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

RING FORWAR

FROM THE DESK OF DIANA FOX, DIRECTOR HERE COMES MARCH!

If you read my January, February, March article then you know that this is Genesee County Office for the Aging's 50th year. For my article this month I thought I would provide you with a little more history.

When OFA opened in June of 1974 we had just two employees to start. Due to the availability of a federal grant the Genesee County Legislature permitted the OFA to expand staffing and outreach efforts in March of 1975, and added seven part-time Aging Services Aides. As of March 2024 our programs have grown and our staff has expanded to thirty three paid employees to provide programs and services which includes full time, part time, and substitute positions (which are part of our home delivered meal driving staff.) In addition to our paid staff, we have many dedicated volunteers that provide facilitation of groups and programs, and others that also drive older adults to medical appointments and deliver meals for those at home. The saying, "it takes a village" is certainly true as it takes a large team of people to provide everything that our Genesee County Community wants, needs and expects from the Office for the Aging!

Are you aware of all that is available through our programs and services? Our home and community based programs provide access to a well-planned, coordinated package of in home and other supportive services designed to support and supplement informal care. Our core services in coordination with local partners provide: Home delivered meals (HDM), congregate meals, nutrition counseling and education, senior center programming, health promotion and wellness, evidence based interventions, volunteer opportunities, respite and caregiver supports, legal services, home modifications and repairs, elder abuse prevention and mitigation, NY Connects, Health Insurance Information, Counseling and Assistance Program (HIICAP), Personal Care Level I and II, case management, ancillary services, such as Personal Emergency Response System (PERS) and assistive devices, transportation coordination to needed medical appointments, community services and activities and Long Term Care Ombudsman Program

Director's Article Continues on Page 7

ADVISORY COUNCIL MEETINGS

Office for the Aging Wednesday, March 6th 2:30 pm

Feeling the Stress?

Genesee County Mental Health

Providing phone, video and in-person Sessions (accepts most insurances) 585-344-1421

> <u>Care & Crisis Helpline</u> 585-283-5200

<u>Crisis Text Line</u> Text GOT5 to 741741

<u>Suicide & Crisis LifeLine</u> 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

NEW YORK STATE OF OPPORTUNITY.

NY Connects Your Link to Long Term Services and Supports

1-800-342-9871 or 585-343-1611

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 Or

Reach us on the web at: www.nyconnects.ny.gov

Prescreen for programs you may be eligible for at: <u>www.mybenefits.ny.gov,</u> 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



GENESEE SENIOR FOUNDATION, INC. DONATIONS

Wortzman Furniture Robin Gross David Roblee Michael C. Norway Cynthia A. Meyer James Thompson Marita Tucci John and Kathleen Schaefer Donna and Gerald Maier Sterling Tents & Awnings Genesee Patrons Cooperative Insurance Co. Falcone Family Funeral & Cremation Services Select Collision V.J.Gautieri Constructors. Inc. William Kent Inc. **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 3



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.

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 343-1611 for more information.



Daylight Saving Time is Sunday, March 10th. Don't forget to turn those clocks ahead by one hour!



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

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



"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: <u>http://wbtai.com/do-you-remember-these/</u> We'd love your feedback about the show! Write <u>DYRT@WBTAi.com</u>

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

Genesee Senior Foundation, Inc.

TIME TO GET A LITTLE SPRING IN YOUR STEP

Submitted by: Sherri Bensley, Public Health Educator

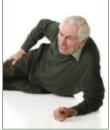
As we prepare for spring, please remember that falls are unpredictable. According to the Centers for Disease Control and Prevention (CDC), "Each year, millions of older people - those 65 and older fall. In fact, more than one out of four older people fall each year, but less than half tell their doctor. Falling once doubles your chances of falling again."

However, you can help prevent falls from happening by:

- Talking to your healthcare provider and asking them to evaluate your risk for falling and review
 your medications to see if dizziness or drowsiness are side effects.
- Doing strength training and balancing exercises. If you did not get out much over the long cold winter, it is important to start slow and do exercises that make your legs stronger and improve your balance; like Tai Chi.
- Making sure you have had your eyes checked. A regular eye exam and new glasses can be a good defense against falls. Be careful with bifocal, trifocal, and progressive lenses as these can all make your perception of distance a little off.
- Making your home a safe place to be:

Set rid of all tripping hazards both inside and outside your home Use non-slip bath mats.

