

WYOMING COUNTY OFFICE FOR THE AGING SENIOR COURIER

Volume 22, Issue 2

Editor: Mindy Anderson

March/April 2021



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

March 2021 – It seems impossible to me that already 25% of the year is behind us - and that the world is still in such a whirlwind due to Covid-19. As I was thinking about what my message should be this month, I made an executive decision to not talk about this pandemic, or the vaccinations, even though they are still at the top of my mind on a daily basis. I just wanted to lighten the mood. So what better thing to tell you about than the addition to my family of 2 baby beagles.

I have heard that during this pandemic, that many people made the decision to adopt or purchase a new pet. From kittens to puppies, and fish to birds, having something to love makes our lives better. So in July my family started looking for a puppy. We visited the local animal shelters, but everyone else had the same idea. Puppies were hard to come by. We weren't going to be fussy, but we had just lost our beagle in 2019, so when we heard about some beagles in Corfu, NY – we decided to check it out. The Disalvo Family breeds Beagles and English Springer Spaniels. It's not a kennel or a puppy mill – just a family who loves their dogs, and is well known for providing wonderful care.

We learned that the last week in September, they were planning for a litter of beagles, so we added our name to their list. On September 26, 2020 Belle the Beagle delivered 8 healthy pups. 7 males and 1 female. We originally wanted a female, but with only 1 little girl who was already spoken for, we had to take a boy. Now the dilemma of finding a name. Once we saw our new addition, we decided he looked like a Rudy! Now the wait – We could not take him from his mother until November 15. Once our older son saw the pictures, he couldn't help himself.... He called and reserved another boy for himself. He was the little runt....and he named him Kyptin.

November 15, 2020 I could hardly contain my excitement. We got the whole family together to go pick them up. Imagine 8 little beagles waddling all around! They are 6 months old now – and have both grown like weeds. We made it through the potty training (I did not like that part at all!) We are beginning to train them on our new electric fence so they can run around our yard, and we hopefully won't worry about them running away. The joy the two of them bring to our life is just indescribable - they love to be together rough housing, and sometimes they even fight. Especially if one tries to take the other ones treat. They love long walks, even in the snow! When I get home from work, they are so excited to see me I get lots of squeals and kisses! My favorite time is after dinner when they snuggle with me on the couch! I guess I have joined the ranks of all the people that treat their animals like family. You can't help but smile when you see them, and you can't have a bad day when they are giving you their love!

4 weeks



8 weeks



15 weeks



20 weeks



Corona Virus Vaccine Information

You have heard all about this virus and now the vaccine, how do you know what is true? Are there reasons you should get it? Are you in a priority category? Here's what you should know....

Facts vs Myths

MYTH: If I've already had COVID-19, I don't need a vaccine.

FACT: People who have gotten sick with COVID-19 may still benefit from getting vaccinated. Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.

MYTH: Researchers rushed the development of the COVID-19 vaccine, so its effectiveness and safety cannot be trusted.

FACT: Studies found that the two initial vaccines are both about 95% effective — and reported no serious or life-threatening side effects. There are many reasons why the COVID-19 vaccines could be developed so quickly. Here are just a few:

1. The COVID-19 vaccines from Pfizer/BioNTech and Moderna were created with a method that has been in development for years, so the companies could start the vaccine development process early in the pandemic.
2. China isolated and shared genetic information about COVID-19 promptly, so scientists could start working on vaccines.
3. The vaccine developers didn't skip any testing steps, but conducted some of the steps on an overlapping schedule to gather data faster.

MYTH: Getting the COVID-19 vaccine means I can stop wearing my mask and taking coronavirus precautions.

FACT: Individuals who get the COVID-19 vaccination still need to practice infection prevention precautions. Keep your mask on, and continue staying at least 6 feet from people outside your household, until further notice. Vaccines do not stop the coronavirus from entering your body; they only prevent you from developing moderate to severe COVID-19. It's not yet clear if people vaccinated for COVID-19 can still carry and transmit the virus, even when they themselves don't get sick.

MYTH: Getting the COVID-19 vaccine gives you COVID-19.

FACT: The vaccine for COVID-19 cannot and will not give you COVID-19. The two authorized mRNA vaccines instruct your cells to reproduce a protein that is part of the SARS-CoV-2 coronavirus, which helps your body recognize and fight the virus, if it comes along. The COVID-19 vaccine does not contain the SARS-Co-2 virus, so you cannot get COVID-19 from the vaccine. The protein that helps your immune system recognize and fight the virus does not cause infection of any sort.

