

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

About a year ago, I applied and was accepted into a Health Leadership Fellows Program through the Community Health Foundation of Buffalo and Central New York. When I was being interviewed prior to being accepted, I wondered if I was too old to be a part of something like this. Becoming a Fellow meant that I would spend 18 months learning about myself and my Leadership Style and how to improve for my benefit and the benefit of those that work with me. I mean I am going to be retiring in the next 5 years, and I didn't want to take the place of a younger person who has a lot longer to work and use the skills learned from the program.

The leaders of the program immediately corrected me and said, it's never too late to learn. And this program isn't just about your leadership abilities in your profession – it's about being a better leader for your community – your church – your volunteer activities – just about everything!

You may think education is something that takes place in your youth, but the truth is we learn and change over the entire course of our lives. There are 4 big benefits of lifelong learning for seniors.

- 1) **Lifelong Learning Improves Your Cognitive Health:** Learning strengthens your memory and helps you recall things faster. Continually learning new concepts, like technology or a new language can keep your skills intact longer.
- 2) **Lifelong Learning Increases Your Positive Emotions:** It is very easy for older adults to find themselves struggling with feelings of sadness or depression. Learning boosts your overall mood and helps you focus. It will also boost your self-esteem. The ability to learn new information and perform new skills helps to increase overall morale in adults who feel like they're unable to take on additional physical or mental capabilities.
- 3) **Lifelong Learning Helps Promote Social Connections:** One of the biggest benefits of learning is that it promotes interactions with others. It helps to battle feelings of isolation and loneliness.
- 4) **Lifelong Learning Keeps Your Activity Levels Up:** The importance of lifelong learning relates to more than just emotional well-being. Continued learning improves physical health. Some may succumb to a more sedentary lifestyle. New activities and hobbies improve your health.

So what can you do to be sure you continue to learn? Try something new! Take a paint class, cook a new recipe, plant a small garden, practice some dance moves, learn some new technology or take a yoga or meditation class. The rewards we get from learning and trying new things, are well worth the effort and help us lead a longer more productive life!

Medicare Minutes

Medicare Preventive Services Checklist

Please visit www.Medicare.gov for more specific information on your covered preventive services.

Services	How Often?	Cost to Beneficiary
"Welcome to Medicare" Preventive Visit	Once within the first 12 months that you have Medicare Part B.	Medicare pays 100%
Annual Wellness Exam	Once every 12 months after your first full year of Medicare Part B enrollment.	Medicare pays 100%
Alcohol Misuse Screening and Counseling	One screening per year. If provider recommended, up to 4 face-to-face visits per year.	Medicare pays 100%
Abdominal Aortic Aneurysm Screening	One-time screening ultrasound.	Medicare pays 100%
Bone Mass Measurement	Once every 24 months for those at risk for osteoporosis or have other medical conditions.	Medicare pays 100%
Breast Cancer Screening (Mammogram)	Every 12 months for women age 40 and older. Medicare also covers one baseline mammogram for women between 35-39.	Medicare pays 100%
Cardiovascular Disease (Behavioral Therapy)	One visit per year.	Medicare pays 100%
Cardiovascular Disease Screening	Once every 5 years.	Medicare pays 100%
Cervical Cancer Screening (Pap Smear & Pelvic Exam)	Once every 24 months or every 12 months for those at risk.	Medicare pays 100%
Colorectal Cancer Screening	Frequency based on test for those age 50 and older. Ask your doctor.	Medicare pays 100% for most tests
 Coronavirus (COVID-19) Vaccine	Also covers COVID-19 tests, antibody tests, and monoclonal antibody treatments.	Medicare pays 100%
Depression Screening	One screening per year done in a primary care setting that can provide follow-up treatment and referrals.	Medicare pays 100%
Diabetes Prevention Program	Covers a once-per-lifetime proven health behavior change program.	Medicare pays 100%
Diabetes Screening	One to two per year based on risk factors. Ask your doctor.	Medicare pays 100%
Diabetes Self-Management Training	Education for those with diabetes, doctor must provide written order.	20% of Medicare approved amount (subject to deductible)
Flu Shot	Once per flu season.	Medicare pays 100%
Glaucoma Tests	Once every 12 months for those at high risk.	20% of Medicare approved amount (subject to deductible)
Hepatitis B Virus (HBV) Screening	Yearly for high-risk individuals and those who are pregnant.	Medicare pays 100%
Hepatitis B Shot	Medium or High Risk of Hepatitis B.	Medicare pays 100%
Hepatitis C Screening	One-time for adults who do not meet the high-risk definition but were born from 1945 through 1965.	Medicare Pays 100%
HIV Screening	Once every 12 months or up to 3 times per year during pregnancy.	Medicare Pays 100%
Lung Cancer Screening	Once every 12 months for ages between 55-77, current smoker or quit smoking within the last 15 years.	Medicare Pays 100%
Medical Nutrition Therapy	Three hours per year for the first year for people with diabetes, renal disease or kidney transplant. Two hours per year after that.	Medicare pays 100%
Obesity Screening and Counseling	Counseling is covered for anyone found to have a body mass index (BMI) of 30 or more.	Medicare pays 100%
Pneumococcal Shot	Usually once in lifetime. A second different shot is covered at least 11 months after the first shot.	Medicare pays 100%
Prostate Cancer Screening	Digital rectal exam and PSA test for men over age 50.	Rectal exam subject to 20% coinsurance. PSA blood test covered 100%.
Sexually Transmitted Infection (STI) Screening/Counseling	Once every 12 months. Up to two (2) individual counseling sessions each year for those at high risk.	Medicare pays 100%
Smoking & Tobacco Cessation Counseling	Up to 8 face-to-face visits per year for any person who uses tobacco.	Medicare pays 100%

