

June 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

DO YOU REMEMBER?

50 years ago in June 1974 the Genesee County Office for the Aging opened the doors to the community for the first time. Since 1998 the entire Office for the Aging staff have been located at 2 Bank Street in the heart of Batavia. I get asked questions frequently about what is happening with our building. Despite all of the renovations going on around us, I am very happy to report that we are staying right where we are!

Over the years there has been a lot of growth and expansion with the services and programs that we have been able to offer. What we are able to provide is dependent on several factors: 1) Funding through state, federal, county and foundation grants, as well as voluntary contributions. 2) Requirement of the Older Americans Act and the Administration on Community Living, and, 3) Services and programs that our community wants and needs. We always value your input, whether you fill out a survey or whether you attend our public hearing or give us a phone call, what you tell us is very important!

It is my pleasure to serve as the 8th Director at OFA, following 7 other leaders that paved the way for getting the OFA where it is today. On behalf of all of our staff, I want to say thank you for all of the memories and we look forward to many more for over next 50 years!



ADVISORY COUNCIL MEETINGS

Office for the Aging
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.

SUMMER KICK OFF

Join us to celebrate summer with strawberry shortcake and magician entertainment by Mike the Magic Man.

June 17th at 1pm. Please call 585-343-1611 to reserve your spot!



WHAT'S HAPPENING

Call 585-343-1611 for more information!

MONDAY:

- 9:30am-10:30am - **Arthritis Exercise** (\$1.50 suggested contribution)

TUESDAY:

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

WEDNESDAY:

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

THURSDAY:

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

FRIDAY:

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

MEALSITES (Must Pre-Register)

Lunch served at noon
(\$3.50 Suggested Contribution)

Havenwood:

Monday through Friday
Call 344-1330

Batavia at the Senior Center:

Monday, Thursday and Friday
Call 343-1611

Leisuretimers:

Tuesday
Call 343-1611

Corfu Presbyterian Church:

Thursday
Call 343-1611

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

GENESEE SENIOR FOUNDATION, INC. DONATIONS:

Flo Ziarko
Alexander and Lynn Kozuch
Jean Elliott
Marian Partridge
Linda Forman
Kathy Foster
Mary A. Silvernail
Rita DiFrancisco
Janice Erion

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



SUMMER HOURS

Starting May 28th
Genesee Office for the Aging
is open Monday - Friday
8am to 4:30 pm.



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

Serving All
Genesee
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Residents
60 and
Older



The Handyman



Friendly Visits



Library Visits



Financial Management



Transportation

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(585) 815-7979

www.askmarshall.net

askmarshall@co.genesee.ny.us

VOLUNTEER TO MAKE A DIFFERENCE!

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 us at 585-343-1611.

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

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.

NEW PROGRAM FOR FAMILY CAREGIVERS

Submitted by Julie Brinkman
Specialist, Aging Services

The Office for the Aging is in the process of planning a monthly Memory Café at the Senior Center. This is an opportunity for a caregiver and their loved ones to relax, socialize, have lunch and enjoy music. Call our office for more information! 585-343-1611.

ALZHEIMER'S PROGRAM UPDATES

Submitted by Laurie Watson,
Specialist, Aging Services

Education Programs:

Wednesday June 12th 2024 at 2PM

Presented by the Alzheimer's Association -
"Tips for Tough Conversations"

Wednesday July 10th 2024 at 10AM

Presented by the Alzheimer's Association -
"New Advances in Alzheimer's treatment"

Wednesday September 18th at 10am

Presented by the Alzheimer's Association -
"The empowered Caregiver: Communicating effectively"

Tuesday August 20th 2024 from 2 pm-4 pm

Caregiver Resource Fair

We invite you to join us for a free Caregiver Resource Fair. Come learn about the resources available in our community. Dementia care specialists will be available to help answer your questions.

Each 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.

