

WYOMING COUNTY OFFICE FOR THE AGING SENIOR COURIER

Volume 23, Issue 1

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

Did you know that I am a crazy over poems that rhyme? I just love a play on words of every kind!
Whether an invite to a party with family and friends, or a note to the doctor, oh the love that it sends!
Reading Dr. Seuss as a kid was so much fun, rhyming my words feels like I've hit a homerun!
And so as we enter the year of 2022, I thought I would rhyme some ideas for you!
I can't help but use Dr. Seuss's cool rhymes, see if you find them, they rhyme all the time!
You have brains in your head, you have feet in your shoes, you can steer yourself any direction you choose.
You're on your own and you know what you know, and YOU are the guy who'll decide where to go! *
So as you decide which direction to turn, why not choose to go someplace to learn?
I don't mean a library or elementary school, I want you to socialize with someone that's cool!
Stay away from those that are negative, you know the ones, Oh they can be so argumentative!
It could be their head isn't screwed on just right, it could be, perhaps, that their shoes are too tight.*
But still, don't be afraid to let others in, you will find laughter and fun as your conversations begin!
Surround yourself with people like you, people who share your same point of view!
And soon you feel your mood will improve, and you'll stop looking for others to approve.
Sharing with others the things that are good, will help all of us to be best understood.
Give of your time to the places you go, it gives worth to your spirit and helps us all grow!
It's not the materials things in our lives that we need, It's the people, our friends, our families INDEED!
So no matter the time, and no matter the place - It's important to keep a smile on your face.
Each of us appreciates a big glowing smile, it gives us some warmth if just for a while.
Keep kindness and positivity the key of your days, And it will help others in so many ways!
So let's start this New Year with plenty of cheers, and hope 2022 is the best year in years!

Medicare Minutes

Dear Marci,

I have been having difficulty moving around my home, and my doctor wants to order some kind of durable medical equipment (DME) for me. Does Medicare cover DME?

-Patricia (Kailua, HI)

Dear Patricia,

Durable medical equipment (DME) is equipment that helps you complete your daily activities. It includes a variety of items, such as walkers, wheelchairs, and oxygen tanks. Medicare usually covers DME if the equipment:

- Is durable, meaning it is able to withstand repeated use
- Serves a medical purpose
- Is appropriate for use in the home, although you can also use it outside the home
- And, is likely to last for three years or more

To be covered by Part B, [DME must be prescribed](#) by your primary care provider (PCP). If you are a [skilled nursing facility \(SNF\)](#) or [hospital inpatient](#), DME is covered by Part A.

Whether you have [Original Medicare](#) or a [Medicare Advantage Plan](#), the types of Medicare-covered equipment are the same. Examples of DME include:

- Wheelchairs
- Walkers
- Hospital beds
- Power scooters
- Portable oxygen equipment

Under the durable medical equipment, prosthetics, orthotics, and supplies (DMEPOS) category, Medicare Part B also covers:

- Prosthetic devices that replace all or part of an internal bodily organ
- Prosthetics, like artificial legs, arms, and eyes
- Orthotics, like rigid or semi-rigid leg, arm, back, and neck braces
- Certain medical supplies

Medicare Part B also covers certain prescription medications and supplies that you use with your DME, even if they are disposable or can only be used once. For example, Medicare Part B covers medications used with nebulizers. Medicare also covers lancets and test strips used with diabetes self-testing equipment.

Note that there are also certain kinds of [equipment and supplies that Medicare](#) does not cover, such as equipment for use mainly outside the home, and most equipment that is thrown out after one use or not used with equipment.

To find out if Medicare covers the equipment or supplies you need, or to find a DME supplier in your area, call 1-800-MEDICARE or visit www.medicare.gov. You can also learn about Medicare coverage of DME by contacting your [State Health Insurance Assistance Program \(SHIP\)](#).

-Marci



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 \$170.10 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.

Seasonal Affective Disorder

What is it

Seasonal affective disorder (SAD) is a form of depression that cycles with the seasons. It can occur during any time of the year, but it typically affects people during the winter. Winter brings colder weather, shorter days and longer periods of darkness which can bring symptoms of depression including loss of energy, changes in appetite and sleeping habits, irritability, and loss of interest in participating in social activities.

