

# THE FRIENDLY CARRIER

ORLEANS COUNTY OFFICE FOR THE AGING

**NOVEMBER 2021**

## WHAT'S INSIDE

Director's Desk - Page 2

Recipes - Page 6

Nutri-Fair Menu - Page 8

## IMPORTANT DATES FOR NOVEMBER

Tuesday, November 2  
OFA Office is Closed for Election Day

Sunday, November 7  
Daylight Savings Time Ends

Thursday, November 11  
OFA Office is Closed for Veteran's Day

Tuesday, November 16  
Staff Development Day

Thursday & Friday, November 25 & 26  
OFA Office & MOW/Nutri-Fair  
Closed for Thanksgiving



Turn your clocks  
back 1 hour on  
Saturday night,  
November 6th

After hours counseling & crisis  
intervention is available through  
through the Care & Crisis Helpline  
**585-283-5200**



**Join us for Thanksgiving Dinner on Wednesday, November 17th  
at the Albion and Kendall Nutri-Fair locations**

Roast Turkey w/Gravy & Stuffing    Mashed Sweet Potatoes    Cranberry Sauce  
Peas w/Pearl Onions    Whole Wheat Dinner Roll    Pumpkin Pie/Fruit Pie

**Doors open at 10 am and lunch is served at Noon**

**Call 589-7817, option 5 - to make reservations**

*Space is limited, call early for reservations*

*(\$3.00 suggested contribution)*



# OFFICE FOR THE AGING INFORMATION

## DIRECTOR'S DESK

November is *National Alzheimer's Disease Awareness Month*, a designation aimed at making the general public more aware of the disease, the scale of it among the U.S. population, and to bring to light potential care options for those affected. If your loved one has recently been diagnosed with Alzheimer's disease, or another form of dementia, the caregiving journey is not something you have to go alone.

November was originally designated as National Alzheimer's Disease Awareness Month by President Ronald Reagan in 1983. At the time of the designation, there were fewer than 2 million people in America who had Alzheimer's disease. Today, the number of people afflicted has reached nearly 5.4 million. As the population of the country continues to age, the incidence of Alzheimer's disease is also likely to increase.

**What is Alzheimer's disease?** Though research is ongoing, and knowledge about Alzheimer's disease is increasing among both scientists and the general public, it remains a relatively poorly understood condition. As a neurodegenerative disease onset often seems gradual, but symptoms intensify over time. Alzheimer's disease is believed to be the cause of as many as 70% of the cases of dementia. The progression of the disease can vary significantly from one person to the next.

The causes of Alzheimer's disease are not well known. The most common cause is believed to be genetics, though there is some evidence supporting head injuries, depression and hypertension as other causes. Current diagnosis is based on cognitive testing, with blood tests and medical imaging, which are performed to rule out other causes. Examination of brain tissue is the only source of a definitive diagnosis.

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*

**Eileen Ryan**  
*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, 4-5:30 pm

### 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

### DATE TO REMEMBER!

Office for the Aging Open House Enrollment Event

*EPIC and Medicare Advantage Representatives will be present*

Tuesday, November 30<sup>th</sup> 10:00 am - 2:00 pm Open House format  
Albion HOAG Library (Masks required) Registration required: 589-3191

Medicare Annual Election Period Oct. 15<sup>th</sup>-Dec. 7<sup>th</sup>

The website [www.medicare.gov](http://www.medicare.gov) is a good resource to compare options. Look for the "Preview 2022 Health and Drug Plans" tab which will allow one to compare options. A personal account set up through the Medicare website can be used to view access all of one's Medicare information and options.

Medicare representatives are available 24/7 at 1-800-MEDICARE (1-800-633-4227) to also assist one with Medicare options. The Office for the Aging offers a Medicare comparison packet that outlines one's options. This packet can be electronically emailed or be picked up at the County Administration Building; pick-up options requires one to call the office to make arrangements. Please call our office for more information or to speak with a health insurance counselor: 585-589-3191

## 2021 INSURANCE MEETINGS

United Health Care	November 9	10am - 12pm	Orleans County Building, Conference Room C
Univera	November 19	10am - 12pm	Orleans County Building, Conference Room B
Aetna & Humana	November 22	10am - 12pm	Orleans County Building, Conference Room B
United Health Care	November 23	10am - 12pm	Orleans County Building, Conference Room C
OFA Enrollment Event	November 30	10am - 2pm	HOAG Library, 134 S. Main Street, Albion

### A New Fall Venture is Available by Phone/Visits

#### *Friendly Phones/Home Visitation Program of Orleans County*

Have you noticed the days are getting a little shorter and cooler? This makes it the perfect time to join our Friendly Phones Program. Friendly Phones will provide you with a phone call once a week for about an hour. This call is intended to be one of just chatting and helping with being alone or more isolated. There is the option to have these be in person visits if you wish. This program is available **free** of charge to any individual 60 years or older who lives in Orleans county. **Free**, yes it is thanks to the generosity of a private donor in Orleans County who knows the importance of interacting with others and has provided the funds to have this program available.

