

THE FRIENDLY CARRIER

ORLEANS COUNTY OFFICE FOR THE AGING

May 2021

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IMPORTANT DATES FOR MAY

Wednesday, May 19
Staff Development Day

Monday, May 31
Closed for Memorial Day



The Spring Jubilee has been canceled for this year.

We are hoping that we will be able to celebrate Older Americans Month next May with you.

COMMUNITY WIDE "FOOD DISTRIBUTION" DATES & LOCATIONS

Friday, May 7 & 21	Cornell Cooperative Extension-4-H Fairgrounds, 12690 Route 31, Albion
Friday, May 14 & 28	Community Action Main Street Store, 131 S. Main Street, Albion
Friday, June 4	Cornell Cooperative Extension-4-H Fairgrounds, 12690 Route 31, Albion



- 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 or Interested in volunteering? Call Office for the Aging at 589-3191, Mon-Fri 9am-5pm



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

Older Americans Month: Communities of Strength

MAY 2021

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Orleans County as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, Orleans County Office for the Aging will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

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 on Friday, 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 and Health Savings Accounts

How do I get a replacement Medicare card?

Your Medicare card is proof of your Medicare insurance. If your Medicare card was lost, stolen, or destroyed, you can request a replacement with your personal [my_Social Security](#) account. If you don't already have an account, you can create one online. Go to [Medicare.gov](#) and select "Log In/Create Account". Then, follow the instructions.

Once you are logged in to your account, select the "Replacement Documents" tab. Then select "Mail my replacement Medicare card." Your Medicare card will arrive in the mail in about 30 days at the address on file with Social Security so be sure to make sure your mailing address is correct before completing the request.

If you need to know your new Medicare number now, you have some options. In your personal [my_Social Security](#) account, you can get your Benefit Verification Letter, which includes your Medicare number. You can also visit [Medicare.gov](#) and sign in to see your Medicare number and print an official copy of your card. If you don't have a Medicare.gov account, go to [Medicare.gov](#) and select "Log In/Create Account". Then, follow the instructions.

If you can't or prefer not to use the online service, you can call 1-800-MEDICARE (1-800-633-4227 TTY 1-877-486-2048).

Extra Help with Medicare costs

Did you know there are programs available to help with your Medicare costs? The Medicare Savings Program (MSP) pays your Medicare Part B premium and helps with the costs of your Part D coverage. The Low Income Subsidy (LIS) helps with the costs of your Part D coverage only.

For more information, and to see if you may be eligible, please call the Office for the Aging at (585) 589-3191

HEAP CORNER

The 2020-2021 Cooling Assistance benefit opens on May 1, 2021

If you are eligible, you may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool. In circumstance where an air conditioner cannot be safely installed, a fan will be provided.

Only one air conditioner or fan, not to exceed \$800 with installation, will be provided per applicant household.

You may be eligible for a Cooling Assistance HEAP benefit if:

- ◆ Your household's gross monthly income is at or below the current income guidelines for your household size as posted below, and
- ◆ Household includes an individual with a documented medical condition that is exacerbated by heat, and
- ◆ You currently **do not** have a working air conditioner or the air conditioner you have is five years old or older, and
- ◆ You **did not** receive a HEAP funded air conditioner within the past five years.

2020 - 2021 Income guidelines:

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

It will be your responsibility to maintain the air conditioner.

This includes the responsibility to remove, cover, store, and/or reinstall the unit or the installation sleeve after vendor installation

The HEAP Clean and Tune program is open

You must be the homeowner, reside in the home, and be HEAP eligible.

The Heating Equipment Repair and Replacement (HERR) is open

The purpose of this program is to provide HEAP eligible homeowners help with the cost of repair or replacement of their primary heating equipment.

Applications must be done in person and by appointment.

Please call for eligibility for Clean & Tune and HERR, 589-3191



DIRECTOR'S DESK, CONTINUED FROM PAGE 2

Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate! Please join Office for the Aging in strengthening our community!

