

October/November/December, 2021

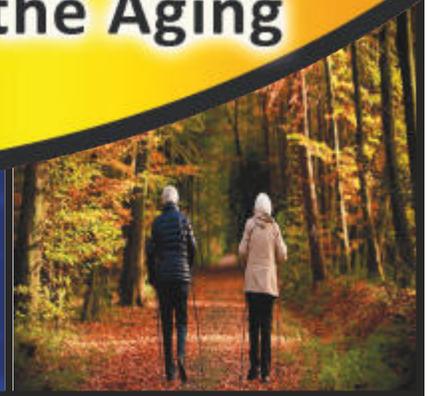


GENE-SENIOR

Genesee County Office for the Aging



**VACCINATE
NEW YORK**



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

FALL IS HERE!

Poof! And just like that fall is here! Did this summer fly by for you? It seems to me that just as I was getting settled into the summer it was coming to an end.

I was really hoping that we would have been able to become fully operational again by now. However, the COVID-19 virus and its variants have really put a wrench into my plans and probably into some of yours. While we were able to return to some of our in-person activities and reopened some group dining sites, we couldn't get them all back open. We did get other activities back in place such as Medicare 101, Aging Mastery Program, Chronic Disease Self-Management classes, Powerful Tools for Caregivers, and a support group. You will find more information about these inside this newsletter. We have also begun to do limited (by appointment only) face to face appointments and home visits.

Due to COVID, things do change when it comes to lifting or implementing restrictions to keep us all safe, but some things have not changed: Being fully vaccinated is an excellent defense to avoid becoming seriously ill with COVID; masking and keeping a 6ft distance from others, especially inside, avoiding crowds; and washing your hands frequently. Take care of yourself and each other.

I continue to be hopeful that 2022 will be different. In addition to some renovating of our program areas we would like to provide new, additional programs. If you have ideas for programs and activities that you would like to volunteer for or have thoughts of what you would like to attend 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

Wednesday
October 6th
November 3rd
December 1st
2:30 pm

Genesee Senior Foundation, Inc.

Thursday, October 14th
Thursday, December 9th
2:00 pm

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



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facebook

ask marshall

Answers, Ideas and Resources
For Older Residents of Genesee County

Financial Management • Handyman
Friendly Visits • Library Visits
Transportation • Volunteer!

(585) 815-7979

Housed at the Office for the Aging

MEDICARE 101 CLASS

WEDNESDAY, OCTOBER 27TH
5:30 PM

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.



NY CONNECTS GENESEE CARE OPTIONS in Genesee County



NY Connects
Your Link to Long Term
Services and Supports

1-800-342-9871

NY Connects Genesee Care Options is here to help you. Whether you are an older adult, person with a disability or a 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 is funded through grants from NYS Office for the Aging, NY Connects, Administration on Community Living, and the generous support of the Genesee County Legislature.

COMMUNITY CARE CONNECTIONS

Mary Rose McBride, Lifespan VP Marketing & Communications

Do you have difficulty managing your medical appointments, medications, and health conditions? Have you had emergency department visits and/or been in the hospital too often? Are you trying to manage the care of a parent or spouse? We can help you take on health care challenges.

Lifespan's Community Care Connections service is now available in Genesee County, and we may be able to help you.

Our Licensed Practical Nurses (LPN) can schedule and track medical appointments for you, arrange for transportation and even meet you at your appointments. As your advocate in the doctor's office, we can ensure your health questions are answered, and we keep track of your doctors' instructions.

We can make sure you're taking the right medications at home and help you understand your health conditions. If you're a full-time caregiver, we can connect you to respite, so you can take a break.

Our social workers provide guidance and can link you to supports such as meals, financial management assistance, chore services, fall prevention workshops, financial benefits and more. Social workers also provide information and guidance for caregivers and help ease the stress of caregiving. Even better, our services are provided at no cost to you.

