

November, 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

The Process of Aging

“Aging seems to be the only available way to live a long life.”- Daniel-Francois-Espirit Auber
(French Operal composer, 1782-1871)

As you may recall, I have mentioned that we write the articles for our newsletter several months in advance, and keeping this in mind I am writing this column in September for the November issue. Writing “into the future” sure makes time seem to fly! Even though I no longer go “back to school shopping” when fall rolls around, I find myself thinking about the start of the school year and the eagerness I have always had to learn something new. When this fall came around I had the opportunity to sign up for a Gerontology Certificate Program that started in September and will continue until the end of May. You may find my columns will now be sharing with you some of the things that I learn as I go through this course.

This past week the class started on the biology of aging. I had a couple of takeaways from this that I would like to share: “Aging is change.” We start this aging process when we start our lives and we continue until our death. It is a normal process. Biologically we peak at about 25-30 years old. Now, I don’t know about you, but I am pleased that while I may have “biologically peaked” when I was that young, the other parts of me did not! One of the changes that happens to us as we get older is that we experience changes in our nervous system, and unless there is disease attached to these changes, they really don’t have a negative effect on our function. An example of change is that at some point we begin to lose brain cells, but that cell loss doesn’t mean that we lose function, and without the occurrence of disease or disability there is not a loss of IQ. There are also “dendrites” in our nervous system and we have the ability to “sprout” new dendrites when we challenge our brains to learn something new. Maybe that is where the “use it or lose it” expression comes from? One of the most beneficial ways to keep brain fitness and get your dendrites to sprout is through physical exercise. Physical exercise is one of the most potent and most likely way to impact making more dendrites. Strong social relationships are another way to keep “mentally fit.”

Continue Director’s Article on Page 9

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
November 3rd
December 1st
2:30 pm

Genesee Senior Foundation, Inc.

Thursday, December 9th
2:00 pm

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



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**Website Address for the Genesee
County Office for the Aging**

www.co.genesee.ny.us

ask marshall

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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



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(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.

EXERCISES TO IMPROVE YOUR HEALTH

Submitted by: Kaitlin Pettine,
Public Health Educator

Regular physical activity is one of the most important things you can do for health and is essential for healthy aging. It can help your muscles grow stronger so you can maintain your normal day-to-day activities. Each type of physical activity has different benefits and doing a variety of activities can help reduce boredom. It is never too late to be physically active and always remember that some physical activity is better than none at all, even if it is just light activity.

Aerobic Activities “Cardio Exercises”- Aerobic exercises increase your heart rate and your breathing. These types of exercises improve the health of your heart, lungs, and circulatory system. Aim to perform at least 150 minutes of aerobic activities per week, but always remember to be as physical active as your abilities and conditions allow.

- Walking or hiking
- Jogging or running
- Aerobic exercise classes
- Dancing
- Swimming
- Water aerobics
- Some yard work, such as raking and pushing a lawn mower
- Bicycle riding (stationary and outdoors)
- Climbing stairs or hills

Strengthening Activities- Keeping your muscles strong can help prevent falls or fall-related injuries as well as help with your balance. Older adults should engage in strengthening activities at least two days per week, but shouldn't exercise the same muscle group on any two days in a row.

- Lifting weights
- Arm curls
- Wall push-ups
- Gripping a tennis balls
- Lifting your body weight
- Using a resistance band



Balance Activities- Balance activities can improve your ability to control and stabilize your body's position. These exercises can reduce your risk of lower-extremity injuries and prevent falls.

- Tai Chi, which is a moving meditation that involves shifting the body slowly and gently while breathing deeply.
- Walking heel-to-toe
- Standing on one foot
- The balance walk
- Standing from a seated position

Flexibility Exercises- Stretching exercises can improve and increase your range of motion. This can result in helping you move easier and do daily things such as bend over and tie your shoes or look over your shoulder when you are driving with ease.

- Back stretch
- Inner thigh stretch
- Shoulder stretch
- Ankle stretch
- Calf stretch
- Overhead side stretch
- Neck rotations and stretches
- Sideways bend

Engaging in physical activity can help reduce stress and anxiety, improve your mood and concentration, and help you sleep better. Always consult your doctor before performing any exercises or if you are unsure about a particular exercise. For more information and support, contact Genesee County Office for the Aging by calling 585-343-1611.

References

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

National Council on Aging. (2021). Four Types of Exercise Can Improve Your Health and Physical Ability. Retrieved from <https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>.



Genesee Senior Foundation, Inc. Meals on Wheels Donation

Jerry & Carmela Reinhart



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**

MEDICARE VENDOR FAIRS

All Vendor Fairs are **10am - 4pm**

Thursday, November 4th

Town of Bethany Hall
10510 Bethany Center Road, East Bethany

Tuesday, November 16th

Our Lady of Mercy Gym, 44 Lake St., LeRoy

Wednesday, December 1st

Darien Center Fire Hall
10537 Alleghany Rd., Darien Ctr.

Representatives from local Medicare Advantage Plans will be present to assist you in understanding changes for 2022 and to sign you up, if you wish to choose a different plan or company. Medicare Specialists from the Office for the Aging will also be on hand to answer any questions and give unbiased information.



