

# WYOMING COUNTY OFFICE FOR THE AGING SENIOR COURIER

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Editor: Mindy Anderson

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## Mission Statement

Wyoming County Office for the Aging is dedicated to improving the health and well-being of individuals 60 and older by using a holistic approach to empower all seniors by promoting independence, dignity and respect through education, outreach and advocacy, and to provide quality services for those in need.

## Notes from the Director: Andrea Aldinger

### SHOULD I GET THE COVID-19 VACCINE?

COVID-19 has certainly ruled our news and media outlets for almost a year. And while I am personally tired of all the changes, it's like a bad accident, I can't stop reading and listening. To help all of us understand a little more about the virus and the vaccine, I spent some time reading and researching information from the CDC (Center for Disease Control) and the WHO (World Health Organization) as well as learning from some of the most prestigious scientists in the world. This is what I found.

The WHO, the CDC and partners around the world have worked relentlessly to support research and to understand and respond to the virus. Science is at the core of everything done, and it has advanced at a blistering speed this year. Thousands of brilliant scientists from around the world have been working to build global solidarity; engaging with our critics and calling repeatedly for all stakeholders to focus on what really matters during this pandemic; accelerating science to save lives and end this pandemic.

New things are learned every single day. Sometimes good, sometimes challenging and sometimes downright surprising, but all helpful in the fight. It is a known fact that there will be set backs and new challenges. For example, new variants of COVID-19, questions about being infected a second time and questions about if the vaccine is working.

So let's talk about the **effectiveness of the COVID-19 vaccines**. As I write this Pfizer and Moderna have received approval by the FDA (Federal Drug Administration) to administer the vaccine. Both manufacturers report the vaccine showing approximately 95% efficacy at preventing both mild and severe symptoms of COVID-19, and it appears across all age groups, racial and ethnic groups, and both sexes. You may wonder how a vaccine could be developed and moved to approval in such a short period of time. The quick development of this vaccine does not mean that corners were cut. No safety measures were skipped. There are several reasons why the COVID-19 vaccine was developed faster than other vaccines.

- The type of vaccine has actually been years in development for other infectious viruses, and was able to be modified quickly to look specifically at this virus. Thus, the manufacturing process was ready very early in the pandemic.

*(Continued on page 5)*

## **Alcohol Concerns in Older Adults**

Generational differences in attitudes about substance misuse and abuse conditions can make it difficult for older adults to seek help. Because many older adults are not in the same environment on a regular basis (ex: job), concerns can remain undetected. Additionally, health care providers often overlook these problems leaving people without needed assistance.

There are special considerations facing older adults who drink, including:

### **Increased Sensitivity to Alcohol**

Aging can lower the body's tolerance for alcohol. Older adults generally experience the effects of alcohol more quickly than when they were younger. This puts older adults at higher risks for falls, car crashes, and other unintentional injuries that may result from drinking.

### **Increased Health Problems**

Certain health problems are common in older adults. Heavy drinking can make these problems worse, including:

- Diabetes
- High blood pressure
- Congestive heart failure
- Liver problems
- Osteoporosis
- Memory problems
- Mood disorders

### **Symptoms for Concern**

- Slurred speech
- Unexplained injuries and bruises
- Memory loss or confusion
- Sleep problems
- Mood swings
- Anxiety or depression
- Loss of interest in things they once enjoyed
- Poor hygiene
- Less contact with friends and family
- Health Disparities
- *Did you know LGBTQ individuals are 2.5 times more likely to experience substance misuse compared with heterosexual individuals?*
- *Did you know that Alcohol-induced mortality rates for American Indians is 50.0 compared to 7.6 for all other races?*

### **Resources:**

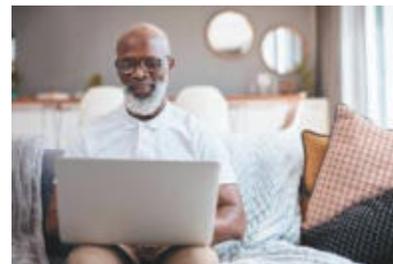
**SAMSHA National Help Line: 1-800-662-HELP (4357)**

**NYSOASIS 24/7 HOPEline: Call 1-877-8-HOPENY | Text 467369.**

# Get Your New Standardized Benefit Verification Letter Online

December 3, 2020 •

By [Grace M. Kim, Deputy Commissioner, Operations](#)



If you receive a Benefit Verification letter, sometimes called a “budget letter,” a “benefits letter,” a “proof of income letter,” or a “proof of award letter,” we have good news for you! A new standardized Benefit Verification letter is now available when you need proof of Social Security benefits, Supplemental Security Income, or Medicare.