MYTH: The side effects of the COVID-19 vaccine are dangerous.

FACT: The COVID-19 vaccine can have side effects, but the vast majority are very short term —not serious or dangerous. The vaccine developers report that some people experience pain where they were injected; body aches; headaches or fever, lasting for a day or two. These are signs that the vaccine is working to stimulate your immune system. If symptoms persist beyond two days, you should call your doctor. If you have allergies — especially severe ones that require you to carry an EpiPen — discuss the COVID-19 vaccine with your doctor, who can assess your risk and provide more information about if and how you can get vaccinated safely.

*information gathered from Johns Hopkins Medicine

Am I eligible?

Currently those in groups 1a and 1b are eligible. This includes:

Residents and staff at nursing homes and other congregate care facilities

Staff and residents at OPWDD, OMH and OASAS facilities

Home care workers

Hospice workers

(Continued on page 3)

(Continued from page 2)

Individuals Age 65 and older

Individuals living in a homeless shelter where sleeping, bathing or eating accommodations must be shared with individuals and families who are not part of the same household

And many, many others such as health care workers, teachers, police, etc. The full list can be found at: <https://covid19vaccine.health.ny.gov/phased-distribution-vaccine>

Beginning February 15, 2021:

Adult New Yorkers of any age with the many conditions will qualify for the vaccine; some conditions include:

Cancer (current or in remission, including 9/11-related cancers)

Chronic kidney disease

Pulmonary Disease, including but not limited to, COPD (chronic obstructive pulmonary disease), asthma (moderate-to-severe), pulmonary fibrosis, cystic fibrosis, and 9/11 related pulmonary diseases

Intellectual and Developmental Disabilities including Down Syndrome

Heart conditions

Immunocompromised state

Type 1 or 2 diabetes mellitus

Neurologic conditions including but not limited to Alzheimer's Disease or dementia

Liver disease

These are just some of the qualifying conditions. A full list can be found at: <https://covid19vaccine.health.ny.gov/phased-distribution-vaccine>

Where to get the vaccine

- ◆ If you are a veteran, contact your primary care doctor at Veterans Affairs to make sure they are aware you want to receive the vaccine, they have some supply and are contacting those who have indicated interest as they have it available. The helpline telephone number for NYS veterans' affairs helpline is: 1-888-838-7697.
- ◆ State vaccination sites are by appointment. Appointments are made online at <https://am-i-eligible.covid19vaccine.health.ny.gov> and click "get started".
- ◆ You can contact your local pharmacy; many are receiving supply specifically for those over the age of 65. For those with a local Walgreens, you can find out if the vaccine is available near you at: www.walgreens.com and click "Coronavirus19 vaccine information". For those with a CVS local to them, go to www.cvs.com and click on check vaccine availability.
- ◆ For homebound individuals, many counties are working through their local Office for the Aging or paramedic companies. To find out if your county is doing this, call you local county Health Department of Office for the Aging.

Did you know?

- ⇒ Hispanic, African American and American Indian populations have more than two and a half times the mortality rate from COVID 19 than the White population.
- ⇒ Hispanic, African American and American Indian populations are nearly 4x as likely to be admitted to the hospital for serious complications from COVID 19 than the White population.
- ⇒ Many rural communities are considered highly vulnerable according to CDC's Social Vulnerability Index (SVI). Factors such as high rates of underlying health conditions, low rates of access to health care/telehealth options and lower rates of health care insurance contribute to the concern for COVID 19's impact on rural residents.

LOCAL PHARMACIES CONTACT INFORMATION

Rite Aid: <https://sr.reportsonline.com/sr/riteaid/NYS2021>

Wegmans: How to Schedule Appointment: <https://www.wegmans.com/pharmacy/>

Wegmans: if you do not have internet: 800-207-6099

CVS: if you do not have internet: 800-746-7287

Sinclair Pharmacy
75 N Main St Warsaw
(585)786-2330

Rite Aid
153 Prospect St. Attica
(585)591-0945

Walgreens
128 North Center St. Perry
(585)237-3113
Website: www.walgreens.com

Tops
658 W. Main St. Arcade
(585)496-5379 or (800)522-2522
Website: www.topsmarkets.com/Covid19Vaccination

Walmart
2348 Route 19 Warsaw
(585)786-0880

Attica Pharmacy
2 Market St. Attica
Website: www.atticapharmacy.com

Cottrill's
255 Main St. Arcade
(585)492-2310

Rite Aid
12208 NY 16 Yorkshire
(716)492-2511

For Veterans: The Buffalo VA Hospital is scheduling COVID19 vaccine shots for veterans age 65 and older; they must be enrolled in health care at the Buffalo VA. To set up an appointment call: **716.862.7868**

Also, check with your primary care physician.

