

February, 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

GETTING BACK TO BASICS

I have a favorite song called, "The 59th Street Bridge Song (Feelin' Groovy)," written by Paul Simon with lyrics that go,

Slow down you move too fast
You've got to make the morning last
Just kicking down the cobble stones
Looking for fun and feeling groovy
Ba da-da-da da-da, feeling groovy

Hello lamppost, what'cha knowing
I've come to watch your flowers grown'
Ain't you got no rhymes for me?
Doo-ait-n-doo-doo, feeling groovy
Ba da-da da-da-da, feeling groovy

I got no deeds to do, no promises to keep
I'm dappled and drowsy and ready to sleep
Let the morningtime drop all its petals on me
Life, I love you, all is groovy

Sometimes when things seem to be moving too fast or there seems to be too much happening it is good to get back to the basics and:

1. Take some deep breaths
2. Take a few minutes and have something to drink without caffeine or alcohol
3. Be sure to leave enough time for sleep
4. Have a healthy meal and skip the sugary or high fat snack
5. Do some stretches or take a walk or both
6. Call a friend or someone that you feel good talking to

Director's Article Continues on Page 2

ADVISORY COUNCIL MEETINGS

Office for the Aging

Wednesday, February 7th
2:30 pm

Genesee Senior Foundation, Inc.

Thursday, February 15th
2:00 pm

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

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.

WHAT'S HAPPENING

Call 585-343-1611 for more information!

MONDAY:

- 9:30am-10:30am—**Arthritis Exercise** (\$1.50 suggested contribution)
- 1pm-3pm - **Board Game 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
(suggested contribution \$3.50/meal)

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

Director's Article Continued from Front Page

7. Look up at the sky
8. Check in with yourself and notice how you feel
9. Notice what is going well or right
1. Listen to some good mood music

Repeat as necessary! Remember that in February (and every month) it is good to love yourself!!

GENESEE SENIOR FOUNDATION, INC. DONATIONS

Genesee Patrons Cooperative Insurance Co.
Falcone Family Funeral & Cremation Services
Select Collision
V.J.Gautieri Constructors, Inc.
William Kent Inc.
THANK YOU!

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

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



GOT GROCERIES?

**Submitted by: Julie Brinkman,
Specialist, Aging Services**

A way to get those needed groceries. This program is designed specifically for individuals who meet following criteria:

- 60 years of age and older
- Ability to pay for own groceries
- Unable to do own shopping
- Unable to order via internet

OFA is seeking volunteers and individuals desiring assistance. Please call NY Connects/OFA at 585-343-1611 for information. *Program is not able to use SNAP benefits at this time.*

ask marshall
Answers, Ideas and Resources
for Older Residents of Genesee County

Serving All
Genesee
County
Residents
60 and
Older

The Handyman Friendly Visits Library Visits Financial Management Transportation

CONNECT www.askmarshall.net
(585) 815-7979 askmarshall@co.genesee.ny.us
VOLUNTEER TO MAKE A DIFFERENCE!

CAREGIVERS

Powerful Tools for Caregivers

Powerful Tools for Caregivers: In the six weekly classes, family caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate more effectively in challenging situations; manage their emotions; and make tough caregiver decisions.

Location:

Genesee Co. Office for the Aging
2 Bank Street
Batavia, NY 14020

Time:

2:00 pm - 3:30 pm

Dates:

Wednesdays: April 10, 17, 24 and
May 1, 8, 15, 2024

REGISTRATION:

There is no cost for this six week Powerful Tools for Caregivers workshop; however **pre-registration is required by Friday, April 5th.**

You are required to attend the first class in order to participate in this program. It is strongly recommended that you attend all six classes. You will be provided "The Caregiver Helpbook", a great reference tool!

**Please call the Office
for the Aging at
343-1611 to register**



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

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.