THANK YOU TO THE FOLLOWING FOR YOUR GENEROUS DONATIONS

Nancy Riches, Bob & Jennive Bracey, Steven Natale, Roxane Culmo, Kathleen Forker, Lorraine Fortune, Ed Sukowski, Andrew Jamale, Rose Wells, Doris Dunn, Donald Lonnen, Virginia Carpenter, Ethel Valentine, Lottie Stefaniak, Vicki Tinkous, Julie Stymus, Beatrice Young, John Sisson, Henry Hong Yee, Karen Pollard, Margaret Kelley, Joanne & Kathleen Smith, Kathryn Smith, Michele Oliver, Jean Upton, Nancy Mack and Nancy Donaue

In Memory of David Clark - Virginia Ahart

In Memory of Stephen Coville Sr - Annette Coville

In Memory of John McElwain - Eileen McElwain

In Memory of Patricia M. Elsom - Sandy Smith

In Memory of Sister Presentia's 90th Birthday - Elizabeth Menz

- 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.

COMPANION PET ADOPTION



To help combat social isolation and depression among older adults during the COVID-19 pandemic and beyond, New York State Office for the Aging (NYSOFA) partnered with Ageless Innovation to distribute

Joy for All Companion Pets to those most at-risk for social isolation.

Orleans County Office for the Aging is please to be able to offer animatronic pet dogs and cats to our clients that live at home. If you or your loved one would benefit from a companion pet, please call our office 585-589-3191



COVID-19 VACCINE UPDATE, as of 4/14/2021

1,235 people on our waiting list since January 13th, 2021

1,211 have been assisted - approximately 900 appointments were scheduled by our staff

We have a great collaboration with Orleans County Public Health and Orleans Community Health Hospital with their vaccination clinics. We are also assisting clients to sign up through pharmacies if we find openings.

Job well down by the Office for the Aging staff!!! Kudos to Public Health on how the clinics are run!

Need help scheduling a vaccine?

We are helping Orleans County residents that are age 60 and over; call our office at (585) 589-3191

Veterans, their spouse or caregiver can call the Batavia VA for information at (585) 297-1050

Residents **under 60** needing assistance can call Orleans County DSS at (585) 589-3170

The local vaccine availability is limited and determined by the state. For more information on when it will be available for the general public keep checking the website: <http://bit.ly/GOHealthVaccine> or the NYS Department of Health website: <https://covid19vaccine.health.ny.gov>

Keep your vaccine card in a safe place.

At this time you should not laminate your card. There is space on your card for future vaccines if needed.

Take a picture of your card with your phone or see below for the Excelsior Pass.

What is the Excelsior Pass?

Excelsior Pass provides a free, fast and secure way to present digital proof of COVID-19 vaccination or negative test results. To sign up, go to: <https://covid19vaccine.health.ny.gov/excelsior-pass>

Will you be able to get a Pass? You may retrieve a Pass if you have not tested positive for COVID-19 on the last 10 days and,

- You have been fully vaccinated in the State of New York and it has been 14 days or longer since your final shot, OR
- You had a PCR test administered in the State of New York in the last 3 days and the result was negative, OR
- You had an antigen test administered in the State of New York in the last 6 hours and the result was negative.

If you are eligible to retrieve a Pass, you may want your vaccination or testing information handy as you complete the form.

Overview

Get back to your favorite businesses and venues with digital proof of your COVID-19 vaccination or negative test results

Attend sporting events, arts performances and more! Excelsior Pass supports a safe reopening of New York by providing a free, fast and secure way to present digital proof of COVID-19 vaccination or negative test results. Think of it as a mobile airline boarding pass, but for proving you received a COVID-19 vaccination or negative test.

You can store your Pass digitally on your smartphone with the Excelsior Pass Wallet app, available for free from Apple App Store and Google Play Store. You can also print your Pass from the Excelsior Pass website (<https://epass.ny.gov>) and bring it with you. Participation in Excelsior Pass is voluntary.

USDA Rural Development-Section 504 Home Repair Program

"USDA Rural Development has Section 504 Home Repair funding available and is encouraging low income rural homeowners in Orleans County to contact their office and apply for assistance. Rural Development provides low interest loans up to \$40,000 to very low income homeowners to repair or improve homes located in rural areas. In addition, elderly homeowners **62 years of age** or older can be considered for grant assistance up to \$10,000 to address health and safety issues or make the home accessible for persons with a disabling condition if they do not show repayment ability for a loan.