**Health Insurance
Information, Counseling
and Assistance 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.

NUTRITION NOTES HOLIDAY REMINDERS

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

When Thanksgiving Dinner is finally over and the family is gone or is in another room talking and watching football, it's time to clear the table and put away the remainders of the feast.

Improperly stored or reheated leftovers can cause symptoms ranging from minor indigestion to full blown food poisoning, even for those with the best of intentions. So here are a few pointers for the holidays and throughout the year, compliments of the Department of Health.

- **Refrigerate** leftovers within 2 hours of the time the food is put on the table to eat. Make sure your refrigerator is 40° F or below as any temperature higher than this promotes bacteria growth and spoilage.
- **Freeze** some leftovers right away rather than trying to put everything into the refrigerator. Be sure to label the package with the item and date and use the food within three months.
- **Store** foods separately in air-tight containers. If you use plastic storage bags, squeeze out excess air and seal the bag tightly.
- **Use proper containers.** If you store food in margarine tubs or cottage cheese containers in order to preserve individual portions, do not microwave these containers later as they contain chemicals which could be dangerous when heated in a microwave oven. When ready to heat-and-eat later, remove the frozen food to a glass or other microwavable container, or put it into a pot and heat on the stove with low to medium heat.

Over the years most of us have developed various ways to use our holiday meal leftovers. Turkey can be added to vegetable soup, chicken noodle soup, or cream of mushroom, celery, or chicken soup for a hearty cold weather meal. Mashed potatoes can be refrigerated, then made into patties and baked or fried as potato cakes. Sweet potatoes that are mashed and topped with maple syrup heated with butter and some chopped pecans or other nuts make a tasty dish for Sunday supper.

Here's an idea for **leftover cranberry sauce**, compliments of Martha Stewart. Cut pie dough into 2¾-inch squares and put each square into the cups of a mini-muffin pan. Top each square with 1½ teaspoons of leftover cranberry sauce; fold in the edges of the dough to cover the sauce. Freeze for 30 minutes. Brush with egg wash (1 egg yolk beaten with 1 tablespoon cream), then sprinkle **lightly** with sugar. Bake at 400° F until golden (this should take 30 to 35 minutes). A nice "cookie" dessert with some vanilla ice cream.



A GIFT YOU CAN GIVE & RECEIVE

Submitted by: **Peg Patterson-Case**

The final months of the year are filled with so much, cooler days, color changes, family and friend times involving food preparations, travel, gift giving, decorating and celebrations.

Shorter days, colder temps and family/friends no longer around can contribute to the most difficult time of the year for individuals who are alone. No matter what your situation it's the perfect time to get involved with the **Home Visitation Program** made possible through the "ask marshall" fund.

You might be thinking, I am not sure what this means? It is a, **Free of Charge**, give and take opportunity involving **1 hour a week**.

Are you 60 years or older, socially isolated, recently more homebound, driving less and finding yourself desiring to be with a friend to play cards, a game, share memories of your life or have friendly conversation? You are a perfect candidate for being a client. Maybe you still drive, and enjoy socializing. You are only a short training/screening from being a "volunteer" for the Home Visitation Program. A willingness to participate 1 hour a week may be just what you need during this time of year. Winters can be tough here in WNY, so get connected to a new friend now and anticipate spending an hour a week together to alleviate the winter blues and make the days not so dreary. Here's what you do! Contact **ask marshall** at 585-815-7979 or askmarshall@co.genesee.ny.us



**SCAM FREE
GENESEE!**



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

The following information was obtained from the Federal Trade Commission and contributed by a Muriel H. Marshall funded service providing free in-home assistance with budgeting and bill paying.

What You Need to Know About Romance Scams

Millions of people turn to online dating apps or social networking sites to meet someone. But instead of finding romance, many find a scammer trying to trick them into sending money. Romance scammers create fake profiles on dating sites and apps, or contact their targets through popular social media sites like Instagram, Facebook, or Google Hangouts. The scammers strike up a relationship with their targets to build their trust, sometimes talking or chatting several times a day. Then, they make up a story and ask for money.



The Lies Romance Scammers Tell

They'll often say they're living or traveling outside of the United States. We've heard about scammers who say they are working on an oil rig, or in the military or they are a doctor with an international organization. We've heard about romance scammers asking their targets for money to:

- Pay for a plane ticket or other travel expenses
- Pay for surgery or other medical expenses
- Pay customs fees to retrieve something
- Pay off gambling debts
- Pay for a visa or other official travel documents

Scammers ask people to pay by wiring money, with reload cards like MoneyPak or gift cards from vendors like Amazon, Google Play, iTunes or Steam. **By using these methods, they can get cash quickly and remain anonymous and these transactions are almost impossible to reverse.**

Here's the bottom line: **Never send money or gifts to a sweetheart you haven't met in person.** If you suspect a romance scam:

- Stop communicating with the person immediately and talk to someone you trust and pay attention if your friends or family say they're concerned about your new love interest.
- Do a search of the job the person says they have to see if other people have heard similar stories. For example, "oil rig scammer" or "US Army scammer".

