

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 wanted to start this article with a reminder that we are not “out of the woods” yet with this pandemic. As our National, State and local officials still grapple with this deadly virus, new strains keep appearing and we have to stay diligent in our cleaning and hand washing. Even if you have been vaccinated and looking to receive a booster, you still need to keep yourself safe. If you are worried, wear a mask! If there is one thing we have learned, it is that New York’s mask policy helped us to keep many people out of hospitals. If you do present with symptoms of a bad cold, difficulty breathing and fever – it doesn’t hurt to be tested.

Now that my public announcement is over, I thought I would bring you up to speed on the saga of the beagle puppies. About to hit their first birthday on September 26, 2021 – these little rascals have caused us many happy times...but they can be very naughty too! Last night, I caught one of them stealing a stick of butter off the shelf.... They are tall now, and can reach just about anything! A few weeks ago, we left them outside with their electric fence collars on – just for a couple hours – and came back to every pillow on our deck furniture destroyed with the stuffing spread out over 2 acres of our yard. For about one minute we were mad... but those cute faces and puppy dog eyes were too much and soon we were loving them up again.

They also love to swim. All on their own – when it’s really hot, they will walk down the stairs into the pool... just for 30 seconds – cool off and then shake themselves all over everything that is dry. It cracks me up every time. Later this fall my boys hope to take them rabbit hunting. They already have their noses to the ground everywhere they go – it will be fun to watch and see if they can really catch a rabbit.

Rudy is the bigger of the 2 – weighing in at 26 pounds. Kyptin (Kipper for short) is 23 pounds. Luckily they both love sleeping in their crates, they play so hard all day, they are ready to hit the sack by 9pm and sleep in til 7am if you let them! They love treats, and I’m really trying to limit them – I don’t want them to get fat. I know how it feels to put on the pounds and never take them off!

I’m looking forward to the fall – hoping it will not be as wet as July and August. I wouldn’t mind a few warm sunny fall days! I hope you are all staying safe and remaining diligent in keeping yourself well.



Rudy



Kyptin



Best Brothers

Medicare Minutes

Medicare Annual Wellness Visit

The annual wellness visit is a yearly appointment with your primary care provider (PCP) to create or update a personalized prevention plan. This plan may help prevent illness based on your current health and risk factors. Keep in mind that the annual wellness visit is not a head-to-toe physical. Also, this service is similar to, but separate from the one-time *Welcome to Medicare preventive visit*.

Eligibility

Medicare Part B covers the annual wellness visit if:

- You have had Part B for over 12 months
- And, you have not received an annual wellness visit in the past 12 months

Additionally, you cannot receive your annual wellness visit within the same year as your *Welcome to Medicare preventive visit*.

Cover Services

During your first annual wellness visit, your PCP will develop your personalized prevention plan. Your PCP may also:

- Check your height, weight, blood pressure, and other routine measurements
- Give you a health risk assessment
 - ◊ This may include a questionnaire that you complete before or during the visit. The questionnaire asks about your health status, injury risks, behavioral risks, and urgent health needs.
- Review your functional ability and level of safety
 - ◊ This includes screening for hearing impairments and your risk of falling.
 - ◊ Your doctor must also assess your ability to perform activities of daily living (such as bathing and dressing), and your level of safety at home.
- Learn about your medical and family history
- Make a list of your current providers, durable medical equipment (DME) suppliers, and medications
 - ◊ Medications include prescription medications, as well as vitamins and supplements you may take
- Create a written 5-10 year screening schedule or check-list
 - ◊ Your PCP should keep in mind your health status, screening history, and eligibility for age-appropriate, Medicare-covered preventive services
- Screen for cognitive impairment, including diseases such as Alzheimer's and other forms of dementia
 - ◊ Medicare does not require that doctors use a test to screen you. Instead, doctors are asked to rely on their observations and/or reports by you and others.
- Screen for depression
- Provide health advice and referrals to health education and/or preventive counseling services aimed at reducing identified risk factors and promoting wellness
 - ◊ Health education and preventive counselling may relate to weight loss, physical activity, smoking cessation, fall prevention, nutrition, and more.

