

March • April 2021



GENE-SENIOR

Genesee County Office for the Aging



2 Bank Street, Batavia, NY 14020 585-343-1611

Website: www.co.genesee.ny.us

Email: ofa.dept@co.genesee.ny.us

FROM THE DESK OF DIANA FOX, DIRECTOR

So close and yet so far! Do those words strike a chord with you? We have come through so much over this past year on a journey we probably never thought we would undertake. At least, I never imagined that I would live this way, in a pandemic. We are looking forward to the time when we can do some of the things that we have been unable to do safely since last year. With the promise of vaccinations against COVID-19, it seems that we may be getting closer to improved times, and yet, for many of us that future still feels so far off. While I try very hard personally to live “in the moment” and find gratitude every day, I am also looking further down the road; even as far as to next year at this time, which is usually the time of year that I take a break and head south for some sunshine. This year I bought snowshoes and made the best of the snow and natural light being reflected to me as I “played” outside.

By next year at this time I hope to be able to see my out of state family, but it will be some time before the vaccinations get into all of our arms. I am trying to be patient. The number of people in eligible categories for vaccine grows faster than the availability of vaccine. It is hard to wait for something that will come, not knowing when it will come. It is hard not to know what happens next and when “next” will happen. Our lives and our futures have always held uncertainty and somehow we have managed to navigate those unknowns, and have had many “close and yet so far times.” Our office will continue to be on this journey with you. We will continue to answer your calls and provide information, assistance and services. We look forward to a time, so close and yet so far, when we can move towards getting together with you and our community coming together in person. They say that good things come to those that wait. We are looking forward to what those times will look like and while we wait, we are trying to be patient and hope you can find patience as well; we are so close.

Normally this page would have Senior Center activities listed. Since at the time of submission for this issue, we are still on PAUSE, we offer the following for your information.

ADVISORY COUNCIL MEETINGS

Office for the Aging

MARCH 3RD

APRIL 7TH

Genesee Senior Foundation, Inc.

APRIL 8TH (NO MEETING IN MARCH)

Genesee Senior Foundation, Inc. Donations

Esther Leadley
Kevin Rogers

Thank you!

NY CONNECTS GENESEE CARE OPTIONS in Genesee County



1-800-342-9871

NY Connects Genesee Care Options is here to help you. Whether you are a senior, disabled person, or caregiver, we have a fair and easy way for you to get connected to the long term care help you need. We make the hard choices simpler for you.

Information is available in printed form
(585) 343-1611

or

Reach us on the web at: www.co.genesee.ny.us

From the main menu select:

NY Connects Genesee Care Options

This work funded through grants from NYS Office for the Aging, NY Connects, Administration on Community Living, and the generous support of the Genesee County Legislature.



Please remember to wear your mask when you have to be out and about! If you need one, give us a call at 343-1611, we will provide them as long as our supply lasts.

YOUR SUPPORT IS APPRECIATED

Because needs are always greater than the funds available to meet them, the Genesee County Office for the Aging (OFA) encourages monetary donations to our not-for-profit **Genesee Senior Foundation, Inc.**

Name _____
(May we publish your name? Yes No)

(Street Address)

(City, State, Zip)

Gift amount: \$ _____

In Memory of: _____

In Honor of: _____

Funds received will be used to support OFA Programs such as: Project Lifesaver (tracking system for individuals with dementia), Home Delivered Meals and other services as needed.

Please designate contribution use:

- Where most needed
 For this program:

All donations are greatly appreciated & are tax deductible to the extent of the law.

Please make checks payable and send to:

**Genesee Senior Foundation, Inc.
2 Bank Street
Batavia, NY 14020**

THANK YOU!

NAMES CHANGE, BUT PROGRAMS REMAIN THE SAME

Submitted by Courtney Iburi, Specialist, Aging Services

We are excited to announce two program name changes and are happy to report all services remain unchanged.

The Muriel H. Marshall Fund supports a family of programs in Genesee County which help older adults remain independent, supported and engaged in the community. The new *ask marshall* name replaces the former name, Aging in Place. *ask marshall* invites you to discover programs, services and volunteer opportunities that can increase your connection to others, help find solutions to small or large issues you may be facing and ultimately offer increased quality of life.

ask marshall established new ways to get connected to the information you want, when you want it. A dedicated phone number and email address, as well as a new website all seek to connect people with the information they want, in the way that works best for them.