How to Treat It

Like other forms of depression, SAD can be treated with antidepressant medications. Because medications can take time to work, it is best to start treatment prior to the onset of symptoms each year.

A non-pharmaceutical option for treatment of SAD is light therapy. Bright light therapy utilizes a piece of equipment called a "light box," which is a fluorescent lamp that emits a spectrum of light intended to simulate natural sunlight. It's important to make certain the light box has a filter that blocks harmful UV rays, so the light does not cause any damage.

Vitamin D

Low levels of vitamin D have been found in people with SAD. It is unclear whether this is linked to SAD, but Vitamin D deficiency is particularly dangerous for older adults. Symptoms of vitamin D deficiency are very subtle and can include muscle and bone pain, excessive fatigue, and depressed mood. Older adults are more at risk for being vitamin D deficient due to changes in diet which result in eliminating foods rich in vitamin D; additionally, aging bodies have more difficulty converting and absorbing vitamin D from foods. Older adults deficient in vitamin D are at increased risk for health maladies including negative impacts on bone and heart health, increased risk of cognitive decline, heart disease, hypertension, cancer, diabetes, and decreased immune function.

How to Treat It

You can obtain vitamin D by increasing intake of foods where vitamin D is naturally found such as: eating beef liver, egg yolks, cheeses, and fatty fish like salmon. You can also increase intake of vitamin D fortified foods including: milk, yogurt, cereals and juice. You can take a vitamin D supplement but should only do so if recommended by your physician.

Did you know

- ◆ Women are four times as likely to be diagnosed with SAD
- ◆ Vitamin D levels tend to drop during the winter months
- ◆ Certain medications, such as the anti-inflammatory prednisone, can inhibit the ability to produce and metabolize vitamin D.
- ◆ Seasonal affective disorder can occur in spring and summer as well
- ◆ Those who suffer from depression or bipolar disorder may see symptoms worsen with seasons changing





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

Nutrition Page

TRIGLYCERIDES



The first question many ask is... What are Triglycerides? Triglycerides are a form of fat used to store energy in the body. When we eat, our body converts any calories it doesn't need to use right away into triglycerides. These are stored in our fat cells. Calories from refined carbohydrates and sugars are especially associated with high triglyceride levels.

So, what's considered normal? A simple blood test can reveal whether your triglycerides fall into a healthy range: Normal - Less than 150;

Borderline – 151-199; High – 200-499; Very High – More than 500. The risk of developing high triglycerides levels increases with age. More frequent testing may be recommended for older adults, smokers, people with overweight, obesity, diabetes, or kidney, liver, or thyroid disease, and those with a family history of high levels. Drinking too much alcohol and taking certain medications may also increase risk for high triglycerides.

Why does it matter if my level is high? High triglycerides may contribute to hardening of the arteries or thickening of the artery walls (arteriosclerosis) – which increase the risk of stroke, heart attack and heart disease. High levels are often a sign of other conditions that increase the risk of heart disease and stroke, including obesity and metabolic syndrome – a cluster of conditions that includes too much fat around the waist, high blood pressure, high triglycerides, high blood sugar and abnormal cholesterol levels.

What's the best way to lower triglycerides? Healthy lifestyle choices are key:

- ⇒ **Exercise regularly.** Aim for at least 30 minutes of physical activity on most or all days of the week. Regular exercise can lower triglycerides and boost “good” cholesterol.
- ⇒ **Avoid sugar and refined carbohydrates.** Simple carbohydrates, such as sugar and foods made with white flour or fructose, can increase triglycerides.
- ⇒ **Lose weight.** If you have mild to moderate hypertriglyceridemia, focus on cutting calories. Extra calories are converted to triglycerides and stored as fat. Reducing your calories will reduce triglycerides.
- ⇒ **Choose healthier fats.** Trade saturated fat found in meats for healthier fat found in plants, such as olive and canola oils. Instead of red meat, try fish high in omega-3 fatty acids- such as mackerel or salmon. Avoid trans fats or foods with hydrogenated oils or fats.
- ⇒ **Limit how much alcohol you drink.** Alcohol is high in calories and sugar and has a particularly potent effect on triglycerides. If you have severe hypertriglyceridemia, avoid drinking any alcohol.