Information regarding our Section 504 Home Repair Program can also be found on our website:

<https://www.rd.usda.gov/programs-services/single-family-housing-repair-loans-grants>

Please contact our Batavia, NY Area Office at 585.343.9167 Ext. 4 or email richard.gray@usda.gov to obtain more information on how to apply for single family home repair assistance. A representative can review your income, discuss eligibility in more detail, assess the repairs needed to your home and guide you through the application process.

USDA is an equal opportunity provider, employer and lender."

RECIPES



3-ingredient Strawberry Icebox Cake

from Tasty.com

Ingredients

- 5 cups sweetened whipped cream (we used 2 - 8oz containers of cool whip)
- 11 large rectangular graham crackers
- 3 cups strawberry, chopped

Preparation

1. Spread a thin layer of whipped cream in a square glass baking dish.
2. Layer graham crackers on top, then cover with a layer of whipped cream.
3. Sprinkle 1/3 of the strawberries on top, then layer with whipped cream again.
4. Repeat steps 2 and 3 until no more ingredients remain. (The top layer should be strawberries and should not be covered with whipped cream)
5. Refrigerate for at least 3 hours.
6. Enjoy!

3-ingredient Peanut Butter Cups

from Tasty.com

Ingredients for 6 servings

- 3 tablespoons powdered sugar, sifted
- 1/2 cup creamy peanut butter
- 1 cup chocolate, melted (we used milk chocolate chips)

Preparation

1. Prepare a cupcake tin with 6 liners. (or mini muffin tin)
2. Stir peanut butter and powdered sugar together until smooth.
3. Spread 1 to 2 tablespoons of chocolate in the bottom of each cupcake liner.
4. Dollop 1 to 2 teaspoons of the peanut butter mixture on top of the cookie.
5. Cover each dollop of peanut butter with more chocolate and smooth out the top.
6. Refrigerate for 1 hour or until chocolate has hardened.
7. Remove peanut butter cups from the liners.
8. Enjoy!



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

What in the World is a Jerusalem Artichoke?

Have you ever wondered what those wrinkled knobby vegetables in the produce section, which look similar to ginger root, actually are? They are Jerusalem artichokes, often called "sunchokes", and are native to North America. They are no relation at all to artichokes and actually belong to the sunflower family. The designation "Jerusalem" is thought to come from the Italian word "*girasole*" meaning sunflower. When the explorer Champlain took some back to his home in France, he noted the taste similarity to artichokes and eventually the name Jerusalem artichoke stuck.



These sunchokes are usually sold loose in the produce section of the grocery store. Check individual artichokes to be sure they are free of mold and wrinkles because either of these signify an older vegetable tuber. They vary in color from dark brown to light brown much like raw ginger root does.

Fresh raw tubers have the texture of a water chestnut so they are often sliced thinly and used in salad. The tubers can also be cooked like potatoes and served boiled, mashed, roasted, or sauteed. However they will turn mushy if overcooked.

They can be kept in the vegetable crisper bin in the refrigerator for several weeks if put into a bag and not washed before storing.

Nutritionally this vegetable is a good source of both potassium and iron. For those on certain medications who need to control potassium intake, a half cup serving contains 429 mg potassium. They are moderately high in calories (73 per half cup), low in fat, and have no cholesterol.

Sunchokes do contain **inulin**, a non-soluble fiber which can cause gas and bloating in some people. Inulin is not digestible in humans so it becomes food for bacteria in our gut and that produces gas which can be off-putting for some of us. Inulin eventually becomes fructose (the sugar in fruit) the longer it is out of the ground, and fructose does not tend to produce gas since it is digestible in humans.

Scalloped Sunchokes - Scrub or peel artichokes (skins are edible, just like potato skins). Slice each artichoke to 1/4 inch thick slices. In a frying pan, heat olive oil and butter on medium-high heat. Add sliced artichokes, garlic, salt (if permissible), pepper and parsley; stir well to coat artichokes. Stir-fry for about 4 minutes, stirring often. Do not overcook artichokes; they should be slightly crunchy.

Volunteer Drivers Needed to give rides to Seniors



We are currently looking for volunteer drivers
that live in or near Orleans County,
with the greatest need being in the Medina area.