In addition to name, date of birth, and the benefits received, the new Benefit Verification letter includes other identifiers to prevent misuse and fraud. This is an added benefit to you as proof of income for loans, housing assistance, mortgage, and other verification purposes.

The same standardized letter is also available if you need proof that you do not receive benefits, or proof that benefits are pending. If you are an individual representative payee, you can use the [my Social Security Representative Payee](#) portal to access the same standardized Benefit Verification letter online for your beneficiaries.

This new standardized Benefit Verification letter is another example of our commitment to improve our service to you.

No matter how you request your letter, whether calling our National 800 Number, your local office, the Interactive Voice Response system, or online with your personal [my Social Security account](#), the Benefit Verification letter now contains a seamless look.

## Beware of Covid-19 Vaccine Scams

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That’s a scam.



## Nutrition Page

# EYE HEALTH

Why is nutrition important for good vision? There are some nutrients that keep the eye healthy overall, and some have been found to reduce the risk of eye diseases. Eating a diet low in fat and rich in fruits, vegetables and whole grains can help not only your heart but also your eyes. Not surprising since your eyes rely on tiny blood vessels for oxygen and nutrients. Keep in mind that if you are a person living with diabetes – good blood sugar control is also imperative to maintain the integrity of those tiny blood vessels.

**Vitamin A** Your retina needs plenty of vitamin A to help turn light rays into the images we see. Also, without enough vitamin A, your eyes can't stay moist enough to prevent dry eye. *Think orange-colored vegetables and fruits for vitamin A.*

**Vitamin C** This vitamin is critical to eye health. As an antioxidant, vitamin C helps protect the body from damage caused by some things we eat, unhealthy habits and environmental factors. Fried foods, tobacco smoke and the sun's rays can produce free radicals – molecules that can damage and kill cells. Vitamin C helps repair and grow new tissue cells. *Think oranges, tangerines, lemons, peaches, red bell peppers, tomatoes and strawberries.*

**Vitamin E** Another important antioxidant is vitamin E, which helps keep cells healthy. *Think avocados, nuts and seeds.*

**Omega-3 Fatty Acids** Research suggests that diets rich in omega-3 fatty acids from cold-water fish may help reduce the risk of developing eye disease later in life. Omega-3's are good for tear function, so eating fish may help people with dry eye disease. *Think salmon, tuna, sardines, halibut and trout.*

**Lutein and Zeaxanthin** Antioxidants found in the pigments of leafy green vegetables and other brightly colored foods. They are key to protecting the macula – the area of the eye that gives us our central, most detailed vision. *Think leafy greens as well as broccoli, peas and eggs.*

**Beans and Zinc** The mineral zinc helps keep the retina healthy and may protect your eyes from the damaging effects of light. However, zinc can lower the amount of copper in your body, which we need to help form red blood cells. Fortunately, you can increase both at once with all kinds of beans (legumes). *Think black-eyed peas, kidney beans and lima beans. Other foods high in zinc include oysters, lean red meat, poultry and fortified cereals.*

**Do you need a supplement?** Per an ophthalmologist, “eating the right food is the best way to get eye-healthy nutrients. In general, most Americans can and should get enough nutrients through their diet without needing to take supplements. The exception would be those individuals with macular degeneration.” In this case, taking a supplement is recommended by the **Age Related Eye Disease Study 2**, a follow-up to the AREDS (Age-Related Eye Disease) Study.

No matter your age, it's not too late to start eating healthy. Many focus on a healthy diet only after being diagnosed with a serious health problem. Start eating well now to benefit your vision and your health for the rest of your life.

Resource: American Academy of Ophthalmology.

Submitted by Susan Schell, RD/CDCES

## Do you or a loved one need Long Term Care Services?

There is help out there.

NY Connects helps connect you with the type of care needed, either in your home or a residential setting.

