

September 2024



GENE-SENIOR

Geneese County Office for the Aging



2 Bank Street, Batavia, NY 14020 585-343-1611
Website: www.geneseeny.gov Email: ofa.dept@geneseeny.gov

FROM THE DESK OF DIANA FOX, DIRECTOR

MAKING A PLAN

Living in Western New York for me has many advantages. I like the change of season and generally our climate. Recently, however we had tornado warnings and tornado destruction. This is not something that we are often think about in our area. Since September is National Preparedness Month, and being fresh off of those recent unusual weather events (for our part of the country), I thought I would provide some information on this topic. As an older adult, you may have specific needs after a disaster. The information below comes from The Disaster Preparedness Guide for Older Adults intended to support older adults and their caregivers in preparing in three easy steps: assess your needs, create a plan and engage your network. The guide provides easy-to-read, user-friendly worksheets that walk individuals and caregivers through a self-assessment to identify specific needs and checklists that create a personalized plan.

First, know your risk. Then, understand your needs during emergencies. Identify your specific needs so that you can create a personalized emergency plan.

General Considerations • Do I have any medical conditions or dietary requirements that require specific care or medication? • What mobility challenges or disabilities do I need to plan for? • How will I ensure the safety and well-being of my pet or service animal? • Have I established communication strategies with neighbors and local emergency services? • Will I need help to transport my emergency supplies? • Will I need help to put together my emergency plan and preparedness kit? • Will I require translation services? • Do I have a completed will? • How could my day-to-day routine be disrupted during an emergency - what is the worst that could happen and do I have a plan to cope or adjust?

Second, develop a comprehensive emergency plan and emergency preparedness kit tailored to your unique needs.

Third, build a strong support network and include them in your emergency planning. How might you engage your family, friends, caregivers, neighbors, fellow congregants from your place of worship, and others who can assist you during an emergency.

You can find the full guide on the Ready.gov website. I also highly encourage you to attend the NYS Citizen Preparedness training at our office. Information on this event is on page 9 of our newsletter.

NY CONNECTS of Genesee County



NY Connects
Your Link to Long Term
Services and Supports

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/ 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!

ARE YOU AN OLDER LGBTQ+ ADULT LOOKING FOR COMMUNITY & CONNECTION?

Join us in launching a bi-weekly "Lunch and Learn" program being held in Genesee, Livingston, Orleans, and Wyoming Counties. Help us decide on the lunches (provided for free) and topics you're interested in!

Also, receive help with technology from LGBTQ+ youth with upcoming intergenerational exchanges!



For more information or to sign up for the beginning sessions, call Program Coordinator Pat Cole at (585) 814-5081 or email Sara Vacin at svacin@glowout.org.

Sponsored by:



PLEASE VISIT WWW.GLOWOUT.ORG FOR MORE INFORMATION.

Feeling the Stress?

Genesee County Mental Health - 585-344-1421
Providing phone, video and in-person Sessions
(accept most insurances)

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 - 12pm **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

OFFICE HOURS

**We return to our office being open
8:30am - 5pm on September 3, 2024**

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.

GENESEE SENIOR FOUNDATION, INC. DONATIONS:

Marian Partridge
James Thompson
Reginald Barcomb

THANK YOU!

ADVISORY COUNCIL MEETINGS

Office for the Aging

Wednesday, September 4th
2:30pm

Genesee Senior Foundation, Inc.

No meeting in September

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**

LOW INCOME SUBSIDY (LIS) ASSISTANCE FOR NEXT YEAR?

**Submitted by: Kimberly Perl,
Specialist, Aging Services
(excerpts from CMS Letter 6/28/24)**

CMS (Center for Medicare & Medicaid Services) Process for Re-determining LIS Eligibility for People Who Automatically Qualify

- **July 2024** – CMS begins to identify LIS eligible individuals who will continue to automatically qualify for LIS in 2025. However, *if CMS determines during the Redetermination process that an individual no longer qualifies for LIS, the individual's subsidy will end on December 31, 2024.*
- **Mid-September 2024** – Individuals who will no longer qualify for LIS automatically in 2025 will receive, in a joint mailing from CMS and SSA, a personalized letter on grey paper explaining this loss of LIS and an SSA application for extra help to complete and return in an enclosed postage-paid envelope. If a person's situation subsequently changes so they again automatically qualify for extra help, CMS will send another notice letting them know that they qualify.
- **Early October 2024** – Individuals who will continue to qualify automatically for LIS in 2025 but will have a change in their co-payment level for 2025, will receive a personalized letter on orange paper from CMS outlining the changes that will be effective January 1, 2025.