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Annual wellness visits after your first visit may be different. At subsequent visit, you doctor should:

- Check your weight and blood pressure
- Update the health risk assessment you completed
- Update your medical and family history
- Update your list of current medical providers and suppliers
- Update your written screening schedule
- Screen for cognitive issues
- Provide health advise and referrals to health education and/or preventive counseling services

Costs

If you qualify, Original Medicare covers the annual wellness visit at 100% of the Medicare-approved amount when you receive the service from a *participating provider*. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover annual wellness visits *without applying deductibles, copayments, or coinsurance* when you see an in-network provider and meet Medicare's eligibility requirements for the service.

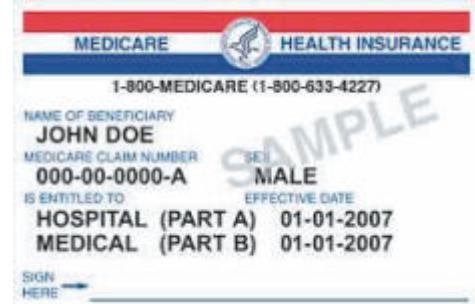
During the course of your annual wellness visit, your provider may discover and need to investigate or treat a new or existing problem. This additional care is considered diagnostic, meaning your provider is treating you because of certain symptoms or risk factors. Medicare may bill you for any diagnostic care you receive during a preventive visit.

For further information on your annual wellness visit or other benefits that Medicare covers, call the Wyoming County Office for the Aging at 585-786-8833 and ask to speak with a HIICAP counselor.

Medicare Open Enrollment !!

It is almost time to start thinking about health insurance choices for 2022!! Mark your calendars for the Office for the Aging open enrollment events for 2022 health insurance changes. The dates are:

October 27, 2021	10:00-2:00
November 18, 2021	10:00-2:00
December 2, 2021	10:00-2:00



All events are at the Valley Chapel Church at 3415 Route 19 in Warsaw. As most of you know, we try to see as many people as possible in the office during this time but we can't see everyone. The open enrollment events are a good alternative. All of the insurance companies have representatives there to counsel and enroll people into the plan of their choice for 2022. The Office for the Aging staff are also available to speak with.

Medicare Advantage comparison sheets with 2022 prices for plans and copay amounts will be available approximately October 8, 2021 at the Office for the Aging, 8 Perry Avenue in Warsaw.

Thank you in advance for your patience during this very busy time of year!

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	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.

Memorial Gifts to the Office for the Aging

IN MEMORY OF

Norma Bennett

Martha Wick

Barb Young

Doris Vickery

Doris Vickery

Doris Vickery

Doris Vickery

Kathy Kelly

Doris Vickery

Doris Vickery

Doris Vickery

Kathy Kelly

GIVEN BY

Joseph & Carol Pilc

Tri Town Senior Citizens

Tri Town Senior Citizens

Thomas & Susan Zolnowski

Rebecca Patterson

Ardith Bookmiller & Karen Jellison

Gail Shadbolt

C. Arnold & Carol Wilson

Anne Westermeier

Gary & Mary Fredericks

Lynn Herman

Michelle Kelly Butler

Free Annual Dental Care for any Veteran – November 13, 2021 at UB Dental Clinic, Squire Hall South (Main St) Campus. 8am-3pm (cleaning, extractions, dentures etc.) RSVP 716-829-2780

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.

What are the benefits of flu vaccination?

There are many reasons to get an influenza (flu) vaccine each year. Because of the on-going COVID-19 pandemic, getting a flu vaccine during 2021-2022 flu season will be more important than ever. Flu vaccines will not prevent COVID-19, but they will reduce the burden of flu illnesses and hospitalizations on the health care system and help conserve medical resources. It is safe to get your Flu vaccine at the same time as other vaccinations while at your Primary Care office. Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions. The flu vaccine is readily available at local pharmacies and your primary care provider.

Here is a summary of the benefits of flu vaccination:

- ◆ Flu vaccination can keep you from getting sick with flu.
- ◆ Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year.
- ◆ During seasons when the flu vaccine strains are similar to circulating flu viruses, flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40 percent to 60 percent.
- ◆ Flu vaccination can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults.
- ◆ Flu vaccination is an important preventive tool for people with chronic health conditions such as heart disease, diabetes and lung disease such as asthma and COPD.

