

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

I was asked a question a month ago that I did not have a good answer for. I felt helpless giving an answer that would not help the senior calling, and angry that I couldn't fix the problem.

The question was simple, ***"Now that I'm older and having a few more health problems, I need some help to stay in my home. What can you offer me?"***

I took a deep breath, and thought of the Office for the Aging's mission: to improve the health and well-being of senior citizens by promoting independence.... Sometimes all a person needs to remain in their home is a hot meal and some help keeping up their place and maybe a bit of personal care, like help with a shower or laundry. We have a program here to provide in home care, but we do not have enough home care aides to fill the need.

This is not a new problem, but it is a worsening problem. Home care faces a workforce crisis at a time of growing demand. Workforce shortages result in not enough people to do the work and costly staff turnover for home care agencies trying to provide the service.

Based on a report recently released, the Western New York region will have job openings for 64,000 nurses' aides, nurses and other health care professionals in the next 5 years. Over 5,100 home care aides and nursing assistants will leave the workforce this year. And the main reasons why? It's extremely hard, physical work for a \$22,000 per year annual salary.

I don't want you to give up hope – I just want you to understand that the crisis isn't just here in Wyoming County, it is nationwide. We continue to do our best to work with our homecare agencies and advocate for higher wages for these vital caregivers.

There is a way you can help. This past spring there was a bill introduced in New York State to raise the wages of home care aides from an average of \$13.80 per hour to \$20.00 per hour. The bill did not pass. In all likelihood worker wages will remain at the forefront of the homecare conversation, especially in New York where home based care giving is the fastest growing and largest workforce. Let your state Senator and Assemblyman know of your concern. For information on phone numbers and addresses for Senator Patrick Gallivan and Assemblyman David DiPietro, call our office at (585) 786-8833 or check online.

We still urge you to call our office if you or someone you know is in need of any information on services or support.

Medicare Minutes

Medicare Reminder

Items and services excluded from Medicare coverage

Unfortunately, Medicare does not cover all health care services. Services excluded from Medicare coverage include but are not limited to:

- **Alternative medicine**, including experimental procedures and treatments, acupuncture, and chiropractic services, except when manipulation of the spine is medically necessary to fix a subluxation of the spine (when one or more of the bones of the spine move out of position)
- **Most care received outside of the United States**
- **Cosmetic surgery**, unless needed to improve the function of a malformed part of the body
- **Most dental care**
- **Hearing aids**, including examinations for prescribing or fitting hearing aids—though in some cases implants to treat severe hearing loss are covered
- **Personal care**, including help with bathing, dressing, and eating, when it is the only care you need
- **Custodial care (homemaker services)**, including light housekeeping, laundry, and meal preparation, when it is the only care you need
- **Nursing home care (long-term care)**, including medical care, therapy, 24-hour care, and personal care, except during a Medicare-covered skilled nursing facility (SNF) stay
- **Non-medical services**, including a private hospital room, hospital television and telephone, canceled or missed appointments, and copies of x-rays
- **Most non-emergency transportation**, including ambulette services
- **Certain preventive services**, including routine foot care
- **Most vision care**, including eyeglasses (except following cataract surgery) and examinations for prescribing or fitting eyeglasses

You are responsible for the full cost of care if you receive a service that Medicare does not cover. If you have a **Medicare Advantage Plan**, your plan may cover some of these services. Ask your plan if it covers any additional services.

Visit [Medicare Interactive](#) to learn more about Medicare coverage.



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 \$148.50 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.

2021 New York Gross Monthly Income Limits

2021 New York Asset Limits

Program	2021 New York Gross Monthly Income Limits		2021 New York Asset Limits	
	Individuals	Couples	Individuals	Couples
QI	\$1,469	\$1,980	No limit	No limit
SLMB	\$1,308	\$1,762	No limit	No limit
QMB	\$1,094	\$1,472	No limit	No limit
Medicaid	\$904	\$1,320	\$15,900	\$23,400

These income limits are based on 2021 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



Join the Senior Medicare Patrol!
TO REPORT POSSIBLE FRAUD CALL:

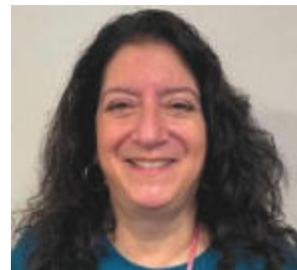
1-877-678-4697



Volunteers to prepare the **Senior Courier** for mailing are needed on the third Monday of the odd months (January, March, May, July, September, November). We begin folding and labeling at **9:00 a.m.** at the Office for the Aging, 8 Perry Avenue, Warsaw (next to the Department of Motor Vehicles). Any and all help is greatly appreciated. It is a good place to meet with old friends and make new friends. It's a very social group.



