost of the fee. Medicare Advantage Plans must also cover facility fees, but there is no requirement as to how much of the fees the plan must cover. Because of this, your copays could be high. If your Medicare Advantage Plan denies coverage for the facility fee, you should **appeal** on the basis that Medicare Advantage Plans must cover the same services covered by Original Medicare.

Hospital-owned outpatient practices must notify you that you could potentially be charged for use of the facilities. If they don’t, you should **file a grievance** with your plan and a **complaint with Medicare**. You may also consider switching to a different provider in the future to avoid these costs.

I hope this helps!
-Marci

Sorry we're
CLOSED

- Monday, January 1st
New Year’s Day
- Monday, January 15th
Martin Luther King Jr. Day
- Monday, February 19th
Presidents’ Day

MAKE MEAL TIME SOCIAL TIME!

Submitted by: **Miranda Bethin, Registered Dietitian**

As we come out of the holidays, opportunities to share meals with our loved ones often stops abruptly. Winter weather adds another complication to this difficult situation and older adults often find themselves spending more time at home alone in the winter.

Research shows eating together could provide benefits for those of all ages, but for older adults, it can be even more vital. Older adults who regularly eat alone are often at higher risk for a variety of health issues, especially malnutrition. Malnutrition leads to a variety of problems, like unintentional weight loss, weakness or dizziness that can lead to a fall and broken bones, and even depression.

Eating meals together promotes healthy eating because we naturally eat more around others and make better food choices. Often, older adults feel like cooking a big, healthy meal just for one is too difficult and pointless, so they turn to pre-packaged or frozen foods. Or, worse, they skip meals altogether.

When you find yourself wanting the company of others, please join us for a hot well-balanced meal and activities! Congregate Dining is available through Genesee County Office for the Aging at the locations listed below. Please call the number to reserve your meal!

- Senior Center, Batavia: 2 Bank St: Monday, Thursday, & Friday (585) 343-1611
- Havenwood Apartments: 240 Richmond Ave, Batavia: Monday - Friday (585) 344-1330
- Corfu United Presbyterian Church: 63 Alleghany St, Corfu: Thursday (585) 343-1611
- Leisuretimers: 364 Bloomingdale Rd, Akron: Tuesday - (585) 343-1611

HIRE THE CAREGIVER YOU WANT!



Do you or a loved one have Medicaid and need home care services?

Get the care you need from a family member, friend or neighbor through CDPAP (Consumer Directed Personal Assistance Program).

Your family members can get paid to take care of you.

Get care the way it's meant to be!

Need help with your daily activities?

Our home health aides are here to help with quality care in the comfort of your home!

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Medical Care • Companionship**

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Call **585.304.8899**
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We deliver library services to older adults in Genesee County who are unable to visit the library.

Richmond Memorial Library
343-9550 option 6 • LibraryVisits@nioga.org
An ask marshall program of the Muriel H. Marshall Fund at Rochester Area Community Foundation



Catholic Charities **Free Home Visitation Program** offers weekly 1 hour in person visits or phone calls to homebound older adults age 60+. Seeking volunteers interested in making a difference in the life of a senior. Give just one hour of your time a week playing cards, crafts or just talking. Contact Catholic Charities (585) 343-0614

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Gateway Home Comfort Care provides medical, spiritual, dignified care, comfort and support to those in their end-of-life journey. Gateway Home is a nonprofit organization and does not charge for services provided. Admission is based solely on need and has no county boundaries. If you have a servant's heart, feel a calling to help or are in need of our services, we welcome your visit or phone call to learn more about Gateway Home.

Contact us at (585) 708-4331, visit our website: www.gatewayhomeattica.org or visit us at 91 Main St. in Attica, NY



Richard Wendt | 343-2400

Fax: 343-2401

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- ★ Curious about comparing plans?
- ★ When can I enroll or change plans?

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Email: abbyrutherford.medicare@gmail.com



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Medicare Sales Advisor/Business Development
michele.hrichan@univerahealthcare.com



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-659-1986 (TTY: 1-800-662-1220). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-800-659-1986 (TTY: 1-800-662-1220).

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ROCHESTER REGIONAL HEALTH | Genesee Orthopaedics



585.343.9676

J. Leonard
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