

WYOMING COUNTY OFFICE FOR THE AGING SENIOR COURIER

Volume 22, Issue 3

Editor: Mindy Anderson

May/June 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

Have any of you ever experienced anxiety? I think we all have. There are many things that cause us anxiety. Some good, like the excitement of a special visit from family you haven't seen in a long time. Or the anxiety of a wedding or other special event. There is anxiety about doctor's appointments, our health, our children and grandchildren as well as anxiety about paying our bills and having enough money when we get older. And most recently, Covid has brought a new kind of anxiety and fear into our lives. I think I could fill pages with just some of the things that have caused me anxiety in life. I'm sure you could too!

But when does anxiety cross the line? When does it become more than just a little anxiousness, and turn into a problem? With May being Mental Health month, I thought it would be appropriate to talk about our mental health.

It has always bothered me that the term "Mental Health" seems to have such a stigma attached to it, it's no different to me than physical health. If I broke my leg and went to the Emergency Room, I would be treated. I would have an x-ray, a diagnosis, a splint of some kind, and I would leave with a referral to an orthopedic doctor who would see me the next day. But with our Mental Health, because we can't see it, it seems less tangible. We choose sometimes not to seek help – we don't go to the ER because they might think we are crazy – we don't tell anyone we feel like we can't breathe – we try to take care of it ourselves. Or, if we do finally give in and go to a doctor, we may be given a pill and sent home – or worse yet, told we just need to take a deep breath and not let things bother us.

I wouldn't be writing about this if I haven't had my own dealings with anxiety. And I can tell you from experience, I don't like this about myself. And I certainly wish it would just go away. But in my case, it is not just a little fear – it is more than that. This might sound funny – but the way I realized I needed some help happened in 1998 when my 5 year old was playing T-ball. I didn't agree that the coach was pushing the kids so hard, that mine stopped in the outfield and puked. I was so angry that an adult would do that, I marched out onto the baseball field and gave that coach a piece of my mind. I felt so good after doing that! This man had upset me just about every time I took my son to the diamond – but this time.... Well I really gave it to him. It was about 2 hours later at home that I realized I had totally embarrassed myself, my husband and worst of all my son. The next day I called my doctor.

I want to encourage you to talk to your doctor if you are nervous and anxious all the time. There are so many things you can try from breathing exercises to listening to soft music. And if that is not enough you can try medication. None of us like another pill to take, but if it means our life is happier and easier, it might be worth a try. Wyoming County has many types of services to help! You can call us, or call the Mental Health Department at (585) 786-8871.

Mental Health Awareness Month

Chances are you or someone you know is struggling with mental health. Estimates are 20% of those over age 55 are dealing with some form of mental illness. The most common forms are depression, severe cognitive impairment and mood disorders (such as bipolar disorder). Additionally, men over the age of 85 have the highest rate of suicide of any group. (https://www.cdc.gov/aging/pdf/mental_health.pdf)

Many people who did not have an issue with mental health prior to the COVID 19 pandemic now find themselves struggling with mental health concerns such as anxiety and depression. Many people are afraid for their own health or that of their loved ones and feel out of control due to the isolation of the pandemic.

The good news is there are things you can control and ways to cope with the additional stress of the current environment. Below are some examples:

- Household chores, such as spring cleaning, will give you a sense of purpose and accomplishment when completed.
- Free online university courses and courses through cousera, such as Yale University's most popular class ever: The Science of Well-Being. They offer a great learning opportunity. There are other technological choices too such as podcasts like The Happiness Lab with Yale Professor Dr. Laurie Santos.
- Movies are moving from theaters to online. Netflix is also a good option.
- TV programming has expanded during the crisis, particularly through streaming services like Netflix. You can also currently stream the Met Opera for free. The NFL and NBA are also offering complementary access to online streaming platforms.
- Virtual parishes, which the Pope and other faith leaders are offering, can help maintain religious connections.
- Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.
- Take care of your body; eat healthy, well-balanced meals, exercise regularly.
- Take deep breaths, stretch, or meditate and get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

Warning Signs Someone Needs Help:

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability or aggressiveness
- Ongoing headaches, digestive issues, or pain
- A need for alcohol or drugs
- Sadness or hopelessness

