

August 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

SUMMER IN GENESEE COUNTY

Summer is in full swing as this newsletter arrives to you. Have you been taking advantage of the warmer weather and all of the activities that are returning to us with the increase in vaccinated people? If you need assistance in getting a vaccine, please contact our office for assistance.

As a child, summertime in my family meant time for camping. My parents had a travel trailer, and then due to the energy crisis in the 1970's we began tenting. One summer we travelled all the way from Batavia to California with our little Chevette and a tent. As adults, my husband and I started camping with a tent and have now "graduated" to a little pop-up camper. Every year we open it up and make an assessment as to what repairs or maintenance it will need, get it inspected and plan for camping weekends in the area. I like being out in the woods and surrounded by nature, taking walks around the campsite community, and sitting by the campfire. Other summertime past times that I enjoy are going to baseball games, yard sales, gardening, biking, reading in a shaded spot on my deck and watching the birds in our yard. This year many of the activities that were cancelled last year are back for all of us to enjoy. Some of these activities are a little different than they were in the past, but I do hope you take the opportunity to engage in your favorite summertime fun.

Here at the Office for the Aging, we have begun to start some of our previous activities and will continue working to return to more "normal" operations as the year continues to unfold. If you have ideas for new programs and activities that you would like to have offered, please let us know. We are eager for your ideas!

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
No MEETING IN AUGUST

Genesee Senior Foundation, Inc.
Thursday, August 12

Enjoy the summer!

MEDICARE 101 CLASS

Genesee County Office for the Aging
2 Bank Street, Batavia

Reservations required—Seating is limited

Call for information & reservation
585-343-1611

For Individuals with disabilities, or language interpretation needs, requests for reasonable accommodations should be made with at least five days' notice

This program is provided to you through grants funds from the New York State Office for the Aging, Administration on Community Living, and the generous support of the Genesee County Legislature.

COUNTY OFFICE FOR THE AGING/ NY CONNECTS GENESEE CARE OPTIONS

IF YOU HAVE A COMPLAINT

Direct your complaint, verbal or written, to the supervisor of:

NY Connects Genesee Care Options/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 there has been any resolution of your complaint, you may refer your concern to:

Director
Genesee County Office for the Aging
585-343-1611

or in writing to:

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

Or, you may choose to refer your complaint to:

New York State Office for the Aging
1-800-342-9871.



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.

SEVEN (7) TIPS FOR AVOIDING ELDERLY HEAT STROKE & EXHAUSTION

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

Hot weather is dangerous, and seniors are particularly prone to its threat. Elderly heat stroke and heat exhaustion are a real problem. In fact, a recent University of Chicago Medical Center study found that 40% of heat-related fatalities in the U.S. were among people over 65.



There are several reasons for elderly heat vulnerability. People's ability to notice changes in their body temperature decreases with age. Many seniors also have underlying health conditions that make them less able to adapt to heat. Furthermore, many medicines that seniors take can contribute to dehydration. Fortunately, a few simple precautions are all that's needed to keep safe.

Here are some guidelines for keeping safe in hot weather:



1) **Drink Plenty of Liquids**

Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.

2) **Wear Appropriate Clothes**

An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.

3) **Stay Indoors during Mid-day Hours**

During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler.

4) **Take it Easy**
Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.

5) **Watch the Heat Index**
When there's a lot of moisture in their air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.

6) **Seek Air-conditioned Environments**
Seniors whose houses aren't air-conditioned should consider finding an air-conditioned place to spend time during extreme heat.

The mall, library or movie theaters are all popular options. During heat waves, many cities also set up "cooling centers," air-conditioned public places, for seniors and other vulnerable populations. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.

7) **Know the Warning Signs of Heat-related Illness**

Dizziness, nausea, headache, rapid heartbeat, chest pain; fainting and breathing problems are all warning signs that help should be sought immediately.



**THE ABOVE INFORMATION PROVIDED BY A Place for Mom—Connecting Families to Senior Living*

Website Address for the Genesee County Office for the Aging

www.co.genesee.ny.us

GENESEE SENIOR FOUNDATION DONATIONS

Suzanne Berardini
John Caccamise
Shirley Teachen
Aileen Ziehm

THANK YOU!

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, 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!