This project was supported, in part by grant number 2101NYMISH-00, from the U.S. Administration for Community Living

NYSOFA FEB22

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.

2022 New York Gross Monthly Income Limits

2022 New York Asset Limits

Program	2022 New York Gross Monthly Income Limits		2022 New York Asset Limits	
	Individuals	Couples	Individuals	Couples
QI	\$1,549	\$2,080	No limit	No limit
SLMB	\$1,379	\$1,851	No limit	No limit
QMB	\$1,153	\$1,546	No limit	No limit
Medicaid	\$934	\$1,367	\$15,900	\$23,400

These income limits are based on 2022 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.



Covid Vaccination and Boosters

NYS Department of Health has newly approved a second Covid mRNA booster for specific people. You may want one more if you are...

1. Someone over 50 years old who has previously completed series of mRNA vaccine – Moderna or Pfizer. (especially someone at increased risk of severe symptoms due to underlying medical conditions)
2. Someone immunocompromised who has previously completed series of mRNA vaccine. (having a weakened immune system due to actively receiving cancer treatments, having received an organ transplant, having received a stem cell transplant within 2 years, having immunodeficiency disease, or active treatment with high dose immune suppressive medications)
3. Someone who previously completed J&J vaccine and booster.

The second Covid booster is the same formula and dose as the first booster and will provide additional protection from severe disease as previous immunity naturally lessen over time.

It is not too late to start or complete an initial vaccine series. NYS Department of Health recommends everyone possible to be vaccinated against Covid with fully approved mRNA vaccines. Moderna series for someone over 18 years old includes 2 doses 4-8 weeks apart. Moderna series for someone immunocompromised includes 3 doses with 4 weeks between each dose. Pfizer series for someone over 12 years old includes 2 doses 3-8 weeks apart. Pfizer series for someone immunocompromised includes 3 doses with 3-4 weeks apart.

Schedule your second booster 4 months after your first booster with no cost at Wyoming County Health Department www.wyomingco.net

Call Wyoming County Health Department if you have no internet access or have any questions. [585 786-8890](tel:5857868890)

If needed, Covid booster may be provided in your home.

GRIEF AND LOSS SUPPORT GROUP

Wyoming County Office for the Aging
8 Perry Ave., Warsaw
2nd and 4th Mondays of the month
1:30 p.m.—3:00 p.m.

All are welcome

If you have questions, please contact Jenelle at the Mental Health Dept. at (585) 786-8871



Support Group for caregivers of those with Alzheimer's disease and other dementia meets monthly in Warsaw. The **Wyoming County Office for the Aging** at 8 Perry Ave. hosts the meeting on the **1st Monday of each month at 10:00 a.m.**

Support groups can provide coping tools and a welcoming embrace from others in the same position, who may feel stressed out and isolated. Facilitators are trained by the Alzheimer's Association Western New York Chapter.



