

October November December 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@geneseeny.gov

FROM THE DESK OF DIANA FOX, DIRECTOR

When we enter the 4th quarter a lot can happen, be it the last quarter of the football game or the year. Speaking of football, you'll notice that our staff have lots of team spirit on football days, so don't be surprised if you see us in our favorite team colors and t-shirts when you stop in to the office! The last quarter for the year is going to be a busy one here at the OFA. We have lots of opportunities for fun, being active and being social. At this time of year we also have many options available to get the information you need and want regarding: avoiding scams, emergency preparedness, HEAP, Mastering Aging, Caregiver supports, planning for retirement, and all things Medicare! In addition to scheduled appointments, we are also offering walk-in counseling days and vendor fairs to help you get all of your insurance questions answered and your needs met.

How do you find out about OFA programs and events? You can find out about all of our services and activities in many ways. Not only do we mail out a newsletter 4 times per year, but did you know that we produce a newsletter every month that is available at our office, locations around the county, and on our website? Every newsletter has different information, so be sure to find one even on the months that it isn't mailed to you. If you want to read on line you can also request to have the newsletter e-mailed to you. Visit our website for newsletters and other information at https://www.geneseeny.gov/departments/office_for_the_aging/index.php

Another way to get information from the OFA is by going to our Facebook page: Genesee County Office for the Aging. We are also found on WBTA radio weekly with our show, "Do You Remember These?" Tune in to WBTA at 1490 AM or 100.1 FM Sundays 9:00 a.m. or 9:00 p.m. or "on demand" on-line at: <http://wbta.com/do-you-remember-these/>. You can also find out information by calling 585-343-1611. We answer our phone lines Monday through Friday from 8:30-5:00. You are also welcome to stop in at 2 Bank Street to see us, however depending on what you are looking for, you may need an appointment so we can spend the time dedicated to your specific situation.

ADVISORY COUNCIL MEETINGS

Office for the Aging

Wednesday, October 2nd
 Wednesday, November 6th
 Wednesday, December 4th
 2:30 pm

Genesee Senior Foundation, Inc.

Thursday, October 17th
 Thursday, December 19th
 2:00 pm

No Meeting in November

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.

NY CONNECTS of Genesee County



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.

1-800-342-9871/ 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!

Feeling the Stress?

Genesee County Mental Health - 585-344-1421
 Providing phone, video and in-person Sessions
 (accept most insurances)

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:

- 8:45am - 9:30am - **Coffee Hour**
- 9:30am - 10:30am - **Arthritis Exercise** (\$1.50 suggested contribution)
- 1pm - **Bridge**
- 2nd Monday of the month/ 12:45pm - 2pm **Open Bingo**
- 4th Monday of the month/ 2pm - 4pm **BUNCO Party**

TUESDAY:

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

WEDNESDAY:

- 9am - 12:30pm - **Quilting/Sewing Group**
- 1pm - **Bridge**
- 1st Wednesday of the month/11am - 12pm **Book Club**

THURSDAY:

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

FRIDAY:

- 9:30am - 11am - **Line Dancing**
- 1pm-2:30pm - **Young at Art** (\$10 per class)
- 3:30-4:30 - **Yoga** (started September 6th)

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



GENESEE SENIOR FOUNDATION, INC. DONATIONS

Joan Fluker
Jerianne Barnes
Sheila Merle
THANK YOU!

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@geneseeny.gov



“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.

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

Sponsored by the Genesee Senior Foundation, Inc.



ARE YOU AN OLDER LGBTQ+ ADULT LOOKING FOR COMMUNITY & CONNECTION?

Join us in launching a bi-weekly “Lunch and Learn” program being held in Genesee, Livingston, Orleans, and Wyoming Counties. Help us decide on the lunches (provided for free) and topics you’re interested in!

Also, receive help with technology from LGBTQ+ youth with upcoming intergenerational exchanges!



For more information or to sign up for the beginning sessions, call Program Coordinator Pat Cole at (585) 814-5081 or email Sara Vacin at svacin@glowout.org.

sponsored by:

 **Health Foundation**
for Western & Central New York



PLEASE VISIT WWW.GLOWOUT.ORG FOR MORE INFORMATION.