"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@WBTA.com

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

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

CAREGIVER SUPPORT GROUP SURVEY

Are you caring for a loved one? Would you be interested in a Caregiver Support group?

Please take our quick survey and let us know! Go to the web address below, scan the QR



code or call the Office for the Aging at 585-343-1611 to complete the survey. [https://](https://www.surveymonkey.com/r/KQ8LCKC)

www.surveymonkey.com/r/KQ8LCKC

KEEPING YOUR BONES STRONG TO PREVENT FALLS & FRACTURES

Submitted by: **Sherri Bensley,**
Public Health Educator

Keeping our bones strong is important to help prevent falls and fractures. Our bones support our muscles, protect vital internal organs and store most of the body's calcium. Unfortunately, bone loss is a natural part of aging. Those who have been diagnosed with osteoporosis or brittle bones are at a greater risk of fracturing a bone or hip if they fall. There are, however, preventable measures individuals can take to combat bone loss. Diet, exercise, and healthy lifestyle habits play a role in our overall bone health. Having strong bones will decrease your risk of fracturing a hip or other bone that may lead to a lack of independence.

Calcium and vitamin D are two essential nutrients that bones depend on for strength and growth. Calcium is a mineral that supports bone growth, while vitamin D assists in calcium absorption. According to the National Institutes of Health (NIH), adult men between the ages of 51-70 should consume 1,000 mg of calcium per day and women in that age bracket should consume 1,200 mg of calcium per day. Those aged 71 and older should consume 1,200 mg of calcium per day. The NIH also recommends that adults between the ages of 51-70 should consume 600 IU of vitamin D per day, and adults ages 71 and older should consume 800 IU of vitamin D per day.

The following lists of food are rich in calcium and vitamin D:

Calcium	Vitamin D
Low-Fat and Non-Fat Milk	Kale
Almond Milk	Collard Greens
Yogurt	Turnip Greens
Cheese	Broccoli
Soy Beans	Eggs
Edamame	Fortified Cereal
White Beans	Salmon
Butternut Squash	Oranges

Getting enough calcium and vitamin D is an essential part of bone health and bone health is essential in preventing falls. If you have concerns about your diet, talk to your health care provider about how best to include these nutrients into your daily routine for optimal bone health. For more information and support, call 585-343-1611.

References

National Institutes of Health. (2023). *Calcium Fact Sheet for Consumers*. Retrieved from <https://ods.od.nih.gov/factsheets/Calcium-Consumer/>
National Institutes of Health. (2023). *Vitamin D Fact Sheet for Health Professionals*. Retrieved from <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>

WINTER SAFETY TIPS FOR YOUR HOME

Submitted by: **Karen Schmidt,**
Environmental Health Specialist

Fires and carbon monoxide poisoning are common safety hazards during the winter as people spend more time indoors. To keep you and your family safe, here are a few safety tips:

- Have a professional check heating systems, water heaters, flues, and chimneys every year before you need to turn on the heat.
- Install at least one smoke detector on every floor of your home and make sure it can be heard from every bedroom. Change the batteries twice a year if removable, or replace the alarm every ten years if the battery is built-in.
- Install a carbon monoxide alarm in your home and check it monthly. Make sure it can be heard from every bedroom.
- Only plug in one heating device, like a space heater, into an outlet at a time. Do not use an extension cord with a space heater.
- Place your space heater at least three feet away from anything that can burn or melt. Never dry clothing on a space heater.
- Do not leave your car running in a garage, even if the door is open.
- Stay near the stove while food is cooking. If you must leave the room turn the burner off.
- During a winter storm, make sure vents and chimneys are not blocked by snow. If you use a generator, make sure it is outdoors and at least 20 feet from windows, doors, and vents.

If you are a resident in the Town or City of Batavia and are concerned about health risks in your home, please contact the Healthy Neighborhoods Program at the Genesee County Health Department. This program offers free home visits to check for safety risks in your home and if needed, may provide safety supplies. For more information about the Healthy Neighborhoods Program, call 585-344-2580 extension 5555 to set up an appointment or visit the Genesee and Orleans County Health Departments Website.