NEW PROGRAM

GOT GROCERIES?

Submitted by: Amy Swanson,
Specialist, Aging Services

A new program, a new way to get those needed groceries! This program is designed specifically for individuals who meet following criteria:

- 60 years of age and older
- With the ability to pay for own groceries
- Unable to do own shopping
- Unable to order via internet

OFA is seeking volunteers and individuals desiring assistance. Please call NY Connects/OFA at 585-343-1611 for information.

Thank you to the *Muriel H. Marshall Fund for the Aging* at Rochester Area Community Foundation for providing the seed money to launch this new program!

NOTE: Program is not able to use SNAP benefits at this time.

HEAT-RELATED ILLNESSES: WHAT ARE THEY & WHAT CAN YOU DO?

Submitted by: Kaitlin Pettine, Public Health Educator

Too much heat and being hot for too long can cause several illnesses. It is important to get relief from the heat quickly so that you avoid feeling dizzy and reduce your risk of fainting and falling. Here are some heat-related illnesses that occur when the body is unable to cool itself and what you should do if you are experiencing symptoms.

Heat syncope

Heat syncope is a mild form of heat-related illness that can occur when you are active in hot weather. It results in sudden dizziness and fainting when the body tries to cool itself causing the blood vessels to dilate reducing blood flow to the brain. If you take beta-blockers (heart medication) or are not used to being in hot weather, you are even more likely to feel faint and dizzy. What should you do if you start to feel dizzy? Find a cool place where you can put your feet up, cool down and drink water.

Heat cramps

Heat cramps occur when the muscles in your stomach, arms or legs tighten and cause pain. This can occur from working or exercising in hot or humid weather and can be associated with dehydration. Other symptoms include heavy sweating and mild nausea. If you experience heat cramps, find a place to relax in the shade or in a cool building and drink plenty of cool fluids such as water or sports drinks. You can apply firm pressure to the cramping muscle and gently stretch the muscle and hold it for 20 seconds.

Heat edema

Heat edema is swelling in your ankles and feet caused by excess fluid trapped in your body's tissue. To reduce the swelling, elevate your feet and lower your salt intake. If this does not work quickly, you should contact your doctor.

Heat exhaustion

Heat exhaustion occurs when your body can no longer keep itself cool. Symptoms may include heavy sweating, fainting, vomiting, dizziness, headache, nausea, and weakness. Some people will have cold, pale and clammy skin and

experience a rapid pulse. Heat exhaustion can quickly lead to heat stroke so it is important to rest in a cool place and drink plenty of fluids. Loosen clothing and apply cool, wet cloths to the neck, face, and arms. If you do not feel better soon, it is important to seek medical care so that it does not progress to heat stroke.

Heat stroke

Heat stroke is a very dangerous rise in your body temperature that can be deadly. Symptoms include a rapid pulse, high body temperature (above 105°F), loss of alertness, confusion, unconsciousness or coma, rapid and shallow breathing and hot, dry, red skin. If you are experiencing heat stroke, you need to seek medical care and it is important to act fast by calling 911 immediately. Move to a cool place and apply wrapped ice packs to your neck, wrists, ankles and armpits.

When the temperature climbs above 80°F, be proactive and take precautions to avoid the heat. Remember to seek medical care if you fall or if you have symptoms of heat-related illness such as muscle cramps, headaches, nausea or vomiting. For more information and support, contact Step Up to Stop Falls in Genesee County by calling 585-343-1611.

References

National Institute on Aging. (2016, June 15). *Hot weather safety for Older Adults*. Retrieved from <https://www.nia.nih.gov/health/hot-weather-safety-older-adults>.

Centers for Disease Control and Prevention, CDC. (2017, September 1). *Warning Signs and Symptoms of Heat – Related Illness*. Retrieved from <https://www.cdc.gov/disasters/extremeheat/warning.html>.

ask marshall

Answers, Ideas and Resources
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Financial Management • Handyman
Friendly Visits • Library Visits
Transportation • Volunteer!

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LET'S TALK ABOUT CORONAVIRUS SCAMS

In-Home Financial Management Assistance in Genesee County

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

The following information was obtained from the Federal Trade Commission.