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- Suicidal thoughts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Unusual thinking or behaviors that concern other people

Health Disparities:

Research indicates that compared with people who are white, black, indigenous and people of color (BIPOC) are:

- Less likely to have access to mental health services
- Less likely to seek out services
- Less likely to receive needed care
- More likely to receive poor quality of care
- More likely to end services prematurely

Additionally, BIPOC are overrepresented in the criminal justice system, as the system overlays race with criminality. Statistics show that over 50% of those incarcerated have mental health concerns. BIPOC are also underrepresented as treating professionals; approximately 86% of psychologists are white, and less than 2% of American Psychological Association members are African American.

Getting Help

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat.

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

National Sexual Assault Hotline: 1-800-656-HOPE (4673)

Veteran's Crisis Line: 1-800-273-TALK (8255) or text: 8388255

Disaster Distress Helpline: CALL or TEXT 1-800-985-5990 (press 2 for Spanish).

The Eldercare Locator: 1-800-677-1116

SPECTRUM MOBILE CRISIS

The Spectrum Mobile Crisis team provides after hours/weekend crisis and re-stabilization emergency mobile services for both youth and adults in crisis in Genesee and Orleans counties, and 24 hour/7 day a week emergency mobile services for youth and adults in Wyoming County. The Mobile Crisis team will work with the individual or family to resolve a crisis as quickly and effectively as possible. The team can provide safety planning to help prevent unnecessary emergency room visits and provide coping and problem-solving skill building. The Mobile Crisis team can also make referrals for additional community support as needed. Under NYS Mental Hygiene Law (9.45), the Mobile Crisis team will facilitate a further assessment at a local hospital when necessary. The Spectrum Mobile Crisis Team can be reached by calling 585-283-5200 and pressing "1" for Orleans and Genesee counties, or "2" for the Wyoming County Crisis Line.

Written by Robert L. Cannata, MSW LCSW VP Crisis Response Services

Spectrum Health and Human Services



Join a Paid Jobs-Training Program!

The **Senior Community Service Employment Program (SCSEP)** is a federally funded jobs training program specifically designed for older job seekers, age 55+. Participants are connected to local agencies where they contribute to that organization, build their skills and experience, and are paid for their time.

Earn while you learn!

If you are an unemployed job-seeker age 55+, we are looking for you!

- ⇒ Grow your skills
- ⇒ Gain updated work experience
- ⇒ Build your job-readiness
- ⇒ Become competitive for employment
- ⇒ Contribute to the needs of your community in meaningful ways

We provide paid training opportunities in the areas of:

Food Service · Customer Service · Retail · Office/Clerical · Healthcare · Stock Clerk

**Apply online at www.a4td.org or
call 585-703-8594 for more information.**



Nutrition Page

Nuts about Nuts

Nuts have many heart healthy properties. Include a serving 3-4 times per week. Ideally you should use nuts as a substitute for saturated fats, such as those found in meats, eggs and whole dairy products. So, what's in a nut that is thought to be heart healthy?

Unsaturated fats. It's not entirely clear why, but it's thought that the "good" fats in nuts – both monounsaturated and polyunsaturated fats-lower elevated cholesterol levels.

Omega-3 fatty acids. These are a healthy form of fatty acids that seem to help your heart (also found in many kinds of fish).

Fiber. All nuts contain fiber, which helps lower your cholesterol. Fiber makes you feel full, so you eat less. It is also thought to play a role in blood sugar control.

Vitamin E. Vitamin E may help stop the development of plaques in your arteries, which can narrow them. Plaque development in your arteries can lead to chest pain, coronary artery disease or a heart attack.

Plant sterols. Some nuts contain plant sterols, a substance that can help lower your cholesterol. Plant sterols are often added to products like margarine and orange juice for extra health benefits, but sterols occur naturally in nuts.

L-arginine. Nuts are also a source of l-arginine, which is a substance that may help improve the health of your artery walls by making them more flexible and less prone to blood clots that can block blood flow.

What is a serving?