A client sent us this note: "I just don't know what I would do without my health care coordinator. She keeps me on target with my appointments and things. Some of my appointments she goes there with me to make sure I understand what the doctor or therapist is telling me. To me she's invaluable. Before I got associated with her, I was missing appointments. She got me a calendar so I could write down everything. I talked to dieticians who are helping me eat better because I'm a diabetic, and I've not been in control of my diabetes for a long time. Every service that they have provided to me have been very, very helpful."

To learn more, give us a call at 585-244-8400 ext. 270 or email CCC@lifespanrochester.org
Lifespan is a regional nonprofit providing information, guidance and services for older adults and caregivers.



**SCAM FREE
GENESEE!**

AGING MASTERY PROGRAM® (AMP) JOIN THE VIRTUAL ADVENTURE!

AMP is a comprehensive and fun approach to positive aging by focusing on key aspects of health, finances, relationships, personal growth, and community involvement. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results. Mastery comes from turning these lifestyle changes into habits that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

The program will be held virtually on Tuesdays and Thursdays (excluding Veteran's Day), October 12 through November 16, 2021 - 10:30-11:45am.

This is a free program but space is limited! Register TODAY! If you are 55 years old or older and interested in learning more about the VIRTUAL AMP, please contact the Genesee County Office for the Aging/NY Connects at 585-343-1611.

This work is funded through grants from NYS Office for the Aging, NY Connects, Administration on Community Living, The Health Foundation of Western and Central NY, Population Health Collaborative and the generous support of the Genesee County Legislature.

CELEBRATING 35 YEARS HONORING DONNA SCHUNK

Submitted by: **Kimberly Perl,
Specialist, Aging Services**

We are celebrating, and are very thankful for, Donna Schunk, our LeRoy (rural route) Home Delivered Meals driver. She has reached a HUGE milestone - 35 YEARS delivering meals for the Office for the Aging. Yes, folks - 35 YEARS!!! Donna is an amazing person with a beautiful smile that brings joy to our clients every Monday-Thursday. THANK YOU DONNA for your constant dedication to our organization and to the people of Genesee County. You are truly a diamond that shines brightly for all!





NY Project Hope
Coping with COVID

New York's free and confidential COVID-19
Emotional Support Helpline
8am - 10pm / 7 Days
1-844-863-9314
www.NYProjectHope.org

A program of the NYS Office of Mental Health | Funded by the Federal Emergency Management Agency

Website Address for the Genesee County Office for the Aging

www.co.genesee.ny.us

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!



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: Got Groceries? is not able to use SNAP

(Supplemental Nutrition Assistance Program) *benefits at this time.*



NEW YORK STATE OFFICE FOR THE AGING LEARNING CHANNEL!

GetSetUp offers an online platform and community that helps older adults enjoy more fulfilling, independent and socially connected lives through learning.

<https://www.getsetup.io/partner/nystate>

Use the coupon code: **NYSTATE** while booking your class.
(This will waive your fee for PAID classes)





Submitted by: Lucine Kauffman, Coordinator

There's a chill in the air! Now is the perfect time to snuggle up with a book or watch a movie.

It's also the perfect time for "armchair travel" to a far away, exotic location! We have lots of travel books and DVDs to choose from.

No packing, crowded airports, adjusting to different time zones, nor traffic to contend with. Just relax with your favorite warm beverage in the comfort of your own home.

So, where do you want to go this winter? Let us bring the world to you!

Richmond Memorial's Library Visits (LV) Program delivers library services to older adults in Genesee County who are unable to visit the library due to a long or short term illness, disability, or lack of transportation.

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

For more information visit
<https://www.batavialibrary.org/libraryvisits>



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.

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



**AmeriCorps
Seniors**

NUTRITION NOTES

BRUSSEL SPROUTS

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

You either "love 'em" or hate them!!

