

# THE FRIENDLY CARRIER

ORLEANS COUNTY OFFICE FOR THE AGING

January 2021

## WHAT'S INSIDE

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## IMPORTANT DATES FOR JANUARY

Closed for New Years  
Friday, January 1

Staff Development Day  
Wednesday, January 13

Closed for Martin Luther King Jr. Day  
Monday, January 18



Friendly Carrier Contributions—It's time to renew your Friendly Carrier subscription.

Our suggested contribution is \$5.00 per year. You may renew for yourself and/or give the Friendly Carrier as a gift.

Please fill out and send in with your contribution to: Orleans County Office for the Aging, 14016 Route 31 West, Albion NY 14411

Please circle one:    This is for myself                      This is a gift

Send the Friendly Carrier to: \_\_\_\_\_ Amount enclosed \_\_\_\_\_

Address or email address \_\_\_\_\_

If this is a gift, fill in your name and address for gift acknowledgement-

\_\_\_\_\_  
Name and address for gift acknowledgement

Since March 2020 we have been mailing the Friendly Carrier every month instead of bi-monthly. With your contribution we will be able to continue to mail monthly during the Covid-19 pandemic. *Thank you for your support!!*

Please let us know of any address change or if you will be going away for the winter. We incur an expense with every newsletter that can't be delivered when you go away. Please call the office with any address updates 589-3191



14016 ROUTE 31W | ALBION, NY 14411  
P: 585.589.3191 | F: 585.589.3193 | WWW.ORLEANSCOUNTYNY.GOV



# OFFICE FOR THE AGING INFORMATION

## DIRECTOR'S DESK

## OFFICE STAFF

2021 is here! Another year has come and gone. I think we are all glad 2020 is over. Last year was a real test for many people. At this time last year we did not know we were going to be facing a world pandemic with many unknowns. Our mental and emotional well-being have been stretched thin. There are resources out there if you need someone. I wanted to share a few mental health resources:

Care+Crisis Helpline: 585-283-5200 or Text 'Talk' to 741741

Orleans County Mental Health Department: 585-589-7066

Orleans County Office for the Aging: 585-589-3191

Catholic Charities 585-343-0614 ext 18

(Catholic Charities has a friendly phones program)

Please feel free to reach out to any of these numbers.

Anyone can clearly see COVID numbers are increasing and we still need to take the necessary precautions to stay healthy. Cloth face coverings can be fashioned from household items or made at home from common materials at low-cost, and should be used as a public health measure, beyond social distancing.

Individuals must procure, fashion, or otherwise obtain face coverings and wear them when they are in a public and are:

- ◆ within six feet of distance from other individuals; or
- ◆ in a situation or setting where they are unable to maintain six feet of distance from other individuals; or
- ◆ in a public or private transportation carrier or for-hire vehicle.

Continued on page 4

**Melissa Blanar**  
*Director*

**Susie Miller**  
*Assistant Director*

**Tammy Graham**  
*Caregiver Coordinator*

**Christine Hermann**  
**Becky Karls**  
**Samantha Koons**  
**Michele Sargent**  
*Aging Services Specialists*

**Leanne Donovan**  
*Caseworker*

**Ellen Foster**  
*Register Dietician*

**Kathleen Bates**  
*Account Clerk*

**Donna Wilcox**  
**Michelle Hinman**  
*Housekeeper Aide*

**Della Fisher**  
*Personal Care Aide*

## Food Pantries and Hot Meals

### Albion

Community Action 589-5605

Must pick up

Christ Church 589-5314

Take out dinner 4:30-6pm

### Holley

Eastern Orleans Community Center

638-6395

Mon-Fri 9am-3:30pm

Hot lunch Mon-Fri,

Lunch served at 11:30am

Medina - Lyndonville/Yates

Medina Calvary Cupboard 798-3738

Tues & Thur 9am-12pm

St. Peter's Church 798-0953  
135 West Ave, Tues & Thur 10-12

Lyndonville/Yates 765-2838

**PLEASE REMEMBER TO TEST YOUR LIFELINE UNITS EVERY MONTH!**

**IF YOU HAVE ANY QUESTIONS PLEASE CALL**

**SAMANTHA KOONS AT 589-2863**

## MEDICARE / INSURANCE INFORMATION

### Insulin Coverage Information

A new program called the Part D Senior Savings Model will begin in 2021. Under this program, people with Medicare will be able to enroll in a Part D plan that charges no more than a \$35 copayment per insulin prescription each month with no deductible. Drug plans are not required to participate in this program, so beneficiaries should use the Medicare Plan Finder or contact a drug plan directly to learn if it is participating in this program.