NYS HTFC RESTORE PROGRAM

For a limited time, RHOC/PathStone is offering available funds for emergency home repairs through the NYS Housing Trust Fund Corporation (HTFC) RESTORE Program. RHOC/PathStone plans to help senior homeowners with emergency repair funding up to \$8,700 including program fees.

Basic program requirements:

- Must own and reside in a home in Genesee, Orleans, or Wyoming Counties
- Must be up to date with mortgage, tax payments and have Homeowners Insurance
- Household total gross income at or below the 80% Area Medium Income limits for Genesee, Orleans, or Wyoming Counties
- Must have an approved emergency repair need that is within budget
- Dwelling must not have other major repair issues
- Project must be able to complete within 30 days by a qualified contractor.
- The homeowner must be 60 years of age or older
- Property Maintenance Declaration form filed
- Owners must live in the home for 3 years after service
- Homeowners to supply 3 estimates from local contractors

Typical Emergency repairs or replacement covered:

- Failing water heaters, well pumps, pressure tanks, supply lines, septic tanks, fields, drains
- Accessibility improvements such as wheelchair ramps, lifts etc.
- Leaking plumbing, Leaking roofs and failing heating systems
- Electrical safety issues, Broken steps, landings, railings
- Other emergency health and safety issues

Annual gross income limit for household size (Wyoming County)

1 person	2 people	3 people	4 people	5 people	6 people
\$ 51,200	\$58,500	\$65,800	\$73,100	\$79,000	\$84,000

For more information or to apply today, contact Jennifer Mateo 585-546-3700 X3026, or email homerehab@pathstone.org



PathStone builds family and individual self-sufficiency by strengthening farmworker, rural and urban communities. PathStone promotes social justice through programs and advocacy.

Nutrition Page

Net Carbs – What Does It Mean?



Living with diabetes can be challenging at times. It becomes even more so when the food industry uses ambiguous terms in food marketing. The term “net carbs” does not have a legal definition and is not used by the Food and Drug Administration or recognized by the American Diabetes Association. Many sources will state that it is acceptable to subtract the number of grams of fiber and number of grams of sugar alcohols from the total number of

carbohydrates to achieve a “net carb” value. What is being inferred here is that the fiber and sugar alcohols have zero impact on blood sugar status. But this is not always true, and some fiber and sugar alcohols are partially digested and therefore still provide calories as well as an impact on blood sugar. The equation used to calculate “net carbs” is not entirely accurate because the contribution of fiber and sugar alcohols to total carbohydrates depends on the types present. There is not enough research to support counting only the “net carbs”. Food companies which promote net carbs also tend to send the (wrong) message: “I can eat as much as I want”.

So if you prefer to have a guideline, the American Diabetes Association provides the following recommendations.

If you have Type 1 Diabetes and do not use an insulin-to-carb ratio (ICR), or if you have Type 2 Diabetes:

- ⇒ Count the Total Carbohydrates listed on the Nutrition Facts Label
- ⇒ Do not subtract any fiber or sugar alcohols

If you have Type 1 Diabetes and use an insulin –to-carb ratio:

If fiber is AT LEAST 5 gm or more, you may subtract HALF the amount of fiber from the total carbohydrates

- ⇒ Example: If your food has 20 gm of total carb and 5 gm of fiber, you can subtract 2.5 gm of fiber from the total carbohydrates = 17.5 gm Total Carb
- ⇒ If your food has 20 gm of total carb and 4 gm of fiber, you don’t subtract anything.

If sugar alcohols are AT LEAST 10 gm or more, you may subtract HALF the amount of sugar alcohols from the total carbohydrates

- ⇒ Example: If your food has 20 gm of total carb and 10 gm of sugar alcohol, you can subtract 5 gm of sugar alcohol from the total carbohydrates = 15 gm Total Carb
- ⇒ If your food has 20 gm of total carb and 8 gm sugar alcohol, you don’t subtract anything.

Bottom line... use the total grams of carbohydrate and closely monitor your blood sugar when consuming foods high in fiber or sugar alcohol to determine how they affect your body.