Your doctor may recommend medication in addition to lifestyle changes. If your doctor prescribes medication to lower your triglycerides take the medication as prescribed. And remember the significance of the healthy lifestyle changes. Medications can help – but lifestyle matters, too.

Submitted by Susan Schell, RD/CDCES

Resources: mayoclinic.org; Tufts University newsletter; and National Lipid Association.

Caregiver Corner

18 Signs Your Aging Parent Needs Help

By Kim Acosta, October 12, 2021 aplaceformom.com

From spoiled food to living in the same pair of pajamas, certain signs can suggest an aging parent needs help now.

“Always note anything out of character,” says geriatric psychologist Melissa Henston. “I once told my dad, ‘Dad, you can’t eat this stuff. Ham isn’t supposed to be green.’”

No one knows your parents or loved ones like you do — something unusual for them may be an everyday situation at another person’s parents’ home. Still, it’s helpful to know common warning signs that may signal trouble.

Whether you’re visiting in person or catching up via video chat, look out for these 18 signs:

1. **Bounced checks, calls from collections, and late payment notices** Are they paying bills late or not paying them at all? Are collection companies calling?
2. **Broken or damaged appliances and fixtures** Have they stopped cooking or maintaining a regular meal schedule because their kitchen appliances don’t work? Are important items, such as light bulbs or smoke alarms, breaking or not being tended to?
3. **Changes in mood or extreme mood swings** Are your parents acting differently toward you, friends, or even strangers?
4. **Cluttered, dirty, or disorganized house** Is the home beginning to look and feel different or unrecognizable?
5. **Confusion and uncertainty when performing familiar tasks** Do your parents seem unsure about how to complete daily chores or tasks such as laundry, vacuuming, or washing dishes?
6. **Feeling depressed or having little to no energy** Has your parent’s demeanor noticeably changed? Do they smile or laugh like they used to?
7. **Wearing disheveled or tattered clothing** Do your parents regularly neglect their appearance? Are their clothes worn or dirty?
8. **Keeping expired groceries** Is food collecting mold on the counter or making the fridge and house smell?
9. **Forgetfulness** Are they losing or misplacing keys, wallets, or other important items?
10. **Improper medication management** Are there full bottles of prescription pills in medicine cabinets?
11. **Leaving house or yard maintenance unattended** Are weeds growing uncontrollably? Is trash piling up outside?
12. **Loss of interest in activities or hobbies they once enjoyed** When was the last time they did something they loved?
13. **Missing important appointments** Are they frequently rescheduling missed appointments or simply not showing up?
14. **Weight loss or poor dieting habits** Are they eating much less or consuming only fast food or pre-packaged snacks?
15. **Poor personal hygiene** Do they have bad breath or body odor more often?
16. **Trouble getting up from a seated position** Are they struggling to sit or stand?
17. **Frequent injuries or bruising** Do they have unexplained and more frequent bruises, scratches, or cuts?
18. **Unexplained dents or damage on their car** Are they getting into more accidents? In general, are they not paying attention to their car or safety?

If you notice any of these signs, it may be helpful to write down your concerns. Talking with your siblings and other relatives, or perhaps planning an [elder care family meeting](#), can be extremely helpful.

(Continued on page 9)

(Continued from page 8)

What happens next?

Once you've identified your loved one's needs and you're ready to take the next step, our Senior Living Advisors can help you navigate the process. This could mean comparing care types and senior living communities, learning how to pay for care, planning a smooth transition, or scheduling virtual or in-person tours of senior living communities.

The aging process looks different for everyone, but taking proactive steps by getting your loved one the care they need can have a positive impact on their overall health and wellness. Perhaps they only require help with household chores and routine errands. Or, maybe they could benefit from the additional companionship that comes with independent living or home care. For those in need of more hands-on assistance throughout the day, assisted living or a care home setting may be a better fit. Remember: Getting a feel for dining plans and activities schedules is just as crucial as selecting a community that offers the necessary care services, so don't hesitate to ask questions during a tour.