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.

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 one. 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 585-343-1611 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 Aging
2 Bank St. Batavia

CAREGIVER PROGRAM UPDATES

Submitted by **Laurie Watson,**
Specialist, Aging Services

Save the Dates:

Education Programs:

Wednesday November 13th at 2pm
"Building Foundations of Caregiving"

Tuesday January 28th 2025 at 2pm
"Supporting Independence"

Both programs presented by the Alzheimer's Association.

Memory Café - A Musical Memories Café is a gathering place for family caregivers and their loved ones to relax, socialize, enjoy a meal and some music. We will be offering a Café monthly funded through the Ralph C. Wilson, Jr. Legacy Funds.

Tuesday October 15th we have a Memory Café for Caregivers and their Care Receiver scheduled at 4pm.

November 19th at 12:00 pm we have a Memory Café for Caregivers and their Care Receiver scheduled .

Tuesday December 3rd at 11:30am we have a Memory Café for Caregivers and their Care Receiver.

This event will be held at the Genesee County Office for the Aging, 2 Bank St. Batavia. For more information or questions please call Office for the Aging at 585-343-1611.

Caregiver Event - Thursday January 23rd 2025 at 1:30pm we will have a Laughter Yoga Program for Caregivers and their care Receiver.

Each event will be held at the Genesee County Office for the Aging, 2 Bank St. Batavia. For more information or to register, please call Office for the Aging at 585-343-1611.

NOVEMBER IS NATIONAL CAREGIVERS MONTH

Submitted by: Laurie Watson, Specialist, Aging Services

November is a time to show support and to honor our nation's vital caregivers during National Family Caregivers Month. While family caregivers should be celebrated every day, this is a time to recognize and honor caregivers nationally, raise awareness around caregiving issues, educate communities, and work to increase support for our nation's caregivers. Families are often the primary source of support for older adults and people with disabilities. In fact, today in America, more than 53 million family caregivers provide unpaid care.

Please join us in acknowledging and honoring families who are often caregiving "around the clock". That means around-the-clock dedication, organization, responsibility, scheduling, and hands-on care. In honor of National Family Caregivers Month, we encourage every person to reflect and identify the friend or neighbor in their life who is in the role of a family caregiver. Family caregivers need you! Be open and intentional about offering support. This could mean doing a household chore, lawn care, or laundry, providing a meal, making a grocery run, or lending an empathetic ear. Most importantly, offer them grace and flexibility when with them at work, church, or family gatherings.

If you or anyone you know is a family caregiver please encourage them to reach out to Genesee County Office for the Aging and talk with someone about our Caregiver Supports Program 585-343-1611.

OFFICE CLOSED

Monday, October 14, 2024
In observance of Columbus Day

Website Address for the
Genesee County Office for the Aging
www.geneseeny.gov/departments/office_for_the_aging

FALL PREVENTION AS THE SEASON BEGINS TO CHANGE

Submitted by Sherri Bensley, Public Health Educator

As our seasons change, fall prevention is a significant concern for older adults, often leading to serious injuries and a decline in quality of life.

Here are key strategies for preventing falls and promoting safety this season:

- **Watch for Wet Leaves** - Be cautious on sidewalks and driveways covered with wet leaves, as they can be slippery.
- **Dress for the Weather** - Wear layers to stay warm and choose shoes with good traction to prevent slips on wet or icy surfaces.
- **Clear Walkways** - Remove leaves, debris, or snow from pathways to create safe walking areas.
- **Use Handrails** - When navigating stairs, make sure to use handrails for extra support.
- **Improve Lighting** - As days get shorter, ensure outdoor paths are well lit. Use solar lights or motion-sensor lights for added safety.
- **Stay Active Indoors** - Keep up with exercises that improve balance and strength, even during colder months.
- **Check Home Safety** - Inspect for any loose rugs or clutter indoors that could pose tripping hazards.

Have Emergency Contacts Ready - Keep a list of emergency contacts easily accessible in case of falls or emergencies.

