

**December, 2021**



# GENE-SENIOR

## Genesee County Office for the Aging



**2 Bank Street, Batavia, NY 14020 585-343-1611**  
**Website: [www.co.genesee.ny.us](http://www.co.genesee.ny.us) Email: [ofa.dept@co.genesee.ny.us](mailto:ofa.dept@co.genesee.ny.us)**

**FROM THE DESK OF DIANA FOX, DIRECTOR**

### **Getting from Point A to Point B**

Today I spent about six hours learning about Defensive Driving. Even though I had heard that the instructors made the class fun (and they did) I admit I wasn't really looking forward to spending my day this way. I will say it was worth my time! I have always thought of myself as a good driver, however, there is always something one can do to improve. I learned some new things since I took that first driving class way back when I was just learning to drive. First off- the place where I was taught to keep my hands is no longer in the proper position due to airbags. With the passage of a new law all occupants of the vehicle need to have seatbelts on in front and back seats and it is the driver's responsibility to make this happen. Using cell phones, including "hands free" is a "triple threat," associated with manual distraction, visual distraction and cognitive distraction. Loose items in a car can become "missiles" in a crash including animals and they should be secured. (My dog, Daisy always has a seatbelt on.) Speed is a factor in more than ¼ of all traffic fatalities. Violations in which drivers fail to yield the right of way lead to more injuries than any other type of traffic violation. Even with all of the new safety gadgets the driver needs to be alert and pay attention, planning for the "what if" situation where they will need to do something to prevent an accident. Winter weather driving is upon us and all of us need to make sure that we are allowing ourselves more time to get where we need to go, allow extra distance between us and the next vehicle and allowing more distance for stopping. Some of these things were not new to me, but quite honestly sometimes it is good to have a refresher about how to reduce the risk of something going wrong and modify behavior that improves safety.

When it comes to winter driving it is also a good idea to make sure that you have: an extra blanket to keep warm if you were to become stranded, water, snacks (I always have snacks!), the gas tank with more than less fuel in it, emergency flares or reflectors to draw attention to your car if it is stranded, a shovel, sturdy ice scraper and snow brush, extra windshield washer fluid, gloves and other winter clothing, a first aid kit, rock salt or kitty litter, a flashlight, jumper cables, and an extra cell phone charger to keep our phone charged and able to call for help or assistance.

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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, 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](http://www.NYProjectHope.org)

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



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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

### 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](mailto:OFA.Dept@co.genesee.ny.us)



**AmeriCorps  
Seniors**

### NY CONNECTS GENESEEE CARE OPTIONS



**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 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](http://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.

## NUTRITION NOTES HOLIDAY CRANBERRIES

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

“Due to their high concentration of antioxidants and other related phytochemicals, cranberries provide a variety of health benefits, especially for the heart,” says Martin Starr, PhD, who directs research at the Cranberry Institute in East Wareham, Massachusetts. They can also promote HDL (good) cholesterol, help to lower blood pressure, and prevent the formation of blood clots.”

Another development is the discovery that cranberry juice is a proven fighter against bad bacteria in the stomach including those contributing to stomach ulcers.

Holiday meals almost always contain some form of “Mama’s Sweet Potato Casserole”, usually yams with a sweet orange glaze or mashed sweet potatoes topped with miniature marshmallows.

For something new and colorful this year, try this easy cranberry topping in place of the marshmallows. The bright casserole also provides good nutrition in the form of vitamins and minerals.

**Cranberry Topping** (makes enough to lightly cover a 13x9 casserole dish)

2 tablespoons butter  
1 shallot very thinly sliced  
1 cup orange juice  
1 cup brown sugar  
1½ cups dried cranberries\*  
4 teaspoons ground cinnamon  
½ cup chopped pecans

In a small saucepan, melt the butter over medium heat. Add the shallot slices and cook for 2-3 minutes, until tender. Add orange juice, brown sugar, and the cranberries and cook for 5 minutes (until most of the liquid has been absorbed.) Stir in the ground cinnamon. Spread mashed sweet potatoes in a 13x9 casserole and spoon the cranberry mixture over.