- Do a reverse image search of the person's profile to see if it's associated with another name

How to Report a Romance Scam: If you paid a romance scammer with a gift card, contact the company that issued the card. Tell them you paid a scammer with the gift card and ask if they can refund your money. Report the scam to the FTC at ReportFraud.ftc.gov.

Lifespan offers presentations and assistance on fraud, scams and identity theft. Call (585) 259-2781 for presentations and for the free in-home assistance with budgeting and bill paying service.

The Financial Assistance, Home Visitation 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.

LIBRARY VISITS

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. Subjects available include nature, animals, travel, and 1940s, 50s, and 60s nostalgia.

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, if you are unable to visit the library, contact **ask marshall** at 585-815-7979 or askmarshall@co.genesee.ny.us



10 WAYS TO PROTECT YOUR PERSONAL INFORMATION

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

August 19, 2021 • By Darlynda Bogle, Acting Deputy Commissioner for Communications (Social Security Administration)

Fraudsters don't go on vacation—so it's necessary for you and your loved ones to stay vigilant year round. Identity theft affects millions of people each year and can cause serious financial and identity-related issues. Protect yourself by securing your personal information, understanding the threat of identity theft, and exercising caution. We have a list of 10 things you can start doing now to protect yourself and your loved ones.

- (1) Don't believe calls, emails, texts, or any message that say you need to immediately pay to resolve a **problem**, such as legal trouble with the government or a virus on your computer, or even to collect a **prize**, like lottery or sweepstakes winnings. Legitimate businesses will not force you to make a payment over the phone as the *only* option, and will not require payment by prepaid debit card, gift card, Internet currency, or by mailing cash.
- (2) Protect your Social Security number by keeping your card in a safe place at home. Don't carry it around with you or provide your number unnecessarily.
- (3) Be careful when you speak with unknown callers. Scammers may use legitimate phone numbers or the real names of officials to mislead you. If they threaten you or make you feel scared, hang up.
- (4) Never give out your personal or financial information in response to an unsolicited call or message. And don't post it on social media.
- (5) Shred paper that contains personal information, such as your name, birth date, and Social Security number.
- (6) Regularly check your financial accounts for suspicious transactions.
- (7) Request and check a free credit report from each of the three credit bureaus every year: TransUnion, Equifax, and Experian.
- (8) Install and maintain strong anti-virus software on all your devices—including your smartphone, personal computer, and tablet. Don't fall for tech support scams, including pop-up warnings. If you need help fixing a problem on your computer, take it to someone you know and trust.
- (9) Create strong passwords so others can't easily access your accounts. Use different passwords for different accounts so if a hacker compromises one account, they can't access other accounts. Check out the Federal Trade Commission's (FTC) password checklist for tips.
- (10) Never click on a link sent in an unsolicited email or text message—type in the web address yourself. Only provide information on secure websites.



Stay smart. Stop scams.



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GENESEE CAREGIVER

CARING FOR A LOVED ONE

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

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.

**MEDICARE
Open Enrollment
Oct. 15th—Dec. 7th**

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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

EFFECTIVE COMMUNICATION STRATEGIES

Are you a caring for someone with a memory impairment? If so, this **free** program presented by the Alzheimer's Association—WNY Chapter could benefit you!

Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

When: Wednesday, November 10th
at 4pm

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



Registration to the Alzheimer's Association is required.

Register by visiting :
tinyurl.com/ECSGOFA
or by calling 800.272.3900

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

Director's Article Continued from Page 1

Both of these factors are considered environmental, as opposed to genetic, which also means we may have some control over these aspects of our lives as we progress through them. According to news from the National Institute of Health (health.nih.gov/2021/09), studies have found that activity in certain brain areas changes when other people are around. That can affect what you choose to do. But this work also suggests that you can harness the power of social relationships to gain healthier habits—and motivate others to do the same. Many behaviors spread socially. Examples include how much you exercise, how much alcohol you drink, whether you smoke, and what foods you eat. Scientists are still trying to untangle why that is.

High quality friendships provide understanding, support, and validation of your self-worth. These types of friendships are more stable and are more satisfying. Spending time with friends can be especially helpful for people with anxiety or depression. However, Dr. Rebecca Schwartz-Mette's studies have shown that depression can also be worsened by certain friendship qualities. One is called co-rumination. "Co-rumination is basically when people get together and talk excessively about everything that's going wrong and how bad they feel," she explains. "With that person, they feel understood, validated, and that this person is emotionally close to them. But they get more depressed because they're focusing their attention on negative things." Research suggests that it may help to refocus such friendships. Talk about both positive and negative things in your day. Look for healthy activities to get out and do together, like going for a walk. Encourage each other to keep up healthy habits like physical activity, healthy eating, and getting a good night's sleep. According to Dr. Emily Falk, "noticing that our behavior is influenced by other people, we can be intentional and try to focus on the people who are doing the things we want to get into ourselves. Sharing your healthy habits with other people could make a real difference to somebody else. And to yourself."

HIRE THE CAREGIVER YOU WANT!



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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
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GENESEE COUNTY OFFICE FOR THE AGING

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Phone **(585) 344-0584**

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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 &
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