Tips for avoiding the flu:

- 1) Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- 2) Stay home from work, school and errands when you are sick.
- 3) Cover your mouth and nose when coughing or sneezing. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.
- 4) Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- 5) Avoid touching your eyes, nose or mouth.

And as always, clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Have questions regarding the Flu vaccine? Contact your primary care provider or the Wyoming County Health Department at 786-8890.

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.

Nutrition Page

ADDED SUGARS

The **New Nutrition Facts Label** now lists **Added Sugars**. Along with all the information on the Nutrition Facts label, the amount of added sugars is important when considering food and beverage options.



Total sugars include sugars naturally present in many nutritious foods and beverages, such as sugar in milk and fruits as well as any added sugars that may be present in the product. There is no *Daily Value* for total sugars because no recommendation has been made for the total amount to eat in a day.

Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. They **do not** include naturally occurring sugars that are found in milk, fruits, and vegetables. The Daily Value for added sugars is 50 grams per day based on a 2,000 calorie daily diet. **Keep in mind that the American Heart Association recommendation is much lower: for men it is 36 grams/150 calories (or 9 teaspoons) and for women it is 25 grams/100 calories (or 6 teaspoons).**

For most Americans, the main sources of added sugars are sugar-sweetened beverages, baked goods, desserts, and sweets.

Why are they now listed on the Nutrition Facts Label?

The *Dietary Guidelines for Americans* recommends limiting calories from added sugars to less than 10% of total calories per day. So if you consume 2,000 calories daily, that would be 200 calories or 50 grams of added sugars. The U.S. Food and Drug Administration is including added sugars on the label so that you can make informed choices, based on your individual needs and preferences.

Let the Nutrition Facts Label Be Your Guide.

The new Nutrition Facts label can help you compare and choose foods that are lower in added sugar. Check the label to see if foods are **LOW** or **HIGH** in added sugars.

**** 5% DV or less** is a **LOW** source of added sugars

**** 20% or more** is a **HIGH** source of added sugars

Should I give up Added Sugars? The *Dietary Guidelines for Americans* states that a limited amount of added sugars can be included as part of an overall healthy eating pattern that includes healthy choices from each of the MyPlate food groups (vegetables, fruits, grains, dairy, and protein foods). It is important to remember that added sugars is just one piece of information on the label. Looking at the ingredient list and reading all the information on the Nutrition Facts label can help you make the most informed choices.

Caregiver Corner

How to Convince a Senior to Wear Adult Diapers

[Carol Bradley Bursack](#), Minding Our Elders agingcare.com

Incontinence is a condition that is often difficult for a person to accept and deal with. Many seniors try to ignore this new development and carry on with their lives, but a head-in-the-sand approach usually draws more attention to the problem. There are ways to encourage a loved one to address this issue, but they require patience, understanding and a commitment to upholding your loved one's dignity.

Pro Tip: Strike the Word Diaper From Your Vocabulary

"My parent won't wear adult diapers and it drives me nuts!"

This is a common complaint from family caregivers whose loved ones are suffering from incontinence, and I absolutely sympathize. However, one glaring piece of this sentence stands out to me: the word "diaper."

Figuring out how to talk to elderly parents about incontinence is difficult. The first thing I urge caregivers to do when tackling this sensitive topic is to think carefully about their word choices. Seniors often rebel against the word "diaper" as an adult of any age would—and for good reason. This term is typically associated with babies or toddlers who have yet to be toilet trained. What adult would take kindly to the word when it's applied to them?

To take it one step further, think about this. If you are a middle-aged woman who has had children, you have probably suffered from stress incontinence occasionally, meaning that you've leaked a little urine while coughing, sneezing or laughing. Perhaps you've even used a panty protector just in case. How would you feel if your husband or friend referred to this little protection as a diaper?

Bottom line: diapers are for babies. No adult, regardless of their level of physical or mental disability, should be treated as though they are a baby. Aging and age-related conditions already rob our loved ones of much of their independence and dignity. Our word choices and tone of voice may not seem that important, but communicating and providing care in ways that help our loved ones feel dignified is a game-changer—especially when it comes to promoting cooperation and boosting self-esteem.