If you have questions on your eligibility, or need assistance understanding a letter you have received, feel free to give us a call at (585) 343-1611.



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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 Genesee County OFA at 585-343-1611.

CARING FOR A LOVED ONE

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

If you are caring for a loved one who is 60 years or older, please give Office for the Aging a call. Our staff can provide you information to assist you and your loved one. This includes information about support groups, training, respite (short term break), managing stress, counseling and much more!

Please contact the Office for the Aging at 585-343-1611 for more information.

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**

PROGRAM UPDATES

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

Saturday, September 14th at 10am - Walk to End Alzheimer's.

Wednesday September 18th at 10am

Presented by the Alzheimer's Association "The Empowered Caregiver: Communicating Effectively"

Powerful Tools for Caregivers

Powerful Tools for Caregivers is a 6-week educational program that focuses on the needs of family caregivers.

Family caregivers develop a variety of self-care tools to:

- Reduce personal stress
- Change negative self-talk
- Communicate their needs to family members and healthcare providers
- Communicate more effectively in challenging situations
- Deal with difficult feelings
- Make tough caregiving decisions

Join us for our 6 week in person class beginning on Wednesday Sept 4, 2024 through Wednesday October 9, 2024 held 2pm-3:30pm each week.

Memory Café

A Musical Memories Café is a gathering place for family caregivers and their loved ones to relax, socialize, enjoy a meal and some music. We will be offering a Café monthly.

For more information, please call Office for the Aging at 585-343-1611.

AGING MASTERY PROGRAM

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

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together.

Come join us for five (5) Tuesdays in October 1, 8, 15, 22, and 29, 2024, 9:30 am to 12:30pm each week and *join the adventure!* Call 585-343-1611 for more information

STEPPING INTO SEPTEMBER: A GUIDE TO HEALTHY AGING & PREVENTING FALLS

By Mary Huyck-Trout, Public Health Intern

September is Healthy Aging Month, which is a perfect time to address an important part of wellness: fall prevention. For adults, falls are a serious risk to health. According to the Centers for Disease Control and Prevention (CDC), falls are the leading cause of fatal and nonfatal injuries among older adults. With various measures, falls can be prevented. Here are some tips you can use to keep yourself healthy and prevent falls:

- **Eat and Drink Healthy**

Healthy nutrition can have a big impact on our health as we age. The food we eat can strengthen our bones and improve our health; reducing falls. To help lower the chance of getting chronic diseases including high blood pressure, diabetes, hypertension, and heart disease, it's important to enjoy a variety of foods from each food group. For more information on healthy eating and drinking, visit www.myplate.gov/life-stages/older-adults

- **Move More and Sit Less Throughout the Day**

As we age, we may experience changes to our mobility raising our risk of falling. These changes include the way we walk, our balance and our physical strength. However, there are ways to protect us from losing mobility, such as stretching, walking, muscle-strengthening activities, and swimming.

- **Get Regular Checkups**

As we age, we have an increased risk of developing conditions that increase our risk of falling. These conditions include, diabetes, heart disease, chronic obstructive pulmonary disease (COPD), and arthritis. During routine checkups, healthcare providers can do a fall risk assessment to determine your fall risk factors and help to develop interventions that will protect you from injury.

- **Be Aware of Changes in Brain Health**

Subjective cognitive decline (SCD), often known as worsening or more frequent memory issues, was shown to be more common in people with one or more chronic health conditions, according to a recent CDC study. When chronic health concerns are combined with memory loss, it can be difficult to live independently while doing daily tasks like cleaning, cooking, managing medications and health conditions, and scheduling doctor's appointments. According to the CDC, these are some tips to improve brain health:

- | | |
|---------------------------------------|--|
| - Quit smoking | - Prevent and manage high blood pressure |
| - Prevent and manage high cholesterol | - Maintain a healthy weight |
| - Get enough sleep | - Manage blood sugar |
| - If you drink, do so in moderation | |

As you step into September, remember the important tips you have learned about staying healthy. Remember to keep these tips in mind not just this month, but every day, so you can stay healthy and happy all the time. For further information and further resources, contact at 585-343-1611.