References

Centers for Disease Control and Prevention. (2018). *Carbon Monoxide – Generator Safety Fact Sheet*. Retrieved from <https://www.cdc.gov/co/generatorsafetyfactsheet.html>
National Fire Protection Association. (2023). *Home Fire Safety*. Retrieved from <https://www.nfpa.org/education-and-research/home-fire-safety>

LOVE YOUR HEART

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

During the month of February, most people think of hearts because of Valentine's Day, but did you know it is also recognized as National Heart Health month? Heart disease continues to be the greatest health threat to Americans and is still the leading cause of death worldwide. In most cases, heart disease is preventable when people adopt a healthy lifestyle. Below you can find tips to help you live a longer and healthier life!

Sodium: Too much sodium may lead to or increase high blood pressure.

- A single teaspoon of salt has 2300 mg of sodium
- Keep salt intake to 2300 mg or less per day by choosing foods with less than 400 mg of sodium per serving
- Choose less processed foods and more fresh foods
- When shopping, choose salt free and low sodium options
- Add flavors and seasonings to food without adding salt

Physical Activity: Physical activity can strengthen the heart and reduce heart disease risks.

- It is recommended to get 150 minutes of exercise each week
- Try to get 30 minutes of exercise on most days
- Talk with your healthcare provider about what types of physical activity may work for you

Fat: Saturated fat may increase cholesterol levels while healthy, unsaturated fats may help lower cholesterol.

- Choose lean protein and low-fat dairy to decrease saturated fat
- Eat no more than 5-6% of your total calories from saturated fat
 - ◊ For someone eating 2,000 calories daily, that is no more than 13 grams saturated fat
- Choose healthy unsaturated fats such as liquid vegetable oils, nuts and seeds, avocados, fish and seafood

Fiber: Fiber is found in plant foods and can help lower unhealthy cholesterol levels.

- For women over the age of 51, aim for 22 grams of fiber daily. For men over 51, aim for 28 grams daily
- Increase consumption of fiber rich foods such as:
 - ◊ Beans & legumes
 - ◊ Fruits & vegetables
 - ◊ Whole grains
 - ◊ Nuts & seeds



Nutrition Counseling is available for all Genesee County residents age 60+. If you are interested in meeting with the Registered Dietitian, please call 343-1611.

TYPES OF MEDICARE FRAUD

Submitted by: **Kimberly Perl, Specialist, Aging Services**

If you or someone you know have been a victim of any of these fraud schemes, **call the Senior Medicare Patrol (SMP) Helpline at 800-333-4374.**

- | | |
|---|---|
| <ul style="list-style-type: none"> • Ambulance Fraud • Community Mental Health Fraud • Medical Identity Theft • Medicare Card Scam • Obamacare Scam • Medicare "Changes" Scam • Offers of Discount Plans and Cards • Marketing Guidelines • Issues with Equipment & Supplies Coverage • Durable Medical Equipment Fraud | <ul style="list-style-type: none"> • Wheelchair Scams • Genetic Testing Fraud • Home Health Care Fraud • Pain Management Clinics • Personal Care Services Fraud • Hospice Fraud • Marketing Guidelines for Parts C & D • Medicare Advantage/Managed Care Fraud • Skilled Nursing Facility Fraud • Prescription Drug Fraud • Drug Diversion Fraud |
|---|---|

HOME VISITATION PROGRAM

Submitted by: Linda Chadderdon

Renew yourself in the New Year!
Are you looking for an incredible
volunteer opportunity?

A rewarding way to give back?
We have the answer! And you
get to make a new friend and
volunteer on a schedule that
works for you! Visits consist of laughter, playing or
just reminiscing with a new friend about life!



