

# THE FRIENDLY CARRIER

ORLEANS COUNTY OFFICE FOR THE AGING

February 2021

## WHAT'S INSIDE

Director's Desk - Page 2

HEAP Corner - Page 3

Vaccine Update - Page 5

Word Search - Page 6

Nutri-Fair Menu - Page 8

## IMPORTANT DATES FOR FEBRUARY

Monday, February 15

Our office is Closed for President's Day

MOW & Nutri-Fair are OPEN

Friday, February 12

Staff Development Day



### Did you know???

The Medina Lions Club Loan Closet lends medical equipment such as hospital beds, wheelchairs, walkers, crutches, canes, shower chairs, commodes, etc. to the public at no cost.



They also accept donations of these items.

Call for details,  
585-205-3502



## COMMUNITY WIDE "FOOD DISTRIBUTION" DATES & LOCATIONS

Friday, February 5 & 26

Friday, February 12

Friday, February 19

Cornell Cooperative Extension-4-H Fairgrounds, 12690 Route 31, Albion

Community Action Main Street Store, 131 S. Main Street, Albion

Medina High School, 1 Mustang Drive, Medina



- Start time is 8:30am for all the dates & locations
- There will be 1 box that could be a mixture of perishable and non-perishable items. Approx 300 boxes available.
- One box per car, clients must stay in car and have their ID visible and do not roll your window down.
- Have trunk open & ready. Once your trunk is closed and tapped, you may drive away.
- This is a no-touch distribution & proper social distancing must be maintained at all times.
- There will be NO pre-registration for this event, it is a FIRST COME, FIRST SERVED BASIS.
- Questions: call Annette at Community Action 589-5605, Mon-Wed 8-11am or OFA at 589-3191, Mon-Fri 9am-5pm
- Interested in volunteering? Call The Office for the Aging at 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

It is hard to believe we are moving into the 11<sup>th</sup> month of dealing with COVID 19. We have been very busy at the office taking many phone calls that are tied to COVID 19, including signing up for weekly rapid COVID 19 testing and most recently clients asking when and where they can get a vaccine. I receive at least 20 emails a day related to COVID. It really is overwhelming. We share information as we receive it. We are currently working with the Orleans County Legislature, Orleans County Public Health and the New York State Office for the Aging on a plan to vaccinate older adults in Orleans County. Most likely this process will start in February.

New York State will distribute the COVID-19 vaccine in phases based on need and risk. New Yorkers who are more likely to be exposed to the virus, and who are more likely to become seriously ill if they get COVID-19, will be offered the vaccine first. Both the federal government and New York State have developed plans to ensure that everyone will be able to get a COVID-19 vaccine as soon as large quantities are available at no cost, no matter where they live.

Thousands of health care providers will be able to offer the vaccination, including doctors' offices, retail pharmacies, hospitals, and federally qualified health centers (FQHCs) of priority groups. The State Department of Health will share additional information on where New Yorkers can get vaccinated as more vaccine doses become available.

We encourage you to contact your primary care provider first to see if they will be giving the vaccine. If they are not, the next option would be checking with local pharmacies. The last option would be our Orleans County Public Health. In February they will begin clinics if the vaccine is available. They cannot schedule clinics unless they have vaccine in hand. We would be happy to register older adults online who do not have internet access. We are keeping a list of people who are interested in the vaccine and will call when

Continued on page 4

## OFFICE STAFF

**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 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; Original Medicare Part B covers the vaccine, regardless of whether you have Original Medicare or a Medicare Advantage Plan. You will owe no cost-sharing (deductibles, copayments, or coinsurance). All COVID-19 coverage applies to the Medicare Advantage Plans as well.

**REMINDER: Medicare Advantage Open Enrollment Period is from 01/01/21-03/31/21.**

One can change from current Advantage Plan to new Advantage Plan or dis-enroll from current Advantage Plan, go back to Original Medicare (Parts A & B), and enroll in a Medicare Part D Plan. One must be enrolled in an Advantage Plan as of 01/01/21 to use this enrollment period.

**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,**

Now, more than ever, it's so important to stay connected with our loved ones. Those who are most vulnerable are in need of our support and advocacy.