Older Adults Find Free, Confidential Support from NY Project Hope

COVID-19 has changed a lot about how we live our lives, from our daily routines to how we care for ourselves.

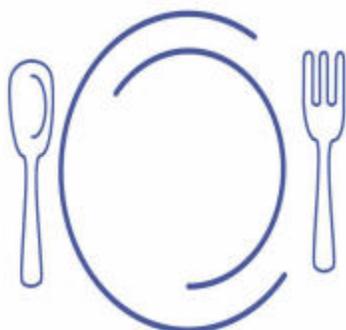
The trained crisis counselors at NY Project Hope understand the changes COVID-19 has made in your life and they know the emotions these challenges create may be strong and sometimes unfamiliar. From uncertainty to feelings of isolation, NY Project Hope helps you cope with your reactions to the changes; providing support so you can work to manage the stress and fatigue that can accompany being overwhelmed by emotions.

Crisis Counseling is free, confidential, and anonymous. NY Project Hope's Emotional Support Helpline is answered by trained crisis counselors from 8am to 10pm every day of the week. The number is 1-844-863-9314. Coping tips, resource linkages, relaxation exercises, and more can be found at NYProjectHope.org.



Nutrition Page

COOKING FOR ONE



Today, more and more of us live alone, either through choice or circumstance. As a single person, finding the motivation to cook for yourself can be difficult. Coming up with meal ideas and finding recipes for one can seem like a chore, even if you know how to cook and have a full kitchen at your disposal. Eating out, hitting the drive-through, or throwing a frozen dinner in the microwave can seem like a much easier option. But regularly eating convenience food can take a toll on your physical and mental health, as well as your waistline. Fast food and TV dinners tend to be low in nutrition and high in unhealthy fat, sodium, sugar, and calories. Often, for less money and only a little more time, you can create healthier, better tasting meals yourself. You can learn to cook

quick, inexpensive meals that not only taste great but also boost your energy, stabilize your mood, and keep you as healthy as possible.

Benefits of cooking for one... You can eat whatever you want, whenever you want. The great thing about cooking for one is that you don't have to please anyone but yourself. Cook using the ingredients you enjoy. **Meals can be cooked faster. There's less waste and less cleanup.** You don't have to cater for anyone else's taste, so food won't go uneaten. **It can save you money.** Cooking at home tends to cost less than eating takeout or restaurant food. **It's empowering.** Taking charge and caring for yourself can improve your mood and self-esteem- as well as your overall health.

It doesn't mean having to eat alone... Cook a little extra and invite a coworker or neighbor to join you. It can be a fun way to try out new recipes, reach out to others, or even share the responsibility of cooking. **Make your food at home.** Then eat out at a park, picnic area, or other public place. **Shop for food at a community or farmer's market instead of a grocery store or supermarket. Find ways to meet new people.** Take a cooking class, join a club, or enroll in a special interest group that meets regularly.

Getting started... Stock up on staples. This allows you to whip up a healthy meal quickly and easily. **Look for shortcuts.** Buying pre-chopped and washed vegetables and salads can save time on meal preparation and cleanup. **Cook once, eat multiple times.** Make a family-size recipe and divide everything by four to six. Or you can cook larger meals, and freeze leftovers in single portions. **Cook your main protein once a week.** By roasting a chicken on the weekend, you can use the leftover meat to quickly create different dishes during the week. **Reinvent leftovers.** If you don't want to eat the same meal a second time, having leftovers can be a great starting place for your next meal. For example, wrap leftover chicken, rice, and veggies in a tortilla, then add a little cheese and salsa – and have a whole new meal. **You don't have to be perfect.** Like everything, cooking for yourself is a habit that develops over time. Preparing home-cooked meals just a few times a week can improve how well you think and feel and encourage you to cook more often.

Cooking with limited space... slow cookers, insta-pots, toaster ovens, hot plates, rice cookers and steamers. You've heard of one stop shopping, well this is one pot cooking. Preparation, cooking and clean up are easier.

Resource: Cooking for One.