BREEZE SAFELY THROUGH SUMMER

Submitted by: **Mary Huyck-Trout, Public Health Intern**

Putting your health first is always important, and as the summer warms our days and invites us outside, having to look for ways to keep our bodies healthy is essential. According to the Centers for Disease Control and Prevention (CDC), checking for the dangers of falling and learning about the possible risks may decrease your chance of falling. Knowing how to prevent falls in the hot, summer months is important and can improve your overall health. Let's soar safely through summer and explore some fall prevention tips:

Staying Hydrated

As the temperature rises outside, it is important to stay hydrated. A study from the University of California found that up to 40% of older adults may be chronically under hydrated. Make the effort to stay educated, hydrated, and cool. The CDC states that people 65 years of age or older and those with long-lasting illnesses are the groups most at risk. Remember to avoid waiting until you are thirsty to drink more water.

Using Sun Protection

According to the CDC, more than 5 million Americans are treated for skin cancer every year, with most of them being over 65 years of age. When spending an hour or more outdoors, cover your skin with sunscreen.

Participating in Physical Activity

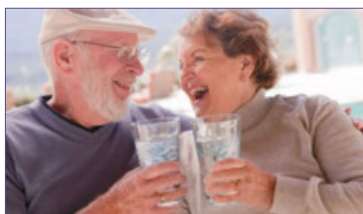
One of the most important things you can do for your health is to participate in regular exercise. If you have long-lasting medical issues that make it hard to exercise often, try to get as much exercise as your health allows. Some examples include walking, balancing, and stretching exercises. Speak with your healthcare provider before engaging in any new physical activity.

Using Mobility Aids

Mobility aids can lower the risk of falls, improve confidence, and increase control for people who need support with balancing or walking. To help you in protecting your independence and movement, the CDC created a mobility planning tool called MyMobility Plan. MyMobility Plan explains the steps you can take to ensure that you and your loved ones remain independent, mobile, and safe.

Medication Use Risks

Some medications can be dangerous to take in the heat. Certain medications affect the body's ability to control its temperature, and some medications suggest avoiding going outside in the sun. Before summer arrives, discuss the medication plan with your healthcare provider.



Nutrition

Unhealthy eating can cause medical diseases that typically affect adults later in life. This can include conditions such as iron and vitamin problems, osteoporosis, and poor nutrition. Protein, iron, and calcium-rich meals can help lower your chance of getting sick, help build up your strength and prevent falls. Make sure your diet is balanced by selecting a range of items from each food group.

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

References:

- Appeadu MK, Bordoni B. Falls and Fall Prevention in Older Adults. [Updated 2023 Jun 4]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK560761/>
- Centers for Disease Control and Prevention. (2023, September 12). *Keep your cool in hot weather*. Centers for Disease Control and Prevention. <https://www.cdc.gov/nceh/features/extremeheat/index.html>
- Centers for Disease Control and Prevention. (2022, July 13). *Many older adults don't protect their skin from the sun*. Centers for Disease Control and Prevention. <https://www.cdc.gov/cancer/dcpc/research/articles/older-adults-protect-skin-sun.htm#:~:text=Even%20at%20older%20ages%2C%20sun%20protection%20can%20help.may%20raise%20their%20risk%20of%20getting%20skin%20cancer.>
- Layton, J. B., Li, W., Yuan, J., Gilman, J. P., Horton, D. B., & Setoguchi, S. (2020). Heatwaves, medications, and heat-related hospitalization in older Medicare beneficiaries with chronic conditions. *PLOS ONE*, 15(12). <https://doi.org/10.1371/journal.pone.0243665>
- Taylor K, Jones EB. Adult Dehydration. [Updated 2022 Oct 3]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK555956/>

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.

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 us *ask marshall* at 585-815-7979 or email us at askmarshall@geneseeny.gov.



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.

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.

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.

USDA RURAL DEVELOPMENT'S SECTION 504 HOME REPAIR PROGRAM

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.

SEASONAL FRUITS & VEGETABLES FOR SUMMER

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

Most produce is available year-round, however, choosing produce that is in season will provide you with fruits and vegetables with maximum freshness, flavor, and nutritional content! The following is a list of popular produce in season from June to August:

Vegetables: Tomatoes, Sweet Corn, Summer Squash, Green Beans, Beets, Cucumbers, Eggplant, Snow Peas, Herbs, Sweet Peppers.

