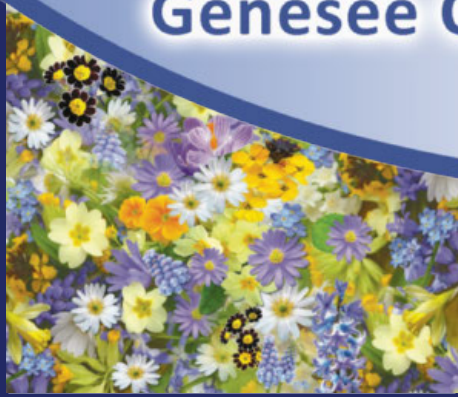


May 2024



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

Celebrating Older Americans Month: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults - a relationship underscored by the U.S. Attorney General's Advisory on the Healing Effects of Social Connection and Community. <https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>

At the Genesee County Office for the Aging, we know that it's not just about having someone to chat with, it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans, here in our community.

How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youth.

Director's article continues on page 9

ADVISORY COUNCIL MEETINGS

Office for the Aging
 Wednesday, May 1st
 Wednesday, June 5th
 2:30 pm

Genesee Senior Foundation, Inc.
 Thursday, June 20th
 2pm

NY CONNECTS of Genesee County



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
 (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.

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)

TUESDAY:

- 9:30am-10am - **Mahjong Lessons**
- 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 585-344-1330

Batavia at the Senior Center:

Monday, Thursday and Friday
 Call 585-343-1611

Leisuretimers:

Tuesday
 Call 585-343-1611

Corfu Presbyterian Church:

Thursday
 Call 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.

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



Sponsored by the
 Genesee Senior Foundation, Inc.

GENESEE SENIOR FOUNDATION, INC. DONATIONS

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David Roblee
Pearl and Lee Hyatt
Frederick Dundell
Batavia Country Club
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**




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CONNECT www.askmarshall.net
(585) 815-7979 askmarshall@co.genesee.ny.us

VOLUNTEER TO MAKE A DIFFERENCE!

SUMMER HOURS

Genesee Office for the Aging will be going to summer hours starting Tuesday, May 28th. We will be open from 8am to 4:30 pm.



ARE YOU ON MEDICARE?

Do you want to become *empowered* and learn how to navigate your insurance choices? Learn how to use the website: Medicare.gov This is the same site our counselors use! Sit down, one-on-one, with a certified counselor from the Office for the Aging.

Where: Richmond Memorial Library, Gallery Room, Batavia

When: May 14th (1:00pm - 5:00pm)
June 11th (2:00pm - 6:00pm)

Call to reserve your one-hour time slot:
(585) 343-1611

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

"This project was supported in part by a grant from the U.S. Administration for Community Living." "New York State does not endorse nor recommend any specific insurance product or insurer; this program is solely intended to educate consumers about their choices."

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.

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

Office for the Aging is seeking volunteers and individuals desiring assistance. Please call 585-343-1611 for information.

Program is not able to use SNAP benefits at this time

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.

May 16th: 4 - 7 pm
August 8th: 4 - 7 pm
October 10th: 4 - 7 pm



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

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 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

UPCOMING EVENTS FOR CAREGIVERS

- ⇒ **Wednesday, May 8th:** Please join us in welcoming professional organizer and bestselling Author Jennifer Ford Berry. A light breakfast will be served at 9:30am with the program beginning at 10am.
- ⇒ **Wednesday June 12th 2024 at 2PM:** "Tips for Tough Conversations" presented by the Alzheimer's Association.
- ⇒ **Wednesday September 18th at 10am:** "Effective Communication Strategies" presented by the Alzheimer's Association – WNY Chapter.
- ⇒ **Tuesday August 20th 2024, 2-4 pm:** Caregiver Resource Fair - We invite you to join us on for a free Caregiver resource fair. Come learn about the free resources available in our community. Dementia care specialists will be available to help answer your questions.

These free events 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.

CAREGIVER STRESS

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

Tips for taking care of yourself: Caring for a loved one strains even the most resilient people. If you're a caregiver, take steps to preserve your own health and well-being.

A caregiver is anyone who provides help to another person in need, such as an ill spouse or partner, a child who is disabled or an aging relative. However, family members who are actively caring for an older adult often don't self-identify as a "caregiver." Recognizing this role can help caregivers receive the support they need.

Signs of caregiver stress: As a caregiver, you may be so focused on your loved one that you don't realize that your own health and well-being are suffering. Watch for these signs of caregiver stress:

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

Too much stress, especially over a long time, can harm your health. As a caregiver, you're more likely to experience symptoms of depression or anxiety. In addition, you may not get enough sleep or physical activity, or eat a balanced diet — which increases your risk of medical problems, such as heart disease and diabetes.

Strategies for dealing with caregiver stress: The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

To help manage caregiver stress:

- Accept Help
- Set realistic goals
- Join a support group
- Set personal health goals
- Focus on what you are able to provide
- Get Connected
- Seek Social Supports
- See your doctor

You aren't alone: If you're like many caregivers, you have a hard time asking for help. Unfortunately, this attitude can lead to feeling isolated, frustrated and even depressed.