The New York State Long Term Care Ombudsman Program (LTCOP) is a resident-centered, resident-directed advocacy program. LTCOP at Lifespan of Greater Rochester assists residents in nursing homes, adult care facilities and family-type homes in Genesee, Livingston, Monroe, Ontario, Orleans, Seneca, Wayne, Wyoming and Yates counties.

Ombudsmen advocate for residents to address quality of life, quality of care and resident's rights concerns. Despite the limitations on in-person facility visitation, Ombudsmen remain willing and able to investigate any issues residents or families may have. Between April 1, 2020 and September 30, 2020, we investigated and addressed 171 cases.

Together, we CAN make a difference in the lives of older adults residing in long term care facilities.

**If you are interested in more information about the Ombudsman program, please call (585) 287-6414**



**Office of the State  
Long Term Care  
Ombudsman**

## HEAP CORNER

The Home Energy Assistance Program (HEAP) helps low-income persons with their heating costs. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off.

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

Emergency HEAP is open 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

### Household Income guidelines:

1 Person - \$2610    2 Person - \$3413    3 Person - \$4216    4 Person - \$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.**



## DIRECTOR'S DESK, CONTINUED FROM PAGE 2

we know appointments are available. We are overwhelmed with calls right now; you may have to leave a phone message and we will get back to you. We ask for patience and kindness during this time. We are learning as we go and we want to do anything to help serve our clients. We post updates on our Facebook page weekly, and in this newsletter, monthly, I will be honest, things change hourly and it is hard to keep up. We will get through this!

### Orleans County Friendly Phones Program

Are you an older adult (60+), residing in Orleans County experiencing more isolation and loneliness due to COVID-19?

You Can Join our FREE COVID Phone Program!

Our COVID Phone Program:

Serves isolated, older adults during the pandemic

Matches a volunteer with an isolated senior

Provides a weekly call from a volunteer for general conversation, laughs & a connection to others.

**Call today to Get Enrolled and Calls Started! (585) 343-0614, Ext. 18**



### 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
- 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 an appointment.
- We are taking names and numbers for people 65 and older that **do not have** internet access to apply online for the COVID-19 vaccine. We will contact you when appointments open up in our area.
- Please be patient, it could be weeks or months to get an appointment.
- If you are on our vaccine waiting list and have received the vaccine, please call to let us know.

4

Thank You. 

### Protect Yourself **AVOID COVID-19 Vaccine Scams**



As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
  - You are asked to pay to put your name on a vaccine waiting list or to get early access.
  - Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
  - Marketers offering to sell or ship doses of the vaccine for payment.
- ✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

**! If you believe you have been the victim of COVID-19 fraud, immediately report it to:**

- HHS-OIG Hotline: 1-800-HHS-TIPS | [tips.hhs.gov](https://tips.hhs.gov)
- FBI Hotline: 1-800-CALL-FBI | [ic3.gov](https://ic3.gov)
- CMS/Medicare Hotline: 1-800-MEDICARE

  
For accurate, up-to-date information about COVID-19, visit:  
[oig.hhs.gov/coronavirus](https://oig.hhs.gov/coronavirus)  
[fbi.gov/coronavirus](https://fbi.gov/coronavirus)  
[justice.gov/coronavirus](https://justice.gov/coronavirus)



## COVID-19 VACCINE UPDATE

**\*ALERT:** The Federal Government determines how much vaccine New York State receives. The Federal Government has only given New York approximately 250,000 vaccines/week for over 7 million people who are eligible as a result supply is very limited.

Vaccines are available at pharmacies, hospitals and through local health departments statewide - please contact your provider of choice to schedule your vaccine appointment. Additionally, there is a network of State run sites distributing vaccine statewide - to determine eligibility and to schedule an appointment through April 16 at New York State run vaccination sites only, go to [am-i-eligible.covid19vaccine.health.ny.gov](https://am-i-eligible.covid19vaccine.health.ny.gov)

**AN APPOINTMENT IS REQUIRED. IF YOU VISIT A LOCATION WITHOUT AN APPOINTMENT YOU WILL NOT RECEIVE A VACCINE.**

Due to limited supply from the federal government, availability is limited. More and more New Yorkers will become eligible as the vaccine supply increases. While the vaccination process is underway, every New Yorker should wear a mask, social distance and avoid small and large gatherings. Two vaccines have been authorized by the FDA and approved by New York State's independent COVID-19 Clinical Advisory Task Force: One that was developed by Pfizer and BioNTech and another that was developed by Moderna. Both vaccines require two doses.