Call us at (585) 815-7979

Email us at askmarshall@co.genesee.ny.us.

Visit our website at askmarshall.net

These features are great options for interested volunteers, long-distance caregivers, busy friends and family members seeking information and connection to the following programs, and more:

- Financial Management
- Handyman Services
- Friendly Home Visits (phone calls currently)
- Library Visits (home delivery of library materials)
- Transportation
- Volunteer Opportunities



ask marshall
Answers, Ideas and Resources
For Older Residents of Genesee County



**AmeriCorps
Seniors**

Another name change comes for the RSVP Volunteer Placement Program, which now falls under the AmeriCorps Seniors umbrella. Previously, you may have heard of RSVP being a part of Senior Corps. The change was made to simplify and unite all domestic national service opportunities under a more familiar name. We are the same RSVP Volunteer Program, but now an AmeriCorps Seniors Program too.

A very special thank you goes out to the volunteers who've engaged in service this past year, to help move us through the pandemic with services like food delivery for the home delivered meals program, food pantry assistance, friendly phone calls, delivery of books, helping to manage household finances, income tax preparation and hands-on assistance at COVID-19 testing and vaccine clinics. We couldn't do it without all of the RSVP and *ask marshall* volunteers, who are essential in making these important services a reality.

OLDER ADULTS FIND FREE, CONFIDENTIAL SUPPORT FROM NY PROJECT HOPE

COVID-19 has changed a lot about how we live our lives, from our daily routines to how we care for ourselves.

The trained crisis counselors at NY Project Hope understand the changes COVID-19 has made in your life and they know the emotions these challenges create may be strong and sometimes unfamiliar. From uncertainty to feelings of isolation, NY Project Hope helps you cope with your reactions to the changes; providing support so you can work to manage the stress and fatigue that can accompany being overwhelmed by emotions.

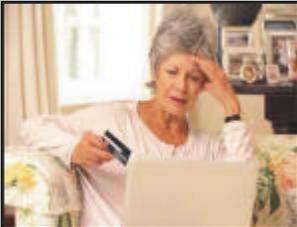
Crisis Counseling is free, confidential, and anonymous. NY Project Hope's Emotional Support Helpline is answered by trained crisis counselors from 8am to 10pm every day of the week. The number is 1-844-863-9314. Coping tips, resource linkages, relaxation exercises, and more can be found at NYProjectHope.org.

THE TOP FRAUDS OF 2020

Submitted by: **Karen Hall, Coordinator of Lifespan's Financial Management Assistance Program**

2020 was a tough year. Between the pandemic and the economic crisis, we all had our hands full. And scammers didn't take any time off either – 2020 was a busy year for fraud. In 2020, the FTC got more than 2.2 million reports about fraud, with people telling us they lost nearly \$3.3 billion.

Here's what we heard from you in 2020:

- The top fraud of 2020 was imposter scams. Scammers showed up wearing many different hats – from that of a government official, to a known business, to a dear family member or friend. The FTC got nearly 500,000 reports of imposter scams, and people reported losing a lot of money to these scammers: \$1.2 billion, with a median loss of \$850. Government and business imposter scams were also among the top categories of COVID-19 and stimulus related reports, proving once again, that scammers follow the headlines. 
- Online shopping and negative reviews were the second most reported fraud category of 2020. With the pandemic came an increase in online shopping, and then a wave of reports about sellers failing to deliver on promises – or just failing to deliver, period. The FTC got more than 350,000 reports, with people telling us they lost a total of more than \$245 million, with a median loss of about \$100. 
- The phone is still the top way that scammers are reaching us – both through phone calls and text messages. In fact, there was a sharp increase in the number of reports saying that scammers contacted them by text message. And, not surprisingly, many of these text messages were related to the pandemic. We hear about text message scams luring people to click on links with promises of stimulus relief.