Submitted by Susan Schell, RD/CDES

Resource: diabetes.org and lancastergeneralhealth.org

Caregiver Corner

Incontinence Care Tips: How to Eliminate Stains and Odors

Ashley Huntsberry-Lett agingcare.com

Caring for an elderly loved one often involves cleaning up urinary incontinence accidents. The AgingCare online [Caregiver Forum](#) is filled with people coming together to share valuable information with one another on common elder care challenges. We've compiled experienced caregivers' best tips on how to remove urine odor from elderly clothes and get rid of stubborn incontinence stains.

Removing Incontinence Odors and Stains: Tips for Family Caregivers

"They make products for cleaning urine that contain special enzymes, such as Urine Kleen, or you can use something like Nature's Miracle that is sold in pet shops." –vstefans

"Vinegar helps. I soak soiled items in vinegar, take them out while wet, hang them on a clothesline outside and hope for rain. Some things I can leave until nature removes the smell, but some I just keep washing." –1healthyangel

"I wash soiled items in the hottest water I can, soak them in an oxy-based cleanser and baking soda solution, and rinse with vinegar. It sometimes takes two to three washings, but the urine smells all come out." –Carlen

"Iodine scrub will neutralize smells in one washing. Use about one tablespoon in the washer. Usually iodine wash (one brand name is Betadine) is in the first aid section of just about any drug store. It's dark red and the advertised use is to clean wounds." –pamstegma and sandwich42plus

"I use a baking soda laundry detergent pod, add some grapefruit juice in with it and wash soiled items on a warm cycle. It seems to take the smell out." –Kenneth08

"In the facility where I work, the staff uses a product called Peri-Wash to control the smell of urine. It works well." –JackieMiller

"Borax and washing soda: 50/50 mix. Works every time for any kind of nasty odor. I use it on my dad's bedding every day." –Katiekate

"When I was washing my mom's clothes (she was in a long-term care facility), members of the [AgingCare Forum](#) recommended 20 Mule Team Borax, which did help." –freqflyer

"I have found that apple cider vinegar works better than white vinegar on incontinence odor." –BoovieD

"We use OdoBan with eucalyptus scent. The nursing home by us uses it, too. It works fabulously. You can get the spray one at Walmart and the gallon size at Sam's Club. It smells wonderful and fresh. I put half a cup in the laundry and we spray it on the furniture and Mom's mattress. It is a deodorizer and disinfectant." –Flmother

(Continued on page 9)

(Continued from page 8)

“Use Morrisons Non-Bio laundry liquid. I mix that with a teacup of baking soda crystals, and then I put white vinegar in the fabric softener drawer. The smells are gone, much to my relief.” –SmellFree

“My adult daughter is a quadriplegic with an indwelling catheter that frequently clogs, so she bypasses. What I have found works is to rinse the urine-soiled clothes, towels and/or linens in cold water and add about a cup of Listerine (arctic mint I find is the best) and some Arm & Hammer liquid laundry soap. Then I put everything through a full wash with a bit of bleach and some more Arm & Hammer. The reason for the cold-water wash/rinse is because bodily fluids don’t do great when washed with hot water. It tends to cook the urine smell and stains right into the fabric, making them extremely hard to get rid of! So, always rinse in cold first! I also never wash her stuff with anything else. I always do all the household clothes, towels and bedding separately.” –MaggsPie

Submitted by: Barbara Mosher

“My husband and I visited the ocean last month, and watching the surf pound in made me think of his situation. (dementia)”

Washed Away

*Washed away, washed away, washed away.
The tide went out; surf sweeping everything
Into the depths of the ocean.
Leaving behind on the shore
Only a scattering of small sea shells
Some broken, hardly discernable, sinking into the sand.
A constant washing away—
My loved one
Waves of thought washed away
Memory swept into the depths of the ocean
Leaving only a few pieces of thought
Scattered, broken, hardly discernable
On the landscape of his life.
Sea gulls glide over the sand
At one with the ocean rhythm
Looking for something sparkling on the seashore
And finding, they caw with delight.*



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.

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.

Discounts for Outdoor Recreation

For seniors, military personnel, veterans, Native Americans and people with disabilities

Note: All discounts below are for New York State Residents

Active Duty Military Personnel

The Patriot Plan provides free hunting, trapping and fishing licenses to active duty personnel that have taken the appropriate sportsman education classes. See [Sporting Licenses Under the Patriot Plan](#) for information about eligibility and proof required.