The COVID-19 Vaccination Hotline is open 7AM - 10PM, 7 days a week, for scheduling vaccination appointments for eligible New Yorkers: [1-833-697-4829](tel:1-833-697-4829)

- **Second dose appointments** will be booked AT the site where you receive your first shot.
- **Remember:** Both vaccines require two doses for effectiveness.

Source: <https://covid19vaccine.health.ny.gov/> and [ny.gov](https://www.health.ny.gov/)

## QUARANTINE AND ISOLATION BECAUSE OF COVID-19

**Quarantine:** According to the CDC guidelines any person who has been in close contact with someone who has COVID-19 needs to quarantine.

"Quarantine is meant to keep someone who has had close contact with someone who has COVID-19 away from others," Dr. Dana Hawkinson, medical director of infection prevention and control at The University of Kansas Health System, told Healthline. "You should stay home for the 14-day quarantine period while also monitoring for symptoms."

**Isolation:** According to newly updated CDC guidelines, isolation is used to separate those infected with COVID-19 from those who aren't. In the home, those in isolation should try and stay away from other members of the household.

"The idea is that you minimize contact with anyone else to limit spread of disease," Dr. Dean A. Blumberg, chief of pediatric infectious diseases at the University of California Davis, told Healthline. "So, stay at home during the isolation period, preferably in a separate bedroom from others in the household, use a separate bathroom if possible, and avoid all contact with other household members and pets."

"Don't share personal items like dishes or glasses. The only reason to leave the house is if you need to get medical care, and then wear a face covering if you can to avoid spread to others," he added.

**Most important rule: Stay home**

When it comes to the rules governing what's allowed in isolation and quarantine, experts say it's actually quite simple. In either isolation or quarantine, people need to stay home at all times.

Neither group of people should be out in the community and receiving visitors. The safest situation is to not be in contact with others.

Source: <https://www.healthline.com>

**If you or anyone in your household are under quarantine or on isolation and are receiving outside services from our office or another office, please contact them as soon as possible to make arrangements for non contact interaction.**

**Meals on Wheels call 589-5424**

**Office for the Aging for Housekeeping and Personal Care call 589-3191**

# Super Bowl

H A L F T I M E S H O W S E H C A O C Q  
 P Z T I L B E C N E R E F R E T N I B U  
 A F A N F A R E E X T R A P O I N T T A  
 R S R F O O T B A L L S R E Y A L P D R  
 T A E I E I G O S N A P E L B I D U A T  
 I C I E N Y T N C L O T H E S L I N E E  
 E K I L O T N P F E B R U A R Y C R D R  
 S R E D A E L R E E H C S T A D I U M B  
 F E O G D F V I N C E L O M B A R D I A  
 I R A O C A T D N E R S P R E G A M E C  
 R S T A R S P A N G L E D B A N N E R K  
 S E O L T Y A D N U S L T T R O P H Y H  
 T H A I L M A R Y T S V L N T A C K L E  
 D F A I R C A T C H N O I S I V E L E T  
 O O M O S T V A L U A B L E P L A Y E R  
 W A O D S L A I C R E M M O C E L U P G  
 N A Y F E M A G G I B E H T T N U P I B  
 F F O K C I K N I N S U P E R B O W L F  
 E E G A M M I R C S F O E N I L C C M Y  
 C R N W O D H C U O T A E N D Z O N E W

**Word List:**

- |                 |                    |              |                    |
|-----------------|--------------------|--------------|--------------------|
| AUDIBLE         | BLITZ              | CHEERLEADERS | CLOTHESLINE        |
| COACHES         | COMMERCIALS        | ENDZONE      | EXTRAPPOINT        |
| FAIRCATCH       | FANFARE            | FEBRUARY     | FIELDGOAL          |
| FIRSTDOWN       | FOOD               | FOOTBALL     | HAILMARY           |
| HALFTIMESHOW    | INTERCEPTION       | INTERFERENCE | KICKOFF            |
| LINEOFSCRIMMAGE | MOSTVALUABLEPLAYER | PARTIES      | PLAYERS            |
| PREGAME         | PUNT               | QUARTERBACK  | SACK               |
| SAFETY          | SNAP               | STADIUM      | STARSPANGLEDBANNER |
| SUNDAY          | SUPERBOWL          | TACKLE       | TELEVISION         |
| THEBIGGAME      | TOUCHDOWN          | TROPHY       | VINCELOMBARDI      |

## 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@orleanscountynyny.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

### *February is Fiber Focus Month*

Q: Which of the following are whole grain products?