### Part D Transition Fill

A transition fill is typically a one-time, 30-day supply of a drug that Medicare drug plans must cover when you're in a new plan or when your existing plan changes its coverage. You must request transition fill within the first 90 days of the new calendar year. Transition fills let you get temporary coverage for drugs that aren't on your plan's formulary or that have restrictions on them. (Your plan's formulary is your plan's list of covered drugs. Restrictions, such as step therapy or prior authorization, are rules that you have to follow before the plan will cover your drug.)

Transition fills aren't for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.

All Medicare Part D drug plans must cover transition fills. The rules apply to both Medicare Advantage Plans that include drug coverage and Medicare stand-alone drug plans. When you use your transition fill, your plan must send you a written notice within three business days.

The notice will tell you that the supply was temporary and that you should either change to a covered drug or file a request with the Part D plan (called an exception request) to ask for coverage.

When you get your transition fill, you should call your doctor right away to talk about switching to a drug that is on your plan's formulary without restrictions. If no other drug will work for you, ask your doctor for help requesting an exception to your Medicare Part D drug plan's formulary. Requesting an exception means to formally ask the plan to cover your drug.

### Medicare COVID-19 Coverage

- Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs.
- Medicare covers FDA-authorized COVID-19 antibody (or "serology") tests if you were diagnosed with a known current or known prior COVID-19 infection or suspected current or suspected past COVID-19 infection.
- Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine. You'll still pay for any hospital deductibles, copays, or coinsurances that apply.
- The COVID-19 vaccine will be covered by Medicare once one becomes available.
- This COVID-19 coverage applies to the Medicare Advantage Plans as well.

### MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD (MAPD-OEP)

The MAPD-OEP runs from January 1<sup>st</sup> to March 31<sup>st</sup>. During this time a Medicare beneficiary that has an Advantage Plan (aka Part C) may make a change to another Advantage plan. One could also use this enrollment period to drop an Advantage Plan, return to Original Medicare, and enroll in a stand-alone Medicare Part D plan for prescription coverage. One **cannot** enroll in an Advantage Plan for the first time during this time period. Please call the Office for the Aging with any questions, 589-3191.

**Scammers may use the coronavirus national emergency to take advantage of people while they're distracted.  
As always, guard your Medicare card like a credit card, check Medicare claims summary forms for errors,  
and if someone calls asking for your Medicare Number, hang up!**

## AT TIME OF THIS PUBLICATION

- All events published in this newsletter are subject to change
- Continue to wear a mask when out in public and social distance
- Call our office if you need a mask, 589-3191
- No food distribution dates for January 2021 have been announced
- You will only be allowed to enter the County Office Building if you have a pre-scheduled appointment
- For the safety of our clients and staff, we ask that you do not come in person unless you have a pre-scheduled appointment

## DIRECTOR'S DESK, CONTINUED FROM PAGE 2

When wearing cloth face coverings in public settings, where social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community transmission, you should:

- ◆ Make sure that they fit snugly and cover their nose and mouth.
- ◆ Be changed frequently and laundered when they are soiled or wet.
- ◆ Not become complacent with other protective measures.
- ◆ Do not touch the cloth covering or face.
- ◆ Continue to be vigilant with thorough and frequent hand washing with soap and water, or alcohol-based hand sanitizer of 60%+ alcohol.
- ◆ Practice respiratory etiquette and cover your coughs or sneezes.
- ◆ Practice social distancing – even when wearing masks.
- ◆ Stay home and help flatten the curve!