Submitted by Susan Schell, RD/CDCES

Medicare Minutes

Medicare Made Easy

by Dena Burnis

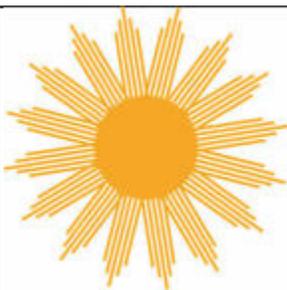
Source: AARP Bulletin

Will Medicare pay for nursing home care?

For the most part, if you or a loved one needs long-term care – in a nursing facility, an assisted living setting or your own home- you’re on your own financially. However, there are some limited circumstances when original Medicare will pay for this care for a short time. If you’ve been treated in a hospital for an injury or illness that requires rehabilitation, Medicare will pay 100 percent for care at a “skilled nursing facility” for 20 days. After that, it will cover most of the costs of that care for days 21 to 100; you’ll need to cover coinsurance of \$185.50 a day. The catch: You have to have been admitted to a hospital for at least 3 days before going to a rehab center. Medicare will also pay for some home care after a hospital stay, including intermittent nursing services or physical or occupational therapy. But it won’t pay for “custodial care”, like help with bathing or dressing, or help with food shopping and housecleaning. You might be eligible for some financial help for care that Medicare doesn’t cover. Check out whether you or your family member’s income qualifies you or them for Medicaid. You can also investigate private long-term care insurance policies.

A lot of people are facing higher levels of anxiety during this prolonged COVID-19 crisis. Does Medicare cover any mental health counseling?

Yes. Medicare covers both inpatient and outpatient mental health services, including counseling, diagnostic tests and individual therapy. If you need help, start with your primary care doctor. The program fully pays for one depression screening each year. And Medicare’s yearly “wellness” visit is also the perfect time for a mental health care checkup. In some cases you need a referral from your primary doctor before Medicare will cover mental health care. One important caution: There is a shortage of mental health professionals nationwide, particularly for those seeking a mental health provider who accepts Medicare. The Medicare Payment Advisory Commission recently reported that 60 percent of psychiatrists accept Medicare, compared to 89 percent of primary care doctors. The problem is most acute in rural areas.



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Learn how to manage your ongoing health conditions such as:

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- Diabetes
- Cystic Fibrosis
- COPD
- Eating Disorders
- Asthma

Those who attend will be shown practical steps to gain control of their daily health concerns. Participants will learn about healthy eating, problem-solving, action plans, medications, weight management, physical activity, sleep and relationship communication skills.

Classes will be held virtually.
Pre-registration is required
Call Donna at 585-815-8501 ext. 411

Participants must have internet access and a device with a camera and microphone capabilities. Materials for this workshop will be provided. Participants who complete the 6-week workshop will receive a gift card.

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, call us at (585) 786-8833 or e-mail us at officeaging@wyomingco.net.

Caregiver Corner



Seek support from other caregivers. You are not alone!



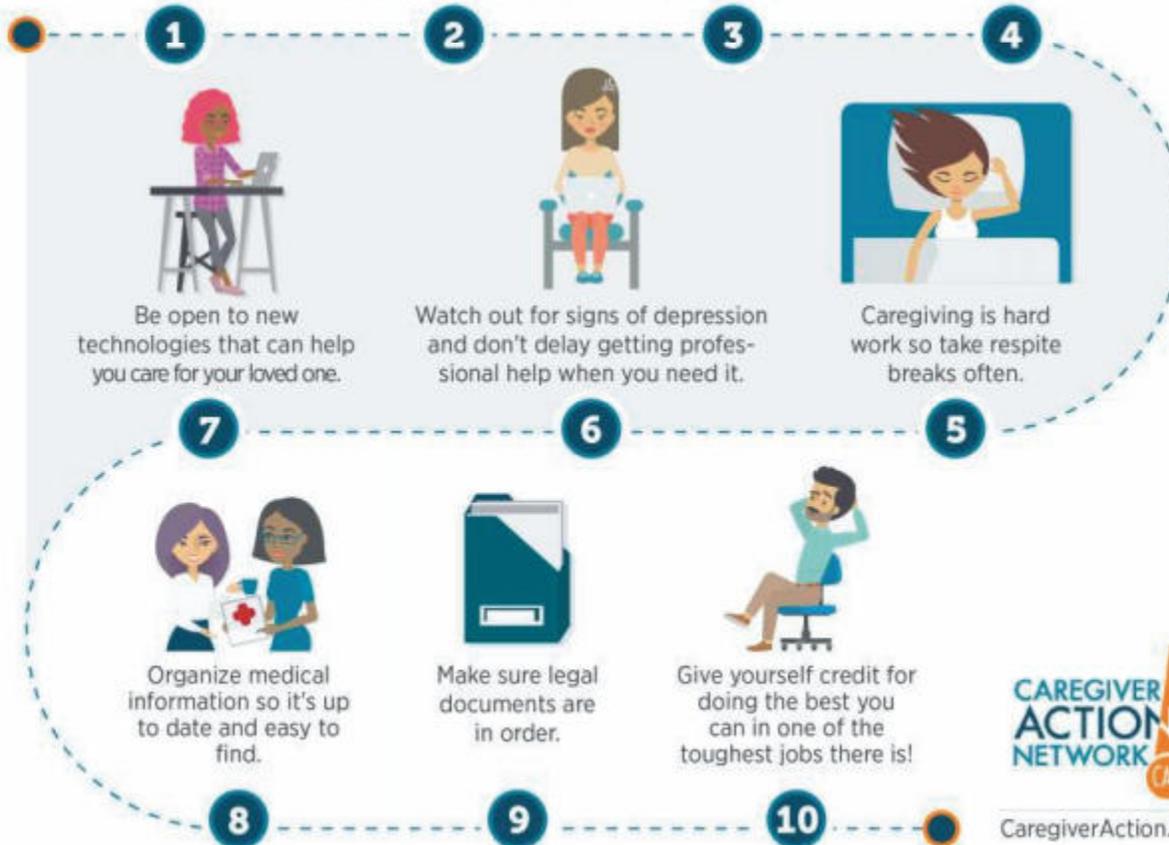
Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.