We can only fight scammers with your help. When you report to the FTC, your report is instantly

available to more than 3,000 federal, state, and local law enforcers across the country who are looking to fight fraud. If you've spotted a scam, tell us at ReportFraud.ftc.gov.

Lifespan offers presentations and assistance on fraud, scams and identity theft.

Call Karen at (585) 259-2781 for presentations and for the free in-home assistance with budgeting and bill paying service.

SCAM FREE GENESEE



REMINDER: RTS GENESEE: OFA MEDICAL TRANSPORTATION PROGRAM

Submitted by: **Maureen Estabrooks, Specialist, Aging Services**

RTS Genesee provides transportation to medical, dental and therapy appointments for Genesee County residents 60 and older.

This service is provided Tuesday, Wednesday, Thursday 9:00 a.m. to 4 p.m. **(on Monday and Friday, within the City of Batavia, may be able to provide service).**

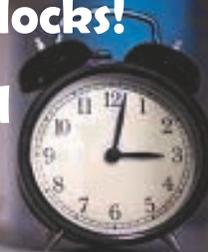
Reservations should be called in at least 24 hours in advance, but no sooner than 30 days prior to the appointment, at (585) 343-3079. Trips are booked on a first to call, first served basis.

It is requested that individuals arrange their appointments to allow for pick-ups and drop-offs within the 9 a.m.- 4 p.m. time frame.

Please call Office for the Aging at 343-1611 if this is your first request; or for other transportation needs, provided by the Transportation Coordination Program.

Change your clocks!

Spring forward 1 hour



SUNDAY, MARCH 14 AT 2:00 AM

THANK YOU!

Submitted by Dorian Ely,
Services Administrator

A wonderful thing has happened over the last year – many individuals and organizations have stepped up to help the older adults in our community through the Genesee Senior Foundation and the Genesee County Office for the Aging. With their support, we have been able to do so much to help, including providing masks, extra food and personal care items, cookies, activities, notes of encouragement, and even pet food. All this makes such a difference for individuals who may already be home-bound, but also for those who newly find themselves in a situation where they have had to self-isolate for their own safety.

Thank you to the following and many more who brought joy to so many:

ARC of Genesee-Orleans
Arctic Refrigeration
Batavia Business and Professional Women
Batavia City Firefighters – IAFF Local 896
Batavia City Police Department
Batavia NY Rotary Club
Batavia Police Benevolent Association
Suzanne Berardini
BJ's Wholesale Club - Batavia
Rebecca Blew
Dianne L. Boeheim
Crista Boldt
John Caccamise
Don & Barb Callan
City of Batavia Department of Public Works
LaVerne Cooley, Jr.
Council of Girl Scouts
Country Max
Jett Davis
Nancy Ellers
Ferrell Gas – Batavia office
First Presbyterian Church
Foodlink
Gary & Elizabeth Fricke
Victoria Frieday
Kathy Gardner
Genesee County Emergency Management
Genesee County Legislature
Genesee County Sheriff's Department
GLOW Women Rise
Lorri Goergen
Barbara Graham

Fred Gundell
Harrington's Produce
Hershey's
Dean June Family
Donna Kauffman
Sharon & Michael Kubiniec
Annie Lawrence
Esther & Sam Leadley
Mary Ella Loos
Main Street Pizza & Chef Jason
Diana Martino
Marjorie Merica
Matt Morse
New Era Energy
New York State Office for the Aging
Michael Norway
Bill Perkins
Thomas J. Ricci, Jr.
Wilma Robinson
Mr. & Mrs. Marv Roblee
Patricia Rogers
Laura Roy
St. James Episcopal Church
Salvation Army
John & Kathy Schaefer
Laura Schmieder
Janice Scott
Senior Wishes
Sherwin-Williams
Star Growers
Fran Straub
Shirley Teachen
United Way of Genesee County
Valu Home Centers
Karen Vasser
West Barre Baptist Church
Paul Winnie
Wortzman Furniture, Inc.
Florence Ziarko

VACCINE INFORMATION

The Office for the Aging has set up a special phone line for Genesee County residents aged 60 and older without access to computer support to provide information and assistance for the COVID-19 vaccine.