Almonds 20-24
Hazelnuts 19-21
Pecans 18-20 halves

Brazil Nuts 6-8
Macadamias 10-12
Pistachios 47-49

Cashews 16-18
Peanuts about 40
Walnuts 10-14 halves

**Sprinkle them on your salad in place of croutons or cheese, snack on them instead of candy or chips, garnish sautéed vegetables with slivered almonds or sunflower seeds, add to yogurt, use smoked nuts instead of bacon in salads, replace breading on baked fish or chicken with chopped nuts and seasonings, eat a peanut butter sandwich in place of meats/cheese. **To bring out the flavor of nuts, bake 5-10 min at 350°F, to preserve the crunch and add to salads or veggies just before eating. To keep them fresh, store in a zipper bag or plastic container in the freezer.

www.mayoclinic.org

Submitted by Susan Schell, RD/CDE



If you have yarn you are not going to use—please drop it off at the Office for the Aging—we have ladies that will make items for charity with it.

Medicare Minutes

What's New in Medicare for 2021

Source: Cortland County Senior News

The Center for Medicare and Medicaid Services (CMS) has made several important changes to the Medicare program for 2021. A few of the key changes include:

- **Insulin:** Lower out-of-pocket costs if you join a Medicare drug plan that participates in the “Part D Senior Savings Model.”
- **Medigap Plans C and F:** People who become eligible for Medicare in 2021 will not be able to purchase these plans.
- **End Stage Renal Disease (ESRD):** Individuals with this diagnosis will now have access to Medicare Advantage plans
- **Medicare Part B premium increase:** Medicare Part B helps pay for services from doctors, other health care providers, outpatient care, home health care, durable medical equipment, and some preventive services. The monthly premium will increase to \$148.50 per month in 2021 from \$144.60 in 2020.
- **Medicare Part B deductible increase:** This increases to \$203 in 2021 from \$198 in 2020.
- **Medicare Part A deductible increase:** Medicare Part A pays for inpatient hospital care. The deductible you must pay per benefit period* increases to \$1,484 in 2021 from \$1,408 in 2020.
- **Medicare Part A daily co-insurance charge increases:** If your hospital stay is longer than 60 days, you will be charged \$371 in 2021 for days 61 through 90.
- **Medicare Part A life-time reserve days co-insurance increase:** During each benefit period, Medicare Part A covers up to 90 days of inpatient hospitalization. After 90 days, Medicare covers 60 additional days of inpatient hospital care that you can use during your lifetime. These are called lifetime reserve days. If you use a lifetime reserve day in 2021, you'll pay a daily coinsurance of \$742. In 2020 it was \$704 per day.
- **Skilled Nursing Facility (SNF) daily co-insurance charge increases:** In 2021, each benefit period* you are admitted to a skilled nursing facility, the daily charges are the following: \$0 for the first 20 days; \$185.50 per day for days 21-100. After day 100, you will pay the full daily rate charged by the SNF.
- **Medicare Part B and D high-income premium increases:** The income brackets for high-income premium adjustments for Medicare Part B and D will start at \$88,000 for a single person and the surcharges for Part D and Part B will increase in 2021.

*The following definition comes from medicareinteractive.org: Benefit periods measure your use of inpatient hospital and skilled nursing facility (SNF) services. A benefit period begins the day you are admitted to a hospital as an inpatient, or to a SNF, and ends the day you have been out of the hospital or SNF for 60 days in a row.

SSA Inspector General: New Tactics for Government Imposters

April 27, 2021 • By Tracy Lynge, Communications Director for the Office of the Inspector General

Last month, we partnered with our Office of Inspector General (OIG) for the annual [National "Slam the Scam" Day](#) to help you learn how to identify and avoid government imposter scams. These scams are widespread across the United States and often involve Social Security number-related issues. Scammers' tactics continue to evolve.



Most recently, the OIG has received reports of phone scammers creating fake versions of the identification badges most Federal employees use to gain access to Federal buildings. The scammers may text or email photos of the fake badges to convince potential victims of their legitimacy. These badges use government symbols, words, and even names and photos of real people, which are available on government websites or through internet searches.

If you receive a suspicious letter, text, call or email, hang up or do not respond. You should know how to identify when a call is really coming from Social Security. We will NEVER:

- Text or email images of an employee's official government identification.
- Suspend your Social Security number.
- Threaten you with arrest or other legal action unless you immediately pay a fine or fee.
- Require payment by retail gift card, wire transfer, internet currency, or mailing cash.
- Promise a benefit increase or other assistance in exchange for payment.
- Send official letters or reports containing your personal information via email.