Oat bran      Instant oatmeal      Popcorn      Cracked wheat bread      Pearl barley



A: Popcorn is a whole grain product, so is instant oatmeal. Oat bran is not, nor is pearl barley. Cracked wheat bread is not usually a whole grain product in the U.S. If you are confused by terms such as “multi-grain,” “100% whole wheat,” or “twelve-grain”...if you’re wondering how it is that cracked wheat bread might or might not be a whole grain product...you have lots of company. What do the labels mean?

**Made With Whole Grain.** This means that the product contains some whole wheat or other whole grain, but refined flour is the first ingredient. You may wish to keep looking.

**100% Wheat.** Notice it does not say 100% *whole* wheat. This means only that the product is all wheat, with no other grain (rye, corn) added. There is no indication that any whole grain (whole wheat) is in the product.

**Multigrain, Seven Grain, or Nine Grain.** This simply means that the product contains more than one grain. It does not indicate if any of the grains is a whole grain; and the absence of the word “whole grain” indicates that there is none.

**Stone Ground.** This is just a processing technique, referring to a grain that has been coarsely ground. While it is nice and rustic, it has nothing to do with whole grains.

**Bran.** Bran (e.g., oat bran) is the partly ground husk of the grain, which is sifted from the flour. It provides valuable fiber, but it is not a whole grain.

**Pumpernickel.** It is easy to think that pumpernickel is whole grain bread, because it is coarse and dark, but it is not. In the United States, unless labeled otherwise, it is made with refined rye and wheat flours, not whole rye and whole wheat.

**Wheat Germ.** Wheat germ is the vitamin-rich embryo of the wheat kernel. It is separated before milling for use as a cereal or food supplement. It’s nutritious, but it isn’t a whole grain.

A whole grain is one with proportions of the bran, germ, and endosperm similar to those found in the harvested kernel. Thus, oat bran, used in the above quiz, is not a whole grain, because it contains neither germ nor endosperm. Look for “whole wheat” or any other “whole” grain as the first ingredient in the Ingredients list on a product. And All Whole Grains Are Packed With Fiber!!