Add grab bars in your bathroom, around your shower or tub, and the toilet.
Keep items that you use daily in cabinets that are easy to reach without using a step stool.



- SMake sure the lighting inside and outside your home is adequate
- Wearing supportive and non-slip footwear.

Preventing falls is an important health goal that can be accomplished by being diligent about your surroundings, talking to your doctor, and strengthening your body. So, get up, open those windows, start that spring cleaning, take a walk, and enjoy springtime in New York. For more information and support, call 585-343-1611.

References:

Centers for Disease Control and Prevention. (2023). *Facts about Falls*. Retrieved from <u>https://www.cdc.gov/falls/facts.html</u> Office of Disease Prevention and Health Promotion. (2023) *Lower Your Risk of Falling*. Retrieved from <u>https://health.gov/</u> myhealthfinder/healthy-living/safety/lower-your-risk-falling#take-action-tab

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



TAI CHI

Tai Chi for Wellness Classes are forming for the Spring Session staring the week of April 22nd ! Classes are 2 days a week for 10 weeks.

- Monday and Wednesday from 3-4pm OR
- Tuesday and Thursday from 9-10am

Space is limited, call Office for the Aging at 585-343-1611 to register.

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NATIONAL NUTRITION MONTH

Submitted by: Miranda Bethin, Registered Dietitian

National Nutrition Month is celebrated during the month of March to encourage everyone to learn about making informed food choices and developing healthy eating and physical activity habits. This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets - and even home food safety and storage practices. This theme also includes sustainability such as decreasing food waste at home and beyond. To learn more, visit www.eatright.org/national-nutrition-month.

Ways to Celebrate National Nutrition Month at Home:

- (1) Commit to trying a new fruit or vegetable each week during National Nutrition Month
- (2) Try more meatless meals choices like beans, peas and lentils are versatile plant-based protein sources that work in a variety of dishes.
- (3) If you watch TV, take breaks during commercials to be physically active.
- (4) Practice mindful eating by limiting screen time at mealtime including phones, computers, TV and other devices.
- (5) Bring out the flavors of food by trying new herbs, spices, or citrus fruit like lemon or lime.

A registered dietitian can help you create healthy habits that are sustainable and tailored to your specific needs! If you are interested in working one on one with a dietitian, call the Office for the Aging at (585) 343-1611.

LIBRARY VISITS

Submitted by: Lucine Kauffman, Coordinator



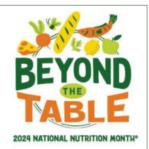
Many of us are fortunate to have fond memories of visiting the library. But what if you were no longer able to travel to the library due to a long or short term illness; a lack of transportation; a disability; or caregiver duties? For many of our county's older adults, being cut off from the library leaves a huge hole in their lives. The books, music, movies, and magazines that once brought them pleasure and enriched their lives are no longer easily accessible.

The Library Visits Program at the Richmond Memorial Library brings library services to Genesee County residents who are 60+ years old and unable to visit the library. Through personalized visits, LVP staff and volunteers bring the library to older adults so they can remain independent and engaged.

And now, thanks to a grant from the Ralph C. Wilson, Jr. Legacy Fund administered by the Community Foundation for Greater Buffalo, we are able to deliver library services to caregivers volunteer, paid, or a family member, regardless of age.

Together, we are making NEW fond memories of the library! If you or someone you know needs our services—or would like to volunteer--please call *ask marshall* at 585-815-7979 or email at askmarshall@co.genesee.ny.us





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Director's Article Continued From Front Page:

You can find out about all that we offer by checking out our monthly newsletter. The newsletter is mailed to those on the mailing list quarterly and other months are available at various community locations, at our office, or you can receive it via e-mail, through our website or our Facebook page. Our website and Facebook provide regular updates on programs and services and of course, you can stop in or call us Monday-Friday. We'd love to see you!

BUNCO PARTY

Chase those winter blues away! Join us on March 18th for a Bunco Party!

Call the Office for the Aging to register or for more information at 343-1611.