We only send text messages if you have opted in to receive texts from us and only in limited situations, including the following:

- When you have subscribed to receive updates and notifications by text.
- As part of our enhanced security when accessing your personal *my Social Security* account.

If you owe money to us, we'll mail you a letter with payment options and appeal rights.

Inspector General, Gail S. Ennis, encourages you to report Social Security scams or fraud to the [OIG's website](#). You can watch the video below to learn more. Please share this information with your friends and family to help us "Slam the Scam" every day.

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

30 Inspirational Quotes for Family Caregivers

[Marlo Sollitto](#) [agingcare.com](#)

Updated October 11, 2018

Use these quotes as tools for self-reflection and self-improvement. They can help you gain a new perspective, maintain a positive attitude, overcome challenges, beat caregiver burnout and empower you to help yourself as well as your loved ones.

If there's a quote on this list that really resonates with you, jot it down and post it in a place where you'll see it often. Sometimes a daily reminder can inspire us to hold our heads high and face our challenges with strength and conviction.

"Some days there won't be a song in your heart. Sing anyway." –*Emory Austin*

"A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort." –*Herm Albright*

"God gave burdens, but he also gave shoulders." –*Yiddish Proverb*

"Better a diamond with a flaw than a pebble without one." –*Chinese Proverb*

"Physical strength is measured by what we can carry; spiritual by what we can bear." –*Unknown*

"Forgiveness is not an occasional act; it is a constant attitude." –*Martin Luther King Jr.*

"If you can't change your fate, change your attitude." –*Amy Tan*

"An inconvenience is an adventure wrongly considered." –*G. K. Chesterton*

"What happens to a person is less significant than what happens within him." –*Louis L. Mann*

"Happiness is an attitude. We either make ourselves miserable or happy and strong. The amount of work is the same." –*Francesca Reigler*

"You don't get to choose how you're going to die or when. You can only decide how you're going to live." –*Joan Baez*

"One person caring about another represents life's greatest value." –*Jim Rohn*

"The greatest discovery of my generation is that man can alter his life simply by altering his attitude." –*James Truslow Adams*

"Never underestimate your problem or your ability to deal with it." –*Robert H. Schuller*

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“Mountains cannot be surmounted except by winding paths.” –*Johann Wolfgang von Goethe*

“Life’s challenges are not supposed to paralyze you; they’re supposed to help you discover who you are.” –
Bernice Johnson Reagon

“Impossible situations can become possible miracles.” –*Robert H. Schuller*

“When you can think of yesterday without regret and tomorrow without fear, you are near contentment.” –
Unknown

“Be determined to handle any challenge in a way that will make you grow.” –*Les Brown*

“Determination that just won’t quit—that’s what it takes.” –*A. J. Foyt*

“About the only thing that comes without effort is old age.” –*Unknown*

“People who fight fire with fire usually end up with ashes.” –*Abigail Van Buren*

“Faith has to do with things that are not seen and hope with things that are not at hand.” –*Saint Thomas Aquinas*

“The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety.”
–*George E. Mueller*

“Certain defects are necessary for the existence of individuality.” –*Johann Wolfgang von Goethe*

“Conceal a flaw and the world will imagine the worst.” –*Marcus Valerius Martialis*

Memorial Gifts to the Office for the Aging

IN MEMORY OF

Jennie Miceli

Jennie Miceli

Jennie Miceli

Jennie Miceli

GIVEN BY

Jacquelyn Lapp

Jeff & Joan Guterman

Dorothy Sorge

Rick & Frances Deegan

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.

Is Dementia a Normal Part of Aging?

By Kim Acosta, April 7, 2021, <https://www.aplaceformom.com/caregiver-resources/articles/dementia-vs-aging>

As we age, it's normal for our brains to change. But dementia — an umbrella term that's used to describe a loss of memory, language, and thinking abilities that interferes with daily life — isn't a normal part of the aging process.