Brussels Sprouts are a member of the cabbage family like cauliflower, broccoli, and horseradish. They are also a



cruciferous vegetable, so named because the flower which emerges prior to the sprouts has four petals which resemble a cross. The word "cruciferous" means 'cross-bearing' in Latin.

One interesting characteristic of Brussels Sprouts is the way they grow. Although they resemble the structure of a head of cabbage, the sprouts are produced on a stem in the leaf axils, starting at the base of the stem and working upward.

The origin of the cultivated vegetable known as Brussels sprouts is not exact, but the French coined the name in the 18th century when it was common to put a landmark on a food. Whether they actually were developed in Brussels in Belgium is not certain. However, there are records of Brussels Sprouts around where Brussels currently stands as far back as the 13th century, and proof of their cultivation in Brussels in the 16th century.

When choosing fresh sprouts, make sure they have a small tight head, good green color and are firm. Avoid mushy ones or sprouts that are drab green and yellow.

Nutritionally Brussels sprouts contain a lot of Vitamin C, one reason why they appear occasionally on our menus. A second reason is the amount of dietary fiber they contain. Fiber helps us maintain a healthy weight and has been proven to lower the risk of diabetes, heart disease and some types of cancer. A half cup of sprouts contains only 28 calories, less than half a gram of fat, and no cholesterol.

Brussels Sprouts have a reputation as a very strong flavored vegetable. This is only true if they are over cooked because as the cell walls break down a very strong sulphur like flavor is produced. Brussels sprouts cut after the first light frost contain more natural sugar and are less likely to taste bitter.

Sprouts can be boiled, steamed, stir fried, roasted, and even grilled on a BBQ. Adding lemon juice to cooked Brussels sprouts can cut the slightly bitter taste of older or overcooked sprouts.

SCAM FREE GENESEE!

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

The following information was obtained from ZipRecruiter.com and contributed by Karen Hall, coordinator of Lifespan's Financial Management Assistance program, a Muriel H. Marshall funded service providing free in-home assistance with budgeting and bill paying.



No Interviews! Amazing paycheck! Make your own hours! Sometimes jobs sound too good to be true. In most cases, they are. They may even be illegal. "Red Flags" that may be a sign of a scam include any job that requires a new employee to pay them first, asks for their credit card or bank information, or promises access to government jobs that are not made public. Make sure that you do some research on a company before you sign up to work with them. If they don't have much of a presence on-line you should be suspicious.

Here are three popular job scams to look out for:

1. **Repackaging Scams:** What if making money was as easy as receiving a package in the mail, placing it in another box, and shipping it off? Well, it's not. If you get an offer like this, you're likely being asked to ship items that are stolen or illegal, like drugs. Not only is it against the law, but you could be arrested just for having them in your possession. Ignore any offers that come your way for re-packaging work.
2. **Money-Laundering Schemes:** If you have ever seen a TV show or movie that featured money laundering in its storyline, then you already know that you don't want to get mixed up in it...or with the people who do it. A sure tell sign that you're being asked to join this type of scam is if you are asked to share your banking details, then receive checks to deposit and instructions telling you to send money to someone else. No matter what their justification, don't fall for it. They are trying to use you as a "money mule" to launder illegally obtained money. Another tactic might involve them stealing your money. For example, they could send you a big check, claim they sent you too much, then ask you to mail them back a check for half the amount. Meanwhile, their check will bounce, and you'll have sent them your own hard-earned cash.

3. **Call Center Scams:** If you take a job at a call center, make sure you pay attention to the sales script you're given. If the product your selling seems too good to be true-well, you know the rest. Or you may be asked to tell them that they are in danger of being sued and then convince them to sign up for protection program. If your role involves trying to get someone's credit card details through scare tactics or wild promises, you are likely involved in stealing their identity or their money. You may be given a script from your employer but you're the one who will have to deal with the courts

Lifespan offers presentations and assistance on fraud, scams and identity theft. Call Karen at (585) 259-2781 for presentations. For free in-home assistance with budgeting and bill paying service call **ask marshall** at 585-815-7979 or email askmarshall@co.genesee.ny.us.