Sometimes recognizing the initial signs is the biggest hurdle, but once you've realized a parent needs help, there are resources available to make the next steps as smooth as possible.

alzheimer's association

Caregiving isn't easy. Finding help is. The Alzheimer's Association Western New York has a number of free programs to help those providing care for a loved one with dementia, including these offered both in-person and online:

Western New York Chapter

Respite: Hope Lutheran Church at 2 East Main Street in Arcade has a free monthly respite for those with dementia.

For more information, contact Julie Tingue at 585.492.2530

Support Group - in person: On the first Monday of every month, you can find answers and support from others in the same situation at the Wyoming County Office for the Aging. For more information, call 716.626.0600, extension 313.

Book club - online: Beginning January 11, join us every other Tuesday evening to discuss "A Dignified Life: A Best Friends Approach to Alzheimer's Care". To register and receive a free copy of the book, please visit bit.ly/BookJan22. Space is limited, so don't delay!

Art and Support for Caregivers - This 4-session group gets underway March 17 and will guide you through art projects to help you unwind and explore feelings. Free art supplies may be mailed to participants as needed. Beginners welcome. Register at bit.ly/ArtWinter22.

The WNY Chapter also provides on-going education programs that cover a number of topics, including Legal and Financial Concerns of Dementia, Warning Signs of Alzheimer's and Health Living for your Brain and Body. For a listing of all programs across Wyoming County, call the Chapter office to request a free mailed copy of our current Program Guide: 716.626.0600 extension 313 or send an email to program.wny@alz.org

AARP® **Smart Driver Course**

The Office for the Aging is keeping up to date on AARP requirements for hosting their defensive driving course. As of this publication, Wyoming County Covid-19 statistics do not meet their guidelines for in-person classes. We will continue to monitor and schedule classes as soon as we are allowed.

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.

Social Security's Top 10 Web Pages for 2021

December 30, 2021 • By [Dawn Bystry](#), Deputy Associate Commissioner, Office of Strategic and Digital Communications

There's no better place to do your business with us or get answers than on our website. We're always working to improve our web pages and add online services to better serve you.

Here are our top 10 web pages of 2021:



1. Open your own [personal my Social Security account](#), where you can verify your earnings, view your *Social Security Statement*, get future benefit estimates, obtain a benefit verification letter, update your Social Security information if you receive benefits, and more.
2. Our hub for Social Security news and updates is our blog. You can use social media to easily share these informative articles with friends and family.
3. Need answers to your Social Security-related questions? Our [Frequently Asked Questions](#) page is another valuable source of information.
4. You can complete and submit our online application for retirement benefits in as little as 15 minutes on our [Retirement](#) page.
5. You can conveniently apply online for disability benefits on our [Disability Benefits](#) page.
6. Visit our [publication library](#) online (including audio versions) on key subjects.
7. You can learn about Medicare on our [Medicare Benefits](#) page.
8. You can take care of most business with us online when you visit our [Online Services](#) page.
9. There are times when you may need to fill out a form and submit it to us. You can find all our forms easily on our [Forms](#) page.
10. Learn how to recognize Social Security scams and how to report them on our [Fraud Prevention and Reporting](#) page.

Remember, if you need help, information, or you are ready to do business with us, the first place to go is our website. Save time and go online!

Please share these web pages with your friends and family.

Source: <https://blog.ssa.gov/social-securitys-top-10-web-pages-for-2021/>

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

Andrea Aldinger—Director

Mindy Anderson—Aging Services Specialist

Leigh Case—Aging Services Aide

Dannyl Emmick—Case Manager

Meredith Lindsey—Transportation Coordinator

Marianne Sicheri—Aging Services Aide

Tess Phillips—Deputy Director

Paula Beckstrand—Fiscal Officer

Darla Dabolt—Aging Services Specialist

Kelli Goulet—Case Manager

Jamie McGrath—Alz. Caregiver Coordinator

Susan Schell—Dietitian

Office for the Aging Services

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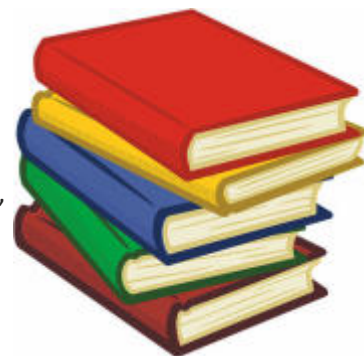
COUNSELING
 INFORMATION
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Source: Lewis County Office for the Aging newsletter, June 2020

OWWL Libraries Launch Books by Mail Service

(Thursday, January 6, 2022) Canandaigua, NY — The Pioneer Library System and OWWL Libraries have launched a new service to start the new year. Books by Mail provides library materials to any resident of Ontario, Wayne, Wyoming, and Livingston Counties who cannot access an OWWL Library facility due to disability, long-term or chronic illness, lack of transportation, or other difficulty.