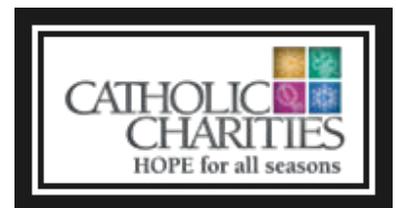
You enjoy socializing, and make conversation easily. You are a **perfect candidate** to become a **volunteer** to make these calls or visits. How about it? Fall into a new adventure and be a blessing to someone.

Just give Peg a call at the Friendly Phones/Home Visitation Program of the Tri County Catholic Charities office @ 585-343-0614 ext. 3804 any day from 9am - 4pm. Be sure to leave a message with your name and number.

Did I mention this is a minimal commitment each week of only one hour!

You can do this; we will provide you with all the training and support you need.

I look forward to hearing from many of you! ~~~Peg~~~



## 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 in person 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](mailto:Tammy.Graham@orleanscountyny.gov)

## DIRECTOR'S DESK, CONTINUED FROM PAGE 2

One of the biggest issues with early detection of Alzheimer's disease is due to symptoms being confused for the normal aging process. For example, forgetfulness might increase as one ages – including occasionally misplacing things, forgetting names or partial information. Older adults may even experience what they feel is some degree of short-term memory loss. For the most part, these are all normal parts of aging, and not necessarily indicative of Alzheimer's disease. Contrarily, forgetting entire experiences, not remembering things later, and losing the ability to communicate or care for oneself could be signs of Alzheimer's disease onset. It is always important to consult with a medical professional if you or your loved one suspect any cognitive or memory impairment.

Currently, there are no known treatments or therapies that can halt the progression of Alzheimer's disease. Compassionate care and alternative therapies (like art therapy, music therapy, robo-pets, even horticulture therapy and more!) can help manage and to some extent minimize symptoms for those with the disease. Exercise, proper nutrition, and thoughtful mental stimulation are also very important.

Our local Alzheimer's Association phone number is 1-800-272-3900. You can also reach out to our Caregiver Coordinator Tammy Graham for information at 589-3191. Have a wonderful month.

## 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, option 5**

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

## HEAP CORNER

### Home Energy Assistance Program (HEAP) is open and is expected to close March 15, 2022

It is important that you complete the application and return it to the Office for the Aging.

All pages of the application are to be completed, signed and returned along with proper income documentation, Please use the 2021 Social Security amounts from your award letter.



**NOTE:** you will be responsible for any deliveries prior to receiving your HEAP benefit, benefits cannot be sent to the vendors until the program opens in October.

#### Income guidelines:

1 Person Household - \$2729    2 Person Household - \$3569    3 Person Household - \$4409    4 Person Household - \$5249

### It is important to remember that HEAP is meant to SUPPLEMENT your heating cost, NOT REPLACE your heating payments.

Individuals who may be eligible for HEAP according to the above guidelines are encouraged to apply.

Now is the time to plan. Don't wait until the cold sets in to wonder how you can receive assistance with your heating bills. Don't be forced to choose between warmth, food and prescriptions.

If you are NEW to HEAP this year, 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 assist over the phone.

Applications are available at the following locations:

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

**The HEAP Clean and Tune program, and The Heating Equipment Repair and Replacement (HERR) are still open.**

Please call Becky Karls at 589-3216 for more information or assistance.

**2021 Social Security award letters will be arriving soon. Keep them in a safe place!! They will be needed for SNAP, HEAP and any other applications that require income documentation.**

### Traveling by air this holiday season?

TSA Cares is a helpline available to assist travelers with disabilities, medical conditions and other special circumstances as well as their traveling companion prepare for the screening process prior to flying.

**Call Ahead, 1-855-787-2227**

Travelers may call TSA Cares toll-free 72 hours prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint. In addition, passengers should contact TSA Cares if additional assistance is needed during the screening process.