References

Centers for Disease Control and Prevention. (2022, July 18). *6 tips for Healthy Aging*. Centers for Disease Control and Prevention. <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-aging.htm>

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

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 through Friday, September 13th (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!

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; disability; a lack of transportation; 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.

We also offer basic technology assistance with smart phones, tablets, and personal computers such as: accessing your library account online; accessing our online digital library; downloading apps; creating & managing social media and email accounts; and using the NIOGA online catalog.

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



ARE YOU GOOD WITH MONEY?

Jamie Charters, Coordinator for Lifespan's Financial Management Assistance Volunteer Program

It's not as easy as it used to be. Life is a lot more complicated than it was years ago, especially with instant access to unlimited resources. This definitely applies to our financial life. Banks, government, and other organizations want you to create online accounts as the only way to see your accounts. They make it hard to even find a phone number to call. If you do find a number to call good luck getting to a real person and in a reasonable amount of time.

Yes, our financial life is a lot more complicated and you're not alone. But, there is help at Lifespan. If you can use a little support with bill paying, budgeting, balancing, mail review, organizing, questions please call us. A real person and local will answer.

Our staff and trained Volunteers will even come to your home to help. The program is perfect for older adults (60+) who struggle with finances, are overwhelmed with mail, etc. This **free** service is provided by Lifespan's Financial Management Assistance Volunteer Program.

How about if you're good with money and navigating new & old ways of handling finances. Maybe you can help the older adults in our community that need a little support. Please call us to become a Financial Management Volunteer.

Either way - Lifespan's Financial Management Volunteer Assistance program is the solution or opportunity you've been looking for!

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."***

UPCOMING EVENTS

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

- ☞ Meditation Class starting back in September.
- ☞ Armchair Travel to Fiji and Australia; Monday September 16th at 1:30 pm.
- ☞ Caregiver Lunch and Learn training regarding Geriatric Surgery - September 24th.

WE WILL BE CLOSED ON
LABOR DAY



Monday, September 2, 2024

MEDICARE - SAVE THE DATES!

Tuesday – September 17th – Retirement Seminar

3pm at Office for the Aging, 2 Bank Street, Batavia. *Must call to register* – (585) 343-1611

Wednesday, October 9th – Open Enrollment Assistance

Walk-In time 10am-2pm at The Goose – 33 S. Main Street, Oakfield
Bring list of medications

October 15th – Medicare Open Enrollment Begins

Wednesday, October 16th – Medicare 101

5pm at Office for the Aging, 2 Bank Street, Batavia. *Must call to register* – (585) 343-1611

Tuesday, October 22nd - Open Enrollment Assistance

Walk-In time 3pm – 7pm at Office for the Aging, 2 Bank Street, Batavia. *Bring list of medications*

Tuesday, October 29th - Open Enrollment Assistance

Walk-In time 3pm – 7pm, at Office for the Aging, 2 Bank Street, Batavia. *Bring list of medications*

Tuesday, November 5th (Election Day!)

Vendor Fair 10am-2pm at First United Methodist Church of Batavia, 8221 Lewiston Road, Batavia.
Medicare Advantage Companies will be in attendance to assist you with your questions and to sign up for January 1 start date.

Wednesday, November 6th – Open Enrollment Assistance

Walk-In time 10am-2pm at Gillam-Grant Community Center, 6966 West Bergen Road, Bergen.
Bring list of medications

Tuesday, November 12th - Open Enrollment Assistance

Walk-In time 2pm – 5pm at Office for the Aging, 2 Bank Street, Batavia
Bring list of medications

Thursday, November 21st

Vendor Fair 10am-2pm at Batavia Downs – Genesee Room/2nd Floor, 8315 Park Road, Batavia
Medicare Advantage Companies will be in attendance to assist you with your questions and to sign up for January 1 start date.