Print books, audio books, and DVDs can be mailed to patrons through this program. Patrons can either request specific titles or have Books by Mail staff select materials based on personal interest. A maximum of six items may be mailed at one time. Items can be checked out for five weeks and are renewable. There are no late fees for Books by Mail patrons.



Materials are sent in a blue canvas bag through the U. S. Postal Service. To return items, patrons simply place the items back in the bag, reverse the pre-paid postage label, and return via U.S. mail.

Rebecca Connolly, Director of the Cordelia A. Greene Library in Castile, said: "I'm excited to offer Books by Mail to members of our community. It's so important that everyone has access to the resources offered at their local library, but not everyone has the ability to get to a library or a support system to bring them library materials. Books by Mail removes these barriers and allows us to serve our entire population."

Stacey Wicksall, Director of the Macedon Public Library, agrees. "We are so excited to provide a viable means of providing books, audiobooks, and DVDs to patrons who are homebound. This program will help all our libraries extend their reach in a free and easy way for our patrons who are in need of delivery."

To enroll, patrons should complete and return an application to the Pioneer Library System. Applications are available online (owwl.org/booksbymail), at the 42 OWWL Libraries, or can be requested by phone ([585-394-8260](tel:585-394-8260) x1119) or email (booksbymail@owwl.org). If a patron is unable to complete an application, Books by Mail staff can fill out the form with information provided by the patron over the phone.

Patrons who do not have an OWWL Library card will be issued one. All Books by Mail patrons will also have access to thousands of downloadable ebooks, audio books, and digital magazines through Owwl2Go (owwl.overdrive.com).

The Pioneer Library System headquartered in Canandaigua, New York provides support and services to the 42 OWWL Libraries serving Ontario, Wayne, Wyoming, and Livingston Counties, New York. Visit owwl.org/libraries for a full directory of OWWL Libraries."

February is American Heart Month

The Wyoming County Health Department encourages county residents to "Choose Health." By taking small steps in our day-to-day living and making positive health choices, people have the ability to change their future health for the better.

During an average lifespan, the heart beats more than two billion times. The heart is vital to your health and without it; blood wouldn't be able to move through your body. February is American Heart Month, a time to remember how important this muscle is and educate ourselves on how to take better care of it since it is the reason we are all still alive.

Heart disease has a close relationship to lifestyle choices. This is why it is so important that you make healthy decisions, participate in physical activity, and eat healthy.





Do You Need Financial Help to Raise Your Grandchild?

Apply for the Non-Parent Caregiver Grant (Also called the Child-Only Grant)

The non-parent grant offers financial assistance for grandparents raising grandchildren or other relative caregivers. Find out if this grant could help you.



Financial Assistance

- Grant pays an average of \$400 per month if caring for 1 child
 - \$525 for 2 children
 - \$650 for 3 children

Eligibility

- Child's income ONLY considered (Caregivers' income NOT included in application)
- Legal custody or guardianship NOT required
- Caregivers must be caring for the child full-time

How to Apply

For more information or to get assistance filling out the grant, contact the New York State Kinship Navigator:

1-877-KinInfo or 1-877-454-6463

navigator@nysnavigator.org

www.nysnavigator.org

The NYS Kinship Navigator can help you by providing:

- Access to a kinship specialist via a toll free phone
- Answers to FAQs on kinship care
- Guides on kinship caregiving for each NYS county
- Forums for grandparent and relative caregivers

This information is provided by the AARP Foundation through
a generous grant from the New York Life Foundation



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Paid
Warsaw, NY
Permit No. 65

Return Service Requested



**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