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:

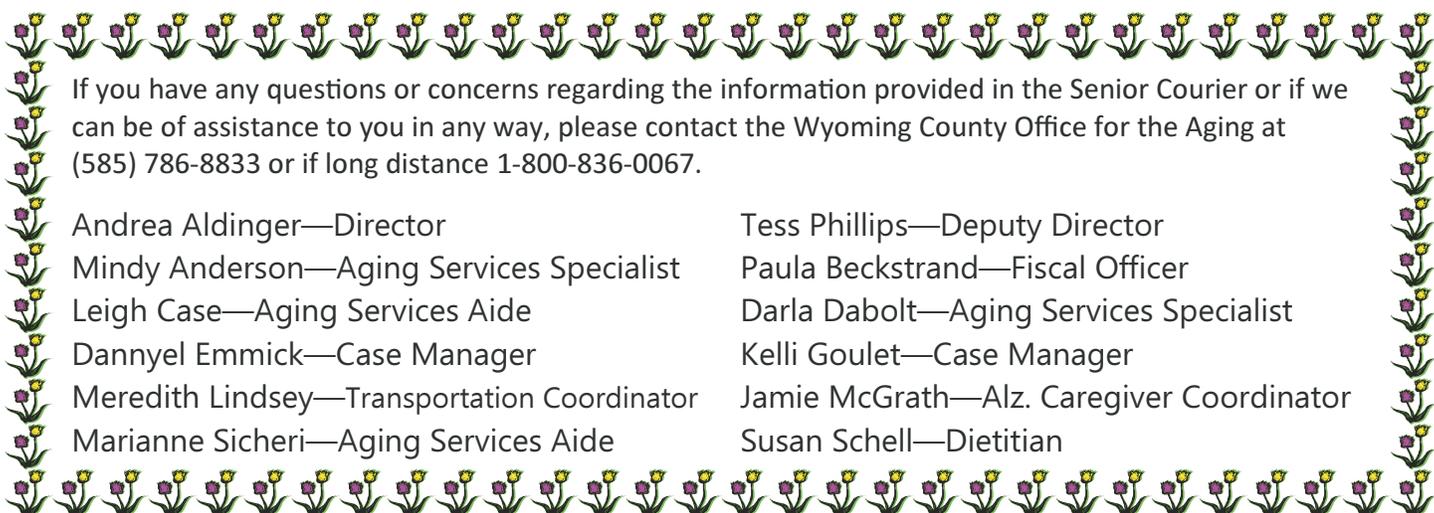
585-786-6119, email: nyc@wyomingco.net



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.

