

August 2024



# GENE-SENIOR

Genesee County Office for the Aging



2 Bank Street, Batavia, NY 14020 585-343-1611  
Website: [www.co.genesee.ny.us](http://www.co.genesee.ny.us) Email: [ofa.dept@geneseeny.gov](mailto:ofa.dept@geneseeny.gov)

## **FROM THE DESK OF DIANA FOX, DIRECTOR**

This article was originally written in 2017, yet the information bears repeating, so credit for the original goes to former director, Ruth Spink with a few updates by me. The issues around isolation continue to be highlighted and the need for social connection remains a significant factor for the health and wellbeing of older adults, and others in our community as well. People end up being isolated for various reasons (their health, living/family situation, retirement, loss of loved ones, etc.) In Genesee we are VERY fortunate we are to have the Muriel H. Marshall Fund for the Aging County to offer that human touch to so many.

For those of you who don't know about the Marshall Fund, below is a little bit of the story.

An estate bequest from Roxanne Marshall, a local librarian and daughter of a Batavia businessman, established this permanent fund at Rochester Area Community Foundation in honor of her mother, Muriel H. Marshall. Roxanne's dream was to support services that enhance the quality of life for older residents of Genesee County, especially those in more rural areas, and enable them to remain independent and involved in the community.

In her instructions to the Community Foundation, Roxanne identified a number of possible services and was adamant that they be available at a reasonable cost to anyone who might benefit from them. She also insisted that her private dollars not supplant public dollars allocated to aging services.

A Planning Team of local residents ensures faithful compliance with her wishes by continually:

- Identifying non-medical needs and opportunities for older adults in Genesee County;
- Determining funding priorities and possibilities that are responsive to local needs;
- Shaping grant making strategies that meet the criteria of the Marshall Fund;
- Providing for appropriate community input and reporting.

Director's Article Continues on Page 5

## ADVISORY COUNCIL MEETINGS

Office for the Aging  
*No Meeting in August*

Genesee Senior Foundation, Inc.

Thursday, August 15th  
2:00 pm

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.

## NY CONNECTS of Genesee County



1-800-342-9871

*NY Connects of Genesee County is here to help you. Whether you are an older adult, person with a disability, or caregiver, we have a fair and easy way for you to get connected to the long term care help you need.*

*We make the hard choices simpler for you.*

Information is available in printed form  
(585) 343-1611

Or

Reach us on the web at:

[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

Prescreen for programs you may be eligible for at: [www.mybenefits.ny.gov](http://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](http://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)
- 3:30-4:30 - **Yoga** (starting September 6th)

### 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

## “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**

Dorothy Sanfrantello  
Brenda Jarvis  
**Thank you!**



**Website Address for the Genesee  
County Office for the Aging**  
[www.co.genesee.ny.us](http://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**

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

Serving All  
Genesee  
County  
Residents  
60 and  
Older

The Handyman   Friendly Visits   Library Visits   Financial Management   Transportation

**CONNECT**   [www.askmarshall.net](http://www.askmarshall.net)  
(585) 815-7979   [askmarshall@co.genesee.ny.us](mailto:askmarshall@co.genesee.ny.us)  
**VOLUNTEER TO MAKE A DIFFERENCE!**

**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](http://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**





## 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 Office for the Aging at 585-343-1611.

## ALZHEIMER PROGRAM UPDATES

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

**Tuesday August 20<sup>th</sup> 2024 from 2 pm-4:30pm**

Caregiver Resource Fair. We invite you to join us 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 public forum starting at 2:30pm to obtain feedback from the community.

**Wednesday September 18<sup>th</sup> 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.

## 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.

**The first Monday of the month  
(except for September)**

Call our office for more information or to register! 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 3<sup>rd</sup> Thursday of each month at 1pm at Office for Aging**

## 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.

## 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.*

## Powerful Tools FOR Caregivers

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

**Location:** Genesee 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 26<sup>th</sup>.

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.**

### SUMMER HOURS

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



Director's Article From Front Page Continued:

The Community Foundation provides administrative and fiduciary oversight for the fund, ensuring that it is effective now and forever.