Independent Living of the Genesee Region (ILGR), welcomes **Holly McAllister as a Taking Control Consumer Administrator.**



In this position she has a variety of responsibilities which include the coordination, monitoring, and enrollment of individuals as consumers/employers in the Taking Control program. The program covers the ILGR regional service area of Genesee, Orleans, and Wyoming counties. She will be promoting the expansion and positive impacts of the Consumer Directed Personal Assistant Service (CDPAS) within the region.



Betesha Thompson Facilitated Enroller, assists individuals who are over 65 years of age, legally blind, or receiving Social Security Disability in applying for Medicaid insurance by determining the type of Medicaid coverage that is best for them. She will even assist in completing the application and collecting necessary documentation to submit with the Medicaid application. Additionally, she conducts outreach activities to educate, engage and enroll qualified individuals who live in the Genesee, Orleans, Wyoming Region. She is in the office Monday-Friday 8:30am-5pm, and can be reached at 585-815-8501 ext 415 or on her work cell phone at 716-361-6179.

Understanding Risks of Pneumonia and your Role in Prevention

Pneumococcal pneumonia can be a serious disease. Your risk of developing pneumonia caused by *Streptococcus pneumoniae* increases after age 50. Pneumonia infections can potentially develop into serious complications resulting in over 300,000 hospitalizations in the United States annually. Fortunately, we have vaccines that protect against these serious diseases and the complications they can cause.

Pevnar 13 & Pneumovax 23: Two vaccines are currently available to aid in the prevention of pneumonia, Pevnar 13 and Pneumovax 23. Pevnar 13 was developed for infants and children and is recommended by the CDC for all infants and children younger than 2 years of age. Studies show that Pevnar 13 protects 80% of babies from serious pneumococcal infections, while one dose of Pneumovax 23 protects 50% to 85% of healthy adults against invasive pneumococcal disease.

What if you never got Pevnar 13 as a child? Not to worry! Most of you will just wait until you turn 65 years old, at which time, you'll get a dose of Pneumovax 23. In some cases, the CDC recommends adults get Pevnar 13 in addition to Pneumovax 23 if they have certain underlying health issues such as asthma, COPD, heart disease or diabetes, so it's always best to check with your provider to see what they recommend for you. If your provider recommends both vaccines, your second dose will be administered the following year. Pneumovax 23 may be repeated every 5 to 10 years for people in high risk categories. Side effects from pneumococcal vaccines are usually mild and go away on their own within a few days and may include fatigue, headache or muscle aches.

Points to Remember: Pneumonia can be prevented through vaccination. Vaccine timing may vary based on your risk factors and age, so be sure to talk to your doctor to see what they recommend for you. Pneumococcal vaccines are available at your primary provider's office, your local pharmacies and here at your local health department. More information regarding immunizations can be found here: <https://www.cdc.gov/vaccines/vpd/pneumo/downloads/pneumo-vaccine-timing.pdf>

Submitted by: Deborah Head, RN, Community Health Nurse II
Wyoming County Health Department

Free Program for Adults with Memory Loss and their Care Partners

Aging with Pride: IDEA (Innovations in Dementia Empowerment and Action) at the University of Washington is offering a free program for the LGBTQ+ community. Aging with Pride: IDEA is the first federally-funded research study examining ways to improve the health and quality of life for adults with memory loss and their care partners in the LGBTQ+ community.

This study seeks to determine if an evidence-based program developed by leading experts in dementia is effective in helping people in the LGBTQ+ community who are experiencing memory loss or caring for someone with memory loss. Care partners can be a spouse, partner, adult child, relative, friend, or anyone who helps the person with memory loss. Either the person with memory loss or their care partner must be LGBTQ+ and both participate as a pair. The person with memory loss must be 50 years or older.