Rather than struggling on your own, take advantage of local resources for caregivers. Call the Genesee County Office for the Aging at 585-343-1611.

Source: [Mayoclinic.org/healthy-lifestyle/stress management](https://www.mayoclinic.org/healthy-lifestyle/stress-management)

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.

SAVE THE DATE CAREGIVER PROGRAM

Please join us for a program by Jennifer Ford Berry about making time for self care. Jennifer is an organizational expert, best selling author, podcaster and speaker.

The program is May 8, 2024. A light breakfast will be served at 9:30am and the program will begin at 10am. This is a free program but space is limited so please register soon! Call - 585-343-1611.



MAY IS HIGH BLOOD PRESSURE EDUCATION MONTH

Submitted by: Mary Huyck-Trout,
Public Health Intern

May is High Blood Pressure Education Month, a national observance to highlight the impact high blood pressure can have on your health and the importance of blood pressure management. Blood flows from your heart through arteries to different parts of your body. When the heart pumps blood, the blood puts pressure on the artery walls, which is known as blood pressure. Normally, throughout the day, your blood pressure rises and falls. Blood pressure that is higher than normal is referred to as high blood pressure, or hypertension. The chance of developing additional health issues, such as heart disease, a heart attack, or a stroke, increases with high blood pressure.

Many people with high blood pressure do not know that they have it, and it usually has no warning signs or symptoms. The only way to know if you have high blood pressure is to take a blood pressure measurement from a healthcare provider.

How can you prevent high blood pressure?

- Participate in physical activity
- Eat a balanced and healthy diet
- Limit how much alcohol you drink
- Refrain from smoking
- Manage stress



High blood pressure can increase the risk of heart attacks and strokes, which can lead to the loss of balance. This increases an individual's risk for falling. Taking care of your blood pressure can help you stay healthy and happy. Contact your healthcare provider for a blood pressure check or if you are interested in receiving a fall risk assessment.

For more information and further resources, contact Office for the Aging at 585-343-1611.

References:

Centers for Disease Control and Prevention. (2023, August 29). *High blood pressure*. Centers for Disease Control and Prevention. <https://www.cdc.gov/bloodpressure/index.htm>
U.S. Department of Health and Human Services. (n.d.-a). *High blood pressure and older adults*. National Institute on Aging. <https://www.nia.nih.gov/health/high-blood-pressure/high-blood-pressure-and-older-adults#:~:text=High%20blood%20pressure%2C%20or%20hypertension,habits%20and%20feel%20just%20fine>

LIBRARY VISITS

Submitted by: Lucine Kauffman, Coordinator

In this digital age, providing library services looks a lot different today than it did 20 years ago. Many library patrons access their accounts and the NIOGA system catalog online from their home computers and mobile devices to place holds, renew items, and check due dates.

But did you know that you can access a large collection of online digital magazines through the Richmond Memorial Library?

It's easy--all you need is:

- 1) an internet connection
- 2) a computer (laptop or desktop) or mobile device such as an iPad, tablet, Kindle, or smart phone (iPhone or Android)
- 3) Richmond Memorial Library card in good standing



Go to www.batavialibrary.org and click on "Digital Library" found on the blue band-menu at the top of the page. Then click on the "Libby by OverDrive" icon which will take you to their website where you can download the "Libby" app or find instructions for "getting started."

You'll have to enter your Richmond Memorial Library card number (found on the back of your card under the bar code), then create a username and password.

Now you have a digital newsstand at your fingertips! Over 60 magazine titles with the most up to date issues are available for you to browse at your leisure. Libby offers magazines in a variety of topics including: Art, Entertainment, World News, Travel, Cooking, Health, Business, Sports, Gardening, Cars, History, Crafts, etc.

We guarantee that you'll find at least one of your favorite magazines on Libby. Plus, you can magnify the print size for more comfortable reading.



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.



DON'T BE SALTY!

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

What is Sodium?

Sodium is an essential mineral but the body needs only a small amount (less than 500 milligrams) to function properly. Sodium is naturally present in certain foods but most of our salt intake comes from processed meats, canned or frozen foods, and restaurant meals. Americans should consume less than 2,300 mg of sodium per day but the majority of adults eat more than 3,400 mg of sodium each day. Consuming too much sodium can bring about some serious health concerns, such as high blood pressure, heart disease, stroke and more.

Tips to Reduce Sodium

Limit your consumption of processed and packaged foods. Eat more fruits and vegetables – if selecting canned items, drain and rinse whenever possible.

Choose lower-sodium versions of your favorite foods whenever possible – look for foods labeled low sodium, reduced sodium, or no salt added.

Incorporate foods with potassium like sweet potatoes, potatoes, greens, tomatoes or lower-sodium tomato sauce, kidney beans, nonfat yogurt, oranges, bananas and cantaloupe, to help reduce the effects of sodium and remove it from the body.

Drink more water to help remove excess sodium from your body.