ANNUAL NOTICE OF CHANGE

Submitted by: **Kimberly Perl, Specialist, Aging Services**

Here is some important information from the Dear Marci newsletter archives from Medicare Interactive—Powered by the Medicare Rights Center.

Dear Marci,

Last year I received an Annual Notice of Change, or ANOC. Should I expect another one this year? What should I do with an ANOC? - John (Nashville, TN)

Dear John,

The Annual Notice of Change, or ANOC, is the notice you receive from your Medicare Advantage or Part D plan in late September. So yes, you should expect to receive another one this year!

The ANOC gives a summary of any changes in your plan's costs and coverage that will take effect January 1 of the next year. The ANOC is typically mailed with the plan's Evidence of Coverage (EOC), which is a more comprehensive list of the plan's costs and benefits for the upcoming year. You should review these notices to see if your plan will continue to meet your health care needs in the following year. If you are dissatisfied with any upcoming changes, you can make changes to your coverage during [Fall Open Enrollment](#).

Article Continues on Page #9

FALLS PREVENTION AWARENESS WEEK

Submitted by: **Kaitlin Pettine,**
Public Health Educator

September 20-24, 2021 is Falls Prevention Awareness Week. This is a nationwide effort aimed to raise awareness that falls are preventable and to help older adults live without fear of falling. Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Falls have resulted in more than 3 million injuries treated in emergency departments annually, including over 850,000 hospitalizations and more than 29,000 deaths. Many of these falls are preventable and there are steps you can take to reduce your risk.

Here are 6 steps to prevent a fall:

- 1. Find a good balance and exercise program.** Some people believe that the best way to prevent falls is to limit physical activity and stay home as much as possible. This is not true. Exercise is the key to healthy aging and can help strengthen your immune system, build your muscle and improve your balance and coordination. This will help you stay independent longer.
- 2. Talk to your healthcare provider.** Make sure to discuss any history of falling with your physician. You can also ask your doctor to perform an assessment of your risk of falling.
- 3. Regularly review your medications with your doctor or pharmacist.** Medications affect people in many different ways and some medications can cause dizziness and fatigue. Make sure to take medications as they are prescribed and discuss the potential side effects with your healthcare provider. Also, be aware of how you are feeling when you start a new medication and if you are feeling off, contact your doctor right away.
- 4. Get your vision and hearing checked annually and update your eyeglasses.** People with vision problems are more than twice as likely to fall as those without visual impairment. Have your hearing and vision checked at least once a year and update your eyeglasses to your most current prescription.
- 5. Keep your home safe.** Avoid clutter in your home and remove any tripping hazards. Add grab bars in the bathroom and other key areas. Make sure there is adequate lighting in stairwells and that lighting is available when you get up in the middle of the night

- 6. Talk to your family members.** Keep your family members involved and updated. They can provide support and assistance to make you feel comfortable and reduce your risk of falling. They can also help keep your home safe by helping you clean up clutter, move furniture, install lightbulbs and install grab bars.

Check to see if you're at risk of falling with the National Council on Aging's Falls Free Checkup tool. <https://www.ncoa.org/article/falls-free-checkup>.

For more information and support, contact Step Up to Stop Falls in Genesee County by calling 585-343-1611.

References

National Council on Aging. (2021). Falls Prevention Awareness Week Promotion Toolkit. Retrieved from www.ncoa.org/FallsPrevention.



“Do You Remember These?” With co-hosts Connie and Charley Boyd

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!

*Sponsored by Genesee County Office
for the Aging courtesy of a family bequest*



GENESEE CAREGIVER

ARE YOU CARING FOR A LOVED ONE WITH MEMORY IMPAIRMENT?

Submitted by: Jill Yasses,
Services Administrator

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 and Respite Services

To learn more about this program, call Genesee County OFA at 585-343-1611.