### **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

**Lynne Johnson**  
*Legislature Chair*

**Billy Newsome**  
*Chair, Gaines*

**Fred Miller**  
*Legislature*

**Bill Eick**  
*Legislature*

**Emily Cebula**  
*Lyndonville*

**Jeanne Martillotta**  
*Secretary, Village of Albion*

**David Gaudioso**  
*Vice Chair, Kendall*

**Thaddeus Nauden**  
*Waterport*

**Lynn Creasey**  
*Medina*

**Peggy Francisco**  
*Gaines*

**Jon Costello**  
*Albion*

**Sandy Thaine**  
*Ridgeway*

**Jonathan Gillman**  
*Kendall*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Vitamin C Juice BBQ Pork Diced Potatoes Butternut Squash Hamburger bun Applesauce Animal crackers	2) Ground Beef w/Gravy Mashed Potatoes Mixed Vegetables Multigrain bread Tropical fruit	3) Cream of Potato Soup Chicken and Gravy Red Cabbage Wheat bread Peaches	4) Vitamin C Juice Baked Fish Sweet Potatoes Peas Hamburger bun Fruit cocktail	5) Vitamin C Juice Knockwurst O'Brien Potatoes Spinach Hot dog bun Banana
8) Hamburger Patty Diced Potatoes Broccoli Florets Hamburger bun Mixed Fruit Cheerios	9) Vitamin C Juice Ham Scalloped Potatoes Green Beans Wheat bread Pears	10) Beef Stew Rice Corn Multigrain bread Mandarin oranges	11) Chili Con Carne Manicotti w/Alfredo Sauce Broccoli Florets Wheat bread Peaches	12) Vitamin C Juice Chicken ala King Biscuit Mixed Vegetables Multigrain bread Applesauce Animal crackers
15) <b>PRESIDENTS' DAY</b> Vitamin C Juice Spaghetti w/Meat Balls Spinach Multigrain bread Ambrosia	16) Vitamin C Juice Beef Stroganoff Rice Peas Wheat bread Peaches	17) <b>ASH WEDNESDAY</b> Cream of Mushroom Soup Vegetable Lasagna Carrots Multigrain bread Mandarin Oranges	18) Vitamin C Juice Sausage Butternut Squash Spinach Hot dog bun Diced pears Graham crackers	19) Apple Juice Baked Fish Sweet Potatoes Green Beans Multigrain bread Seedless grapes
22) Vitamin C Juice Stuffed Cabbage Scalloped Potatoes Peas Multigrain bread Pineapple	23) Vitamin C Juice Turkey Tetrizzini Cauliflower Wheat bread Fruit cocktail	24) Taco Casserole Brussels Sprouts Multigrain bread Pudding w/topping	25) Chicken Noodle Soup Roast Beef w/Gravy Mashed Potatoes Wax Beans w/Pimiento Wheat bread Tropical fruit	26) Vitamin C Juice Macaroni & Cheese Stewed Tomatoes Multigrain bread Banana
<p><b>Upcoming Holidays that MOW &amp; Nutri-Fair will be closed</b></p> <ul style="list-style-type: none"> <li>• Memorial Day – Monday May 31st</li> <li>• Independence Day – Observed on Monday July 5th</li> </ul>			<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>

## 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**

# THANK YOU TO THE FOLLOWING FOR YOUR GENEROUS DONATIONS

Janice Freece, Linda Houseman, Patricia & Lawrence Sauro, Dortehea Kenyon, Penelope Mosier, James & Cynthia Rice, Roger Gibson, Helen Charles, Valerie Fearby, Gloria Kuhn, Judy Durrant, Dennis & Wendy Kirby, Annette Coville, Edwin Dixon, Joan Dickinson, Nancy Spychalski, Lysbeth Hoffman, Barbara Johnson, Ann & Mark Warycka, Ed & Margaret Washak, Harold & Eloise Scribner, Yu Heng (Henry) Hong Yee, Carl Schlatter, Joanne & Kathleen Smith, Bob & Hope Stirk, Ann Fitzak, Gilbert Narburgh, Richard & Judith Cox, Nancy Neidert, Rochelle & William Moroz, Gail Fischer, Anna Swartzwelder, Debra DeFilipps, James Ayrault, George & Marilyn Strabel, Patricia Thompson, Beverly Downey, Mary Miesner, Frieda Sabo, Jean Shervin, Alan & Gail Foss, Jim & Kathie McMoil, Constance Gaines, Evelyn Krekic, Bonnie Waters, Edgar & Helen Wilkins, Betty Christopher, Irene Rouse, Diane Whalen, Loretta Smith, Eileen McElwain, Margaret Joy, Helen Kozody, Anne Albone, Charles Scouten, Cheryl Wengrzycki, Amy Engert, Christine Congdon, Bruce & Susan Landis, Eileen Pettit, Susan Cummings, Nick & Karen Adams, Rose Adams and Alice Snyder

*In Memory of Adeline Klafehn - Rodney Klafehn*

*In Memory of Rebecca Ritchie -*

Kenneth Snyder, Garret & Mary Knaak, Kevin Dillon, Hillard & Cheryl Denson and The Kiebala Family

*In Memory of Janet Mowers - Bob & Diane Furness, Roger & Ingrid LaMont, Janice Mann-Beach, Sandy Cometa, Rudy & Barb Kludt, James & Nancy Bailey, Scott & June Schepler, John & Wendy Becker and Christine & Perry Congdon*

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.