*We provide information and assistance to help*

- \* Older adults to live independently for as long as possible
- \* Younger adults after an injury or health crisis
- \* Children living with a disability or chronic illness
- \* Anyone, regardless of age, living with a disability

**For free local resources for information and assistance contact:**

**585-786-6119, email: [nyc@wyomingco.net](mailto:nyc@wyomingco.net)**



**NY Connects**  
Your Link to Long Term  
Services and Supports

of WYOMING COUNTY

(800) 342-9871 (585)786-6119



If you have any questions or concerns regarding the information provided in the Senior Courier or if we can be of assistance to you in any way, please contact the Wyoming County Office for the Aging at (585) 786-8833 or if long distance 1-800-836-0067.

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Kelli Goulet—Case Manager

Meredith Lindsey—Transportation Coordinator

Brandie Rajk-Winter—Case Manager

Susan Schell—Dietitian

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- China shared genetic information about the virus quickly which gave vaccine developers an early start.
- With so many scientists working on the process simultaneously they were able to gather data as quickly as possible.
- The Governments of countries all over the world gave money to vaccine developers in advance so the companies had the resources they needed.
- A new type of technology called messenger RNA was used that allowed a faster approach than the way traditional vaccines are made.
- Social media played a role in getting plenty of study volunteers to test the vaccines.

**Are their side effects to the vaccine?** So far, vaccine developers report side effects that include pain at the injection site, fever, muscle aches, some fatigue and headaches, mostly lasting about a day or two. You cannot get COVID-19 from the vaccine. There is no live virus or other infectious material in them. They are designed to cause your body to make copies of a harmless piece of the virus, so you will not, and cannot, get COVID-19 from the vaccine.

And finally, **Should you get the vaccine?** You alone make that decision about whether to get the vaccine or not. I encourage you to talk to your primary care doctor and review science based information so you can make an informed decision. I will be getting the vaccine to protect myself and others from the spread.

## Medicare Minutes

# Medicare Coverage During the Coronavirus Public Health Emergency

### Medicare coverage overview

Medicare covers medically necessary items and services related to coronavirus when you receive care from a provider who accepts Original Medicare or is in-network for your Medicare Advantage Plan. Medicare has also changed certain coverage requirements in response to the current coronavirus public health emergency.

Note: Medicare Advantage Plans must cover everything that Original Medicare does, but they can do so with different costs and restrictions. Additionally, Medicare Advantage and Part D plans must meet certain requirements following the declaration of a public health emergency.

### Coronavirus testing

Coronavirus testing is covered under Medicare Part B. Your doctor can bill Medicare for tests provided after February 4, 2020. Medicare covers your first coronavirus test without an order from a doctor or other qualified health care provider. After your first test, Medicare requires you to get an order from your provider for any further coronavirus tests you receive.

Original Medicare covers coronavirus testing and associated provider visits at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover coronavirus testing without applying deductibles, copayments, or coinsurance when you see an in-network provider.

### COVID-19 vaccine

A COVID-19 vaccine has been authorized for limited emergency use. This emergency authorization means that the vaccine is only available for certain groups of people, such as nursing home residents and health care workers. The vaccine is not yet approved for or available to everyone. Speak with your doctor to learn more about your eligibility to receive the vaccine and its availability in your state.

Original Medicare Part B covers the vaccine, regardless of whether you have Original Medicare or a Medicare Advantage Plan. You will owe no cost-sharing (deductibles, copayments, or coinsurance).

### Inpatient hospital care

Inpatient hospital care is covered under Medicare Part A, and standard coverage rules and cost-sharing apply. Medicare typically covers a semi-private room, but it should cover a private room when it is medically necessary. For example, if you need a private room in order to be quarantined, you should not be asked to pay an additional cost for the private room. If you have a Medicare Advantage Plan, you should contact your plan to learn about its cost sharing and coverage rules for inpatient hospital stays.

## Need Help Paying for Medicare?

**Medicare Savings Programs (MSPs)**, also known as Medicare Buy-In programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles. There are three main Medicare Savings Programs: Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB) and Qualifying Individual (QI) program. Each program has different eligibility limits.