Our Home Visitation Program needs volunteers to provide weekly, one hour in person visits with older adults in Genesee County. Get matched with a person who lives in your community and shares common interests with you. Our program is funded by the Muriel Marshall Fund and Administered by Catholic Charities. Catholic Charities provides services to people of all faiths and there is no religious component to services. In an effort to provide a foundation to grow friendship, individuals are matched based on similar interests i.e. similar work backgrounds; love of animals, cooking, etc. Our program volunteers do not provide assistance with ADL's, medications, banking or transportation and it is not intended as a respite program.

Social isolation is when a person lacks a sense of belonging, has very little engagement with others or doesn't have fulfilling, quality relationships with other people. It is a growing problem in our society and our most rapidly growing population are those individuals over the age of 60. It is estimated that up to 43% of these adults are lonely. A number of things can cause a person to become isolated such as illness, inability to hear or see well, inability to drive, other physical/ emotional ailments, or family and friends move or pass away. The Home Visitation Program responds to this large issue and aims to reduce it in Genesee County. We know that when social relationships are formed, the positive effect of visits can create a healthier life for both individuals.

If you would like to be the bright spot in a person's week and help to reduce loneliness, please contact us about becoming a friendly visitor. We also NEED VETERANS for matching with fellow veterans who prefer to visit with someone that understands service to country.

If you are an older adult who has a limited ability to leave your home and would like a visitor, please give us a call to discuss our wonderful program.

Let's work together and build friendships! Call **ask marshall** at 585-815-7979 for more information.

USDA HOME REPAIR PROGRAM

Submitted by: Marisa Covert,
Batavia USDA Rural Development office

Is your home in need of repairs or accessibility modifications? USDA Rural Development's Section 504 Home Repair Program might be for you! This federal loan and grant program is available year-round and nationwide to assist very low-income homeowners in rural areas finance repairs or modifications to their homes.

Homeowners aged 62 or older in need of repairs to address health/safety measures or to make the home accessible for a household member with a disability may qualify for grant funds of up to \$10,000. So long as the grant recipient remains in the home for 3 years after a Grant Agreement is signed, the grant funds do not have to be repaid. Homeowners under 62 years of age, as well as those over 62 whose repairs are not for health/safety reasons, or who need more than the grant funds allow, may qualify for a 20-year, 1% fixed-interest loan of up to \$40,000. Seniors eligible for both a grant and a loan may be able to combine both for up to \$50,000 of repair assistance.

Single-family homes repaired with Section 504 funding must be modest, owner-occupied, and located in a rural area. All of Genesee County is classified as rural. This program is also income-based; households of 1-4 members must have an adjusted income of \$44,900 or less in Genesee County and must lack the assets to meet repair needs. Manufactured or mobile homes must be on a permanent foundation and on owned (not rented) land in order to qualify for Section 504 funds.

So if you need help repaving your driveway, repairing your porch, replacing your roof, or installing a wheelchair ramp, please reach out - we are ready to assist! If you have questions, would like to learn more, or wish to receive a Section 504 Home Repair program application, please contact Marisa in the Batavia USDA Rural Development office at (585) 343-9167 x4. (TDD 315-477-6447) You can also see the website at www.rd.usda.gov/NY. *USDA is an equal-opportunity provider, employer, and lender.*



AARP FOUNDATION TAX-AIDE SERVICE BEGINS IN FEBRUARY

Submitted by: Karen S.,
Local Coordinator for Genesee County

Free tax preparation services provided by AARP Foundation Tax-Aide Program will begin in early February and run through early April this year. The program is designed primarily for older adults with low to moderate income, but others can also use the service. It is provided by trained Tax-Aide volunteers and will be available at three (3) sites in Genesee County by appointment only (no walk-ins).

