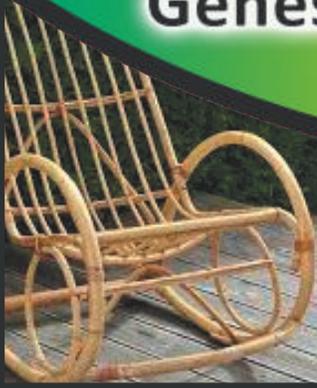


May 2021



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

SPRING IS IN THE AIR AND THE SHOOTS ARE SHOWING!

I always get so excited at this time of year when I begin to see the first signs of spring. There was a Red-winged blackbird at my feeder over the weekend and the daffodils in front of our office are just starting to show their shoots now as the snow pack disappears. It feels like spring is coming. I am tracking mud into the house and really need to wash the car. We are thinking about a garden for the summer. I have to be careful not to rush and plant too early or those tender plantings that I am looking to get started from seed and purchase from the nursery will get frosted out. My snowman decorations were just taken down and the spring decorating is starting to happen at my house and my office. I even did a little spring cleaning over the weekend.

Last year when I wrote the May article we had all just begun on the COVID-19 journey and had no idea what was going to happen. I found it reassuring to notice the little everyday things that brought normalcy. While in many ways we still don't know what will happen next, I do feel more hopeful and less frightened. I am excited that there is more opening and less closing, growing access to vaccines and potential for socializing and travelling seem not so far off. What a difference a year makes! More than ever I appreciate the everyday things in my life such as the crisp air in the

Article Continued on Page #3

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

WEDNESDAYS:

MAY 5TH

JUNE 7TH

Genesee Senior Foundation, Inc.

Thursday: June 10th

Website Address for the Genesee County Office for the Aging

www.co.genesee.ny.us

GENESEE SENIOR FOUNDATION DONATIONS

John Caccamise
Alexander & Lynn Kozuch
Michael & Kay Miggins
Tom & Sue Ricci

THANK YOU!

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.

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, Recreation/Senior Trips, Medical Transportation 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!

From the Desk of Diana Fox Article Continued from Cover Page

morning (sometimes with bright sun), the stars in the sky at night when I take my dog, Daisy, outside. I still love the first cup of coffee, although I am drinking more decaf these days and the taste of homemade donuts that my husband started making this past year. More often than not, I will start to go outside for walks and soon hope to be sitting on my deck watching the yard come to life as the days become longer and warmer and the shoots start showing, and then blooming and spring makes way for summer.

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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.

BATAVIA COMMUNITY GARDEN

Submitted by: Leslie Moma

The Batavia Community Garden was established in 2011 by graduates of Leadership Genesee. They partnered with the City of Batavia to transform the abandoned wading pool at MacArthur Park into a vibrant community garden. The garden continues to develop each year. The small number of original garden beds has increased to 42 over the years. These traditional wood-framed raised beds range in sizes from 4x4 ft. to 4x8 ft. Over the past few years, new trough-style raised beds have been added to the collection. These beds have provided members with physical limitations easier access to gardening.

Members grow a variety of vegetables and flowers in their gardens. It is not unusual to see artichoke, broccoli, Brussel sprouts, and tomatoes, of course. But a good number of gardeners grow flowers for cutting which adds to the vibrancy of the garden. Master Gardeners volunteer their time at the Community Garden to assist both novice and seasoned gardeners with their questions. Often, surplus produce and flowers are donated by gardeners to local organizations.

The 2021 garden season begins May 22nd and runs through October 23rd. Bed rentals range from \$20.00 to \$30.00 for the season, and the application is available through the City of Batavia website <https://www.batavianewyork.com/community-garden>.

TALKING WITH SOMEONE IS GOOD FOR YOUR HEALTH

Submitted by: Peg Patterson, Home Visitation Program

All this social distancing and staying in place has now been going on for over a year. Who would have ever imagined last March we would be still in this situation? Due to this, we are all feeling a bit more disconnected and/or isolated. Individuals 60+ years of age naturally begin to see their social circles getting smaller, and finding opportunities to just visit/talk with others becomes even more difficult in “normal” years. This is the Home Visitation Program in a nutshell. This program is FREE of charge and not based on income levels thanks to the Marshall Fund! You simply need to be 60 years old or older.



Our volunteer driven program provides a weekly phone call during this COVID period to a client for the sole purpose of friendly conversation. These friendly calls are designed to be 60 minutes in length for general conversation, sharing stories and likely, some laughs. Sometimes, clients find it hard to talk that

long. The flexibility of this program allows the volunteer and client to decide if either a shorter call or possibly more than one call a week works best. The beauty of this program is **you**. **You**, the client, along with your volunteer manage and work out all the details. It's about your comfort level, schedule and needs in order to decrease social isolation.