The IDEA program includes nine individualized sessions with a trained coach. The coach teaches the pair problem-solving skills to improve behavioral challenges and issues and improve communication. A low-impact exercise program including stretching, flexibility, and balance to strengthen the body, reduce injury and improve mood is also included in the sessions.

The sessions are individualized and virtual, using easy video chatting. Participants don't have to leave home to participate, can live anywhere in the U.S., and are compensated for completing phone interviews. Tablets with connectivity and simple instructions for using plus tech support can be provided if needed.

To learn more call 1-888-655-6646 or email ageIDEA@uw.edu. You can also visit the IDEA website at <https://ageidea.org/>

Wyoming County Office for the Aging Senior Courier Mailing Request

We continuously try to reach new seniors age 60 years or over living in Wyoming County. Please help us add to our mailing list by sending names and addresses to this office. Also, if your address has changed or if we do not have your correct apartment numbers, please let us know. You can help us avoid unnecessary postal costs by using this form for all changes. Please fill out the form and mail it to the address below. Please PRINT.

Wyoming County Office for the Aging

8 Perry Avenue
Warsaw, New York 14569

Name: _____
Last Name Husband Wife

Address: _____
Street or Box City State Zip

Old Address: _____
Street or Box City State Zip

New Moved Deceased

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.

DO YOU KNOW HOW TO STAY SAFE FROM A HOME FIRE?



Did you know you may have as little as two minutes to escape your home during a fire?

Having a home fire escape plan can increase your chance of getting out of your home quickly and safely in the event of a fire.

The **American Red Cross** is providing **FREE** one-on-one home fire safety education to any individuals or families interested! Sessions can be over the phone or video conferencing platform.

In just 15 minutes you will learn:

- How to develop a home fire escape plan.
- How to make sure your smoke alarms are up to date.
- How to quickly and safely evacuate a home.
 - Home fire prevention tips.



If you are interested in scheduling a 15-minute education session with the American Red Cross, please give us a call at (585)241-4390 or visit Redcross.org/homefiresafetyWNY



Nutrition Page

(Mental) Health Benefits of Exercise

You already know that exercise is good for your body. But did you know it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress, and more? People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. And it's also a powerful medicine for many common mental health challenges.

Exercise can promote all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Finally, exercise, can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that feed depression.

Exercise can help provide:

Sharper memory and thinking. Higher self-esteem. Better sleep. More energy. Stronger resilience.

Overcoming obstacles to exercise: Obstacles to exercising are very real – particularly when you're also struggling with a mental health issue. Here are some common barriers and how you can get past them.

Feeling exhausted. When you're tired, depressed, or stressed, it seems that working out will just make you feel worse. But the truth is that physical activity is a powerful energizer. Studies show that regular exercise can dramatically reduce fatigue and increase your energy levels.

Feeling overwhelmed. The thought of adding another obligation to your schedule can seem overwhelming. Try to think of physical activity as a priority (a necessity for your mental well-being).

Feeling hopeless. Even if you've never exercised before, you can still find ways to comfortably get active.

Feeling bad about yourself. Are you your own worst critic? No matter your weight, age or fitness level, there are plenty of others in the same boat. Accomplishing even the smallest fitness goals will help you gain body confidence and improve how you think about yourself.

Feeling pain. If you have a disability, severe weight problem, arthritis, or any injury or illness that limits your mobility, talk to your doctor about ways to safely exercise.

Getting started: Many of us find it hard enough to motivate ourselves to exercise at the best of times. But when you feel depressed, anxious, stressed or have another mental health problem, it can seem doubly difficult. This is especially true of depression and anxiety, which can leave you feeling trapped in a catch-22 situation. You are aware that exercise will make you feel better, but depression has robbed you of the energy and motivation you need to work out.

Start small. Set achievable goals and build up from there.

Focus on activities you enjoy. Any activity that gets you moving counts. Activities such as gardening or home projects can be great ways to start moving more when you have a mood disorder – as well as helping you become more active, they can also leave you with a sense of purpose and accomplishment

Be comfortable. Wear clothing that is comfortable and choose a setting that you find calming or energizing.