For more information visit [tsa.gov](https://www.tsa.gov)

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

**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

### Holiday Reminders



In a few weeks it will be time for Thanksgiving Dinner and perhaps we will be able to have more family around the table than we had last year. And after dinner, it's time to clear the table and put away the remainders of the feast.

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

**Refrigerate** leftovers within 2 hours of the time the food is put on the table to eat. Make sure your refrigerator is 40° F or below as any temperature higher than this promotes bacteria growth and spoilage.

**Freeze** some leftovers right away rather than trying to put everything into the refrigerator. Be sure to label the package with the item and date and use the frozen food within three months.

**Store** foods separately in air-tight containers. If you use plastic storage bags, squeeze out excess air and seal the bag tightly.

**Use proper containers.** If you store food in margarine tubs, or cottage cheese containers in order to preserve individual portions, do not microwave these containers later as they contain chemicals which could be dangerous when heated in a microwave oven. When ready to heat-and-eat later, remove the frozen food to a glass or other microwavable container, or put it into a pot and heat on the stove with low to medium heat.

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

Here's an idea for **leftover cranberry sauce**, compliments of Martha Stewart.

Cut pie dough into 2¾-inch squares and put each square into the cups of a mini-muffin pan. Top each square with 1½ teaspoons of leftover cranberry sauce; fold in the edges of the dough to cover the sauce. Freeze for 30 minutes. Brush with egg wash (1 egg yolk beaten with 1 tablespoon cream), then sprinkle **lightly** with sugar. Bake at 400° F until golden (this should take 20 to 25 minutes). A nice "cookie" dessert with some vanilla ice cream!!

## THANK YOU TO THE FOLLOWING FOR YOUR GENEROUS DONATIONS

Jose Davila, Linda Newman, Gwen Mackie, Penny Blake, John Hanahan, Andrew Jamele, Amy Sidari, John Sisson, Priscilla Schepis, Loretta Tomasino, Henry Hong Yee, Barbara Johnson, Joanne Maid, Gloria Neader, Lorraine Fortune, Betty Jackson, Peggy Silkowski, Beverly Downey, Bob & Hope Stirk, Helen Charles, Patricia Watson and Roxanne Culmo

*In Memory of dear mama Ruth Elizabeth Buckner Browne - Love always Vicki Browne*

## ADVISORY COUNCIL

**Lynne Johnson**  
*Legislature Chair*

**Bill Eick**  
*Legislature*

**Fred Miller**  
*Legislature*

**Lynn Creasey**  
*Medina*

**Emily Cebula**  
*Chair, Lyndonville*

**Thaddeus Nauden**  
*Vice Chair, Waterport*

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

**Jonathan Gillman**  
*Kendall*

**Peggy Francisco**  
*Gaines*

**Jon Costello**  
*Albion*

**Sandy Thaine**  
*Ridgeway*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Apple juice Beef stroganoff over Noodles Diced beets Whole wheat bread Diced peaches	2) Vitamin C juice Stuffed shells w/red sauce Peas Whole wheat dinner roll Cookie 	3) Turkey tetrazzini Stewed tomatoes Multigrain bread Tropical fruit	4) <b>SOUP DAY</b> Vegetable soup Baked Breaded Fish Sweet Potato Chunks Green beans Whole Wheat Bread Applesauce	5) Fruit juice Spanish rice Whole kernel corn Multigrain bread Cake
8) Pulled pork w/gravy Mashed sweet potatoes Shredded cabbage Multigrain bread Diced pears	9) Chicken broccoli Alfredo over Noodles Chopped spinach 100% whole wheat bread Tropical fruit	10) <b>SOUP DAY</b> Minestrone soup Vegetable quiche Oven browned potatoes Green beans Multigrain bread	11) Vitamin C juice Pot roast w/vegetable gravy Mashed potatoes Diced carrots Whole wheat bread Cookies 	12) Tuna pasta casserole Mixed vegetables 100% whole wheat bread Pineapple tidbits
15) Unstuffed pepper casserole Brussels sprouts Whole wheat bread Applesauce	16) Italian sausage O'Brien potatoes Citrus flavored beets Hot dog bun Diced pears	17) <b>THANKSGIVING MEAL</b> Roast turkey w/gravy Stuffing Cranberry sauce Mashed sweet potatoes Peas w/pearl onions Whole wheat dinner roll Pumpkin pie / Fruit pie	18) Macaroni and cheese Stewed tomatoes Cole slaw Multigrain bread Diced peaches	19) Shepherd's pie Chopped spinach 100% whole wheat bread Banana
22) Vitamin C juice Chicken cacciatore Brown rice Peas Multigrain bread Pineapple tidbits	23) Pork chop w/apples Mashed potatoes Broccoli florets Multigrain bread Mandarin oranges	24) Vitamin C juice Hot dog Vegetarian beans Cauliflower Hot dog bun Applesauce	25) CLOSED FOR THANKSGIVING 	26) CLOSED FOR THANKSGIVING
29) Vitamin C juice Spaghetti w/meat sauce Green beans Whole wheat bread Cookie	30) Ham loaf w/ mustard sauce Lyonnaise potatoes Sweet/sour red cabbage Multigrain bread Diced pears	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: <b>589-5424 option 5</b>