Appointments will begin to be taken the week of January 22. The sites and contact phone numbers are:

Batavia Senior Center,
2 Bank St. Batavia - (585) 343-1611

Northgate FMC (South Campus),
350 Bank St., Batavia - (585) 343-1611

St Ann's Community at the Greens,
1 West Ave., LeRoy - (585) 768-2740

IMPORTANT: When making an appointment, you will be told to pick up an Intake packet. Please do not pick up a packet until you have scheduled an appointment. The packet contains important information about the tax preparation process, tax documents needed, and other information you will need to bring with you. We ask that you read ALL the information in the packet and follow the instructions. You will need to have the Intake Booklet filled out COMPLETELY before arriving for the appointment. This will save you time and better assure we are able to prepare an accurate return for you. Failure to do so, WILL delay your appointment and may result in you having to reschedule.

The AARP Foundation Tax-Aide volunteers look forward to assisting many of you with filing your taxes this year. We realize this can feel like an overwhelming and daunting task. We are available and happy to help you through the process.



LIBRARY VISITS

Submitted by: Lucine Kauffman, Coordinator

Late Winter is the perfect time to snuggle up with a book or watch a movie. It's also the perfect time for "armchair travel" to far away, exotic locations! We have lots of travel books and DVDs to choose from. No packing, crowded airports, cancelled flights, automobile traffic, nor high gas prices to contend with. Just sit back with your favorite warm beverage in the comfort of your own home.



So, where do you want to go this Winter? Let us bring the world to you!

Richmond Memorial's Library Visits Program delivers library services to older adults in Genesee County who are unable to visit the library due to a long or short term illness; disability; lack of transportation; or caregiving responsibilities.



If you are **at least 60 years old and unable to visit the library**, or if you know someone who needs our services, please contact **ask marshall** at 585-815-7979.

WE WILL BE CLOSED ON
PRESIDENTS DAY



Monday, February 19, 2024

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 on Wednesday, February 21st while kids are off of school during Presidents' Break.

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



National Family Caregiver Support Program (NFCSP)

Do you provide unpaid care to a family member, friend, or neighbor who has an illness, disability, memory loss, injury, or special need? If you answered yes to any of these questions, you are a caregiver! Are you feeling overwhelmed, constantly worried, tired, sad, easily irritated, and/or extremely stressed? You are not alone and there is support available. If you would like to learn more about resources, tools, and supports available for caregivers, please answer the following questions to get connected to the right starting place.

- Are you over the age of 18 and caring for an older adult (age 60+)?
- Are you over the age of 18 caring for an individual (any age) with Alzheimer's disease or a related disorder (e.g., dementia, traumatic brain injury, mild cognitive impairment)

If you answered yes to any of the questions above, you are eligible for the National Family Caregiver Support Program (NFCSP). If you would like to learn more about how this program can assist you, please take this short screen through TCare: <https://caregiver.tcare.ai/screener/app/geneseecounty/UAK24U7aCh47Z2YgCccxY> (or scan the QR code below) for an initial assessment of your wellbeing, and a Program Specialist will reach out to discuss the results. The evidence-based screener asks you to reflect on your experiences and respond to a series of statements based on identified rating scales in each section. This screener is used to help you and the Program Specialist better understand your situation and define an individualized plan to meet your unique caregiving needs in Genesee County.

Do you prefer to search resources on your own? Visit the NY Connects Resource Directory at [/www.nyconnects.ny.gov/home](http://www.nyconnects.ny.gov/home). NY Connects links individuals of all ages and their caregivers to long term services and supports and provides one stop access to free, objective, comprehensive information and assistance.



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?

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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



medicareoptionsmadesimple.com



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Visiting Nursing Association of Western New York

7070 Telephone Rd, Pavilion, NY 14525
(585) 252-3900



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Michele Hrichan
716-572-8315

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

univera
HEALTHCARE

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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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This Newsletter is funded through grants from the New York State Office for the Aging, Administration on Community Living, and the generous support of the Genesee County Legislature. SUGGESTED CONTRIBUTION - \$5.00

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Financial, Ideas and Resources
For Older Residents of Genesee County

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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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