Tuesday, November 26th – Medicare 101

5pm @ Office for the Aging, 2 Bank Street, Batavia. *Must call to register* – (585) 343-1611

December 7th – Medicare Open Enrollment ENDS



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CONNECT www.askmarshall.net

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

VOLUNTEER TO MAKE A DIFFERENCE!

DON'T BE A VICTIM OF ELDER FINANCIAL FRAUD

During this joint presentation from area law enforcement agencies, M&T Financial Crimes Unit and AARP, you will learn about current scams used by criminal organizations to target victims, how to avoid becoming a victim, and what to do if you have been scammed.

Please register by calling
585-343-1611

Wednesday, September 18th at 1pm
Genesee County Office for the Aging,
2 Bank Street, Batavia, NY

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

**Website Address for the Genesee
County Office for the Aging**
www.geneseeny.gov

Healthy Aging

By Miranda Bethin, Registered Dietitian

September is recognized as Healthy Aging Month to promote ways people can stay healthy as they grow older. As we age, our physical and mental health, as well as dietary and social needs, change over time. However, that doesn't mean you no longer have control. You can take charge of your well-being, by taking steps to age with a healthy body and a healthy mind.

Here are some general tips for aging successfully and living a healthier lifestyle:

1. Get Moving

- It is important to consult your doctor before exercising. Start slow, know your limitations and modify activities if needed.
- Adults should aim for at least 150 minutes of physical activity each week.
- Beginning physical activity can be as easy as walking for ten to fifteen minutes for three to four days per week and increasing as you go.
- Maintaining regular physical activity can help maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels.

2. Maintain a Healthy Diet

- Eat proper portion sizes.
- Overeating can lead to obesity and increase the risk of diabetes and heart disease.
- Eat a variety of fresh fruits and vegetables and have them make up half of your plate.
- Avoid excess processed foods.
- Stay hydrated- the average older adult should drink at least 8 cups of water per day. Specific needs are depended on gender, size, health conditions, and activity level.

3. Stay Social

- Try something new by attending online or in-person classes that interest you.
- Use technology like Zoom or FaceTime to stay in touch with friends and family.

4. Balance your body and mind

- Keep a positive attitude.
- Keep your mind active by reading or doing puzzles.
- Keep your body active through stretches and yoga.



5. Be proactive

- Receive regular checkups, physicals and medical tests when needed as many diseases can be prevented when caught early.
- Don't forget appointments with the dentist and optometrist too.
- Take vitamins, supplements and medications as prescribed.

Genesee County residents, age 60+, are able to access nutrition education and counseling with the Registered Dietitian. For more information please contact 585-343-1611.

HEAP 2024/2025

Submitted by: Maureen Estabrooks, Specialist, Aging Services

If your household received a **Home Energy Assistance Program (HEAP)** benefit **last year** and you are **NOT** on **SNAP** (food stamps), you will be receiving an early outreach (to recertify) application in the mail. This typically occurs the first week or two of September.

Genesee County Office for the Aging will assist with processing those applications, for persons age 60 and older or if you receive Social Security Disability. If you have never applied for **HEAP** or you missed applying last year, you may apply starting **November 1, 2024**. For any questions about Office for the Aging and the **HEAP** application process, please call (585) 343-1611.

NYS CITIZEN PREPAREDNESS TRAINING

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: Wednesday, September 11th at 5:30pm

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, scan the QR code or visit www.prepare.ny.gov.
 This event is brought to you by the Governor in conjunction with the Genesee County Office for the Aging.



“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!

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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

WE APPRECIATE OUR ADVERTISERS!
They allow us to print this bulletin. Thank you!



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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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

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- Receive one-on-one service
- Simply take the confusion out

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Email: abbyrutherford.medicare@gmail.com

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Visiting Nursing Association of Western New York
178 Washington Street, Batavia, NY 14020
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Michele Hrichan
Regional Medicare Sales Consultant

716.572.8315
205 Park Club Lane • Buffalo, NY 14221
michele.hrichan@universahealthcare.com



Let us be *the best part* of your day!

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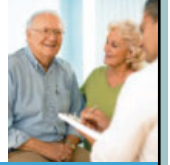
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