This may seem like nitpicking, but please refer to incontinence products with age-appropriate terms. Think along the lines of briefs, pads, underpants, pull-ups, the actual brand name (e.g., Depends)—anything you want. Just make the word respectful and you'll have mastered the first step toward getting a senior to wear incontinence wear. I ask you to do this not only for the elder but also for yourself. Using respectful words will help remind you that you are caring for an adult who deserves to be treated as such.

Determine the Cause of Incontinence

I'm aware that just changing the words you use isn't going to completely solve the problem. When incontinence becomes even an occasional issue, it's important for your loved one to see their doctor about it. It may be caused by something straightforward, such as a urinary tract infection (UTI) or an over active bladder (OAB), or a more serious underlying issue like prostate problems in men or pelvic organ prolapse (POP) in women.

Most likely, you've taken your elder to the doctor to address the issue. After testing to determine the type of incontinence your loved one is experiencing, their doctor may be able to recommend pelvic floor exercises, minor surgical procedures and even medications that can help manage incontinence symptoms. Sometimes a second opinion from a

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urologist is a good idea. For seniors experiencing fecal incontinence, make an appointment with a gastroenterologist. If you identify and treat what's causing a loved one's symptoms, then adult briefs and other protection may wind up being unnecessary.

Deal With Elderly Incontinence Denial Head On

If your loved one is still cognitively sound but they simply prefer to live in denial about this new development in their health, try appealing to their sense of vanity. After all, vanity is what keeps us in denial about many age-related issues. Our culture is guilty of ageism to the extent that many people go to extremes to appear as though they are winning this losing battle against time.

Certainly, incontinence is very difficult to accept. However, if you, or a third party, can convince your elder that it's much more embarrassing to smell like urine than it is to wear proper protection, you may get somewhere. Promise to work with them to find a comfortable, absorbent and low-profile solution that will enable them to maintain their dignity, extend their independence and improve their appearance. Incontinence frequently causes seniors to withdraw and become less active so they can avoid embarrassing situations, but it doesn't have to be this way.

Ask Their Doctor or a Friend for Help

Just like many other issues with our aging parents, incontinence may be better approached by a non-family member, such as a trusted friend or doctor. Why? Because seniors tend to discredit or shrug off observations and suggestions from their own family, especially when it's coming from an adult child.

Our aging parents changed our diapers when we were babies. It's difficult for them to grapple with the fact that Mother Nature has pulled this cruel switch on them. Receiving advice and directions on "how to cope" from someone you raised and who has no first-hand experience with the issue is often just too much to handle, so they react by getting dismissive or defensive.

It may be less embarrassing to have the discussion with an objective doctor who's seen it all or a friend who is dealing with the same challenges. When their defenses are down, they're usually more willing to listen.

Why Seniors Refuse to Wear Incontinence Underwear

There are plenty of other reasons beside denial and embarrassment that can make it difficult (if not impossible) to get an elder to wear adult briefs. Some of these factors are out of their control and it can take a great deal of patience on behalf of caregivers to work through them.

Diminished Senses of Sight and Smell

Our senses weaken naturally as we age and can result in a senior's lack of awareness of how smelly and soiled their clothing and furniture is. Even if they acknowledge that they've had an accident, they may downplay it and continue wearing the same clothing (wet or dry) when it desperately needs to be laundered. Because they don't realize the full impact that incontinence has on their personal presentation, they may truly feel that incontinence protection is unnecessary, especially if they don't leave the house or have visitors over regularly.

It's a difficult subject to broach, but informing a loved one that their body odor or the smell in their home has become offensive is sometimes the ticket to compliance with incontinence products. Some elders are truly embarrassed when they realize that others have caught onto the issue they thought they had been successfully covering up. Just be sure to break the news gently and respectfully.

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Depression Can Be a Contributing Factor

If your loved one feels no embarrassment or concern over their smell or appearance, then you may have a more serious underlying issue on your hands. Unfortunately, loss of interest in personal care, socialization and other activities can be symptoms of depression.

