

July, August, September 2024



GENE-SENIOR

Genesee County Office for the Aging

4TH OF JULY
USA INDEPENDENCE DAY

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

IT'S ALL IN THE DETAILS

As the deadline for this month's column approached it coincided with some pretty significant personal experiences for me, and recently with some of my friends as well. The experience I am talking about is something we will all deal with, and our family and loved ones will deal with, and that is end of life. In one of my first columns as director I told you a little about myself and my family and now and again I share some of those stories with you. My story now includes a much larger role for me as a caregiver for my parents, participating with end of life care for my dad, who is in a comfort home and planning for what comes next.

It is in this planning and being prepared to take care of the things that need to happen that I am writing about and I urge you and your family to have conversations and to put things in place BEFORE you need them! As I had said in an earlier newsletter, when I have die I will be buried in the Batavia Cemetery in a plot that is next to where my parent's plot is located. That settles it right? Nope- there is more! Previous newsletters have touched on this topic, but it has been a while, and right now these things are hitting close to home.

While you are still very much able to, and maybe thinking that you have plenty of time left for taking care of these things, or think you don't need to do this yet, have some conversations, convey your wishes and meet with an attorney. Doing these things is a gift for yourself and for your loved ones. It needs to start when you don't have to do it as opposed to when it is too late or when your loved ones are faced with too much stress and feeling overwhelmed or unsure what to do.

To do list (to get your started):

Is there a Living Will or end of advance directives? Do you have a health care proxy?

Have you told those close to you what is meaningful to you on a day to day basis in life so if they are faced with making medical decisions on your behalf, the decisions will be easier on them?

Do you want to be resuscitated if your heart stops beating? Do you want to be intubated to breathe? Do you want to have a feeding tube or be given hydration in order to extend your life?

Do you want comfort care and at what point?

Is there a power of attorney? (Even spouses need one.)

Check to be sure all your financial affairs are in order and beneficiaries are listed on every account. Have you spoken with an attorney about protecting your assets? Are your marriage & birth certificate, social security card, last will and testament, power of attorney, health care proxy, all credit card numbers, etc. are all in a safe place and that someone knows where they are stored and they're able to get into that filing place?

Director's Article Continues on Page 8

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.

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

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.

“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.



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)
- 2nd Monday of the month/ 12:45pm - 2pm **Open Bingo**
- 4th Monday of the month/ 2pm - 4pm **BUNCO Party**

TUESDAY:

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

WEDNESDAY:

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

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

ADVISORY COUNCIL MEETINGS

Office for the Aging

Wednesday, September 4th
2:30 pm

Genesee Senior Foundation, Inc.

Thursday, August 15th
2:00 pm

GENESEE SENIOR FOUNDATION DONATIONS:

Donna and Jeff Gillard

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

FARMERS MARKET NUTRITION PROGRAM

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

If you live in Senior Housing, a flyer will be posted at your location announcing the date Office for the Aging will be there.

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

Genesee County Farmer's Market Center Street Parking Lot, 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

LeRoy Farmer's Market Trigon Park, LeRoy, NY

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

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

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



ask marshall
Problems, 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@geneseeny.gov

VOLUNTEER TO MAKE A DIFFERENCE!

BEAT THE HEAT, PREVENT THE FALL

Submitted by: Mary Huyck-Trout, Public Health Intern

As the temperatures rise, it is important to understand the increased risk for falls that come with the heat. There are strategies and tips you can follow to improve your health and lower your risk of falling. Keeping a summer checklist with you on tips and strategies will give you the independence and safety to help you thrive this upcoming summer. Let's dive into the health concerns linked to the summer heat, and some tips to prevent falls:

Health Concerns in the Summer:

Heat Stroke - Heat strokes are a big risk for adults over the age of 65 in the summer months. A heat stroke happens when the body temperature passes 104°F. Signs of a heat stroke include fainting, confusion, dry, flushed skin, strong, fast pulse, or a slow, weak pulse.

Heat Exhaustion - A medical condition known as heat exhaustion is caused by your body overheating. Extreme sweating and a fast heartbeat are potential symptoms. Intense physical activity and exposure to high temperatures, especially in addition to high humidity, are the main causes of heat exhaustion.

Breathing Issues - The summer heat may make it harder for older adults to breathe. Adults who suffer from weak circulation, high blood pressure, or heart disease are more at risk. Hot weather can have an impact on a number of breathing conditions, including bronchitis, asthma, and chronic obstructive pulmonary disease (COPD).