All members of the New York State Militia or any branch of the New York State National Guard or military reserves who are currently serving on active duty in support of the war on terrorism are eligible for one free Empire Pass Card for use by his or her immediate family during deployment and/or for his or her own use when returning home. The member must be a New York State resident. The Empire Pass Card provides unlimited day use access to DEC forest preserves, state parks, boat launches and arboretums and is issued by the [New York State Office of Parks, Recreation and Historic Preservation](#). (OPRHP).

Veterans with a Military Disability

Resident veterans with a service-related disability of 40% or more can get a Sportsman license (fishing, big game and small game) for \$5, a free bow hunting license and a free muzzleloading license. See the [Hunting Licenses](#) for eligibility requirements.

Resident patients at U.S. Veterans Administration hospitals or facilities can obtain a free fishing license through their hospital or facility.

Veterans with a permanent disability are eligible for a Lifetime Liberty Pass granting free access to parks, historic sites and recreational facilities operated by DEC or OPRHP. Visit the [OPRHP website](#) for more information. (<https://parks.ny.gov/admission/lifetime-liberty-pass.aspx>)

Senior Citizens

Hunting and fishing license discounts for seniors (*age 70 or older*)

Senior Hunting License: \$5

Lifetime sporting license or lifetime freshwater fishing license: \$65.00.

Bow hunting and muzzleloading licenses: Free

Residents over age 62 have free access to parks, boat launches and arboretums and reduced fees to golf courses and historic sites on weekdays, except holidays. See the Office of Parks, Recreation and Historic Preservation's Golden Parks Program (<https://parks.ny.gov/admission/golden-park-program.aspx>) for details.

People with Permanent Disabilities

Residents with permanent disabilities are eligible for an [Access Pass](#) granting free access to parks, historic sites and recreational facilities operated by DEC or OPRHP.

Residents who are blind are eligible for a free fishing license and may obtain one at any license issuing outlet.

There are discounts on campsites and cabin rental areas well. Group Access Passes are also available.

Hunters with disabilities may qualify for [special permits](#).

[DEC's Accessible Recreation page](#) (<https://www.dec.ny.gov/outdoor/34035.html>) will help you find information on all of DEC's accessible recreation areas.

Native Americans

Native Americans who are members of the Shinnecock and Poospatuck tribes or the Six Nations residing on reservations in New York State may obtain a free fishing license by contacting their reservation or the DEC License Sales Office at (518) 402-8843.

<https://www.dec.ny.gov/outdoor/83411.html>

SCAM ALERT



Securing today
and tomorrow

The Social Security Administration will never threaten, scare, or pressure you to take an immediate action.



If you receive a call, text, or email that...

- Threatens to **suspend your Social Security number**, even if they have part or all of your Social Security number
- Warns of **arrest or legal action**
- Demands or requests **immediate payment**
- Requires payment by **gift card, prepaid debit card, Internet currency, or by mailing cash**
- Pressures you for **personal information**
- Requests **secrecy**
- Threatens to **seize your bank account**
- Promises to **increase your Social Security benefit**
- Tries to gain your trust by providing **fake “documentation,” false “evidence,” or the name of a real government official**

...it is a **scam!**

Do not give scammers money or personal information – Ignore Them!

Protect yourself and others from Social Security-related scams

- **Try to stay calm.** Do not provide anyone with money or personal information when you feel pressured, threatened, or scared.
- **Hang up or ignore it.** If you receive a suspicious call, text, or email, hang up or do not respond. Government employees will not threaten you, demand immediate payment, or try to gain your trust by sending you pictures or documents.
- **Report Social Security-related scams.** If you receive a suspicious call, text, or email that mentions Social Security, ignore it and report it to the SSA Office of the Inspector General (OIG). Do not be embarrassed if you shared personal information or suffered a financial loss.
- **Get up-to-date information.** Follow SSA OIG on Twitter @TheSSAOIG and Facebook @SSA Office of the Inspector General for the latest information on Social Security-related scams. Visit the Federal Trade Commission for information on other government scams.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit oig.ssa.gov/scam for more information. Please also share with your friends and family.

N11 Codes

N11 codes are used to provide three-digit dialing access to special services.