During the past year, the COVID-19 pandemic and its economic fallout have reminded us how important it is to help each other through difficult times. Let's remember one of the best ways to help your friends and family is to pass on what you know about how to spot and avoid Coronavirus-related scams.

Here are some things to share:

- **COVID vaccines are free.** If anyone charges you for help signing up or the shot itself, it's a scam.
- **Scammers may pose as government** and contact you to ask for payment – in cash, gift cards, wire transfer, or cryptocurrency. The government will never ask you to pay in any of those ways, but scammers will.
- **FEMA's not reaching out to rescue you** to help with funeral costs of family members who died due to COVID-19. FEMA will not contact you before you register with them. Only scammers will.
- **Shopping online** is less of an adventure than it was early in the pandemic, but it still pays to do some checking before you buy. If you find yourself shopping on a site you don't usually do business with, search online for their name plus "complaint," "review," and "scam." See what others think of them before you hand over your credit card number.
- **Think critically about your sources of information.** When you're looking for pandemic-related help, start with sites like Coronavirus.gov (<https://www.coronavirus.gov/>) and usa.gov (<https://www.usa.gov/coronavirus>) to get the latest information directly from the government.

Lifespan offers presentations and assistance on fraud, scams and identity theft. For presentations and free in-home assistance with budgeting and bill paying service, call **ask marshall** at 585-815-7979 or email askmarshall@co.genesee.ny.us.



SCAM FREE GENESEE

Library Visits

Submitted by: Lucine Kauffman, Coordinator

Caregiving is challenging and can sometimes be overwhelming. Fortunately, there are many programs in Genesee County that can help older adults and their caregivers improve their quality of life.

One of those programs is The Library Visits Program (LV) -- a volunteer-based program administered by the Richmond Memorial Library in Batavia. LV is a member of the *ask Marshall* family of programs.

Our volunteers and staff offer an array of services including recommending and delivering library materials; preparing a bag of library materials for quick pick up; and providing basic, in-home tutoring for computer and mobile devices such as smartphones and tablets.

If you are caring for a loved one who has limited mobility, let us help eliminate one stop from your errand list!

Genesee County residents who are at least 60 years old and unable to visit the library due to long or short term illness or disability, or lack of transportation, may be eligible for services through the Library Visits Program.

To apply or volunteer, please call **ask marshall** at 585-815-7979 or email askmarshall@co.genesee.ny.us.

The Financial Assistance and Library Visits Programs are funded by a grant from the Muriel H. Marshall Fund for the Aging in Genesee County; the fund is overseen by the Rochester Area Community Foundation.

NUTRITION NOTES**CANTALOUPE**

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

One of the best treats of summer is fresh cantaloupe, available in farmers markets throughout the month of August.



Cantaloupe is noted for its creamy colored skin and the characteristic netting that covers the surface of each melon. You will find homegrown cantaloupe differ greatly from those shipped to supermarkets.

- First, local melons are picked at their peak of ripeness, which translates into a much sweeter flavor.
- In addition, the melon flesh will be a deeper color, containing greater levels of important nutrients than those that are brought into supermarkets from far off places.
- You will also find local melons have a smaller seed cavity and thinner rind, meaning that a greater portion of the melon will be edible fruit. Shipped-in varieties are often harvested before they are fully ripe, allowing for easier shipping, but leaving a smaller percentage of the melon as fruit.

Be sure to thoroughly wash the outside of your melon. Although it is somewhat rare, the netting on cantaloupe can harbor salmonella bacteria that can cause illness. These bacteria can stick to your knife as you slice open the cantaloupe and be transferred to the flesh you will eat. A good scrub will eliminate any potential contamination leaving you with a fresh, sweet treat. Once washed, you should store your melon in the refrigerator to keep it fresh unless you plan to eat it right away.

With all the benefits and the delicious taste of fresh cantaloupe, you may not need to store it for long! Cantaloupe is refreshing as well as very high in nutrition, which makes it an excellent choice for a summer snack or meal. It is very high in **Vitamin A** and beta carotene, as much as 30 times higher than the levels found

in oranges. These powerful antioxidants make cantaloupe an excellent choice in guarding against many forms of cancer. Melons also have high levels of **potassium**, which helps to control heart rate and blood pressure, important in minimizing your risk of stroke and heart disease.