585-813-2457

Monday through Friday

9am—4pm

Leave a message if you get voicemail and someone will return your call.

NUTRITION NOTES

TEA

Submitted by: **Ellen Foster, Registered Dietitian Nutritionist**

Last month we had a brief introduction to tea, the most popular beverage in the world after water. Now we will take a more in-depth look at decaffeinated teas.

Decaffeinated tea is an option if you enjoy the flavor and experience of tea but are sensitive to caffeine. People have varying sensitivity to caffeine but it is classified as a stimulant that has the potential to affect the nervous system and heart rate, and cause jitteriness. In general, traditional teas already have about half the caffeine of coffee and even less if the brewing time is shorter.



Decaffeinated tea may lose polyphenols that are associated with health benefits, depending on the processing method. Polyphenol content varies widely among teas even before they are decaffeinated, so it is hard to know the exact amount that remains. Regardless of decaffeination type, tea is still considered a healthful beverage choice. There are different methods to decaffeinate tea.

One process uses an organic chemical solvent (either ethyl acetate or methylene chloride) that also removes most of tea's polyphenols. The residual amount of the chemical after processing is minimal to none, and no research has shown negative health effects.

Another method, "effervescence", uses water and carbon dioxide, which retains the majority of polyphenols. (The benefits of polyphenols will be discussed later.)

Both methods apply the chemical or gas onto moistened tea leaves, which bonds to the caffeine; when the leaves are dried, the caffeine evaporates along with the solvent/gas. If you wish to know which processing method is used, check the package label or contact the manufacturer.

Herbal teas are naturally caffeine-free and do not undergo a decaffeination process. They normally come from fruits, herbs, and flowers that, when dried, provide an array of flavors such as floral, lavender, citrus, and berries.

What western coffeehouses commonly refer to as "chai" is more accurately called "masala chai" or "spiced tea". *Chai* is simply the Hindi word for "tea". The recipe for this beverage has varied widely across time and place, but today is often made from black tea mixed with spices like cinnamon, cardamom, cloves, ginger, and peppercorns, and served with milk and sweetener.

KEYS TO HEALTHY AGING

Submitted by: **Kristine Voos, CHES, CPH**

What is longevity without health? Below are ways to prevent some of the most common health problems.

Preventing Brain Injuries

Falls are the most common cause of a traumatic brain injury. A traumatic brain injury (TBI) is caused by a blow or jolt to the head that disrupts the normal function of the brain. TBIs often result in long-term cognitive, emotional, and/or functional impairments. You can help prevent falls in your home by wearing footwear with good tread, removing tripping hazards in walkways, using nonslip mats in the shower, installing grab bars and improving lighting.

Getting Vaccinated

You may need one or more vaccines, even if you received vaccines as a child or as a younger adult. Ask your doctor which ones are right for you. Vaccines recommended for older adults can prevent Influenza (Flu), Shingles (Herpes Zoster), Diphtheria, Tetanus, Pertussis (Whooping Cough), Pneumococcal disease (Pneumonia) and other diseases too! Adults 65+ are eligible for the COVID-19 vaccine. Please visit the Genesee County Health Department website (<https://www.co.genesee.ny.us/departments/health>) to learn more about locations locally offering the vaccine. At this time COVID-19 vaccine availability is limited.

Staying in Shape

Regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that come with age. It also helps your muscles grow stronger so you can keep doing day-to-day activities without becoming dependent on others. The CDC recommends 150 minutes of exercise each week, with an equivalent mix of moderate and vigorous intensity aerobic activity (ex. brisk walking) and muscle strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) (CDC, 2021). It may

sound like a lot of time but it's not. That's the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week so you don't have to do it all at once. You can even break up into smaller chunks of time during the day. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous pace for at least 10 minutes at a time.

Eating Right

Whatever your age, your daily food choices make an important difference in your health and in how you look and feel. Eating a well-planned, balanced mix of foods every day has many health benefits. For instance, eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia (limited red blood cells to carry oxygen throughout the body). If you already have one or more of these chronic diseases, eating well and being physically active may help you better manage them. Healthy eating can also help you reduce high blood pressure, lower high cholesterol and manage diabetes. If you have a specific medical condition be sure to check with your doctor about exercises and/or foods you should include or avoid.