Bake according to your recipe for Sweet Potato Casserole. Just before serving, sprinkle the chopped pecans over the topping and return the casserole to the oven for about 5 minutes.

This topping is also good as a filling for baked acorn or butternut squash. Halving the recipe provides enough filling for 6 squash halves. And you can use ½ cup Splenda brown sugar mix instead of 1 cup regular brown sugar.

\*If using fresh cranberries, use 2 cups and increase cooking time so that cranberries “pop”.



### “Do You Remember These?”

*Co-Hosts ~ Connie and 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://wbtai.com/do-you-remember-these/>

We’d love your feedback about the show!

Write [DYRT@WBTAi.com](mailto: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*

## 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!**

## Genesee Senior Foundation, Inc. Meals on Wheels Donations

Turnbull Heating & Air Conditioning  
Ascension RC Parish  
Paul Winnie - Western Door  
Peter & Rita Poodry - TP Deli & Fuel  
Outlet  
Arctic Refrigeration

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



## TECH TUTORING TUESDAYS AT RICHMOND MEMORIAL LIBRARY

Submitted by: Lucine Kauffman, Coordinator

**N**eed help with your personal device? Get one-on-one help from our Information Technology Librarian, Liz Beardslee, every Tuesday morning between 9:30 and 10:30 in the Gallery Room at Richmond Memorial Library in Batavia. No appointment necessary-- just walk in with your laptop, cellphone, e-reader, or iPad/Tablet.



Types of assistance offered are:

- Tutorials or “how to” instructions
- Troubleshooting a problem
- Social media-- creating accounts, posting messages, uploading photos, adding contacts, etc.
- Navigating the internet
  - ◆Google—tips on how to find what you’re looking for
  - ◆Richmond Memorial Library online account—how to log in, place holds, renew library materials, and view your account
- Installing and using apps
  - ◆Free library apps—gain access to thousands of online book, film, audiobook, and music title
  - ◆Communicate with friends and family via Zoom or FaceTime
  - ◆Delivery services—get groceries and meals delivered to your door through: Instacart, Grub Hub and Doordash
- Storage management--How to organize and free up storage space on your personal device

If you need tech tutoring but aren’t able to visit the library, please contact the Library Visits Program at 343-9550 Ext. 6 or [LibraryVisits@nioga.org](mailto:LibraryVisits@nioga.org).



**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**

## Financial Management Assistance Volunteer Program

Submitted by: Jamie Charters, Coordinator

Lifespan of Greater Rochester, a nonprofit organization, provides Financial Management Assistance in your home to Genesee County residents through the Muriel H. Marshall Fund for the Aging and the Office for the Aging. Our staff and trained volunteers visit people in their home to help with bill paying, budgeting and other financial matters, like insurance forms, benefits, & debt options.

This service is perfect for older individuals who struggle with finances and older adults who have health problems. Recently, a client said, *“My volunteer is wonderful. I appreciate everything you do for me. I would not be where I am without you!”*

Signs that an older adult could use our services may include

- ⇒ Overdue bill notices.
- ⇒ Mail piling up.
- ⇒ Literature asking for money that looks like it may be a scam.
- ⇒ Misplacing the checkbook.
- ⇒ Complaints about banks or vendors making mistakes.

For more information about this program, please contact **ask marshall** at 585-815-7979 or [askmarshall@co.genesee.ny.us](mailto:askmarshall@co.genesee.ny.us).



### MEDICARE VENDOR FAIR 2021

**Vendor Fair**  
**10:00 am to 4:00 pm**

**Wednesday, December 1st**

Darien Center Fire Hall  
10537 Alleghany Road  
Darien Center, NY 14040

Director's Article Continued From Page 1

Other things to consider as we think about getting from Point A to Point B involve considering whether we or those we care about should continue to drive. When should an older adult stop driving? The rest of this article is from [newsinhealth.nih.gov/2021/10](https://www.newshealth.nih.gov/2021/10).