All our volunteers go through training, background checks, and provide their areas of interest. We work hard to match up people with common interests, likes/dislikes and from similar areas of the county. We always like to match veterans with other veterans for their camaraderie is like no other.

WHEN these sheltering in place restrictions ease up, we are hoping to reopen for in-person visits when given clearance from our CEO/Board. However, if your comfort level is not there yet, you may remain choose to continue with phone calls, that is your choice. We are currently gathering information from our new clients over the phone for added safety. We will come meet with you once we have clearance from our CEO/Board to resume visits.

How about it? We have volunteers all trained and ready to start connecting with you. Give us a call at **585-343-0614 Ext. 18**. Please leave your name and number if you get the voicemail as we are continuing to work remotely and check our messages daily. I look so forward to hearing from you. Thanks, Peg @ Catholic Charities Home Visitation Program.



Call us at (585) 815-7979

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

Visit our website at askmarshall.net

The ask marshall family of programs include:

- Financial Management
- Handyman Services
- Friendly Home Visits
- Library Visits
- Transportation Coordination
- Volunteer Opportunities



Submitted by: Lucine Kauffman, Coordinator

Did you know that a small selection of Memory Care books is available to borrow at Richmond Memorial Library? These books feature beautiful photos and illustrations accompanied by brief poems, Bible verses, or short descriptions. Many of these books feature EXTRA LARGE print.

Memory Care books can help readers to access memories, spark imagination, bridge the gap between generations, create connections, ease boredom and much more. They are a helpful tool for those with low vision, memory challenges, or cognitive impairments.

Look for the Memory Care books in the Large Print Non-fiction section.

Or, contact The Library Visits Program to find out if you qualify for free delivery of library materials to your home: 343-9550 Ext 6 or LibraryVisits@nioga.org.

REMINDER:

RTS GENESEE: OFA MEDICAL TRANSPORTATION PROGRAM

RTS Genesee provides transportation to medical, dental and therapy appointments for Genesee County residents 60 and older. This service is provided Tuesday, Wednesday, and Thursday 9:00 a.m. to 4 p.m. **(on Monday and Friday, service within the City of Batavia may be available).**

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 (585) 343-1611 if this is your first request; or for other transportation needs, provided by the Transportation Coordination Program.

NUTRITION NOTES

TEA

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

Let's take a break from a scholarly look at tea to define some of the more popular varieties and see how teas can be used in everyday cooking.

First, think of loose tea leaves as dried herbs and see what ideas for them come to mind. Here are some of the more common tea varieties.

Black: This tea has the most caffeine of any variety and provides very robust and full-bodied flavors ranging from malty to cocoa.

Oolong: There is slightly less caffeine in oolong tea leaves but it can still be bold in flavor. It tastes sweeter than black tea and has a somewhat "toasty" flavor. It is sometimes called "black dragon" tea.

Green: This tea does have less caffeine than the darker varieties. Its taste is more earthy and some people say it has a grassy, slightly bitter flavor.

White: This is the most delicate of teas and also the lowest in caffeine. It tends to have a light, smooth, and honey-like taste.

Herbal/fruit: We have mentioned these teas briefly in previous articles. They contain little or no caffeine and come from fruits, herbs, and flowers rather than tea trees and tend to have fruity or floral flavors.

Breakfast idea: Simmer a cup of milk with a few tea bags and let it steep for a few minutes. Remove the tea bags and use the tea-flavored milk to make your oatmeal.

Marinade for pork, chicken or steak: Because the tannins in tea act as a natural tenderizer, tea is ideal for meat and poultry marinades. Brew two cups of a black tea like Darjeeling, then cool it. Mix the cool tea with 4 tablespoons of a reduced sodium soy sauce, 1 tablespoon of maple syrup, and 2 teaspoons canola oil. Use this to marinate meat or poultry in the refrigerator for at least one hour. Discard the marinade when cooking your meat. Do not cook your meat in the marinade or pour it over cooked meat. It is not acidic enough to control bacteria growth at cooking temperature.

Enhance your desserts: Steep hibiscus or vanilla rooibus tea in milk, then use it to make custard or rice pudding or to add a unique flavor to boxed pudding mixes.

COVID VACCINE SAFETY AND EFFECTIVENESS

Submitted by: **Dorian Ely, Services Administrator**

Is the vaccine safe and effective?