Note: In New York State, the money you spend each month on health insurance premiums will not be counted towards your monthly income. If you pay for a Medigap or Medicare Advantage plan premium, you can deduct that amount from your monthly income to qualify for the MSP. Sometimes a portion of your Part D premium can also be deducted from your income. The Part B premium (the \$144.60 standard premium you pay monthly or is deducted from your Social Security check) will count toward your total income. This is because once you have the MSP, the Part B premium will be paid by the State, not you.

To apply, contact Darla, Mindy or Tess at the Wyoming County Office for the Aging at (585) 786-8833.

### 2020 New York Gross Monthly Income Limits

### 2020 New York Asset Limits

Program	Individuals	Couples	Individuals	Couples
QI	\$1,456	\$1,960	No limit	No limit
SLMB	\$1,296	\$1,744	No limit	No limit
QMB	\$1,084	\$1,457	No limit	No limit
Medicaid	\$875	\$1,284	\$15,750	\$23,100

These income limits are based on 2020 federal poverty limits, and include a standard \$20 disregard. You may qualify even if your income is slightly higher. Ask a Medicare counselor about whether you can subtract certain expenses from your income.

If you decide to apply for a Medicare Savings Program, you will be asked to send an original, signed application and copies of these documents:

- \* Social Security card
- \* Medicare card
- \* Proof of date of birth
- \* Proof of address where you live
- \* Proof of income



The Wyoming County Office for the Aging denies no person access to service or employment based upon age, race, national origin, sexual orientation and/or handicapped condition. Funding for the programs of the Wyoming County Office for the Aging is provided by the County of Wyoming, the State Office for the Aging, the United States Administration on Aging, and local contributions. The Wyoming County Office for the Aging does not endorse any agency or assess its ability or quality of services provided.

Your questions and comments are welcome. Please direct them to Mindy Anderson, Editor, at 8 Perry Avenue, Warsaw, New York 14569. Visit our web site at [www.wyomingco.net](http://www.wyomingco.net), call us at (585) 786-8833 or e-mail us at [officeaging@wyomingco.net](mailto:officeaging@wyomingco.net).

# Caregiver Corner

## A Recommended Reading List for Caregivers

Sheri Samotin, LifeBridge Solutions | Updated October 26, 2020  
Agingcare.com



Caregivers often feel that there aren't enough resources available on how to provide quality care for their loved ones while also balancing work, relationships and self-care. The truth is that there are a few excellent books out there, it just comes down to weeding out the ones that are truly informative and meaningful.

Every caregiver knows that their role is both physically and emotionally challenging, but a worthwhile book doesn't harp on these facts. Instead, it should provide constructive ideas for improving your care plan, seeking respite, communicating with your care team, managing your emotions in a healthy way and understanding other people's unique perspectives.

In preparation for a move, I recently packed up my bookshelves and rediscovered many of the classic resources I have recommended to caregivers again and again over the years. These books are always on my "must-read books for caregivers" list.

If you're looking for a new perspective on aging, tips for communicating with elders, advice on setting boundaries or valuable insights on dementia care, pick up one of these acclaimed books for caregivers.

### Must-Read Books for Caregivers

#### ***29: A Novel*, by Adena Halpern**

This book tells the story of three generations of women: Ellie, a 75-year-old grandmother, her 55-year-old daughter Barbara and her 29-year-old granddaughter Lucy. Ellie strives to remain physically and mentally young, so she feels she has more in common with Lucy than her own daughter. On her 75<sup>th</sup> birthday, Ellie wishes to be 29 again for just one day as she blows out her candles. As the adage goes, be careful what you wish for!

The ensuing "young for a day" adventure causes Ellie to question nearly all the choices she has made throughout her life. She asks her granddaughter to be her guide on her special day while Barbara and her best friend frantically search for a "missing" Ellie. The day's humorous debacles lead these women to discover important things about one another and their relationships. Halpern encourages readers to question their assumptions about youth, aging and family dynamics. You will likely laugh out loud, and that's always therapeutic for caregivers!

#### ***Still Alice*, by Lisa Genova, Ph.D.**

Unlike *29*, this novel is a difficult and emotional read because it chronicles many of the tough issues surrounding Alzheimer's disease. Main character Alice Howland is a 50-year-old Harvard professor who has built a successful career and family life, but everything changes when she is diagnosed with early-onset Alzheimer's disease.