You may have gotten your driver's license the day you turned 16. By the time you retire, you could have driven daily for more than half a century. But for some people, there comes a time in the aging process when driving becomes dangerous. "On the whole, older drivers are safe," says Dr. Marian Betz, an expert in healthy aging at the University of Colorado, Anschutz Medical Campus. "They tend to drive slower than younger drivers and have a lot of experience." Some health conditions common with aging may make it riskier to get behind the wheel. Stiffer joints and weaker muscles can make it harder to steer or brake safely. Eye diseases and some medications can cause vision problems. Hearing loss can blunt the sounds of horns or sirens. And cognitive changes, even mild ones, may impair quick decisions behind the wheel."

"Deciding to stop driving can be emotionally challenging for older adults", says Betz. "Many people see their car as a marker of independence. Giving up the privilege of driving can feel like a real loss." People often depend on cars to get them to and from the activities they enjoy. Or to see the people they care about. So stopping driving can lead to isolation. That's why it's important to have a plan for alternative transportation. "We don't want older adults isolated and shut in," Betz says. "We want people to be emotionally and socially connected, as well as be able to get out and exercise." Feeling disconnected can lead to poorer health. Studies have shown that loneliness and social isolation are linked to higher risks for some health problems. These include heart disease, depression, and cognitive decline.

There are many alternatives to driving. Some areas provide free or low-cost bus or taxi services for older adults. Some communities offer a carpool service, or scheduled trips to stores or the doctor. Rideshare service may also be an option. Your local Area Agency on Aging can help you find services. Call 1-800-677-1116 or go to [eldercare.acl.gov](https://www.eldercare.acl.gov) to learn more.

Betz and her colleagues are currently testing an online tool to help older adults and their families make decisions about driving. "We're not telling people 'you need to stop,'" explains Betz. But they hope to make people feel comfortable and empowered when they do decide to stop driving. "That makes such a decision more likely to stick," Betz says.

Options for getting things done without leaving the house have also boomed recently. Grocery delivery, telehealth visits, and online social hours can reduce the need to drive every day. "Online options can't and shouldn't replace everything," says Betz. "But some of these things are good solutions for people to reduce their need to drive." If you're wondering whether it may be time for you or someone else to stop driving, see the Wise Choices questions to ask.

### Wise Choices

#### Is It Time to Stop Driving?

If you answer "yes" to any of the below questions, it may be time to consider stopping driving:

- Do other drivers often honk at you?
- Have you had some accidents, even if they were only "fender benders?"
- Do you get lost, even on roads you know?
- Do cars or people walking seem to appear out of nowhere?
- Do you get distracted while driving?
- Has anyone told you they're worried about your driving?
- Do you have trouble staying in your lane?



Do you have trouble moving your foot between the gas and the brake pedals, or sometimes confuse the two?

The Genesee County Office for the Aging has programs and resources available to help if it is time for the decision to stop driving needs to be made. Give us a call! 585-343-1611

## PEOPLE WITH DIABETES HAVE AN INCREASED RISK OF FALLING

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

**M**ore than 80% of older adults have at least one chronic condition, such as diabetes, stroke, or arthritis. Individuals with diabetes, especially older adults, are at a greater risk of falling because of medication use, lost function, pain, or inactivity.

The following are risk factors for people with diabetes:

- **Medications-** Some medications that are taken for high blood pressure can cause dizziness when you go from lying down to sitting up, or from sitting to standing. This is also known as postural hypotension. A few ways to reduce the risk of postural hypotension are to get out of bed slowly, take your time when you are changing positions, or flex each ankle 10 times before standing.
- **Hypoglycemia-** This is a condition in which your blood sugar (glucose) level is lower than normal. Low blood sugar can cause symptoms such as dizziness, lightheadedness, and confusion. This can even cause someone to lose consciousness. These symptoms tend to come on quickly, so it is important to check your blood glucose regularly. If your blood glucose goes below 70 mg/DL, you should consume high-sugar drinks such as orange juice, soda, or take a tablespoon of sugar or honey.
- **Vision loss-** Diabetes can cause blurry vision and obstacles become harder to see, which may result in unsteadiness as you walk. Impaired vision more than doubles the risk of falling for older adults.
- **Large-joint issues-** People with type 1 diabetes can develop large joint issues leading to pain resulting in an increased risk of falling.
- **Peripheral neuropathy-** Approximately 1/3 to 1/2 of people with diabetes have peripheral neuropathy. It is a type of nerve damage that typically affects the feet and legs, but can also affect the hands and arms. This may cause burning, tingling (like pins and needles), numbness, pain, and weakness in your feet, legs, hands, or arms. You may also have problems sensing pain or temperature in these parts of your body. Peripheral neuropathy can make you more likely to lose your balance and fall, leading to an increased risk of fractures or other injuries.