Andrea Aldinger—Director

Mindy Anderson—Aging Services Specialist

Leigh Case—Aging Services Aide

Dannyel Emmick—Case Manager

Meredith Lindsey—Transportation Coordinator

Marianne Sicheri—Aging Services Aide

Tess Phillips—Deputy Director

Paula Beckstrand—Fiscal Officer

Darla Dabolt—Aging Services Specialist

Kelli Goulet—Case Manager

Jamie McGrath—Alz. Caregiver Coordinator

Susan Schell—Dietitian



Looking to make a meaningful impact in your community? The Alzheimer's Association needs volunteers who want to share their time, experience and expertise with residents in your area. In Wyoming County, and all across Western New York, the local Chapter

Western New York Chapter

has a number of positions to fit your background and your interests. These roles are crucial to ensuring we can continue to provide free care and support services for all impacted by Alzheimer's disease and dementia. As an Alzheimer's Association volunteer, you will:

- * Raise awareness of the Association's programs and services
- * Collaborate with staff to expand programs by securing community partners
- * Serve as a liaison between the Alzheimer's Association and community & faith organizations
- * Deliver virtual education programs

For additional information, visit volunteer.alz.org or call Courtney Sipes at (716) 271-9255.

The publication of the Senior Courier is funded by: The New York State Office for the Aging, Wyoming County Office for the Aging and your generous contributions.



Mobile Food Pantry

Drive through distribution schedule:

4/8- Arcade Park

4/1- Attica Park

4/29- Perry Park

ALL distributions are scheduled from 10:00AM-12NOON

The Warsaw Valley Chapel Distributions will be pre-registration only

Distribution will be on 4/15

registration will be April 5-13

Registration can be done by calling 211 or 888-696-9211

Or by texting your ZIP code to 898-211

- Everyone must stay in their vehicle at all times with the windows up
- Volunteers will be directing traffic
- The following information **must** be printed on a piece of paper taped to your drivers side window:
 - ZIP CODE
 - Number of adults in the household
 - Number of children in the household
 - Number of seniors in the household
- If you need to get out of your vehicle to open your trunk please indicate that on the paper taped to your window
- A volunteer will advise you when to open your trunk
- Once the box is in the trunk a volunteer will close it and tap on it indicating to drive out

NO ONE GOES HUNGRY

If you need additional assistance, or assistance before the distribution call the Wyoming County Response Line:

585-786-8911





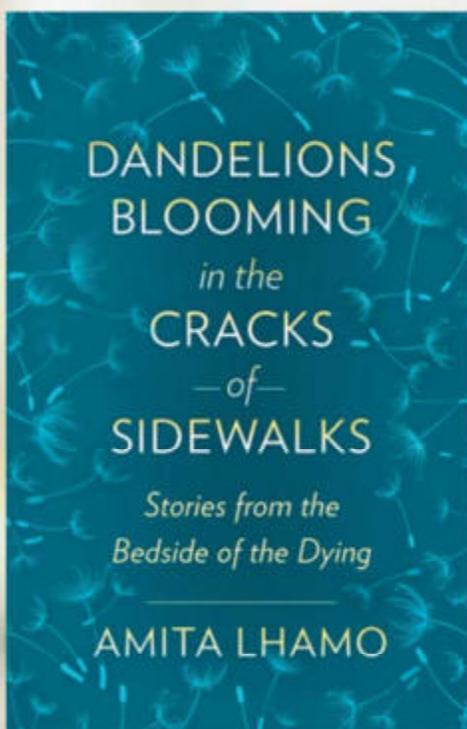
Crossroads House Book Club

When: 3/22/2021

6-7:30pm

Where: Zoom invite to follow

**RSVP by: 3/10/2021 to
kathypanepento@crossroadshouse.com**



The Crossroads House Book Club is a new initiative in our mission as a comprehensive end of life resource in our community. The Book Club is open to anyone and we look forward to serving you.

This month we will be discussing the first 15 short stories in the book *Dandelions Blooming in the Cracks of Sidewalks* that were developed around Amita Llamó's time as a Hospice Chaplain. Her ability to find lessons in difficult situations through a mixture of poetry and story-telling makes this a captivating read.

FREE Dental—covering ALL of WNY.

“Good Neighbors – Buffalo” Part of Harvest House Clinic at 175 Jefferson Ave. Buffalo N.Y.

Wednesday 8:30 - 11:00 a.m.
 Friday 1:30 - 4:30 p.m.

Normally the Dental clinic runs on the 3rd Saturday of the month from 8:30 a.m. to 2:00 p.m.

Please call (716) 856-2400 ext. 223 to confirm schedule, as schedule varies depending on dentist availability.

They offer Free Dental from cleaning, fillings, tooth extractions, and follow up. This is part of the UB school of medicine.