What I find helpful about this book is that it tells the story of dementia from the perspective of the person living with the disease. While this novel incorporates the experiences of Alice's husband, grown children and colleagues, the unique value is that it provides a rare glimpse into the feelings and attitudes of those who have been diagnosed with dementia. Genova holds a Ph.D. in neuroscience, so the work rings very true from both clinical and scientific standpoints as well.

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### ***How to Say It to Seniors: Closing the Communication Gap with Our Elders*, by David Solie, M.S., PA**

Published in 2014, this work was originally intended for professionals in the elder care field, but I have often recommended it to family caregivers. The main message of this practical guide is that older adults must balance the desire to maintain control of their world with the desire to control their legacy, or how the world will remember them. As caregivers, it is helpful for us to understand this dichotomy and learn to use different approaches for navigating the challenges of caring for and communicating effectively with our loved ones.

### ***Your Room at the End: Thoughts About Aging We'd Rather Avoid*, by Charlie Hudson**

This selection is especially helpful for those at the very beginning of their journey into caregiving or aging. There are two central themes to Hudson's work. First, she stresses the importance of planning ahead for the realities of aging and properly communicating those plans to family members. Her second core point is that articulating one's personal definition of quality of life is something that must be done earlier rather than later. Handling these difficult objectives enables readers to develop a strategy for ensuring they can achieve the quality of life they desire as they get older and serves as a guide for family members who will likely become caregivers and surrogate decision makers. Hudson offers many innovative and creative ideas along with practical suggestions for enhancing and maintaining quality of life.

## **Best Books for Caregivers Suggested by and for Family Caregivers**

While it is difficult to know where to start when searching for caregiving advice and counsel, I find the above works provide a varied and important perspective. The [Caregiver Forum](#) is another excellent source of tried and true information and resources compiled by and for family caregivers. Below are some AgingCare members' best book recommendations on topics like dementia care, family dysfunction, caregiver stress, end-of-life issues and self-help.

- *Being Mortal: Medicine and What Matters in the End*, by Atul Gawande, M.D., MPH
- *Can't We Talk About Something More Pleasant?: A Memoir*, by Roz Chast
- *Trading Places: Becoming my Mother's Mother—A Daughter's Memoir*, by Sandra Bullock Smith
- *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief*, by Pauline Boss, Ph.D.
- *Passages in Caregiving: Turning Chaos into Confidence*, by Gail Sheehy
- *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life*, by Dr. Henry Cloud and Dr. John Townsend
- *Loving Hard-to-Love Parents: A Handbook for Adult Children of Difficult Older Parents*, by Paul K. Chafetz, Ph.D.
- *The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Related Dementias, and Memory Loss*, by Nancy L. Mace, M.A., and Peter V. Rabins, M.D., MPH
- *How to Survive Change... You Didn't Ask For: Bounce Back, Find Calm in Chaos, and Reinvent Yourself*, by M.J. Ryan
- *Alzheimer's: A Caregiver's Guide and Sourcebook*, by Howard Gruetzner
- *The Mindful Caregiver: Finding Ease in the Caregiving Journey*, by Nancy Kriseman, LCSW
- *Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You*, by Susan Forward, Ph.D.

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## Feeling Stressed?

### Ways to Improve Your Well-Being

Have you been feeling more stressed than usual? Many people are during these challenging times. The COVID-19 pandemic has many people feeling overwhelmed.

Everyone feels stress sometimes. It's a natural response to a challenge or demand. Stress can come from the day-to-day pressures of work and family.

But stress is much more than just being busy, explains Dr. Janice Kiecolt-Glaser of The Ohio State University, who studies the effects of stress on the body.

"It's the feeling that you're overloaded, out of control, and unable to cope," she says.

Stress can also come from a sudden negative change in your life like a divorce or losing a job. Traumatic events like a major accident, assault, or natural disaster can cause severe stress.

It's important for your health and well-being to learn how to cope with stress. Researchers are working to understand how stress affects health. They're also studying ways to relieve stress. These techniques may help you to feel calmer and more relaxed.

### Stress and the Body

Stress isn't always bad. It's actually a survival response. It helps you leap into action in the face of a threat. Your heart rate speeds up, and you breathe faster as you prepare to fight or run to safety.