For more information, please contact Chris at 589-3211

(Drivers will have the option to claim mileage reimbursement)

ADVISORY COUNCIL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Taco Casserole Shredded Cabbage Dinner Roll Mixed Berries	4) Vitamin C Juice Vegetable Quiche Stewed Tomatoes Green Beans Multigrain Bread Pudding w/Topping Graham Crackers	5) Ground Beef Goulash Broccoli Florets Tossed Salad w/Dressing Wheat Bread Fruit Cocktail	6) COLD PLATE Roast Beef Cole Slaw Multigrain Bread Applesauce	7) Chicken Kiev Baked Potato w/Sour Cream Prince Edward Vegetables Wheat Dinner Roll Cake w/Berries
10) Vitamin C Juice Beef Stroganoff over Rice Spinach Wheat Bread Tropical Fruit	11) Chicken and Gravy O'Brien Potatoes Peas Italian Bread Mandarin Oranges	12) COLD PLATE Vitamin C Juice Egg Salad New Broccoli Salad Multigrain Bread Fruit Pie	13) Cabbage Casserole Mashed Potatoes Spinach Wheat Bread Gelatin w/Topping	14) Vitamin C Juice Stuffed Shells w/Alfredo Sauce Brussels Sprouts Multigrain Bread Pears
17) Vitamin C Juice Vegetable Lasagna Carrots Wheat Bread Peaches	18) Vitamin C Juice Turkey Breast & Gravy Sweet Potatoes Mixed Vegetables Multigrain Bread Pears	19) Meat Loaf Mashed Potatoes Beets Wheat Bread Tropical Fruit	20) COLD PLATE Sliced Ham Potato Salad Multigrain Bread Pineapple	21) Vitamin C Juice Unstuffed Pepper Casserole Cauliflower Wheat Bread Applesauce
24) Pasta w/Meat Sauce Spinach Yellow Beans Multigrain Bread Tropical Fruit	25) Vitamin C Juice Italian Sausage Baby Lima Beans Hotdog Bun Pears	26) COLD PLATE Vitamin C Juice Salami & Swiss Cheese Kidney Bean Salad Wheat Bread Gelatin w/Topping	27) Vitamin C Juice Pork & Brown Gravy Rice Peas Multigrain Bread Ambrosia	28) Macaroni and Cheese Stewed Tomatoes Brussels Sprouts Wheat Bread Peaches
31) Closed for 	PLEASE NOTE NEW PHONE NUMBER 585-343-1123 OPTION 5	NOTE: 2% or skim milk is served with all lunches Menu follows a no salt added and low sugar diet		If you need to cancel your meal or will NOT be home to receive your meal, please call 24 hours in advance: 343-1123 option 5

Meals on Wheels - 343-1123, option 5

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 343-1123, option 5

10 TIPS FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1



Be open to new technologies that can help you care for your loved one.

2



Watch out for signs of depression and don't delay getting professional help when you need it.

3



Caregiving is hard work so take respite breaks often.

4

7



Organize medical information so it's up to date and easy to find.

6



Make sure legal documents are in order.

5



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10



CaregiverAction.org



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(585) 589-0809 | cfancher@SCOrleans.org

SupportiveCareOrleans.org



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<p>226 Pearl Street, Medina 585-798-0896</p>	<p>112 N Main St, Lyndonville 585-765-2230</p> <p>Bogan & Tuttle Funeral Home LLC</p> <p>Kevin M. Bogan Funeral Director Family Owned and Operated www.bogantuttlefunerals.com</p> <p>Cremation Funerals Pre-arrangements</p>
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 <p>Samuel Gugliuzza Licensed Sales Representative 2372 Sweet Home Rd Suite 6, Amherst, NY 14228 716-691-7500 sam@slgfinancial.com</p>	 <p>UnitedHealthcare Medicare Solutions</p> <p>Authorized to Offer AARP Medicare Plans from UnitedHealthcare</p>
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	<p>Catholic Charities Friendly Phones Home Visitation Program</p> <p>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.</p> <p>Contact Catholic Charities (585) 343-0614 Funded by a grant by a private funder</p>
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