How to prevent these health concerns in the summer:

Footwear - Many people in the summer wear flip-flops, sandals, or open-toed shoes to stay cool. However, wearing the right shoes is essential for adults to prevent falls during the summer. Therefore, purchasing supportive, well-fitting walking shoes with non-slip soles, an adjustable securing system like Velcro straps, and a large toe area is crucial if you want to avoid falls as an adult. Talk to your doctor about what shoe will work best for you this summer.

Hydration - Drinking enough water is important to prevent falling. Hydration helps muscle strength and brain function, which are important things that support balance. Dehydration can cause weakness, and can increase the risk for trips, slips, and falls. It is essential to drink water regularly, especially while participating in physical activity to keep yourself safe. Bringing a water bottle with you wherever you go in the summer months, and keeping track of how much water you drink, will keep you healthy this summer.

Know Your Body - Knowing your body and your physical limits are important when working to prevent falling. Heat can cause existing health conditions to get worse, and can impact balance, which can lead to falls. By listening to your body, and understanding your personal limits, allows you to pace yourself and make good decisions for their health. Talk with your doctor about your personal limits so you can make the best choices this summer to prevent falls and injuries.

Clothing - Wearing light and loose clothing could prevent your body from overheating during the summer months. However, highly flowing clothing may snag on a handrail, doorframe, or nail, so make sure you stay aware of your surroundings. Adults who want to stay cool should wear light clothing made from breathable fabrics like cotton rather than heavily baggy clothing.

Medications - Some medications can affect the body's ability to regulate temperature. Many medications can cause dizziness and fatigue, which mixed with hot temperatures, can increase the risk for falling and injury. It is important for adults who take medications to speak with their healthcare provider about side effects of their medications, preparing for heat, and a plan to maintain their well-being in the summer. If you or someone you know is experiencing fatigue, dizziness, nausea, confusion, sweating, headache, or passing out, you should: **Call 911 right away; Move the person to a cooler place; Stay out of the sun.**

If you practice fall prevention, use nearby resources, and do your research on fall prevention tactics, you will thrive this summer! For further information and resources, contact Office for the Aging at 585-343-1611.

References

Centers for Disease Control and Prevention. (2022, June 6). *Water and healthier drinks*. Centers for Disease Control and Prevention. https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html; Centers for Disease Control and Prevention. (2023, September 6). *Older adult falls data*. Centers for Disease Control and Prevention. <https://www.cdc.gov/falls/data/index.html>; U.S. Department of Health and Human Services. (n.d.). *Hot Weather Safety for Older Adults*. National Institute on Aging. <https://www.nia.nih.gov/health/safety/hot-weather-safety-older-adults>; Mayo Foundation for Medical Education and Research. (2023, April 6). *Heat exhaustion*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/heat-exhaustion/symptoms-causes/syc-20373250>

TOO MUCH MAIL, TOO MANY TEXTS, EMAILS, CALLS!

Submitted by: **Jamie Charters, Coordinator**

Frustrated with so much mail? Mail that looks important but isn't, bills that aren't bills. So, what do you do? Basically nothing, you're overwhelmed, mail just piles up because you don't know what to do with it. How about texts, emails, calls, & social media. They're trying to get you to act now, before you have time to think about it. You're not alone.

Marketers & scammers are very good at sending mail & texts, emails, phone calls, that seem important but are really junk or a SCAM. They target older adults who are more trusting. So, how do you tell if it's junk or a SCAM?

- 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. First step and most important: **Do not respond!** Have a family member/friend look at it, **or call Lifespan**. Our staff and trained volunteers visit older adults in their home to help review, sort, and organize mail. They are part of Lifespan's Financial Management Assistance Volunteer Program. We also assist with bill paying, budgeting, organizing, debt options, and other financial matters.

This free service is perfect for older adults who struggle with finances and are overwhelmed with mail and other forms of communication.

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

Lifespan of Greater Rochester, a nonprofit organization, provides Financial Management Assistance to residents (60+) in Genesee County. This free service is provided through the Muriel H. Marshall Fund and the Office for the Aging.

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

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.

LIBRARY VISITS

Submitted by: **Lucine Kauffman, Coordinator**

What are you grateful for? Think about that for a moment.