It is a first come first serve basis so no appointments

The program WANTS folks from all of WNY. Many rural folks don't have dental.

Good teeth promotes good health.

They also have Free medical and a huge baby program with toys, clothes, furniture, ...all Free!

Memorial Gifts to the Office for the Aging

IN MEMORY OF

Vivian Dexter
 Jennie Miceli
 Jennie Miceli

GIVEN BY

Bruce & Nancy Dexter
 Pam Crowley
 Nancy Hall

**REMINDER – Call for Ap-
 pointments—
 (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.

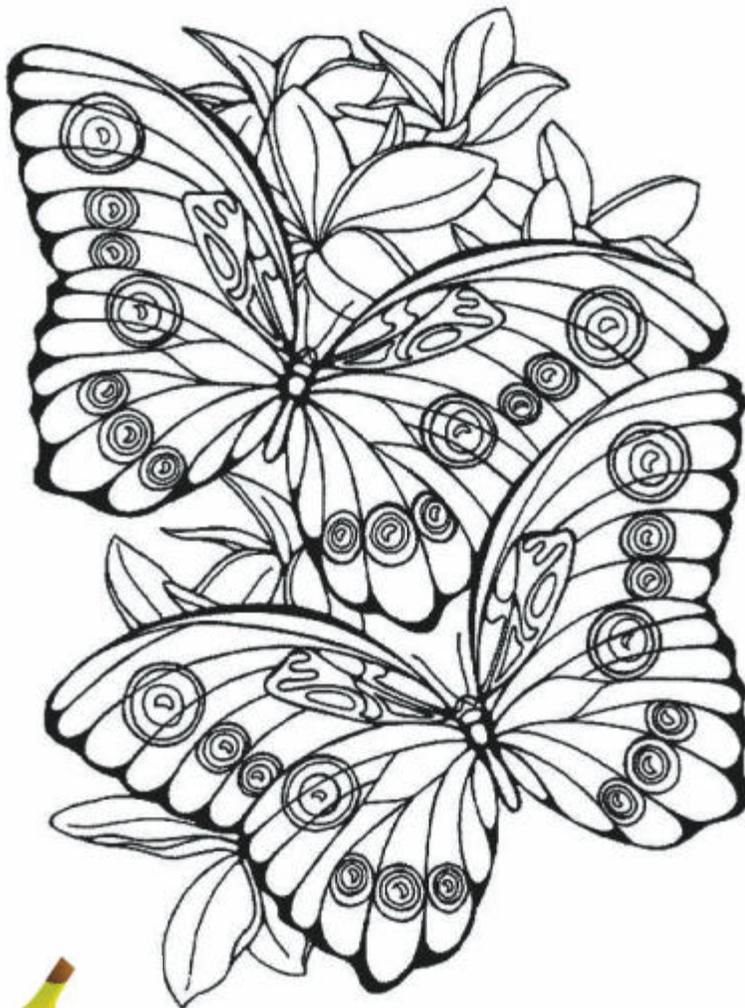


The regular HomeCare and Hospice fundraiser for flower bouquets has changed this year due to Covid-19

Although, in a bit different fashion, as this year HomeCare & Hospice will be selling Flower bulbs and seeds that you can enjoy for a longer time instead of the traditional Spring Bouquets. We are disappointed about not having bouquets this year but we want to make sure that we are keeping everyone safe and following all guidelines.

To get us started with this virtual fundraiser, please visit <http://Hospice.fpfundraising.com> and place a flower bulb or seed order to support Hospice. The orders will ship to you for a flat rate of \$6 regardless of the size of your order.

Online bulb orders began February 15th and can be placed until April 30th.



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		5		7	8			
			6		7	2	9	
			1	9		6	5	
7								
8				5	9			
		1						
	9							
3				7			5	
2			9	3	6	1		

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DIFFICULTY: ★★☆☆☆



Quote:

"My mother always used to say, 'The older you get, the better you get ... unless you're a banana.'" Betty White