Short-term stress can even help you perform—you're more able to ace an interview or meet a project deadline. But when stress lasts a long time, it may also harm your health. Your body is constantly acting as if it were in immediate danger.

"There's a really big body of research now that says that chronic stress promotes inflammation," says Kiecolt-Glaser.

Inflammation is associated with many diseases, including heart disease, cancer, arthritis, and some mental health conditions.

Stress may also affect your metabolism—the chemical changes in the body that release energy and produce the substances you need to grow, move, and stay healthy.

Kiecolt-Glaser's research shows that stressful events can cause the body to burn fewer calories at rest. Stress can also cause changes in mood and increase irritability with those around us.

### Ways to De-Stress

The first step is to recognize the signs that you're stressed beyond a normal level. Trouble sleeping can be one. Some people get headaches or stomachaches. Stress can also cause changes in appetite that lead you to gain or lose weight.

Once you know you need to reduce stress, there are practical steps you can try. Getting regular exercise can be helpful. Doing an activity you enjoy can also help with stress. This can be anything—from dancing to making art or getting out into nature or having fun with friends.

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Making sure to get enough sleep is important, too. "People are more sensitive to stress when they don't have enough sleep," says Kiecolt-Glaser.

Staying socially connected is important, too. Close personal relationships are key to reducing stress. Reaching out to friends and family by phone, video chat, and email can help you stay in touch even when you're not able to see them in person.

"Make a conscious effort to reach out and to maintain contact," says Kiecolt-Glaser. "Loneliness is really destructive."

Eating regular, well-balanced meals and avoiding alcohol and other drugs also help reduce stress.

## **Mindfulness Approaches**

Using mindfulness helps some people cope with stress. It teaches you to focus on being present in the moment. Research shows that simply being aware of what you're doing can improve well-being.

One study showed that people spent nearly half of their waking life not paying attention to what they were doing, says Dr. Richard Davidson of the University of Wisconsin-Madison, an expert on mindfulness. "And when they were not paying attention to what they're doing, they were significantly less happy."

Davidson's research is shedding light on how mindfulness affects the brain to improve mood. "Regular mindfulness practices can have an impact on specific circuitry in the brain that we know to be important in emotion regulation," he explains.

For those starting to practice mindfulness: One size is not likely to fit all. Davidson recommends starting modestly with three to five minutes, a few times a day. That way you don't get overwhelmed and stop. There are many mindfulness apps available that teach different techniques.

## **Just Breathe**

The simple act of controlled breathing can bring stress relief.

"It's well known that slow breathing techniques have a positive effect on emotional state," says Dr. Jack Feldman of UCLA, an expert on the neuroscience of breathing.

His research has identified the brain circuits responsible for breathing and sighing. Now he's working to understand how breathing techniques affect the brain to improve mood.

Breathing techniques can be used to help people who are depressed or anxious. Controlled breathing may disrupt the brain circuits involved in depression, he explains.

There are many different breathing techniques you can try. Practicing a few minutes a day can help you get started.

"People who start up a breathing practice may find that it reduces their stress and anxiety considerably," he says.

If you want to try controlled breathing, "belly breathing" is a simple form. Sit or lie down in a comfortable position. Place one hand on your upper chest and the other on your belly. Take a slow, deep breath in through your nose, taking air into your lower belly. The hand on your stomach should rise, while the hand on your chest remains still. Slowly exhale through your mouth.

*Source: News In Health, January 2021*

## Sign Up for Free Virtual Healthy Living Classes

**Program begins:** Monday, March 1, 2021, 12 - 1 pm

**Description:** Did you know that a healthy diet and physical activity can reduce your risk of getting certain cancers? To find out how, join our free virtual Healthy Living Program, **lasting eight weeks with one class per week.** You'll learn more about healthy eating (e.g., healthy portion sizes, label reading, recipes, smart shopping) and physical activity, including fun exercises to keep you active 30 minutes a day, all from the comfort of your own home. Interested? Contact Sarah or Hannah at (585) 738-5539 or email [PHPC@urmc.rochester.edu](mailto:PHPC@urmc.rochester.edu) to register. **Registration for the program is required**, as space is limited. Must have internet access to participate. These classes are available through the Promote Health. Prevent Cancer. (PHPC) Initiative, a partnership between the Center for Community Health & Prevention and Wilmot Cancer Institute, UR Medicine. PHPC empowers participants through evidence-informed health promotion and cancer prevention education.