Fruits: Berries (Strawberries, Blackberries, Blueberries, Raspberries), Melons, Peaches, Nectarines, Plums, Cherries, Watermelon.

Genesee County Farmer's Market opens three days a week starting on June 7th! You will find growers, bakeries and craft vendors offering a variety of local produce, cheese, crafts, honey, flowers, food trucks, live music, wine and much more!

SNAP, FMNP, WIC and credit cards all accepted.

Location:

School St. between Center and Jackson Streets, Batavia

Hours of Operation:

Tuesdays, Thursdays, and Friday 9am

SAVE THE DATE - NUTRITION DEMONSTRATION

Miranda Bethin, Registered Dietitian will be at the Office for the Aging on Thursday, July 25th at 12:45pm for a food demonstration. Miranda will be talking about the importance of fiber and preparing a dish that all participants will be able to sample! Call Office for the Aging at 585-343-1611 for more information or to sign up!



*****Nutrition Counseling is available to Genesee County residents, age 60+ years. Give our office a call!*****

GENESEE COUNTY OFFICE FOR THE AGING FARMER'S MARKET DISTRIBUTION SCHEDULE

Submitted by: **Maureen Estabrooks, Specialist, Aging Services**

If you live in Senior Housing, a flyer will be posted at your location announcing the date when Office for the Aging will be there to distribute Farmer Market Coupons.

Public Distribution Schedule

Genesee County Office for the Aging
2 Bank Street, Batavia, NY

Tuesday, July 2nd - 10 am to 12 pm
Thursday, July 11th - 11:30 am to 12:30 pm
Thursday, July 25th - 10 am to 12 pm
Wednesday, July 31st - 2 pm to 4 pm

LeRoy Farmer's Market
Trigon Park, LeRoy, NY

Saturday, July 6th - 9 am to 11 am
Saturday, July 20th - 9 am to 11 am

Genesee County Farmer's Market
School St. between
Center and Jackson Streets Batavia, NY

Friday, July 5th - 10 am to 12 pm
Friday, July 12th - 10 am to 12 pm
Friday, July 19th - 10 am to 12 pm
Friday, July 26th - 10 am to 12 pm

The Goose Community Center
33 South Main Street, Oakfield, NY

Wednesday, July 17th - 9:30 am to 11:30 am

Upcoming Medicare 101 Classes:

Thursday, June 27 - 5pm

Genesee County Office for the Aging
2 Bank Street, Batavia

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

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

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

LUNCH & LEARNS HAVE RETURNED!

Submitted by: Kimberly Perl,
Specialist, Aging Services

Come join us for a free lunch, and listen to educational, informational speakers for an hour or so. Fill your belly and learn a thing or two... **reservations are required, as space is limited!** Please call us at **585-343-1611.**

All are on a **TUESDAY** and begin promptly at **noon:** July 9, July 16, July 23, August 6, & August 13
A heartfelt **THANK YOU** to our sponsors of this program:

Aetna, EPIC - with Stern at Home Therapy, HIICAP/AmeriCorps Seniors, Highmark Blue Cross Blue Shield and MVP.

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, Batavia, Gallery Room

When: 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."

Guard your Medicare card and number like a credit card! Don't share your number, laminate it, make copies, or let anyone else make a copy. If you need an official replacement card, you can print or order one at Medicare.gov or call 1-800-MEDICARE (1-800-633-4227).

If you have questions on instances when you may need to give out your number (example – when signing up for a new insurance plan during Medicare Open Enrollment) please call us before doing so – Genesee County Office for the Aging: (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
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CAREGIVERS - We want to hear from you!

Last month, professional organizer and best-selling author, Jennifer Ford Berry spoke to a group of caregivers about taking care of themselves. She provided information that focused on organizing their home and life in order to minimize stress so they can be their best self while caring for someone else.

Our caregiver staff would like to know what type of training you would benefit from. What skills would help you get through your "day to day"? If you have any suggestions, please give us a call at 585-343-1611.

If you are caring for a loved one call our office to talk about services to benefit you and your loved one.



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



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

Fax: 343-2401

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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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22-1819



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

GENESEE COUNTY OFFICE FOR THE AGING
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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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