Sometimes it's difficult to avoid focusing on news that is grim. A steady diet of negative news fosters in us feelings of hopelessness, helplessness, and uncertainty about our futures.

Scientific studies have shown the physical, psychological, and social benefits of a grateful attitude. Gratitude encourages us to live in the moment through appreciating and seeking out the blessings we have in our lives now. This reduces our anxiety about uncertainties in the future by redirecting our focus.

A grateful attitude improves our quality of life and our capacity to engage with our surroundings. Writing down our grateful thoughts in a journal helps us remember what is going well in world full of chaos. It gives our gratitude a tangible existence. On days when finding good fortunes in our current lives is difficult, we can go back and read through our previous entries for reminders.

Maintaining a gratitude journal allows us to take control of our attitudes and gain clarity on what we want more of in our lives. Your journal can be kept private; or you can share it with friends and/or family.

If you're interested in starting a gratitude journal, The Library Visits Program (LVP) at the Richmond Memorial Library can provide you with a notebook plus a written guide full of helpful suggestions. Contact LVP staff at 585-343-9550 X 6 or LibraryVisits@nioga.org.



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. Reservations are required, as space is limited!
Please call us at 585-343-1611.

Tuesdays 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.



GENESEE CAREGIVER

ALZHEIMER PROGRAM UPDATES

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

Education Programs:

Wednesday, July 10th at 10AM

Presented by the Alzheimer's Association
"New Advances in Alzheimer's Treatment"

Tuesday August 20th from 2 pm-4:30pm

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. There will be a forum starting at 2:30pm to obtain feedback from the public.

Wednesday September 18th at 10am

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

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.

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.

SUMMER HOURS

Genesee Office for the Aging is open Monday - Friday 8am to 4:30 pm until Labor Day



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 Memory Café at the Senior Center is an opportunity for caregivers and their loved one(s) to relax, socialize, have lunch and enjoy music. Registration is necessary.

July 1st and August 5th at noon.

Call our office for more information or to register! 585-343-1611.



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 County Office for the Aging, 2 Bank St., Batavia

Time: 2-3:30pm

Dates: Wednesdays - September 4, 11, 18, 25 and October 2 and 9, 2024

REGISTRATION: There is no cost for this six week Powerful Tools for Caregivers workshop; however **pre-registration is required** by Monday August 26th.

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

Please call the Office for the Aging at 585-343-1611 to register

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.

RABIES IS A DEADLY VIRUS

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



Genesee County: (585) 344-2580 x5555

Orleans County: (585) 589-3278

GOHealthNY.org



BE AWARE OF CONFUSING MAILINGS

Submitted by: Kimberly Perl, Medicare Specialist

Mailings, like the one below are commonplace for those turning 65 or already 65. These mailings may vary in wording, but succeed in capturing your attention and at times, get you to reach out to them for “more information”.

Be aware – these mailings are from insurance companies or brokers that are (typically) not local. The information they capture your attention with may or may NOT apply to you. However, if you call them or send the post card back in, they are now ALLOWED to continue to contact you, including by phone.

If you receive ANYTHING in the mail you have a question on – feel free to give us a call, or bring it in during business hours. One of our counselors or staff can look it over and let you know if you qualify for programs or what they are “offering”. Call the Office for the Aging at 585-343-1611 with any questions!

**UPDATE FOR GENESSEE COUNTY RESIDENTS
NEW 2024 MEDICARE SAVINGS PROGRAMS**

Residents may now qualify for monthly food benefits to be used on groceries at no additional cost. You may qualify for up to \$213 per month to be used on healthy food options at grocery stores. In addition, you may qualify for comprehensive dental coverage, vision coverage, over the counter benefits and more. Return this postage paid card today for a no-cost, no obligation review on these money saving benefits.

I have Medicaid
 I have Medicare

Name _____
Phone (____) _____
(phone # required for proper mailing)
Email _____
Age _____ Spouse's Age _____
Spouse's Name _____

BATAVIA NY 14020
585-344-2580 x5555

M24XG-HPWTA

SUMMER SAFETY

Miranda Bethin, Registered Dietitian

Now that the weather has warmed up, it's important for older adults to make sure they are taking the appropriate precautions to stay cool and hydrated. Some of the leading cases for hospital visits in those older than 60 during the summer are dehydration and heat stroke.

As we age, we lose our sense of thirst and experience age-related memory loss. Those factors combined make it especially difficult to remember to drink water throughout the day, so it is important to be aware of the signs of dehydration and heat stroke.