While cloth face coverings may not prevent the wearer from becoming infected, they might help slow spread from people who have the virus and are unaware.

We still have face mask available at our office, call our office 585-589-3191 and we can bring them out to the parking lot and give you masks.

I wish everyone good health in 2021. Stay healthy and please do not hesitate to contact our office if you need assistance. Take care. *Melissa*

## HEAP CORNER

### Home Energy Assistance Program (HEAP) is open and is expected to close March 15, 2021

Emergency HEAP will open on Monday, January 4, 2021 for HEAT and heat-related emergencies.

You **MUST** have received your regular HEAP benefit and be resource eligible to qualify for Emergency HEAP.

**NOTE:** you will be responsible for any deliveries prior to receiving your HEAP benefit

#### Income guidelines:

1 Person Household - \$2610    2 Person Household - \$3413  
3 Person Household - \$4216    4 Person Household - \$5019

If you are **NEW** to HEAP, or need assistance filing out the application, we will have in person appointments on Tuesdays from 9am-4pm and Fridays from 9am-1pm. In person appointments will only be if absolutely necessary, otherwise we can help over the phone. Please call Becky Karls at 589-3216 for assistance.

Applications are available at the following locations:

Rosenkrans Pharmacy, Medicine Shoppe, Lee-Whedon Memorial Library, HOAG Library, Kendall Town Hall, Holley Valu Rite Pharmacy, Thomas Estates Office, Yates Town Hall and the front foyer of the County Office Building.

The Clean & Tune and Furnace Repair & Replacement programs are still open.

**For additional information about HEAP and Emergency HEAP call our office at 589-3191**

NY Connects is a trusted place where you can get the information and assistance you need to make informed decisions for the care you need. Long Term Care can include many services that will help people of all ages remain independent in their daily lives. Finding those services can be confusing. A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Orleans NY Connects, at 585-589-3191, to discuss needed services.

## DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

## DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

## How NOT to wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm

## How to take off a mask



1 Carefully, untie the strings behind your head or stretch the ear loops



2 Handle only by the ear loops or ties



3 Fold outside corners together



4 Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

## How to Clean your mask

Masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask



## THANK YOU TO THE FOLLOWING FOR YOUR GENEROUS DONATIONS

Patricia Keeler, Ruth Bernard, Wanda Kelley, Maggie & Bob Burtwell, Sally Shiffer, Rick & Lynne Harmer, Nancy Martinelli, Carole Vanill, Kathleen Forker, Lorraine Catruna, Carol Washburn, Dorthea Kenyon, John Stewart, Donna Fanton, Don & Dolores Whittleton and Ross & Bruce Sentiff



## ALCOHOL CONCERNS IN OLDER ADULTS

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

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

### Increased Sensitivity to Alcohol

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

### Increased Health Problems

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

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

### Symptoms for Concern

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

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

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

### **Resources:**

SAMSHA National Help Line: 1-800-662-HELP (4357)  
NYSOASIS 24/7 HOPEline: Call 1-877-8-HOPENY | Text 467369

For local help: Genesee/Orleans Council on Alcoholism & Substance Abuse (GCASA) 589-0055 or gcasa.net

## CAREGIVER CORNER

If you are a caregiver and feeling overwhelmed, depressed or angry,  
it is time for you to get help for yourself and the loved one that you are caring for.

*The weekly meetings at Hospice are on hold at this time.*

If you would like to discuss your specific situation privately to review options please  
call Tammy Graham at 589-3192 or email at Tammy.Graham@orleanscountyny.gov

Shut-In Program @ Hoag Library: Hoag Library offers services to individuals unable to visit the library due to age, illness, or physical disability by providing reading material to homebound people in nursing homes, retirement communities and private residences. Please call 589-4246 for more information.

## NUTRITION CORNER

### Traditional Foods for New Year's Day

**PORK** is specifically known to bring good luck on New Year's Day. Some say it has to do with the way pigs root forward—in the same direction you want to head in the New Year. Also pigs are traditionally slaughtered in late fall, which makes pork an ideal choice to set aside for celebrating the New Year.