There are amazing programs and services provided through the Marshall Fund, administered by caring, local agencies. Each of these programs helps older adults connect with human beings on a very real level and I am so very proud that the Office for the Aging has a part in this remarkable outpouring of love and care for our Genesee County older adults. Marshall Fund programs include:

- Home Visitation through Catholic Charities of Buffalo
- Library Visits through Richmond Memorial Library, benefiting all of Genesee County
- Financial Management Assistance Program through Lifespan of Greater Rochester
- Handyman Program through Pathstone
- Transportation Assistance Program through Community Action Transportation Services
- Mini Recreation and Social Transportation funds through Genesee Senior Foundation, Inc.
- Centralized Intake, case management, and Marketing Coordination through the Office for the Aging

If you live in Genesee County, don't leave if you plan to live beyond age 60. There is no other county like Genesee that connects you to real people in such meaningful ways.

There are no income limits for people to benefit from these wonderful programs. Whether you're an older person yourself or caring for one, we encourage you to contact our office at 585-343-1611 or **ask marshall at 585-815-7979** to learn about the many Marshall Fund and other programs and services available to help you manage the ups and downs of life. A friendly face comes with every program. You are not alone!

## CUT OUT ADDED SUGARS

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

Sugars in your diet can be naturally occurring or added. Naturally occurring sugars are found naturally in foods, such as fruit (fructose and glucose) and milk (lactose). Added sugars are sugars and syrups put in foods during preparation or processing, or at the table.

Many people consume more sugar than they realize. Our bodies don't need sugar to function properly. Added sugars contribute zero nutrients but often many added calories that can lead to overweight or obesity.

The American Heart Association recommended daily limit for additional sugars:

- ★ Women: 6 teaspoons = 25 grams = 100 calories
- ★ Men: 9 teaspoons = 36 grams = 150 calories

### Tips:

~ Looks for foods and drinks with 0g of added sugars

~ Added Sugars can be listed as:

- Brown sugar
- Corn sweetener
- Corn syrup
- Sugar molecules ending in "-ose"
- (dextrose, fructose, glucose, lactose, maltose, sucrose)
- High-fructose corn syrup
- Fruit juice concentrates
- Honey
- Invert sugar
- Malt sugar
- Molasses
- Raw sugar
- Sugar

Nutrition Facts	
8 servings per container	
<b>Serving size 8 fl oz (240mL)</b>	
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 40mg	<b>0%</b>

**If you are a Genesee County resident, age 60+, you are able to access nutrition education and counseling with the Registered Dietitian.**

**For more information please contact 585-343-1611.**

## Genesee County Chamber of Commerce: Your Gateway to Local Businesses!

Submitted by: **Katy Hobbs, GC Chamber of Commerce**

Are you looking to explore the many wonderful businesses Genesee County has to offer? The Genesee County Chamber of Commerce is here to help! Our highly anticipated 2024-2025 Resident Resource Guide & Business Directory is now available for pickup, and it's a fantastic resource for Genesee County residents of all ages.

**Pick Up Your Copy** - The 2024-2025 Genesee County Chamber of Commerce Member Directory is completely free! Stop by the Chamber of Commerce or Office for the Aging during their regular business hours to pick up your copy.

For more information about the Genesee County Chamber of Commerce please call 585-343-7440 or to view a digital copy of the Member Directory online (once available), please visit our website at <https://geneseeny.com/>. We look forward to helping you explore all that Genesee County has to offer!





## Citizen Preparedness Corps




With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing family emergency plan and stocking up on emergency supplies. Each family that attends will receive on Preparedness kit.

**When: Tuesday, August 27, 2024 at 1pm**

**Where: Genesee County Office for the Aging, 2 Bank Street, Batavia, NY 14020**

**\*ALL PARTICIPANTS MUST REGISTER IN ADVANCE.**



To register and for additional information, visit [www.prepare.ny.gov](http://www.prepare.ny.gov) or scan the QR code. 