Preventing High Blood Pressure

High blood pressure is often called the "silent killer" because it usually has no noticeable warning signs of symptoms until other serious problems arise such as heart failure or a stroke. Maintaining a healthy weight and diet, staying active, not smoking, controlling alcohol consumption and working to prevent or control diabetes are all ways to prevent high blood pressure. These actions should become part of your regular lifestyle, but you should also discuss with your doctor the best ways to address your specific high blood pressure issues.

Cancer Screening

Every year cancer claims the lives of more than half a million Americans. Among Americans aged 55-65, cancer is the number one cause of death and the risk of getting cancer increases as you age. The *NYS Cancer Services Program* (NYSDOH, 2016) "provides breast, cervical and colorectal cancer screenings at no cost to men and women who:

- ✓ Do not have health insurance or health insurance that does not cover the cost of these screenings
- ✓ Cannot pay for these screenings
- ✓ Meet income eligibility requirements

- ✓ Meet age requirements: 40+ for Breast/Cervical, 50+ for colorectal screening"

For additional information about this program, call the Cancer Services Program of Genesee, Orleans, Wyoming and Niagara Counties at 585-344-5331.

Good Mental Health

Depression is more common in people who also have other illnesses or whose function becomes limited. You need to care for both your body and mind. Talk to your doctor about your mental health at your next visit. You can also learn about the mental health services that your local County Mental Health Department and/or Mental Health Association (MHA) offer.

This article is brought to you by Steps Up to Stop Falls in Genesee County. A program focused on helping older adults prevent falls to preserve their independence. For information about this program call 585-343-1611.

References

Center for Disease Control and Prevention, CDC. (2021, February 11). *How much physical activity do older adults need?* Retrieved from https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm.

New York State Department of Health, NYSDOH. (2016, March). *New York State Cancer Services Program*. Retrieved from <https://www.health.ny.gov/diseases/cancer/services/>.

GENESEE COUNTY OFFICE FOR THE AGING/NY CONNECTS IF YOU HAVE A COMPLAINT

Please direct your complaint, verbal or written, to the supervisor of NY Connects/Office for the Aging. The concern can best be handled by providing the office with details from you that include the date, time, and circumstances that are the basis of your complaint.

If you are not satisfied with the supervisor's explanation or you do not feel that there has been any resolution of your complaint, you may refer your concern to the Director of the Genesee County Office for the Aging by phone (585-343-1611) or in writing to:

Director
Genesee County Office for the Aging
2 Bank Street
Batavia, NY 14020

Or you may choose to refer your complaint to the New York State Office for the Aging by calling 1-800-342-9871.

GENESEE CAREGIVER

CARING FOR A LOVED ONE

Submitted by: **Jill Yasses, Specialist, Aging Services**

ARE YOU CARING FOR A LOVED ONE WITH MEMORY IMPAIRMENT?

The Alzheimer's Association – WNY Chapter and seven WNY Offices for the Aging, including Genesee County are part of the Alzheimer's Disease Caregiver Support Initiative (ADCSI). This program is funded through the New York State Department of Health and designed to support caregivers and people with dementia in the community.

The core services of this program include:

- Care Consultations
- Education
- Support Groups
- Safety Services
- Respite Services

To learn more about this program, please call the Genesee County Office for the Aging at 585-343-1611.



CAREGIVER SUPPORT SERVICES

The Genesee County Office for the Aging provides support to caregivers caring for those age 60+ and those of any age with memory impairment.

We encourage caregivers to contact our office at **585-343-1611** to find out what services are available to support you and the one you care for.

CAREGIVER SUPPORT GROUPS

3rd Thursdays at 1:00 PM—1:45 PM

Caregiver Moments: An Open Forum Focus on Caregiving

Opportunity for caregivers of individuals who may be forgetful and/or have confusion with or without a dementia diagnosis, to connect. For information, call NY Connects/ Office for the Aging at 585-343-1611.