Seniors who have trouble completing day-to-day activities independently — such as preparing meals, paying bills, navigating through their neighborhood, or remembering appointments — may be diagnosed with dementia. In comparison, typical age-related changes in thinking are subtle and generally affect speed and attention. Learn the signs of normal aging vs. dementia, the links between memory and aging, and how to help a loved one find treatment for cognitive decline.

How does aging affect the brain?

From birth to old age, a healthy brain goes through transformations that affect emotion, learning ability, and decision-making skills. For example, neuron activity and blood flow typically decrease with age, according to the National Institute on Aging (NIH). Certain parts of the brain also shrink, including those important to complex mental activities and learning. Inflammation — the body's response to injury or disease — may also increase as people age, leading to mild memory impairment.

Some key stages of brain development by age include:

- * **20s:** The part of the brain that regulates emotion, judgement, and problem solving (the prefrontal cortex) completes development around age 25. The brain is at peak performance level and weighs around 3 pounds.
- * **30s:** Memory begins to worsen as early as age 30, when the brain starts losing volume and neurons decrease.
- * **40s-60s:** After age 40, the average adult loses 5% brain volume each decade. However, emotional regulation begins to improve in middle age.
- * **70s -90s:** The brain declines more quickly after age 70, and the risk of developing Alzheimer's disease or another type of dementia increases to 50% after age 85.

What is cognitive decline?

Cognition refers to the ability to learn, remember, and make judgments, according to the CDC. Cognition helps you understand and process the world around you, and interact safely with it. Because of the way the brain changes as you age, cognitive abilities also often change. Cognitive decline is a noticeable, measurable reduction of these cognitive abilities, and can range from mild to severe.

Perception, motor skills, visual and spatial processing, memory, and attention are all types of cognitive functions. It's normal for these abilities to deteriorate slightly with age. For example, someone may have a harder time paying attention during long movies or conversations, or experience some difficulty mentally visualizing images and scenarios.

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Mild cognitive impairment (MCI) progresses beyond the cognitive decline of normal aging, but isn't as severe as dementia. Older adults with MCI may be aware their memory isn't what it used to be, and the change may be noticeable to friends and family. While it can lead to problems with memory, language, and judgement, MCI doesn't hinder a senior's ability to do everyday activities.

What is dementia? Is dementia a part of normal aging?

Dementia is a general term for very severe cognitive impairment, which goes beyond the mild cognitive decline expected from normal aging. People who have dementia have problems with memory, language, thinking, and problem solving that worsen over time. These issues are significant enough that they affect daily living, behaviors, and emotion. Seniors with dementia may require extra care, like in-home care or memory care, as the disease progresses. Alzheimer's disease is the most common type of elderly dementia.

Normal aging vs. dementia: What's the difference?

For older adults, any lapse in memory, no matter how slight, can be alarming. However, brief periods of forgetfulness are a normal part of the aging process and usually do not indicate a more serious memory condition.

Memory and aging: What's normal?

Because of the ways the brain changes as you age, slightly reduced memory and aging go hand-in-hand for most adults. As they age, older adults may:

- * Find words and recall names more slowly.
- * Have more problems with multitasking.
- * Notice slightly lower ability to pay attention.
- * Learn new skills more slowly.

3 key differences between normal aging and dementia

Scientifically, the difference between dementia and normal aging is largely a question of severity, and how much of an effect cognitive decline has on a senior's everyday life. Here are three key behavioral differences:

Ability to complete daily tasks. Seniors aging normally may take longer or have some difficulty completing once-familiar tasks. But in people who have dementia, an everyday task like dressing, making a sandwich, writing a check, or placing a phone call may be very difficult or impossible to complete.

Forming new memories. Older adults with Alzheimer's or another form of dementia may have difficulty making new memories, but memories from early in life are often preserved throughout the early stages of the disease. Seniors aging normally can still capture and retain new memories.

Ability to learn new skills. Learning new things is often impossible for people who have dementia, which is why many dementia care settings focus on using activities and therapies to retain existing skills. Seniors aging normally may have a harder time learning new languages, interacting with technology, or undertaking projects than younger adults, but practicing these skills can actually help slow cognitive decline.

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How are memory loss and dementia evaluated?

When it comes to cognitive ability, the definition of “normal” varies from person to person. For example, some people have naturally better memories than others, which makes determining normal aging vs. dementia challenging.