This event is brought to you by the Governor in conjunction with the Genesee County Office for the Aging.



**Don't worry! If you aren't able to attend this free training on August 27th, it will be offered again on September 11th at 5:30pm.**

### LUNCH & LEARNS

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**.

*Each program starts promptly at noon. Tuesdays, August 6th and 13th.*

**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.**



## HOME VISITING PROGRAM

Submitted by: Linda Chadderdon, Program Coordinator

Have you heard about the Home Visitation Program in Genesee County? It is a **free** program offered to **ALL older adults, regardless of income, who are age 60+ and live in Genesee County**. Participants may be homebound, live with family or live independently but may be feeling more socially isolated and would benefit from a weekly volunteer visit. Our program is generously funded by The Muriel H. Marshall Fund for the Aging and is administered by Catholic Charities which serves people of all faiths. It is a social based program and its primary focus is to bring a renewed sense of friendship to older adults who may feel less connected to their community as their circle of friends grows smaller. Our goal is to decrease feelings of social isolation, which studies show can then extend the length of time in which participants live independently in their homes. Visits occur weekly by the same volunteer visitor, and typically last one hour. Participants and volunteers often partake in simple conversation about life and family, while sharing memories of growing up. They may partake in board games, cards, a shared love of crafts, etc. We find simply being in each other's presence for even a short time every week is enough to grow a mutual sense of friendship that has the opportunity to last many years.

Visit times are flexible and arranged between the participant and their volunteer. Participants can choose to partake in receiving weekly in person visits or phone calls. Our volunteers do not provide personal care, respite, transportation, yard work or assistance with banking/budgeting. In person visits are subject to a home inspection which simply ensures the safety for the volunteer who visits. We happily offer the alternative of phone call visits to accommodate participants who may have hoarding concerns, insect or vermin infestation, aggressive or perceived aggressive pets.

New participant referrals are accepted from all sources including self-referrals, family & friends, church community, case workers, physician office, etc. When a participant has someone whom they consider a friend and can be relied on every week to visit or call, they experience a renewed sense of belonging and a decrease in the feeling of isolation and sadness. All of our volunteers are 21+, trained, and background and reference checked. They have a connection to people and are eager to give back to the community in which they live. If you would like more information on how to receive a friendly visitor, or if you'd like to become a volunteer, please contact **ask marshall** - 585-815-7979 or askmarshall@geneseeny.gov.

## LIBRARY VISITS

Submitted by: Lucine Kauffman, Coordinator



If you are unable to visit the Richmond Memorial Library and browse our collection of library materials, you may qualify for home delivery. Anything that can be checked out of the library—books, magazines, music CDs, audiobooks, and DVDs-- can be delivered to your door!

The Library Visits Program delivers library services to Genesee County residents who are 60+ years old and unable to visit the library due to long/short-term illness, disability, caregiving responsibilities, or lack of transportation.

Through personalized visits, LVP staff and volunteers bring customized library materials to older adults so they can remain connected and engaged.

CURBSIDE PICKUP is another option for Library Visits patrons who are able to drive to the library, but would rather not enter the building due to health or mobility issues. Simply call or email LVP staff to make a request. Or, you can place a hold (over the phone or through your online library account) within the NIOGA System. When your items are ready for pick up, we'll contact you. Then when you arrive in the parking lot, call the circulation desk, and someone will bring the library materials out to your car.

To apply for our services, or if you would like to volunteer please contact **ask marshall** at 585-815-7979 or askmarshall@geneseeny.gov.