Reward yourself. It always helps your motivation to promise yourself an extra treat for exercising such as a bubble bath, a delicious smoothie, or an extra episode or two of your favorite TV show.

Make it a social activity. Exercising with someone will not only make it more fun and enjoyable, it can also help motivate you to stick to a routine. The companionship can be just as important as the exercise.

Submitted by Susan Schell, RD,CDE

Resource: NIH, Mayo Clinic and Harvard Men's Health Watch.



Caregiver Corner

How to Talk to Someone With Dementia: 10 Expert Alzheimer's Communication Strategies

By Merritt Whitley, AplaceforMom.com March 4, 2021

It can be painful to witness the deterioration of a loved one with Alzheimer's or any other type of dementia. Fortunately, there are many kinds of Alzheimer's communication strategies that can help you maintain and build your bond with a loved one.

"Alzheimer's and other dementias are difficult disease journeys, but there is so much opportunity for connection and success together," says Brenda Gurung, a certified dementia practitioner for the Alzheimer's Association and a senior national account manager at A Place for Mom. "When you understand even a bit of what's happening in the brain — and when you embrace some simple techniques — you'll have more delightful visits with your loved one, deeper connections, and a smoother journey."

Learn more about how dementia affects communication skills, how to talk to someone with dementia, and discover 10 effective Alzheimer's communication strategies to help.

How does dementia affect communication?

The effects of dementia on the brain can worsen a person's:

- Communication and cognition
- Memory and focus
- Language skills
- Visual perception
- Problem-solving skills

Signs of dementia begin when healthy neurons or nerve cells in the brain stop working with other brain cells and die, according to the National Institute of Neurological Disorders and Stroke. While losing neurons is more common with age, people with dementia experience a severe loss of neurons, which can contribute to personality changes, a decrease in communication skills, and losing emotional control.

Top communication tools for seniors with dementia

Although dementia signs and severity vary, there are many communication tools for dementia and support techniques to improve conversations with your loved one. In general, it's best to remain patient, clear, and understanding. Here are 10 Alzheimer's communication strategies to help boost your bond with your loved one and improve communication.

1. Limit potential distractions.

Aim to find a quiet and comfortable spot to talk and better communicate with a person who has dementia. Turn off the TV or any music playing in your home. If you're in a café, store, or noisy place, consider finding a seat or area in a quiet corner away from the hustle and bustle.

Even simple distractions like these make conversation harder for everyone and can be especially overwhelming for someone with Alzheimer's.

2. Speak naturally and use gestures.

It's important to speak clearly, simply, and in complete sentences, while using a calm and friendly voice to talk to

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someone with dementia.

Besides using your voice, try to communicate using your body, incorporating subtle movements. Demonstrate your meaning with visual cues or gestures. For example, if you say, "Let's go for a walk," use an arm motion with your invitation.

3. Use your name and others' names.

Identifying yourself and others by name rather than by relationship is helpful, Gurung says. People with dementia may be more "present" in an earlier time in their life. This could be before you were their child or partner.

Rather than trying to reorient to today, it can be better to say, "Hi, it's me, Brenda," instead of, "Hi Mom. It's Brenda, your daughter." Even with family members, you may find it more useful to call them by their preferred name rather than their title.

4. Talk about one thing at a time.

Someone with dementia may not be able to engage in the mental juggling needed to maintain a conversation with multiple threads. It's best to keep it concise and simple.

Ask open-ended, observational questions, instead of quizzing or asking too much at once. If you're looking through an old photo album, for example, you could say, "This is a beautiful dress. What do you think?" instead of, "Do you remember your wedding day?" Asking specifically about the dress keeps the conversation simple and direct.

5. Use nonverbal cues.

Words aren't the only powerful way to convey meaning and understanding: Your actions go a long way in talking to someone with dementia. When dementia is advanced, you may find more success utilizing nonverbal communication.

Try to use these nonverbal gestures in your conversations with a parent or loved one with dementia:

- Maintain eye contact.
- Smile.
- Hold their hand.
- Sit quietly and be "in the moment."

6. Avoid overwhelming questions.

It's important to offer manageable choices with visual cues. Asking a questions like, "What would you like to wear?" can be overwhelming — it presents too many options.