Take the salt shake off the table and flavor your foods with salt free/very low salt options:

- Herbs: fresh or dry oregano, thyme, cilantro, parsley
- Salt-free seasonings such as Mrs. Dash
- Acids: the juice or zest of lemons and limes, vinegar
- Mustard: Dijon, dry, or whole grain
- Onion and Garlic: powdered, minced, freeze dried, roasted
- Spices: pepper, crushed red pepper flakes, cumin, chili powder, ginger, etc.

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.



Memorial Day

Our office will be closed on Monday, May 27th for Memorial Day. A day to remember and honor those who died while serving the United States of America.

UPCOMING MEDICARE 101 CLASSES:

(You need to only attend one)

Thursday, May 16 or Thursday, June 27

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

UPCOMING EVENTS AT THE SENIOR CENTER:

- ⇒ “Name That Scam” - presented by Lifespan. May 2nd at 10am. No cost.
- ⇒ Create your own succulent garden. May 7th at 2pm. \$15 per participant, all materials provided.
- ⇒ Cartooning class - six weeks, starts May 9th at 1pm. No cost.
- ⇒ Summer Kick Off - June 17th at 1pm. Join us for strawberry shortcake and entertainment to kick off the start of summer! No cost.

**Call Office for the Aging at
585-343-1611 to register!**

COST OF MEDICATIONS

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 - Taken from Medicare Rights Center .

Dear Marci,

The cost of my medications at the pharmacy has suddenly changed, even though I have the same drug plan. What could have caused this? -Juan, Los Angeles

Dear Juan,

Good question! Drug costs can change throughout the year depending on which phase of Part D drug coverage you're in. You should know that there are four different phases of Part D coverage:

Deductible Period: You're in this period until you meet your deductible for the year. Until then, your drugs will cost the full negotiated price. Keep in mind that deductible amounts will vary by plan.

Initial Coverage Period: Once you meet your deductible, your plan will help pay for your drug costs. You'll have a co-payment and co-insurance determined by your specific plan.

Coverage Gap (aka the Donut Hole): When you and your plan's payments towards drug costs have reached a predetermined limit (\$5,030 for 2024), you become responsible for paying 25% of the cost of your medications.

Catastrophic Coverage: You enter this period after you reach \$8,000 in out-of-pocket costs for your covered drugs. Good news for 2024: in the catastrophic coverage phase, you'll have no cost-sharing for the remainder of the year. Out of pocket costs that count towards this limit include your deductible; payments during the initial coverage period; almost the full cost of brand-name drugs during the coverage gap; payments made by others on your behalf (family, charities, etc.); and payments made by State Pharmaceutical Assistance Programs (SPAPs), AIDS Drug Assistance Programs, and the Indian Health Service. Costs that don't help you reach catastrophic coverage include your premiums, plan contributions towards drug costs, the cost of non-covered drugs, the cost of covered drugs from out-of-network pharmacies, and the 75% generic discount.

A few things to keep in mind: Your plan should track your out-of-pocket spending and include this amount in your monthly statements. As of 2025, the out-of-pocket maximum for covered drugs will be \$2,000 and there will be no coverage gap. Your local State Health Insurance Assistance Program can help you determine if you're eligible for programs to help lower your drug costs.

I hope that clarifies things! -Marci

SPRING CLEANING- DON'T FORGET THE MAIL!

Submitted by: Jamie Charters, Coordinator

Spring cleaning & getting ready for summer, but what about all that mail I keep getting. We get so much mail and most of it is junk. Are you frustrated by all the mail that looks important but isn't, bills that aren't bills, solicitations that say act now. So, what happens? You become overwhelmed and mail just piles up because you don't know what to do with it.

You're not alone. Marketers & scammers are very good at sending mail that seems like it could be important but isn't. They target older adults who are more trusting. So, how do you tell what to keep?

-Do you recognize who it's from?

-Did you request it?

-Does the response contact information make sense?

If you answered no it's probably junk or a scam. Still not sure, have a family member/friend look at it, or call Lifespan. Our trained Financial Management Assistance Volunteers visit older adults in their home to help review, sort, and organize mail. We assist with bill paying, budgeting, organizing, debt options, scams, and other financial matters.

This free service is perfect for older adults who struggle with finances and are overwhelmed with mail. If you are interested in learning more please call *ask marshall* at 585-815-7979.

"Lifespan provides information; guidance and services that help older adults take on both the challenges and the opportunities of longer life."

Director's article continued from front page

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community - start here at the OFA/Senior Center!
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring- Our AmeriCorps Seniors RSVP program Director can match your interests locally!
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

Stop in to see us at 2 Bank Street, Call us at 585-343-1611, follow us on Facebook, listen to us on WBTA "Do You Remember These?" weekly radio show or check out our website at www.co.genesee.ny.us and click on Office for the Aging. We look forward to connecting with you!



OPEN HOUSE
GENESEE COUNTY OFFICE FOR THE AGING

Meet the staff from Office for the Aging.
 Learn about all our programs & services.
 Enjoy some light refreshments.
 Join us in celebrating **50 years** in Genesee County.
 Participate in fun activities and win prizes!!

TUESDAY, MAY 14, 2024
 2:00-4:00pm

HIRE THE CAREGIVER YOU WANT!



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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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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

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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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