3rd Thursdays at 1:45 PM—2:30 PM

Caregiver Moments: An Open Forum Focus on Grief following Caregiving

Opportunity for caregivers of individuals who may be forgetful and/or have confusion with or without a dementia diagnosis, to connect. For information, call NY Connects/ Office for the Aging at 585-343-1611.

For a complete list of available Support Groups, go to

<http://www.co.genesee.ny.us/docs/OfficefortheAging/>

Support Groups Updated 5 26 2017.docx

Feeling the Stress?

Genesee County Mental Health

Providing phone, video and in-person Sessions—accept most insurances

585-344-1421

Care & Crisis Helpline

585-283-5200

Text Line: 741741

NY Project Hope

Free service

1-844-863-9314

Grief Groups go to *Grief.com*

Medicare Preventive Services Checklist

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

Services	How Often?	Cost to Beneficiary
Annual Wellness Exam	Once every 12 months after your first full year of Medicare Part B enrollment.	Medicare pays 100%
"Welcome to Medicare" Preventive Visit	Once within the first 12 months that you have Medicare Part B.	Medicare pays 100%
Alcohol Misuse Screening and Counseling	One screening per year. If provider recommended, up to 4 face-to-face visits per year with qualified doctor.	Medicare pays 100%
Abdominal Aortic Aneurysm Screening	One-time screening ultrasound.	Medicare pays 100%
Bone Mass Measurement	Once every 24 months for those with certain medical conditions.	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
Depression Screening	One screening per year done in a primary care setting that can provide follow-up treatment and referrals.	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 Screenings	Once every 12 months for those at risk.	20% of Medicare approved amount (subject to deductible)
Hepatitis B Shot	Based on risk factors. Ask your doctor.	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%
Mammogram Screening	Every 12 months for women age 40 and older.	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 shot is now covered at least 11 months after the first shot.	Medicare pays 100%
Prostate Cancer Screening	Once every 12 months.	Rectal exam subject to 20% coinsurance. PSA blood test covered 100%.
Smoking & Tobacco Cessation	Up to 8 face-to-face visits per year.	Medicare pays 100%
Sexually Transmitted Infection (STI) Screening/Counseling	Once every 12 months for those at risk.	Medicare pays 100%

For more information, contact your local Office for the Aging or call the Health Insurance Information Counseling and Assistance Program (HIICAP) at 1-800-701-0501.



➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Jules Rosenman to place an ad today!
jrosenman@lpseniors.com or (800) 477-4574 x6421



We deliver library services to older adults in Genesee County who are unable to visit the library.

Richmond Memorial Library
343-9550 option 6 • LibraryVisits@nioga.org
A Muriel H. Marshall funded program administered through the Rochester Area Community Foundation

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ask marshall
Answers, Ideas and Resources for Older Residents of Genesee County



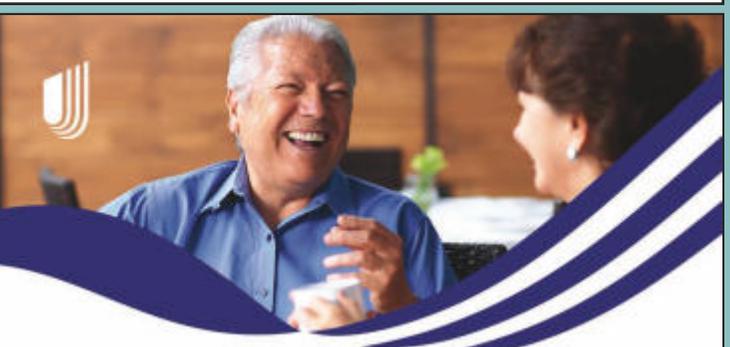
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I'm Jacky Smith, a licensed sales agent in New York. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs. **Take advantage of my knowledge and experience to:**

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One State Street, Batavia

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Subsidized Senior Housing Complex

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If you are a senior in Genesee County and are lonely because of social distancing during COVID 19, please call us to learn how our **TELEPHONE VISITATION PROGRAM** can benefit you. Sign up to receive a regular phone call at least once weekly, from one of our dedicated volunteers, assigned specifically to you!

Our goal is to reduce the increased loneliness caused by this pandemic and for the conversations to become a bright spot in your week. 585-481-5224

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