Instead, hold up two shirts and ask, "Would you like the shirt with the yellow flowers or the shirt with the blue stripes?" This simplifies the choice and makes it easier to communicate with a person who has dementia.

7. Be creative.

Don't underestimate the power of communicating through smells, singing, and other creative methods. This Alzheimer's communication strategy may be especially helpful with someone in the later stages of dementia. You might consider:

- Singing a favorite hymn or song.
- Flipping through old photo albums.

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- Placing different smells in small dishes to experience together, such as freshly cut grass, ground cumin, or flowers.

8. Be patient and avoid jumping in.

It's best to give your loved one extra time to process what you say. If you ask a question, patiently wait for their response and avoid rushing an answer. Get comfortable with silence while your loved one is thinking.

When your loved one is struggling for a word, it can be tempting to jump in. But rather than helping, you may unintentionally derail their thought process, Gurung says.

9. Understand there will be good days and bad days.

While dementia is a progressive disease that gradually worsens, people with dementia will have ups and downs just like anyone else. Enjoy the good times, and do your best during the difficult days. Friends, family members, and can provide emotional support and care when needed.

10. Recognize what you're up against.

Because there's no cure for dementia, people with the disease will gradually have a more difficult time understanding and communicating. "Alzheimer's and other dementias are a hard journey," says Gurung. "I always encourage loved ones and professionals to educate themselves to better support, empower, celebrate, and encourage people with these diseases. We're in this together."

Gurung advises families to continue learning using the following communication tools for dementia:

["Validation Technique,"](#) a video by Naomi Feil

["Positive Approach to Care,"](#) videos, webinars, and information by dementia care expert Teepa Snow

["Creating Moments of Joy,"](#) a book by Jolene Brackey

["Love Is Listening: Dementia Without Loneliness,"](#) a documentary produced in partnership with Memory Bridge

Social Security imposter scams are widespread across the United States. Scammers try to trick the public into providing personal information or money, and often threaten their victims with arrest. Recently, our Office of the Inspector General (OIG) has received reports of 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 or your clients receive a suspicious call, letter, text, or email, hang up or do not respond. When Social Security communicates with your clients, we will NEVER:

- Text or email images of an employee's official government identification.
- Suspend a person's Social Security number.
- Threaten someone with arrest or other legal action unless they immediately pay a fine or fee.
- Require payment by retail gift card, wire transfer, internet currency, or cash.
- Promise a benefit increase or other assistance in exchange for payment.

Send official letters or reports containing their personal information via email.

If someone owes money to us, we'll mail them a letter with payment options and appeal rights. We send text messages only if you or your client has 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 signing in to your personal *my Social Security* account.

Our Office of the Inspector General has many resources to learn more about preventing and reporting scams on their Scam Awareness page. We also have resources available to the public on our Coronavirus Disease (COVID-19) page.

Please share this information with your clients and encourage them to report Social Security scams or fraud at oig.ssa.gov.

Wyoming County Bereavement Support Group

Sponsored by
Wyoming County Office for the Aging and
Wyoming County Mental Health Department

Group Facilitator: Jenelle VonBuren

Contact Information: Phone: 585-786-8871
E-mail: jvonburen@wyomingco.net
Or Contact the OFA officeaging@wyomingco.net

What to expect:

- ◇ Short Daily Reading
 - ◇ Check-in
- (welcome new members, introductions, and a feeling check-in)
 - * Note—talking is NOT required
 - ◇ Opportunity for open discussion
- ◇ Weekly topic and discussion (occasional handouts/worksheets)
 - ◇ Wrap-up

Members of the support group validate each other's experiences, console, comfort, and support each other. They are encouraged by example, educate by sharing and accept each other as fellow human beings with similar problems. During group sessions, you will be given permission to grieve, be provided a confidential, non-threatening atmosphere to share, gain supportive networks, and provided with the opportunity to remember both positive and negative things about your loved one.

The group meets on
the **second and fourth**
Monday of each month from 1:30 pm to 3:00 pm at:
Wyoming County Office for the Aging
8 Perry Avenue
Warsaw, New York 14569

“There is no way out of grief, only through grief. Only by letting ourselves experience grief can we move beyond it. Beyond—not to the old way of being what was once “normal”; not to denial of our hurt; not to resentment and bitterness. But beyond to fully integrating loss into our life to richer understanding, renewed purpose, deeper spirituality, rebirth.”