After a COVID-19 vaccine is authorized by the FDA, many vaccine safety monitoring systems watch for adverse events (possible side effects). This ongoing monitoring can pick up on adverse events that may not have been seen in clinical trials. If an unexpected adverse event is seen, experts quickly study it further to see if it is a true safety concern. Experts then decide whether changes are needed in US vaccine recommendations.

In New York State, an added level of review was established to ensure COVID vaccine safety...

Will the vaccine give me COVID?

No. None of the vaccines being studied are made up of materials that can cause disease. For example, the first vaccines authorized for emergency use by the FDA use a small, harmless part of the virus's genetic material

ALCOHOL CONCERNS IN OLDER ADULTS

Submitted by: Diana Fox, Director

Generational differences in attitudes about substance misuse and abuse conditions can make it difficult for older adults to seek help. Because many older adults are not in the same environment on a regular basis (ex: job), concerns can remain undetected. Additionally, health care providers often overlook these problems leaving people without needed assistance.

There are special considerations facing older adults who drink, including:

Increased Sensitivity to Alcohol

Aging can lower the body's tolerance for alcohol. Older adults generally experience the effects of alcohol more quickly than when they were younger. This puts older adults at higher risks for falls, car crashes, and other unintentional injuries that may result from drinking.

Increased Health Problems

Certain health problems are common in older adults. Heavy drinking can make these problems worse, including:

- Diabetes
- High blood pressure
- Congestive heart failure
- Liver problems
- Osteoporosis
- Memory problems
- Mood disorders

Symptoms for Concern

- Slurred speech
- Unexplained injuries and bruises
- Memory loss or confusion
- Sleep problems
- Mood swings
- Anxiety or depression
- Loss of interest in things they once enjoyed
- Poor hygiene
- Less contact with friends and family
- Health Disparities

***Did you know** LGBTQ individuals are 2.5 times more likely to experience substance misuse compared with heterosexual individuals?*

***Did you know** that Alcohol-induced mortality rates for American Indians is 50.0 compared to 7.6 for all other races?*

Resources:

SAMSHA National Help Line: 1-800-662-HELP (4357)

NYSOASIS 24/7 HOPEline: Call 1-877-8-HOPENY | Text 467369.

CAREGIVER SUPPORT SERVICES

Submitted by: Jill Yasses,
Specialist, Aging 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.

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**.

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.

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](http://www.co.genesee.ny.us/docs/OfficefortheAging/SupportGroupsUpdated5262017.docx)

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Care & Crisis Helpline
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Text Line: 741741

Mental Health Hotline
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1-844-863-9314

Grief Groups go to Grief.com



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COVID VACCINE Article Continued from Page #6

called 'mRNA'. This is not the virus. mRNA vaccines teach your body to create virus proteins. Your immune system develops antibodies against these proteins that will help you fight the virus that causes COVID-19 if you are exposed to it. That is called an immune response.

Is it safe to get a COVID-19 vaccine if I have an underlying medical condition?

Yes. COVID-19 vaccination is especially important for people with underlying health problems like heart disease, lung disease, diabetes, and obesity. People with these conditions are more likely to get very sick from COVID-19. Please consult with your health care provider if you have specific questions about the COVID vaccine and your health.

Will the vaccine make me sick?

You may not notice any changes in how you feel after getting the shot. But it's also possible to feel a little “under the weather...” It is the body's immune response to getting vaccinated and a sign that the vaccine is starting to work.

After the COVID-19 vaccine, you may have:

- A sore arm where you got the shot
- A headache
- Chills
- Fever
- Tiredness

Over the counter pain relievers and fever reducers may help. You should feel better in a day or two. If you still don't feel well after two or three days, talk to your health care provider.

How long will vaccine immunity last?

Researchers do not yet know how long immunity lasts after vaccination. That's why continuing prevention practices like wearing a mask, washing your hands regularly and social distancing will still be important.

I tested positive for COVID antibodies. Do I still need the vaccine?

Yes. The CDC recommends that you get vaccinated even if you have already had COVID-19, because you can be infected more than once. While you may have some short-term antibody protection after recovering from COVID-19, we don't know how long this protection will last. Vaccination is the best protection, and it is safe. People who get COVID-19 may have serious illnesses, and some have debilitating symptoms that persist for months.

If I get a COVID-19 vaccine, do I still need to wear a mask and social distance?

Yes. You will need to continue to wear a mask, practice social distancing and good hand hygiene for the foreseeable future as the vaccine gets rolled out in phases.

Experts need more time to understand the protection that COVID-19 vaccines provide before deciding to change recommendations on mask use. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.

Excerpts from: <https://covid19vaccine.health.ny.gov/frequently-asked-questions-0>

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