UPCOMING DAY TRIP

Our next Day Trip is scheduled for April! We are going to the Buffalo and Erie Botanical Gardens and to lunch!

Call the Office for the Aging at 343-1611 for more information!



MAHJONG LESSONS

If you are a beginner and want to learn to play Mahjong please join us every Tuesday at the Senior Center at 9:30am. There are individuals willing and able to teach the game of Mahjong.

It is a great group of people and fun too!



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

TOP MASS-MARKETING AND IDENTITY THEFT SCAMS Submitted by: Jessica Riley Specialist, Aging Services

- **Arrest Scam**: Callers claiming to be from a government agency state that the consumer will be arrested for failing to pay taxes or a fine; but they can avoid arrest by paying over the phone with a prepaid debit card or wire transfer. **Recommended Action**: Hang up and contact the agency directly using a phone number from an independent source, such as a past bill or online search.
- Business to Business email scam: An email is received from a high-level executive in a company purporting to authorize payment for a seemingly legitimate purpose. Actually, the scammer email address is very similar to the legitimate executive's email.

Recommended Action: Before initiating any payments, follow up directly with the executive using a known email address or phone number.

<u>Sweepstakes Scam:</u> You are notified that you have won a contest or the lottery; but to claim your prize you first must pay fees or taxes. **Recommended Action**: No real lottery or sweepstakes will ever request money in advance. Do a quick internet search to verify a sweepstakes if you are concerned about its legitimacy.

Information provided by:

Homeland Security Investigations

If you believe you have been a victim of a scam, call NY Connects at Office for the aging at 585-343-1611 for information, assistance, and referral.



AARP FOUNDATION TAX-AIDE SERVICE Submitted by: Karen S. Local Coordinator for Genesee County

Free tax preparation services provided by AARP Foundation Tax-Aide Program began in February and will 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 are now being made. 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 have the Intake Booklet filled to 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.



UPCOMING MEDICARE 101 CLASSES: (You need to only attend once)

Wednesday, April 10th Thursday, May 16th Thursday, June 27th

Genesee County Office for the Aging 2 Bank Street, Batavia All sessions begin at 5:00pm

There is NO cost for this program but we ask that you please call ahead for reservations -585-343-1611

For individuals with disabilities, or language interpretation needs, requests for reasonable accommodations should be made with at least five days' notice

MEDICARE.GOV

Interested in learning how to navigate Medicare.gov, to see if you are in the correct plan during Annual Open Enrollment? Want to be able to use the same system our Medicare counselors do? Did you ever wonder where you can get your Medicare answers online?

We will be holding one-on-one teaching sessions to assist you in navigating Medicare.gov. Call our office for more information, and to sign up for a one hour teaching session! 585-343-1611

GOT GROCERIES?

Submitted by: Julie Brinkman Specialist, Aging Services

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 <u>volunteers</u> 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.

GENESEE COUNTY HOUSING SURVEY

Submitted by: Maureen Estabrooks, Specialist, Aging Services

Genesee County is updating its Housing Needs Assessment and Market Analysis to help housing providers, housing developers, municipalities, Genesee County agencies, and not-for-profit organizations to better understand the existing and future housing market and the needs of residents.

As part of the study process, we are seeking to gather widespread public input from county residents about their housing experience through a survey. The survey can be found at https://www.co.genesee.ny.us/departments/planning/Housing_Needs_Assessment.php

or by scanning the QR Code below. The survey collects information about residents' current

housing situations and future plans to assist us with understanding the county's diverse and complex housing market. The more responses received, the more accurate the representation of the housing needs will be. Please take a few minutes to complete the survey and feel free to share the link with friends, relatives, and colleagues via your mailing list and social media platforms. The survey is anonymous, and all responses are confidential.



HOME HEALTH CARE

On behalf of the Genesee County, thank you in advance for your support and participation!

INFORMATION FROM THE GENESEE COUNTY PLANNING DEPARTMENT

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!

Personal Care • Household Care Medical Care • Companionship

Interested in learning more about our compassionate care and how we can personalize it for your needs? Call **585.304.8899** or email **info@elitehhc.com**



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GENESEE COUNTY OFFICE FOR THE AGING

Batavia - Genesee Senior Center 2 Bank St. Batavia, New York 14020

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