**Contact:** Sarah or Hannah at (585) 738-5539 or email [PHPC@urmc.rochester.edu](mailto:PHPC@urmc.rochester.edu)

**Website url:** <https://www.urmc.rochester.edu/community-health/community-programs/promote-health-prevent-cancer.aspx>

	<p>New York State of Health navigator services are available at the Office for the Aging. This service provides health insurance counseling to Seniors, age 60-64 that are not eligible for Medicare.</p> <p>If you or your spouse are retiring and leaving employer health coverage, you can enroll in New York State of Health. If one is Medicare eligible and one is not, both can be counseled for health insurance coverage at the same visit.</p> <p>Contact Darla at the Office for the Aging for more information, (585)786-8833.</p>
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## REMINDER – Call for Appointments—

**(585) 786-8833**

We know many folks like to just drop by the office when they have a question or a concern. However, we would appreciate it if you would call to set up an appointment. This allows us to better prepare for your visit in getting the necessary paperwork or records pulled together. Further, it allows us to estimate the time necessary for the particular reason for your visit. That way we can give you the fullest attention to the matter and not be rushed by the clock. Therefore, it's always best to call and make an appointment so that we can give you the time and attention to serve you better.

<p>FYI—The Office for the Aging accepts food stamps (EBT cards) for contributions to the Home Delivered Meal and Congregate Meal Site programs.</p> 	<p><b>Hand Sanitizer and face masks are available at the Office for the Aging.</b></p>  <p><b>*KN95 masks available upon request*</b></p> 
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# Say Cheese!



E P E P P E R J A C K N C N R C S B T  
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 A T A S I A G O S N A T A R R U B E I

**Word List:**

AMERICAN  
 BURRATA  
 COTIJA  
 FETA  
 GOUDA  
 LIMBURGER  
 MOZZARELLA  
 PECORINO  
 REGGIANO  
 STRING

ASIAGO  
 CAMEMBERT  
 COTTAGE  
 FONTINA  
 GRUYERE  
 MANCHEGO  
 MUENSTER  
 PEPPERJACK  
 RICOTTA  
 SWISS

BLUE  
 CHEDDAR  
 CREAM  
 GOAT  
 HAVARTI  
 MASCARPONE  
 NEUFCHATEL  
 PROVOLONE  
 ROMANO  
 VELVEETA

BRIE  
 COLBY  
 EDAM  
 GORGONZOLA  
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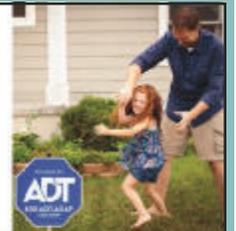
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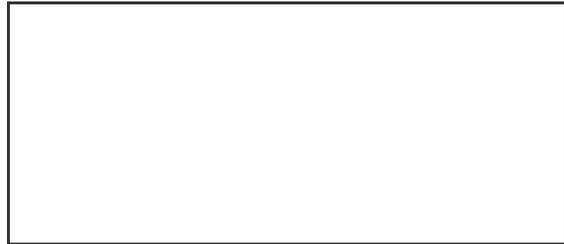
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## THIS DAY IN HISTORY

February 2, 1925: 20 mushers embark on a journey to transport medicine to Nome, Alaska, inspiring the Iditarod Race.

February 7, 1984: Space shuttle astronauts Bruce McCandless II and Robert L. Stewart made the first untethered spacewalk.

February 13, 1741: The first magazine in the U.S., "The American Magazine," was published in Philadelphia, Pennsylvania.

February 15, 1946: Edith Houghton was signed as a baseball scout by the Philadelphia Phillies, becoming the first female scout in the major leagues.

February 20, 1931: President Hoover signed a bill authorizing California to build the San Francisco Bay Bridge across San Francisco Bay.

February 29, 1968: The Beatles' "Sgt. Pepper's Lonely Hearts Club Band" becomes the first rock LP to win a Grammy Award for Album of the Year.