By staying safe and prepared this fall season, you can enjoy the beauty of autumn while reducing your risk of falls. For more information and support, contact Office for the Aging at 585-343-1611.

Resources:
Mayo Clinic. Healthy Aging. <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>
National Institute on Aging. Preventing Falls at Home: Room by Room <https://www.nia.nih.gov/health/falls-and-falls-prevention/preventing-falls-home-room-room>

MEDICARE - SAVE THE DATES!

Wednesday, October 9th - Open Enrollment Assistance

Walk-In time 10am-2pm
The Goose – 33 S. Main Street, Oakfield
Bring list of medications

October 15th – Medicare Open Enrollment Begins

Wednesday, October 16th – Medicare 101

5pm - Office for the Aging, 2 Bank Street, Batavia
Must call to register – (585) 343-1611

Tuesday, October 22nd - Open Enrollment Assistance

Walk-In time 3pm – 7pm
Office for the Aging, 2 Bank Street, Batavia
Bring list of medications

Tuesday, October 29th - Open Enrollment Assistance

Walk-In time 3pm – 7pm
Office for the Aging, 2 Bank Street, Batavia
Bring list of medications

Tuesday, November 5th (Election Day!)

Vendor Fair 10am-2pm
First United Methodist Church of Batavia
8221 Lewiston Road, Batavia
Medicare Advantage Companies will be in Attendance to assist you with your questions and to sign up for January 1 start date.

Wednesday, November 6th - Open Enrollment Assistance

Walk-In time 10am-2pm
Gillam-Grant Community Center
6966 West Bergen Road, Bergen
Bring list of medications

Tuesday, November 12th - Open Enrollment Assistance

Walk-In time 2pm – 5pm
Office for the Aging, 2 Bank Street, Batavia
Bring list of medications

Thursday, November 21st

Vendor Fair 10am-2pm
Batavia Downs – Genesee Room/Second Floor
8315 Park Road, Batavia
Medicare Advantage Companies will be in Attendance to assist you with your questions and to sign up for January 1 start date.

Tuesday, November 26th – Medicare 101

5pm @ Office for the Aging, 2 Bank Street, Batavia
Must call to register – (585) 343-1611

December 7th – Medicare Open Enrollment ENDS



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60 and
Older



The Handyman



Friendly Visits



Library Visits



Financial Management



Transportation

CONNECT www.askmarshall.net

(585) 815-7979 askmarshall@genesee.ny.gov

VOLUNTEER TO MAKE A DIFFERENCE!

RABIES IS A DEADLY VIRUS

- DO NOT touch or feed wild or stray animals.
- Keep your pets up-to-date on rabies vaccinations and obey leash laws.
- If you find a bat in your home, safely capture it and call the health department. **DO NOT** release it!
- If you get bitten by any animal, call your healthcare provider right away.



Genesee County: (585) 344-2580 x5555

Orleans County: (585) 589-3278

GOHealthNY.org



RABIES IMMUNIZATION CLINIC

Location: Genesee County Fairgrounds, 5056 East Main St., Batavia Each dog, cat, and ferret must be leashed or crated and accompanied by someone who can control it. Dog, cat, and ferret vaccinations are free. Voluntary donations are accepted.

October 10th: 4 - 7 pm

For more information contact the Genesee County Health Department at 585-344-2580 x5555 or visit www.GOHealthNY.org

PROCESSED FOODS

Submitted by: Selena Cobb, Registered Dietitian (RD)

You may have heard that we should avoid “Processed Foods”, but what exactly *is* a processed food? The truth is that us humans “process” most foods before we eat it. When a mom washes an apple and slices it for her child, the fruit has been *processed*. When a codfish is scaled, gutted, filleted, seasoned and roasted, the resulting fish entrée has been *processed*. In these examples, the end products are healthy food choices.