In the U.S., the FCC administers N11 codes. The FCC recognizes 211, 311, 511, 711, 811 and 911 as nationally assigned, but has not disturbed other traditional uses. The table below summarizes N11 assignments, reservations, and traditional usage.

In some states, N11 codes that are not assigned nationally may be assigned locally, provided that these local assignments can be withdrawn promptly if a national assignment is made.

There are no industry guidelines for the assignment of N11 codes. For information about obtaining a national N11 assignment, contact the appropriate regulatory authority.

N11 CODE	DESCRIPTION
211	Community Information and Referral Services
311	Non-Emergency Police and Other Governmental Services
411	Local Directory Assistance
511	Traffic and Transportation Information (US); Provision of Weather and Traveller Information Services (Canada)
611	Repair Service
711	Telecommunications Relay Service (TRS)
811	Access to One Call Services to Protect Pipeline and Utilities from Excavation Damage (US); Non-Urgent Health Triage Services (Canada)
911	Emergency



(OPEN TO THE PUBLIC)
"JUNE 8, 2022 CARD PARTY
ADMISSION & BASKET RAFFLE"
TOURNAMENT


Euchre

\$7.00 per Person Admission & Luncheon
 Check in starts @ 12:00 pm
 Luncheon @ 12:30 pm
 Game Starts @ 1:00 pm
 (No partner needed)
 Prizes = 1 per table, will add a prize for every duplicate score!

Basket Raffle (1200-3:30pm)
 (Drawings approximately at 3:30pm)
\$5 per Sheet

"Annual Fundraiser"
To Benefit the
Strykersville Senior Citizens Group
Event Location
 Curriers Grange Hall
 983 Chaffee Road, Arcade, NY 14009
MUST BE 21 OR OLDER TO PLAY

New SNAP Benefit

SNAP now covers the cost of Ensure products. You are able to pick these products up at your local grocery store or you can even buy the Ensure through Amazon using your SNAP benefit card.



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

- Andrea Aldinger—Director
- Mindy Anderson—Aging Services Specialist
- Leigh Case—Aging Services Aide
- Dannyel Emmick—Case Manager
- Meredith Lindsey—Transportation Coordinator
- Marianne Sicheri—Aging Services Aide

- Tess Phillips—Deputy Director
- Paula Beckstrand—Fiscal Officer
- Darla Dabolt—Aging Services Specialist
- Kelli Goulet—Case Manager
- Jamie McGrath—Alz. Caregiver Coordinator
- Susan Schell—Dietitian



Pet Word Search

C D J X I T G K Q F N R P V I
 T H Q O D G A S E U O M Z L P
 Y G I V O C U R Y D W L M N E
 O D V N G H R A O P O D G G L
 V C A T C E J Z N H D N H I I
 Z X W L T H X X R A S E F P Z
 H O R S E D I E A M Y I G A A
 G R W B R Z T L O A P G F E R
 E F P I E S U U L T A O G N D
 K E B E M T S C K A F F Y I A
 A F L A N E T I B B A R P U I
 N E H A T U R T L E A X E G Z
 S D R L Q H G Z R M I E L L C
 W A W A I L S K W L C O A Y W
 T T P Q O M J D M V C Q O G G

BIRD
 DOG
 GOAT
 HORSE
 MOUSE
 SNAKE

CAT
 FERRET
 GUINEA PIG
 IGUANA
 RABBIT
 TARANTULA

CHINCHILLA
 FISH
 HAMSTER
 LIZARD
 RAT
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www.healthandwellnessny.org

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Oatka Village Apartments
111 Linwood Ave., Warsaw
(585) 786-3075

Pine Wood Apartments
297 Linwood Ave., Warsaw
(585) 786-8224



Meadowview Apartments
125 E. Perry Avenue, Silver Springs
(585) 493-3162



For Seniors 62+ and Disabled - Pay only 30% of adjusted income as rent
GVRPC Inc (585) 658-4870 / TTY 800-662-1220

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Paid Training
- Full-Time with Benefits
- Some Travel
- Serve Your Community



LPi Contact us at: careers@4lpi.com | www.4lpi.com/careers

SPECIAL SENIOR PRICING

SpotLight Theater


Movies & More!
23 South Main Street • Warsaw
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