Spotting depression in seniors is tricky, but social isolation, chronic health conditions and pain put this demographic at a significantly higher risk. At the very least, depression screening should be part of your loved one's annual visit to their primary care physician. If you notice the symptoms between visits, it's important to make an appointment as soon as possible. Treating depression may help your loved one feel better and spur them to engage in personal care again, which, in turn, can boost their self-esteem and encourage them to venture out and socialize more.

Dementia Might Be the Culprit

If denial, obliviousness and depression aren't factors in your loved one's refusal to partake in continence care, a dementia screening might be the next step. It doesn't matter who tries to reason with them or how they go about it. If cognitive decline is a factor, a senior may no longer be capable of making sound decisions about wearing incontinence products, changing their clothing or other important self-care tasks. Make a doctor's appointment for a full evaluation whenever new or worsening memory issues or signs of dementia appear. Early diagnosis is crucial for adequate planning and care.

Get Set Up!!

Do you need help figuring out your cell phone? Do you want to learn how to zoom with your grandkids? How about doing Yoga in your living room?

GetSetUp is an online learning platform for active older adults, age 50 and over, to learn new skills, connect and share with peers in small groups, and unlock new life experiences.

Classes are taught by older adults from across the world. Whether you are looking to get better at using technology, or have a specific project in mind, there is something on GetSetUp for you. There are over 300 classes available in the categories of Aging in Place, Communication, Creativity, Financial Planning, Health and Wellness, Hiring and Jobs, Social Hours, Social Media and Technology.

So, whether you want to join a class on Get Started with Zoom for Beginners, iPhone Basics, Coping with Stress Using Music & Movement, Organizing Files on Your PC, Strengthen and Stretch with Slow Flow Yoga, Line Dancing, Creating Morning Routines for a Better Day, or Excel Basics, there are new things to learn and new skills to unlock for older adults.

New York State Office for the Aging and the Association on Aging in New York have collaborated to provide this outstanding opportunity for the older adults in New York. They have purchased 50,000 learning units and these will be available to older New Yorkers on a first come first serve basis.

If you are interested in accessing this amazing platform of skills and knowledge at no cost to you, register at <https://www.getsetup.io/partner/nystate> and use the coupon code of NYSTATE to waive your fee for paid classes. Once all 50,000 learning units across NYS have been used, this coupon code will expire.

If you have a skill or knowledge that you would like to share with other older adults by instructing a class, you may contact GetSetUp for more information.

Source: Allegany County Office for the Aging and NYSOFA



caregiver TECH SOLUTIONS



www.caregivertechsolutions.org

Enriching Your Caregiver Journey

Are you a caregiver for someone over the age of 55 in Cattaraugus or Wyoming county?

Since every caregiver has unique challenges, Caregiver Tech Solutions provides caregivers an opportunity to participate in the **E-Respite Coaching Workshop** to explore and customize a technology solution for a personalized caregiver journey.

Caregiver Tech Solutions offers access to free technology resources, as well as some basic technology equipment, which will support a caregiver in the complex responsibilities of caregiving for an older adult or loved one. The program supports caregivers through:



Tech Solutions

A range of technology that supports a caregiver in the complex responsibilities of caregiving for an older adult or loved one.



Coaching Solutions

Free E-Respite Coaching Workshop to explore and customize a technology solution for a personalized caregiver journey.



Community Resources

A website directory of practical solutions for caregivers looking for relief and support.

Call us today to learn more at 716-532-1010!

About the Communities Care Family Caregivers Respite Pilot Program

The Communities Care Family Caregivers Respite Pilot Program is funded by the Ralph C. Wilson, Jr. Foundation (RCWJRF) and the Health Foundation for Western & Central New York (HFWCNY), and managed by The Philanthropic Initiative.

Healthy Community Alliance
1 School Street, Suite 100
Gowanda, NY 14070
716-532-1010
www.communityalliance.org

Ask The Pharmacist

September 2021

Timothy L. Lowmaster, R.Ph. – Pharmacy Director, Wyoming County Community Health System

How well do you know your medications? That's a very important question for you to answer honestly.