An example of a **highly** processed food is codfish that is scaled, gutted, deboned, and fragments from several fish molded under pressure into brick-like slabs and frozen solid. Let’s say, after this, the slabs of frozen fish fragments are sawed by machines into perfect rectangular “sticks”, that travel by conveyor belt through a cascade of batter (which contains food chemicals and lots of salt), then through a shower of breading (containing more food additives and salt). The breaded sticks journey on to a hot oil bath, then they’re flash frozen and boxed. Perhaps months later, a shopper finds it in the grocery store freezer and buys it. The fish is processed one last time: It is baked until it becomes a hot “fish stick” that is 65% fish and 35% “other ingredients”.

The term *processed foods* is shorthand for “Ultra-processed foods”. According to the United Nations, **ultra-processed foods** are foods that contain ingredients “never or rarely used in kitchens”. These ingredients include preservatives, artificial coloring, emulsifiers, sugars, flavorings, salt and fats. Read the label of a food to see how many of its ingredients you use in your kitchen.

Canned foods, sausages, hot dogs, bacon, ham, deli meats, sodas, chips, packaged soups, sweet cereals, chicken nuggets and commercial ice cream are ultra-processed.

What’s wrong with processed foods? Nutrients are purged during excessive processing so the food is less nutritious. Additives make foods much higher in sugar, sodium, and all-around calories. Higher risk for cancer has also been linked to too much processed foods.

Tips for avoiding processed foods:

- Cook more often instead of eating prepared meals.
- Choose fresh fruits and veggies, fresh whole grain bakery bread, and plain dairy products.
- Read labels and choose foods with fewer ingredients. Avoid foods with lots of ingredients you don’t recognize.
- Look for fresh meats such as fresh raw chicken and fish without coatings and lean beef

Contact the Office for the Aging at 585-343-1611 if you would like to meet with the RD.

HEAP 2024-2025

Every year the Office for the Aging processes HEAP applications for households with individuals 60 and older **or** younger people receiving Social Security Disability. The income guidelines for the 2024-2025 HEAP season are:

Household Size	Maximum GROSS monthly household income
1	\$3,322
2	\$4,345
3	\$5,367

Regular HEAP opens Friday, November 1, 2024 and is scheduled to close on Monday, March 31, 2025. This may change based on how many benefits are distributed during that time AND if any more funds are released for the program.

Emergency HEAP opens Thursday, January 2, 2025. Emergency HEAP is scheduled to close on Monday, March 31, 2025.

**** All new applicants can apply on or after November 1, 2024 at www.mybenefits.ny.gov or at the Office for the Aging, 2 Bank Street, Batavia - after November 1, 2024****

ARE YOU GOOD WITH MONEY? WOULD YOU LIKE TO SIMPLIFY YOUR FINANCIAL LIFE?

Jamie Charters, Coordinator for Lifespan's Financial Management Assistance Volunteer Program

Life is a lot more complicated than it was even a few years ago. This definitely applies to our financial life. We're inundated with mail that appears important. Banks, government, utilities, credit cards, and other organizations all want you to create online accounts as the only way to see your information. Notice how hard it is to find a phone number to call. If you do find a number to call good luck getting to a real person and in a reasonable amount of time. Who wouldn't want to simplify that!

Yes, our financial life is a lot more complicated and you're not alone, but there is help at Lifespan. If you can use a little support with trying to simplify bill paying, budgeting, balancing, mail review, organizing, questions, then please call us. Our staff and trained volunteers will even come to your home to help. The program is perfect for older adults (60+) who struggle keeping up, are overwhelmed with mail, etc. This free service is provided by Lifespan's Financial Management Assistance Volunteer Program.

What if you're good with navigating new & old ways of handling finances. Maybe you can help an older adult in our community that needs that little extra support. Please call us to become a Financial Management Volunteer. Training is provided and the time commitment is small.

Contact ask marshall at 585-815-7979 or askmarshall@geneseeny.gov.



Lifespan of Greater Rochester, a nonprofit organization, provides Financial Management Assistance to residents (60+) in Genesee County. This free service is provided through the Muriel H. Marshall Fund and the Office for the Aging. *"Lifespan provides information; guidance and services that help older adults take on both the challenges and the opportunities of longer life."*

LIBRARY VISITS

Submitted by: Lucine Kauffman, Coordinator

Did you know that a small selection of Memory Care books is available to borrow at Richmond Memorial Library? These books feature beautiful photos and illustrations and are often accompanied by brief poems, Bible verses, hymns, or short descriptions. Many of these books feature **EXTRA LARGE** print. Subjects available include nature, animals, travel, and 1940s, 50s, and 60s nostalgia.