GENESEE COUNTY  
OFFICE FOR THE AGING

# CELEBRATING 50 YEARS

Dinner and live music - Genesee County Residents age 55+  
September 26th at Batavia Downs  
\$25 per person - Call 585-343-1611  
For more information



ADMIT ONE

## DINNER and DANCING

Calling all Genesee County residents age 55+! Join the Office for the Aging in **Celebrating 50 Years** in Genesee County. We will be celebrating at the Batavia Downs Event Center on September 26th with a buffet dinner and live music by the Batavia Swing Band. Tickets will be available starting Monday, August 5th and go through Friday, September 6th (or until they sell out!) Tickets are \$25 each and can be purchased at the Office for the Aging with exact cash or checks made payable to the **Genesee Senior Foundation**.  
Get your tickets before they sell out!



## FISHING CLINIC

Join us for an Intergenerational Fishing Clinic! Open to Genesee County residents age 60+ accompanied by a child or youth. Learn fishing skills, being a responsible angler, fish identification, and free fishing for clinic participants.

This clinic will take place at DeWitt Recreation Area on Tuesday, August 27th, 10:00 – 1:00 PM and lunch will be provided. This clinic is hosted in partnership with the Genesee County Office for the Aging, Genesee County Parks and NYS Department of Environmental Conservation and partially funded by a family bequest. This program is free for participants to attend but registration is necessary. Please call the Office for the Aging at 585-343-1611 to register.



## 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!



Elite Choice is proud to have been awarded as a lead fiscal intermediary statewide.

CALL US ON  
**585.304.8899**  
OR EMAIL  
**info@elitefi.com**  
**www.elitefi.com**

## Need help with your daily activities?

Our home health aides are here to help with quality care in the comfort of your home!

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Medical Care • Companionship**

Interested in learning more about our compassionate care and how we can personalize it for your needs?

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or email **info@elitehhc.com**

# ELITE



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



# ELITE





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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Ronald Konieczny II  
Director & Proprietor  
www.mcandrewfuneralhomes.net



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](http://www.gatewayhomeattica.org) or visit us at 91 Main St. in Attica, NY



Richard Wendt | 343-2400

Fax: 343-2401

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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

Call or Text: (585) 749-9082

Email: [abbyrutherford.medicare@gmail.com](mailto:abbyrutherford.medicare@gmail.com)



[medicareoptionsmadesimple.com](http://medicareoptionsmadesimple.com)





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Bergen, NY 14416  
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TDD Relay 711



Visiting Nursing Association of Western New York

178 Washington Street, Batavia, NY 14020  
**(585) 252-3900**

Turning 65 or Retiring?  
**Do you have Medicare questions? We have answers.**

**Michele Hrichan**  
716-572-8315

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

**univera**  
HEALTHCARE

Univera Healthcare is an HMO plan with a Medicare contract. Enrollment in Univera Healthcare depends on contract renewal. ATENCION: 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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Let us be *the best part* of your day!

If you or your loved one needs assistance, *we can help:*

Household chores, laundry, meal preparation, socialization, transportation, assistance with transferring, dressing, bathing, and more...

CALL 844.546.1600  
EMAIL info@ccorhome.com  
VISIT www.ccorhome.com

**Trinity Life Solutions**  
Medicare Made Clear

Colleen McHale O'Connor, Owner / Agent

585.813.2066 • coconnor001@rochester.rr.com  
www.trinitylifesolutionsllc.com

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

## GENESEE COUNTY OFFICE FOR THE AGING

Batavia - Genesee Senior Center  
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### Robert W. Mattice

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THE FOURTH GENERATION SERVING  
OUR COMMUNITY

# Bills... Bills... Bills

If keeping track of bills and payments has gotten a little overwhelming, **we can help.**

Lifespan's trained staff members and volunteers can visit you at home to help you:

- Plan a budget and pay bills.
- Balance a checkbook.
- Work with creditors.
- Fill-out forms for benefits.

Our financial managers are trained and bonded.

**CALL US AT 585-287-6423 TO LEARN MORE.**



Or, if you have a spare hour or two a month, **volunteer to help an older adult with financial tasks.**

Lifespan's Financial Management Service is partially funded by the U.S. Administration on Aging, the Genesee County Office for Aging through the Muriel H. Marshall Fund. No fee is charged, but donations are encouraged.

## LOCAL Help, DEDICATED Agents

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