**CABBAGE** is right alongside pork as sauerkraut. In most areas, it is also harvested in late fall so six-to-eight-weeks fermentation means sauerkraut is just about ready for a New Year's dinner. Strands of cabbage in sauerkraut or coleslaw can also symbolize a long life, while cabbage itself can symbolize money.

**GREENS** are known to be lucky for New Year's, especially collard greens. It's all about the color green, which symbolizes money and prosperity. According to a tradition in the southern United States, greens can be hung by the door to ward off any evil spirits that may come your way.

**LENTILS** are often served in Italian households as a symbol of prosperity for the coming year because round legumes look like coins. They are often served after church on New Year's Eve along with pork and sausages.

**CAKE** on New Year's is a tradition in a lot of cultures. For example, Greeks enjoy a cake called *Vasilopita*, which is sometimes called King Pie or Basil Pie. It is made only for New Year's and completely eaten on New Year's Day. A coin or trinket is baked inside and whoever gets that in his piece of cake is supposed to have good luck for the entire year ahead.

**FRUIT** - In Filipino culture, New Year's Eve is celebrated with fruits, twelve of them to be exact, one to symbolize each coming month. In Mexico, grapes are eaten at midnight to symbolize the year ahead, and throughout the world, pomegranates, a symbol of fertility and birth, are eaten at the new year.

**FISH** is another common dish on New Year's—especially in cultures close to water. In Scandinavia, herring was considered a harbinger of good fortune. Eating herring was also a way to hope for a good catch in the months to come.

**NOODLES** - In China, Japan, and many other Asian countries, it's customary to serve and eat noodles on New Year's Day. Their length symbolizes longevity—just make sure not to break or shorten the noodles during the cooking process!!



## Volunteers Drivers Needed to give rides to Seniors



Please contact Chris at 589-3211 for more information  
(Drivers will have the option to claim mileage reimbursement)

## ADVISORY COUNCIL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>If you will NOT be home to receive your meal or need to cancel your meal - PLEASE call to cancel (585) 589-5424</p>		<p>NOTE: 2% or skim milk is served with all lunches</p> <p>Menu follows a no salt added and low sugar diet</p>	<p>1) CLOSED FOR HOLIDAY</p> 
<p>4) Vitamin C juice Pasta with Meat Sauce Green Beans Multigrain bread/butter Pineapple tidbits</p>	<p>5) Vitamin C juice Chicken Pot Pie Mashed Potatoes Chopped spinach Wheat bread Fruit cocktail</p>	<p>6) SOUP DAY Bean with Ham Soup Italian Sausage Mashed Sweet Potatoes Cauliflower Hot dog bun Mandarin oranges</p>	<p>7) V-8 juice Turkey Rice Casserole Beets Multigrain bread Peaches</p>	<p>8) Vitamin C juice Vegetable Lasagna Peas Wheat bread Cookie</p>
<p>11) Chicken Cordon Bleu Mashed Potatoes Broccoli Florets Multigrain bread Pears</p>	<p>12) Pot Roast w/Gravy Diced Potatoes Brussels Sprouts Wheat bread Pineapple tidbits</p>	<p>13) BBQ Pork Baked Beans Scandinavian Mix Vegetable Hamburger bun Tropical fruit</p>	<p>14) SOUP DAY Chicken Noodle Soup Spinach Quiche Sweet &amp; Sour Red Cabbage Multigrain bread Fruit cocktail</p>	<p>15) Pepper Steak Strips Rice Diced Carrots Multigrain bread Mandarin oranges</p>
<p>18) Shepherd's Pie Beets Multigrain bread Ambrosia</p> 	<p>19) Vitamin C juice Chicken Dijon Mashed Potatoes Peas Wheat bread Peaches</p>	<p>20) SOUP DAY Cream of Broccoli Soup Ravioli w/Meat Sauce Green Beans Multigrain bread Applesauce</p>	<p>21) Pork Chop w/Apples O'Brien Potatoes Mixed Vegetables Wheat dinner roll Pears</p>	<p>22) Macaroni and Cheese Zucchini Squash Multigrain bread Tropical fruit</p>
<p>25) Vitamin C juice Sliced Ham w/Pineapple Sweet Potatoes Chopped Spinach Wheat bread Fruit cocktail</p>	<p>26) Hamburger Patty w/Gravy Mashed Potatoes Broccoli Florets Multigrain bread Tropical fruit</p>	<p>27) Vitamin C juice Pork w/Gravy over Brown Rice Carrots Multigrain bread Cookies</p>	<p>28) SOUP DAY Beef Vegetable Soup Chicken Breast w/Gravy Diced Potatoes Peas Multigrain bread Mandarin oranges</p>	<p>29) Vitamin C juice Swedish Meatballs Mashed Potatoes Carrots Wheat bread Applesauce</p>