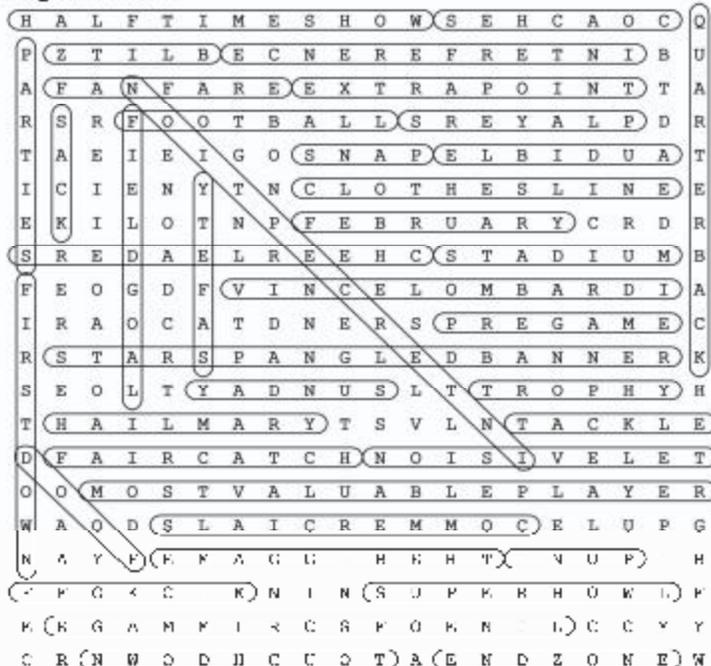
Finding those services can be confusing. A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Orleans NY Connects, at 585-589-3191, to discuss needed services.



**NY Connects**  
Your Link to Long Term Services and Supports



## Super Bowl



## GO BILLS!!

The Office for the Aging staff is rooting on the Buffalo Bills for their play off run to the Super Bowl.





You've prepared for a rewarding retirement.  
I can help you *make the most of it.*

As an Ameriprise Private Wealth Advisor, I have the qualifications and experience to help navigate your complex financial needs. Whether it's investment management, tax strategies or legacy planning, I can work with you to grow and preserve what you've worked so hard to achieve.



**Normand R. Fluet, Jr.**  
**CRPC®, CLTC®, APMA®**  
Private Wealth Advisor  
Business Financial Advisor

**Fieldstone Private Wealth**  
A private wealth advisory practice of  
Ameriprise Financial Services, LLC.

**585.637.0202**  
29 Clinton St.  
Brockport, NY 14420  
normand.r.fluet@ampf.com  
ameripriseadvisors.com/  
normand.r.fluet



The Compass is a trademark of Ameriprise Financial, Inc. Ameriprise Financial Services, LLC. Member FINRA and SIPC.  
© 2020 Ameriprise Financial, Inc. All rights reserved. (08/20)

# SPREAD THE WORD:

**A Thriving, Vibrant  
Community Matters**



**Support Our  
Advertisers!**

## DON'T SHOP. AD. PAW. PT.



***Your First Choice for Local Home Health Care!***

We provide personal care aides (PCAs), medical equipment, Pathways palliative care and other services to help you stay safe at home. Call us directly. We also work closely with the managed care plans below.

***Kalos Health, Fidelis, Elderwood, iCircle, Univera,  
Independent Health & BCBS***

**716-274-5000 / [LibertyHomeCare.org](http://LibertyHomeCare.org)**

### PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



**\$29.95/MO**  
**BILLED QUARTERLY**



**CALL NOW! 1.877.801.5055**  
**WWW.24-7MED.COM**





**585-589-0809**

[www.hospiceoforleans.org](http://www.hospiceoforleans.org)

**SEEKING HOSPICE VOLUNTEERS**

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@hospiceoforleans.org](mailto:cfancher@hospiceoforleans.org) with any inquiries or questions.



**CLOVERHILL ADULT RESIDENCE**

**MELODY PARKER, LPN**  
ADMINISTRATOR

355 SOUTH MAIN STREET  
ALBION, NEW YORK 14411

**(585) 589-7832 TELEPHONE**

**Applegate Manor**

400 Ohio Street  
Medina, NY 14103

**Tricia Trupo**  
Administrator

**Phone: (585) 798-3420**



**Washington Towers**

One State Street, Batavia

**585-344-0200**

*Subsidized Senior Apartments*

Rent based on Income  
Low Income / 62+ or mobility impaired disabled.  
[wtBatavia.com](http://wtBatavia.com)

Managed by VJ Gautieri Constructors, Inc.



**SLACK**  
Insurance Agency

441 Main St. Medina, NY 14103

**(585) 798-2530**

Our Family owned agency has been serving the insurance needs of residents and businesses since 1913. Insurance to fit your pocketbook... that's our policy.