A VIRTUAL SOCIAL HOUR FOR CAREGIVERS

Submitted by: Jill Yasses,
Services Administrator

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 to connect with others who are also grieving. For information, call NY Connects/Office for the Aging at 585-343-1611.

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers: In the six weekly classes, family caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate more effectively in challenging situations; manage their emotions; and make tough caregiver decisions.

Location: Genesee County Office for the Aging, 2 Bank Street, Batavia

Time : 2pm– 3:30pm

Dates: Wednesday: October 13, 20, 27 and November 3, 10, 17, 2021

REGISTRATION: There is no cost for this six week Powerful Tools for Caregivers workshop; however **pre-registration is required** by Friday, October 8th.

You are required to attend the first class in order to participate in this program. It is strongly recommended that you attend all six classes. You will be provided "The Caregiver Helpbook", a great reference tool!

Please call the Office for the Aging at 585-343-1611 to register



This program is made possible through funds from the NY State Office for the Aging, NY Connects, Administration for Community Living, and the generous support of the Genesee County Legislature. Contributions are gratefully accepted and used to expand programs and services. **No person will be denied service if they are unable or unwilling to contribute.**

All contributions are confidential.

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

Annual Notice of Change Article Continued from Page #6

Here are three types of changes to look for:

Find out what you can expect to pay for services in 2022. [Costs such as deductibles and copayments](#) can change each year. For example, your plan may not have had a deductible in 2021, but it could have one in 2022. A deductible is the amount of money you owe out-of-pocket before your plan begins to cover your care. Another example is that your plan may increase the copayments you owe for visits to your primary care provider or specialists.



Check to see if your doctors, hospitals, and other health care providers and pharmacies will still be in network for 2022. [Plan networks](#) can change each year, which means your doctor may not be in your plan's network for 2022. You have the lowest out-of-pocket costs if you go to providers and pharmacies that are in your plan's network. If you see an out-of-network provider, your plan may not cover any of the cost of your care, leaving you to pay the cost out-of-pocket. You should also contact your providers directly to confirm that they will still be accepting your plan in the coming year.

Look through the plan's formulary. The formulary is the list of drugs the plan covers. Formulary changes can happen from year to year, meaning your drug may not be covered in 2022 even though it was covered in 2021. Make sure your drugs will still be covered next year. If they are not, then you may want to [select a different drug plan](#) that covers all of your drugs. If the formulary is incomplete, or you do not see your drug(s) on the list, contact the plan directly to learn more.

If you have not received an ANOC by the end of September, you should contact your Medicare Advantage Plan or Part D plan to request it. This notice can be very helpful in determining whether you should make any changes to your coverage during Fall Open Enrollment. Reading your ANOC should also prevent any surprises about your coverage in the new year! -Marci

HIRE THE CAREGIVER YOU WANT!



Do you or a loved one have Medicaid and need home care services?

Get the care you need from a family member, friend or neighbor through CDPAP (Consumer Directed Personal Assistance Program).

Your family members can get paid to take care of you.

Get care the way it's meant to be!

Need help with your daily activities?

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Turning 65 or Retiring?

Do you have Medicare questions?
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Michele Hrichan
716-572-8315

Medicare Sales Advisor/Business Development
michele.hrichan@univerahealthcare.com



Univera Healthcare is an HMO plan with a Medicare contract. Enrollment in Univera Healthcare depends on contract renewal.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-659-1986 (TTY: 1-800-662-1220). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-800-659-1986 (TTY: 1-800-662-1220).

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Welcome Home!

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14-0475

This Newsletter is funded through grants from the New York State Office for the Aging, Administration on Community Living, and the generous support of the Genesee County Legislature. SUGGESTED CONTRIBUTION - \$5.00

GENESEE COUNTY OFFICE FOR THE AGING
Batavia - Genesee Senior Center
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Batavia, New York 14020

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