Memory Care books can help readers to access memories, spark imagination, bridge the gap between generations, create connections, ease boredom and much more. They are a helpful tool for those with low vision, memory challenges, or cognitive impairments.

Look for the Memory Care books in the Large Print Non-fiction section.



Or, if you are unable to visit the library contact **ask marshall** at 585-815-7979 or askmarshall@geneseeny.gov.

TAX SEASON IS AROUND THE CORNER

**Submitted by: Karen S.,
AARP Tax-Aide Local Coordinator**

Before you know it, it will be time to file taxes for 2024. Free tax preparation services will again be available in Genesee County through the AARP Foundation Tax-Aide Program. This service is provided by volunteers who receive training in tax law and are certified through the IRS and AARP to provide this service. The program is available to anyone, regardless of age, but is focused primarily on seniors with low to moderate incomes who have basic returns.

It is anticipated that this service will again be available at three (3) locations in Genesee County. The Tax-Aide program will operate from early February until mid-April by appointment only (no Walk-ins). Appointments will begin to be taken in mid-January 2025. More information and details about how to schedule an appointment, locations, the days and times of operation, and the methods that will be used to deliver the Tax-Aide program will be included in future Gene-Senior Newsletters.

COMING SOON!

Call Office for the Aging at 585-343-1611 with questions or to register:

- ★ Overview of Medicare Changes for 2025: October 8th at 11am at the Town of East Bethany Community Center
- ★ Fraud Prevention Program with Senator George Borrello: October 9th at 10am
- ★ Genesee County Park Interpretive Center Presentation: October 16th at 1:00 pm
- ★ Holiday Card making: November 4th 1:30 pm
- ★ Day Trip - Rhythm and Blue Christmas Show at Salvatore's Italian Gardens: December 3rd (sign up starting October 1st)
- ★ Holiday Social - Judd Sunshine and dessert: December 16th at 1pm
- ★ Winter Centerpiece Workshop: December 18th 2:00 – 3:00 pm - Cost \$30
- ★ Caregiver Event - Laughter Yoga for Caregivers and the one they care for: Thursday, January 23, 2025 at 1:30pm

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).

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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

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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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716.572.8315

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michele.hrichan@universahealthcare.com



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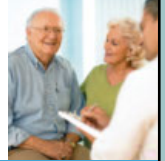
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VISIT www.ccorhome.com



CCOR



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Medicare Made Clear



Colleen McHale O'Connor, Owner / Agent
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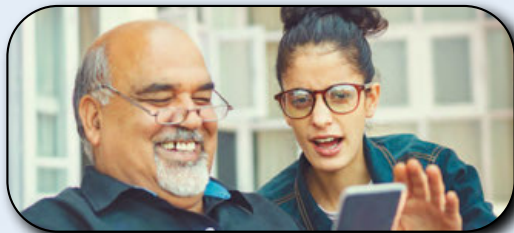


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Bills... Bills... Bills

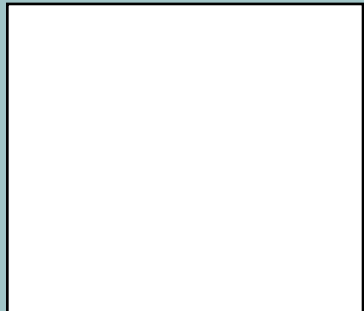
If keeping track of bills and payments has gotten a little overwhelming, **we can help.**

Lifespan's trained staff members and volunteers can visit you at home to help you:

- Plan a budget and pay bills.
- Balance a checkbook.
- Work with creditors.
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Or, if you have a spare hour or two a month, **volunteer to help an older adult with financial tasks.**

Lifespan's Financial Management Service is partially funded by the U.S. Administration on Aging, the Genesee County Office for Aging through the Muriel H. Marshall Fund. No fee is charged, but donations are encouraged.

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