Southwest Vinaigrette

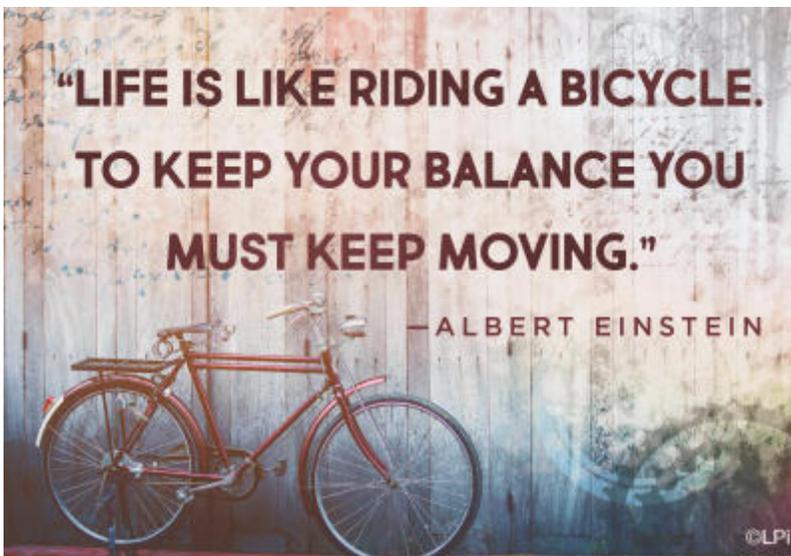
Yield: about 1 cup

- 1/4 cup olive oil
- 1/4 cup canola or avocado oil
- 1/4 cup lime juice
- 2 tablespoons honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon garlic salt
- 1/4 teaspoon cumin
- 1/2 teaspoon pepper



In a jar with a tight-fitting lid, combine all ingredients. Shake well to combine. Refrigerate until serving.

©LPi



Weeks
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 www.healthandwellnessny.org

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<p>Oatka Village Apartments 111 Linwood Ave., Warsaw (585) 786-3075</p>	<p>Pine Wood Apartments 297 Linwood Ave., Warsaw (585) 786-8224</p>
<p> Meadowview Apartments 125 E. Perry Avenue, Silver Springs (585) 493-3162</p>	<p></p>

For Seniors 62+ and Disabled - Pay only 30% of adjusted income as rent
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Are You Thinking About Downsizing
Or Moving To A Warmer Climate?

Let Deborah Help You Sell Your Home And Make Your Dream A Reality



Deborah Gillen
 Licensed Real Estate Salesperson
Phone: 585-409-2133
Cell: 585-749-8951
 deborahgillen@howardhanna.com



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PHARMACY

75 N. Main St., Warsaw
585-786-2330
 Monday-Friday 9-9 • Saturday 9-4
 Sunday 9-1

 We are always looking for volunteers
 and especially have a need for volunteer
 caregivers to join our team. There are no
 special skills needed, just a willingness to
 care for those at the end of their life journey.

91 Main Street • Attica

Contact Sue Herman at (585) 708-4331 to arrange a time to
 tour our beautiful home or to arrange some hands on training.



Get one-on-one help
with your Medicare questions.

I'm Jacky Smith, a licensed sales agent in New York. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs. **Take advantage of my knowledge and experience to:**

- Take the confusion out of Medicare
- Receive one-on-one service
- Get help comparing plans
- Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

It's time to take advantage.



Jacky Smith
 Licensed Sales Agent
(585) 704-8187, TTY 711
 jsmith.medicare@gmail.com
 www.MyUHCagent.com/jacky.smith



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2020 UnitedHealthcare Services, Inc. All rights reserved. Y0206_1/19/2020/02_0

Robinson and Hackemer
FUNERAL HOME, INC.
 Pre-Planning • Serving All Faiths • Cremation Services
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 246 North Main St., Warsaw, NY 14569



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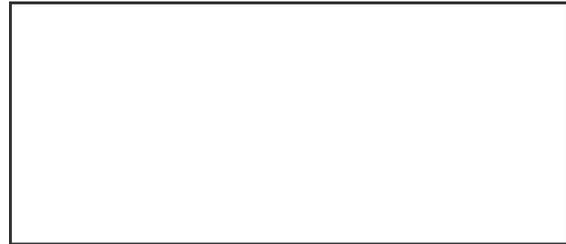
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THIS DAY IN HISTORY

April 1, 1889: The first dishwashing machine went on the market in Chicago.

April 7, 1963: At the age of 23, Jack Nicklaus became the youngest golfer to win the Green Jacket at the Masters Tournament.

April 16, 1922: Annie Oakley shot 100 clay targets in a row, to set a women's record.

April 18, 1924: Simon and Schuster, Inc. published the first "Crossword Puzzle Book."

April 24, 1962: MIT sent a TV signal by satellite for the first time.



April 25, 1901: New York became the first state to require license plates for cars. The fee was \$1.

April 29, 1985: Billy Martin was brought back, for the fourth time, to the position of manager for the New York Yankees.