-Karen Katafiasz

REMINDER – Call for Appoint- ments— (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 Wrong Wish

A married couple, both 60 years old, were celebrating their 35th anniversary. During their party, a fairy appeared to congratulate them and grant them each one wish.

The wife wanted to travel around the world. The fairy waved her wand and poof — the wife had tickets in her hand for a world cruise.

Next, the fairy asked the husband what he wanted. He said, “I wish I had a wife 30 years younger than me.”

So, the fairy picked up her wand and poof — the husband was 90.

Getting Enough Fluids

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods—both solids and liquids, as well as in its natural state.

With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids.

Remember, water is a good way to add fluids to your daily routine without adding calories.

Try these tips for getting enough fluids:

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.



Learn how to shift to healthier beverage choices.

<https://www.nia.nih.gov/health/getting-enough-fluids>

🎈 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
🎈 Mindy Anderson—Aging Services Specialist	🎈 Paula Beckstrand—Fiscal Officer
🎈 Leigh Case—Aging Services Aide	🎈 Darla Dabolt—Aging Services Specialist
🎈 Danyel Emmick—Case Manager	🎈 Kelli Goulet—Case Manager
🎈 Meredith Lindsey—Transportation Coordinator	🎈 Jamie McGrath—Alz. Caregiver Coordinator
🎈 Marianne Sicheri—Aging Services Aide	🎈 Susan Schell—Dietitian

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.

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



alzheimer's association®

Western New York Chapter

port group meetings in Warsaw will also return to face-to-face meetings in August on the first Monday of every month at 10:00 a.m. These meetings take place in the Wyoming County Office for the Aging at 8 Perry Avenue. If you have questions about these programs, please call our chapter office Monday through Friday between 8:30 a.m. and 5:00 p.m. to speak with one of our social workers.

The WNY chapter is also rolling-out in-person education programs, starting on September 15 at Crestview Terrace starting at 10:00 a.m. For additional information, please call the chapter office (716-626-0600, ext. 13).



Also this fall, the annual Walk to End Alzheimer's returns to in-person, with a new location selected for the Genesee-Wyoming Walk! For the first time, we'll be gathering in Dwyer Stadium in Batavia on Saturday, September 25 to honor all those impacted by dementia and to remember loved ones lost to the disease. To learn more about this family-friendly fundraising event, visit alz.org/WNYwalk. Corporate and facility sponsorship is also available for this popular event by reaching out to Lynn Westcott at LWestcott@alz.org.

Volunteering at the Wyoming County SPCA

The Wyoming County SPCA located in Attica is looking for volunteers.

We are a dog and cat no kill shelter and are looking to fill a variety of volunteer positions. They can include direct animal care or other opportunities like fundraising help, events, etc - there is a large variety of positions that we would like help with, and would love to give an opportunity to anyone who would be willing to help us!

If anyone is interested in volunteering, we have a volunteer application posted on our website. www.wyomingcountyspca.org or call (585)591-3114.

If anyone has questions about anything at all, please feel free to email me at CaitlnC@wyomingcountyspca.org



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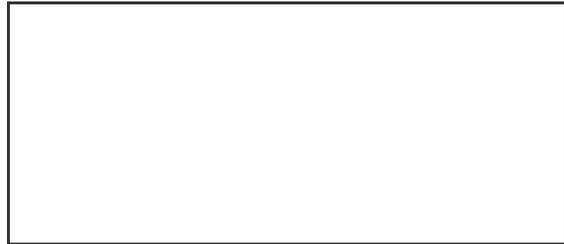
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THIS DAY IN HISTORY

August 3, 1946: The world's first theme park (called Santa Clause Land) opened in Santa Clause, Indiana.

August 9, 1930: Animated cartoon character Betty Boop made her debut.

August 12, 1981: The IBM Personal Computer is stocked in stores for the first time.

August 16, 1954: The first issue of "Sports Illustrated" hit the newsstands.

August 24, 2006: Pluto was declassified as a planet.

August 31, 1994: A cease-fire was declared by the Irish Republican Army after 25 years of bloodshed in Northern Ireland.