Dehydration Symptoms: thirst, infrequent urination, fatigue, increased breathing rate, light-headedness, muscle weakness

Heat Stroke Symptoms: throbbing headache, confusion, nausea, dizziness, body temperature above 103°F, hot, red, dry or damp skin, rapid and strong pulse, fainting, loss of consciousness

Prevention Tips:

Know how much water you drink each day. It's helpful to schedule drinking times and carry a water bottle with you to ensure you are drinking enough.

Try infused water by adding fruits, vegetables, or sugar free flavor enhancers into your water to add flavor without added sugars.

Avoid caffeine and alcohol. Beverages that contain caffeine or alcohol cause the body to lose more water than it's taking in. Try decaffeinated coffee.

Monitor your urine color. Generally, a light-yellow color or clear urine indicates you are properly hydrated.

Avoid the heat. The hottest time of the day is usually between 10 a.m. - 2 p.m. Make sure you exercise early in the morning, or later in the evening when it's cooler.

Wear thin clothing. Wearing thin, light-colored cotton or linen can help prevent overheating.

Stay in the shade. Wearing hats can help keep heat off your skin and prevent overheating.

Wear sunscreen. Using sunscreen that is at least 30 SPF.

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 "Cowboy Caviar". Sampling will be available to all attendees. 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!*****

Director's Article Continued From Front Page

Is your Last Will and Testament up to date?

Have you pre-planned your funeral and written the specifics for your obituary so someone or something does not inadvertently get left out?

What kind of service might you want? Music? Readings?

Do you want a viewing? A cremation? Where do you want to be buried or have ashes placed?

These can be topics that aren't always something that we want to talk about, however, having these conversations means that your wishes can be carried out and that your loved ones don't have to "wing it" when the need arises. The staff here at the Office for the Aging can help you with getting information about these topics and helping you start to have these conversations.

COMING SOON!

- * **DAY TRIP** - In August we will be taking a day trip to Niagara Falls, NY. Call the Office for the Aging at 585-343-1611 for more information!
- * **TAI CHI** - Tai Chi for Wellness will start September 9th. This 10 week class meets on Mondays and Thursdays from 3-4pm.
- * **EMERGENCY PREPAREDNESS WORKSHOPS** - September is National Preparedness Month and this workshop will help you be prepared in case of an emergency/disaster. The workshop will be presented by the NYS Citizen Preparedness Corps. Please join us for an opportunity to attend one of these great workshops. They will be held at the Office for the Aging/Senior Center, 2 Bank St. August 27th at 1pm and September 11th at 5:30pm.
- * **ELDER SCAM PREVENTION PROGRAM** - Presented by Homeland Security and Nickel City Financial Task Force. September 18th at 1pm at the Office for the Aging/Senior Center
- * **DINNER DANCE - Come celebrate the Office for the Aging's 50th Anniversary!** Thursday, September 26th at the Batavia Downs Event Center. Buffet dinner and live music by the Batavia Swing Band. Tickets go on sale in August!
- * **Aging Mastery Program** - Every Tuesday in the month of October 9:30am—12:30pm. In this program you will learn about the importance of exercise, sleep, eating healthy and hydration, finances, medication management, advance planning, healthy relationship, falls prevention and community engagement.

Check out our Facebook page, upcoming newsletters or call our office at 585-343-1611 for more information!

HIRE THE CAREGIVER YOU WANT!



Do you or a loved one have Medicaid and need home care services?

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Your family members can get paid to take care of you.

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www.elitefi.com

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or email **info@elitehhc.com**
www.elitehhc.com





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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(585) 344-0200 TTY 711

Office Hours:
8am - 4pm Monday to Friday

Immediate availability for our spacious one bedroom apartments with rent based on income. Our apartments offer a warm and vibrant community for seniors to call home and an affordable cost. Call us today for more information. Visit the best Senior Housing in Genesee County, conveniently located in downtown Batavia.

Managed by Silver Tree Residential



Medicare Advantage Options



Jacky Smith Insurance Agency

- ★ Are you turning 65 Soon?
- ★ What if you are still working?
- ★ Curious about comparing plans?
- ★ When can I enroll or change plans?

Talk to a licensed Insurance Agent

- Understand your options with confidence
- Receive one-on-one service
- Simply take the confusion out

CONTACT ABBY FOR ANSWERS

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