Not only is cantaloupe high in nutrition which helps to maintain our health, it is also low in calories, cholesterol, fats and sodium. What more could we ask for in fruit than to help guard against many diseases while helping keep us fit and trim!

For a summer treat, pulse a few cubes of cantaloupe in your food processor and spoon it over orange or lemon sherbet, or vanilla ice cream. YUM!

**“Do You Remember These?”**

Connie introduces new co-host, Charley

Listen to our radio show! Tune in to WBTA at 1490 AM or 100.1 FM
Sundays 9:00 a.m. or 9:00 p.m.

Or listen afterward online at:

<http://wbta.com/do-you-remember-these/>

We'd love your feedback about the show!

Write DYRT@WBTAi.com

Lots of topics & music to take you back to fun memories!

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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, call
Genesee County OFA at 585-343-1611.

HEY CAREGIVERS, IT MAY BE TIME FOR A BREAK!

Submitted by: Jill Yasses,
Specialist, Aging Services

The past 14 months have been difficult on all of us, but especially for caregivers caring for a loved one.

If you are a caregiver caring for someone with memory impairment you may be eligible for short term respite (a break)!

In collaboration with the NYS Department of Health and the Alzheimer's Association – WNY Chapter we are able to fund the following respite options (pending availability): Overnight respite, visits to a social adult day program or in-home respite including consumer directed. Please call the Genesee County Office for the Aging at 585-343-1611 for more information.

A VIRTUAL SOCIAL HOUR FOR CAREGIVERS

Submitted by: Jill Yasses,
Specialist, Aging Services

Grab your favorite beverage and meet up
with other caregivers.

Please join us virtually the last
Wednesday of every month at 1:30pm for
an hour of informal conversation.

If you are interested learning about this new
virtual opportunity please contact the Office for the
Aging/NY Connects at 585-343-1611.

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:
[http://www.co.genesee.ny.us/docs/OfficefortheAging/
Support Groups Updated 5 26 2017.docx](http://www.co.genesee.ny.us/docs/OfficefortheAging/Support%20Groups%20Updated%205%2026%202017.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

Mental Health Hotline (free service)

1-844-863-9314

Grief Groups go to Grief.com

OVERDOSE AWARENESS DAY 2021 GOW OPIOID TASK FORCE

Submitted by: Christen Ferraro,
GRHF Project Coordinator

International Overdose Awareness Day was created in 2001 by Sally J Finn at The Salvation Army in St Kilda, Melbourne, Australia. This day takes place every year on August 31st and is the world's largest annual campaign to help end overdose. Since it began, many community members and organizations around the world have held events to raise awareness and remember those who have been lost to drug overdose. In 2020, there were 602 Overdose Awareness Day events held in 37 countries. Each year the Genesee-Orleans-Wyoming Opioid Task Force, a program at GCASA, aims to bring awareness to this day and help reduce the stigma, commemorate the lives that have been lost, and acknowledge the grief of family, friends, and loved ones. Now more than ever, it is important to continue to raise awareness of this day, remember the lives that have been lost, and reach out to loved ones that may be struggling.

To learn more about resources in your area or what the GOW Opioid Task Force will be doing for Overdose Awareness Day on August 31, 2021, visit www.gowopioidtaskforce.org or contact project coordinator, Christen Ferraro, at (585) 815-1863 or cferraro@gcasa.org.



AmeriCorps Seniors

CAN YOU HELP AN OLDER ADULT?

Join AmeriCorps Seniors and volunteer to drive older adults without other transportation options to medical appointments or explore other opportunities to make a difference! Mileage reimbursement is provided.

If interested, please contact AmeriCorps Seniors at 585-343-1611 or OFA.Dept@co.genesee.ny.us

NEED HELP GETTING A COVID-19 VACCINE?

COVID-19 vaccines are safe and effective. They are saving lives, bringing hope, and helping many around the country resume regular activities.

If you need assistance obtaining this free vaccine, we can help. Call NY Connects/Office for the Aging at 585-343-5413.

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GENESEE COUNTY OFFICE FOR THE AGING

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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

*C. B. Beach &
Son Mortuary, Inc.*

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CHARLES A. HERMAN, Funeral Director
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