A recent study showed that about two-thirds of all patients brought into the hospital are unable to provide an accurate list of their prescribed medications (not including over-the-counter medications, vitamins and other supplements, which the patient may also be taking). That lack of knowledge is a serious problem, considering that the Institute of Medicine has found that poor communication of medical information (including medications) is responsible for as many as half of all medication errors and up to 20% of adverse drug reactions. Simply put, the less you know about your medicines, the greater the chance you will experience a medication-related problem.

What information should you be able to provide about your medications? Here are the basics:

- What is the name of the medication (both brand and generic names) and its strength?
- What is the dose of the medication? How many tablets, capsules, teaspoonsful, etc.?
- How often do you take the medication, and do you take it routinely or just when you need it?
- What is the purpose of the medication? For example, for high blood pressure, headache, chronic heartburn

Here is an example:

Tylenol (acetaminophen), 500 mg, 2 caplets, every 6 hours as needed for headache

It's hard to remember all those details, especially if you are taking several different medications. So how can you be sure you will be able to provide that information when you need to?

WRITE IT DOWN!

It's been said that the dullest pencil remembers better than the sharpest mind, so find a way to keep an accurate, up-to-date, WRITTEN list of all your medications, both prescription and over-the-counter.

Then make two copies of your list: one to keep with you and one to post in your home (on your refrigerator is the best place). There are a number of good tools available to help you keep your list. You can use the File of Life which you can obtain through the Office for the Aging or any one of a number of other tools (including smart phone apps) you can find on-line or through various sources in the community.

It doesn't matter what means you use to keep the information, just so the information is complete, accurate, up-to-date and available when you – and the people taking care of you – need it.

If you have any questions or if you would like help in putting together your medication list, you can contact your Pharmacy or your healthcare provider.

Be sure you know, or at least can access, your medications! Your life could depend on it.





EMERGENCY BROADBAND BENEFIT CONSUMER INFORMATION

The Emergency Broadband Benefit is a temporary [FCC program](#) to help families and households struggling to afford broadband internet service during the COVID-19 pandemic.

The Emergency Broadband Benefit provides:

- Up to \$50/month discount for broadband service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.

The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.

Who is Eligible?

A household is eligible if a member of the household meets one of the criteria below:

- Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid, or [Lifeline](#);
- Receives benefits under the free and reduced-price school lunch program or the school breakfast program, or did so in the 2019-2020 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income or COVID-19 program.

Check out www.fcc.gov/broadbandbenefit for a [Consumer FAQ](#) and other program resources.

Three Ways to Apply

1. **Contact your preferred participating broadband provider** directly to learn about their application process.
2. **Go to GetEmergencyBroadband.org** to apply online and to find participating providers near you.
3. **Call 833-511-0311 for a mail-in application**, and return it along with proof of eligibility to:

Emergency Broadband Support Center
P.O. Box 7081
London, KY 40742

Call 833-511-0311

or find more information about the Emergency Broadband Benefit at www.fcc.gov/broadbandbenefit

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.

Weeks

FUNERAL HOME

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Well, it certainly was not with a lot of confidence that I volunteered to help at Gateway Home. The sign outside read "volunteers needed", having no healthcare experience I was unsure, but finally I took the plunge and oh what a blessing I was in for. It was like stepping into a loving family. Not only did the other volunteers make me feel comfortable and needed, they helped me learn and I discovered that we all have beautiful gifts and talents to bring to the "table". Whether it be putting together a tasty lunch, sewing chair covers and placemats or organizing cupboards, but mostly just loving and listening and caring for our residents. I wish I hadn't put it off so long.

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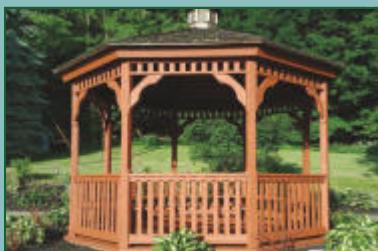
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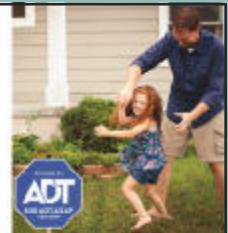
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