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

Affordable 55+ Senior Living in the Village of Holley!

**NOW LEASING**

Holley Gardens

Call today for an application!  
**585-638-2287**

HOME LEASING

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



LET US *carry*  
YOUR MESSAGE  
TO *Senior*  
THE *Community*

For Advertising Information Call  
**800-477-4574**



remind a loved one  
to get a mammogram.

[ewbc.com](http://ewbc.com)  
**(585) 442-2190**

**EWBC**

Elizabeth Wendt  
Breast Care  
Breast Imaging Excellence



**SILSBY**  
FAMILY DENTAL PLLC

We provide a wide range of dental services for the whole family, now including:  
• Implants • Invisalign®

**Same-day CEREC crowns now available!**

**NEW PATIENTS WELCOME**

We accept Excellus, BCBS WNY, Delta Dental, MetLife, CSEA, Dental Pay, CIGNA and Many More

Call or text us today **(585) 589-4325**

Email: [office@silsbydental.com](mailto:office@silsbydental.com)



313 South Main St. • Albion NY 14411



41 N. Main Street, Albion  
**(585) 283-4584**

Present this coupon for a **FREE** dessert with any entrée (and you can take it home if you want to!)

**CHRISTOPHER MITCHELL**  
FUNERAL HOMES INC.

Your Family Funeral Home Since 1957

~3 Generations~

Pre-Planning at your home or ours.

21 W. Ave., Albion, NY 14411 **(585) 589-4471**

16650 State Route 31, Holley, NY 14470 **(585) 638-6397**

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



4-A-5-5

For ad info. call 1-800-477-4574 • [www.lpiseniors.com](http://www.lpiseniors.com)

14-1674



ORLEANS COUNTY OFFICE FOR THE AGING  
 14106 ROUTE 31 WEST  
 ALBION, NEW YORK 14411

RETURN SERVICE REQUESTED

PRSRT STD  
 U.S. POSTAGE  
 PAID  
 ALBION NY  
 PERMIT NO. #136



**The Medicine Shoppe**  
 PHARMACY  
 142 E Center, Medina, NY 14103  
**585-798-1212**  
*"What a Pharmacy Was Meant to BE"*  
 RICK MUFFORD, OWNER

**Diane's Dogs**  
*Gentle, Quality Small Dog Grooming*  
  
 Nail Trims  
 Pet Sitting  
 Senior Discounts  
 Pick up and Delivery Available  
 By Appointment  
**Diane Petricone, Pet Stylist**  
**585-748-3770**

**Need a ride? Give public transit a try!**  
 225 W. Academy St.  
 Albion, NY 14411  
 (585) 589-0707  
[myRTS.com/Orleans](http://myRTS.com/Orleans)  


**LAW OFFICES OF KATHERINE BOGAN**  
 517 MAIN  
 MEDINA, NY 14103  
**585-798-1615**  
 GENERAL PRACTICE  
*"Senior Life is the Good Life"*

226 Pearl Street, Medina 585-798-0896  
 112 N Main St, Lyndonville 585-765-2230  
**Bogan & Tuttle Funeral Home LLC**  
 Kevin M. Bogan Funeral Director  
 Family Owned and Operated  
 Cremation Funerals  
 Pre-arrangements  
[www.bogantuttlefunerals.com](http://www.bogantuttlefunerals.com)

  
**UnitedHealthcare**  
 Medicare Solutions  
**Authorized to Offer AARP Medicare Plans from UnitedHealthcare**  
**Samuel Gugliuzza**  
 Licensed Sales Representative  
 2372 Sweet Home Rd  
 Suite 6, Amherst, NY 14228  
 716-691-7500  
[sam@slgfinancial.com](mailto:sam@slgfinancial.com)

**CATHOLIC CHARITIES**  
 HOPE for all seasons  


**Catholic Charities Friendly Phones Home Visitation Program**  
 Offering free weekly phone calls or 1 hour social visits to homebound seniors in Orleans County who are living independently. Seeking volunteers interested in making a difference in the life of a senior. Give just one hour of your time a week playing cards, crafts or just talking.  
 Contact Catholic Charities **(585) 343-0614**  
 Funded by a grant by a private funder