How can you care for yourself and avoid falls?

One way is to engage in regular physical activity to improve your strength, muscle tone, and balance. It is important to get your vision checked at least once per year. Know the side effects of the medication you take and always discuss any side effects you have with your doctor. At every doctor's appointment, have your doctor check your feet. Lastly, limit the amount of alcohol you consume because alcohol can impair your balance.

For more information and support, contact Genesee County Office for the Aging at 585-343-1611.

### References

American Diabetes Association. (2021). *Balance and Avoiding Falls*. Retrieved from <https://www.diabetes.org/resources/seniors/balance-and-avoiding-falls>.



National Institute of Diabetes and Digestive and Kidney Diseases. (2021). *Diabetes*. Retrieved from <https://www.niddk.nih.gov/health-information/diabetes>



### WHAT IS ERAP?

#### Emergency Rental Assistance Program

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

Are you behind on your rent payments? How many months? Have you gotten any eviction threats or notices from your landlord that say you are late on rent? Have you gotten any papers that look like they are from the court? Are you behind or having trouble paying your water, sewer, light, or oil/gas bill? Are you going without other necessities, like food or medicine, in order to pay rent? ERAP assistance is available even if you are not facing eviction. You only need to be behind in your rental or utility payments. Contact Independent Living of the Genesee Region for more information (585) 815-8501 Ext. 406

## GENESEE CAREGIVER

### CARING FOR A LOVED ONE WITH MEMORY IMPAIRMENT

**Submitted by: Dan Paradise  
Specialist, Aging Services**

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: Dan Paradise  
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.

**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

### 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*

### BEHIND ON YOUR UTILITY BILL?

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

The New York State Office of Temporary and Disability Assistance (OTDA) has Home Energy Assistance Program (HEAP) funding available to help eligible households pay past-due arrears for natural gas and/or electric utility accounts. Payments are made directly to an eligible household's utility company.

Households may apply for HEAP Regular Arrears Supplement (RAS) benefits through the Genesee County Department of Social Services. Benefits are provided to eligible applicants on a first come first served basis through September 30, 2022 or until funds are no longer available. We strongly encourage you to contact the Genesee County HEAP Department at (585) 344-2580, ext. 6524

## SOCIAL TRANSPORTATION IS BACK!!!

Submitted by Maureen Estabrooks, Specialist, Aging Services

Have you and your friends been talking about going out of town to a show, but don't feel like carpooling? Or, how about going to a shopping mall for Christmas shopping and lunch without having to worry about parking, tolls or even driving?

Office for Aging is pleased announce that our Social Transportation Program resumed in mid-2021. Groups in size from 4 to 43 people (minimum age 60) can receive **free transportation** by school bus to concerts, museums, plays, restaurants, gardens, etc. within a 150 mile distance, one way. Trips can be up to 9 hours in duration. The group leader is responsible for any tickets, reservations, etc. that may be required.

Groups choosing to contract with a motor coach can receive a pro-rated amount towards their transportation cost. Reservations for a bus need to be made three weeks in advance. Office for the Aging and the Genesee Senior Foundation **does not assume any coordination of the trip, except for arranging transportation.**

If you are interested in securing transportation for an outing or would like more information about the program, please contact **ask marshall** at 585-815-7979 or [askmarshall@co.genesee.ny.us](mailto:askmarshall@co.genesee.ny.us).



## HIRE THE CAREGIVER YOU WANT!

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

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[www.elitefi.com](http://www.elitefi.com)

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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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14-0475

19-1212

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

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

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