**Meals on Wheels - 589-5424**

All menus subject to change with availability of food.  
MOW may not receive this exact menu.  
A call to cancel your reservation would be appreciated.  
Thank you.  
\$3.00 suggested contribution

**Nutri-Fair Centers**

**Albion** - Albion Academy, 16 East Academy St. (open Mon-Fri)  
South Entrance, Doors open at 10am, Lunch is at Noon  
**Kendall** - Kendall Town Hall, Route 237 (open Wed & Fri)  
Doors open at 10am, Lunch is at Noon  
**For Nutri-Fair Reservations, Call 589-7817**

## The staff at Office for the Aging is here for you!

Call us Monday–Friday, 9am - 5pm at 589-3191

### Home Services

Meals on Wheels, Case Management, Home Care Aides, Lifeline (Personal Emergency Response System) and Outreach Visits (on hold at this time)

### Support Services

Information & Assistance, Caregiver Assistance, RTS, CATS (Community Action Transportation System), Volunteer Transportation Program, Nutrition Counseling, Congregate Nutrition Centers (Nutrifair), Legal Services and Health Insurance Counseling.

We offer assistance with applications and recertifications for SNAP and HEAP.



## RECIPES

### Simple Artichoke Dip

1 (14 ounce) can artichoke hearts, drained and chopped

1 cup mayonnaise

1 cup grated Parmesan cheese

- Preheat oven to 375 degrees.
- Combine the artichoke hearts, mayonnaise and Parmesan cheese and mix well. Spread mixture in 8" or 9" inch baking dish and bake in the preheated oven for 15 to 20 minutes, or until bubbly and golden brown.
- Serve with sliced baguettes, pita chips or crackers.
- Recipe from [allrecipes.com](http://allrecipes.com)



### Chocolate Cheese Fudge

*"I never thought something so weird sounding could be so good!" Paul Deen*

1/2 pound Velveeta cheese, sliced

1 cup chopped pecans or walnuts

1 cup butter

2 pounds of confectioners' sugar

1 teaspoon pure vanilla extract

1/2 cup cocoa powder

- Spray lightly the bottom of a 9 by 2 inch square pan with a nonstick spray.
  - In a saucepan over medium heat, melt the cheese and butter together, stirring constantly until smooth.
  - In a large bowl sift together the sugar and cocoa.
  - Pour the cheese mixture into the sugar and cocoa mixture and stir until completely mixed.
  - The candy will be very stiff.
  - Using your hands, remove candy from bowl and press evenly and firmly into pan.
  - Because of the amount of butter in this recipe, pat the top of the candy with a paper towel to remove the excess oil.
  - Place pan in refrigerator until candy is firm.
  - To serve candy, cut into squares.
  - Recipe from [food.com](http://food.com)
- Note: use parchment paper to line pan for easy removal



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Attention New Retirees, Stay at Home Moms, Military Veterans, and individuals with a heart to help others. Hospice of Orleans is currently seeking volunteers to serve as family support/respite volunteers, "We Honor Veterans" volunteers, and Martin-Linsin Hospice Residence meal servers and greeters. As little as two hours per week can help Hospice provide services to our patients.

Please call **Chris Fancher** at **(585) 589-0809** or email [cfancher@hospiceforleans.org](mailto:cfancher@hospiceforleans.org) with any inquiries or questions.



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