Cognitive changes can be subtle, and often vary by individual. If you suspect cognitive decline in a loved one, share your concerns with their doctor. The doctor will likely perform a cognitive assessment to:

- * Screen for cognitive impairment.
- * Determine the possible causes of your loved one’s symptoms.
- * Rate the severity of memory loss.
- * Monitor memory loss progression.

Can you prevent memory loss or dementia?

As noted above, it can be challenging determining the pace and symptoms of cognitive decline. But it’s important to know common warning signs and symptoms, like difficulty controlling behavior, processing information, or working through problems, so you can determine when it’s time for memory care or medical intervention.

A number of factors contribute to a person’s risk for cognitive decline, including dementia. Some risk factors – like age and your genetics – aren’t in your control. But you do have some control over other risk factors, like exercise and diet. To help reduce your loved one’s risk for memory loss and other symptoms of cognitive decline, try the following:

- * **Encourage a healthy lifestyle.** Lifestyle changes, like getting enough sleep, staying physically active, and eating a healthy diet can help lower the risk of cognitive decline and preserve the abilities you have.
- * **Try new things to keep the mind sharp.** Trying new or challenging things can help stave off cognitive decline. Find a new hobby, practice a new skill, or try puzzles and games to keep your mind engaged.
- * **Prioritize social connections.** Research suggests that adults who are lonely are more likely to develop dementia. Cultivating relationships with family and friends can help combat isolation and reduce the risk of cognitive decline.
- * **Seek help for persistent symptoms.** If you’re concerned about a loved one, talk to a doctor. Denying your concerns can be dangerous for caregivers and elderly loved ones alike.



Recycle your old fridge and get \$50

Chances are your old refrigerator or freezer is adding to your electricity bill by an average of \$150 a year. Recycle it, reduce your energy use and keep harmful materials out of landfills. **We’ll pick it up for free and you’ll pick up \$50.**

For information call your electric service provider:

National Grid 1-877-889-4762

NYSEG or RG&E 1-888-646-3208

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 | Tess Phillips—Deputy Director |
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| Leigh Case—Aging Services Aide | Darla Dabolt—Aging Services Specialist |
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| Meredith Lindsey—Transportation Coordinator | Jamie McGrath—Alz. Caregiver Coordinator |
| Marianne Sicheri—Aging Services Aide | Susan Schell—Dietitian |



Be sure to register today for the free Healthy Living Conference, organized by the Alzheimer's Association WNY. A healthy lifestyle can cut your risk of developing Alzheimer's disease and other dementias. This online education program will show you how healthy eating, regular exercise and mental stimulation can help reduce your risk. A research update and how you can participate

Western New York Chapter

in trials will also be included during this present. Join us Tuesday, **JUNE 8**, from 10:00 a.m to 12:30 p.m. by registering at [bit.ly/HealthyLiving Conf](http://bit.ly/HealthyLivingConf) or by calling **800-272-3900**. This program will be delivered via the Zoom app--if you are unfamiliar with it, please call our local Chapter office and we can walk you through it: (716) 626-0600 extension 313.

We're also bringing the Walk to End Alzheimer's back to the region this fall! Mark your calendar for Saturday, **SEPTEMBER 25** to join us at our *new location*: **Dwyer Stadium in Batavia** (home of the Muckdogs Minor League Baseball team).

The Walk is a fundraising event during which we honor all those impacted by dementia, remember those we lost to the disease and fight for a future without it. Funds from this event help ensure we can continue to offer free education, like the Healthy Living Conference, support groups, social programs and research that will one day end Alzheimer's. We're also walking in four other communities! To learn more, visit alz.org/WNYwalk or call **800-272-3900**.

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.

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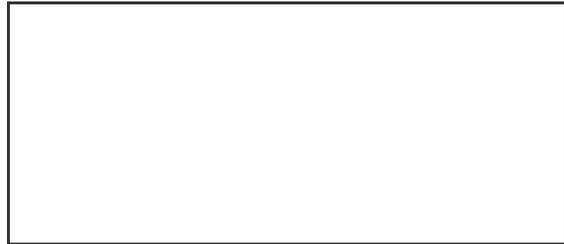
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