**Meals on Wheels - 589-5424, 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 589-7817, option 5**

## NOVEMBER NUTRI-FAIR HIGHLIGHTS

Becky Karls, OFA

*"Nuts and bolts of  
Furnace Safety"*

On Wednesday, November 17

Kendall Nutri-Fair Site,  
Kendall Town Hall, Route 237



Michele Sargent, OFA  
Exercise Wednesday at the  
Medina Senior Center

615 West Ave

@ 10:00 A.M.

*(The 1st Wed of the month -  
class starts at 11:00 A.M.)*

Membership to  
WNY Senior Center in Medina  
is REQUIRED

For information Call

Kelly Shaw @ 798-4544

Michele Sargent, OFA

Exercise Thursday

Albion Nutri-Fair site

16 East Academy St.

@ 10:30 A.M.

Please call

Office for the Aging

@ 589-3191

or you are welcome to  
walk in and attend a class  
at the Nutri-fair site.

### Update on Masks:

Masks will need to be worn  
when entering/leaving and  
in common areas of the  
Albion Nutri-Fair site.

You do not need to wear one  
during exercise class.



## WNY Senior Center in Medina, 615 West Ave

Join Today – only \$10 a year, Membership available for citizens 50 years and older

**Hours:** Monday & Tuesday 9 am - Noon

Wednesday & Thursday 9 am - 4 pm and Friday Noon - 4 pm

Call Kelly Shaw for more details and questions 585-798-4544

Euchre every Wednesday, Thursday  
and Friday at 1 pm

Cost: \$2 per member

Coffee and goodies are included



**Save the date:** December 3rd

9 am - 3 pm

Fundraiser event to help  
support the Senior Center



## PREVENT FALLING BY MAKING YOUR HOME SAFER

By Nola Goodrich-Kresse, Public Health Educator - Orleans County Health Department

More than 1 in 4 adults report falling each year, which can cause serious injuries such as broken bones and head injuries. Even if it doesn't cause physical injury, it can cause someone to become afraid of falling again which may lead people to avoid normal daily activities. Being sedentary can lead to weakness or loss of stability, causing an increased risk of falling.

**Here are simple ways you can make your home safer that will help reduce your risk of falling:**

- Keep objects off the floor and clean up the clutter around your house such as stacks of magazines, newspapers, etc.
- Repair loose carpet and raised areas in the floor.
- Install grab bars or handrails in areas throughout your home where you may need some extra support. You may want support stepping in and out of the bathtub/shower, getting on and off your toilet and when you are going up and down stairs.
- Fix broken, loose or uneven steps.
- Coil or tape cords and wires next to the wall so they don't cause a tripping hazard.
- Make sure that there is enough lighting at the top and bottom of all your stairways.
- Keep items (books, shoes, papers) off your stairs.
- Keep a clear path so you don't have to walk around furniture to get to where you need to go.
- Remove throw rugs on the floor or use non-slip backing so the rugs won't move.
- Make bathtubs, showers and floors in kitchen, bathrooms and porches non-slip.
- Place items that you use frequently in the kitchen on lower shelves. If you need to use a step stool, make sure it is sturdy and never use a chair as a step stool.
- If you use a walker or cane, make sure there are rubber tips on the end to prevent slipping.
- Have a nightlight on the path from your bed to the bathroom so you can see where you are walking at night time.



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



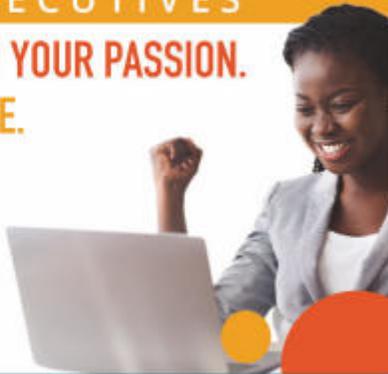
The Compass is a trademark of Ameriprise Financial, Inc. Ameriprise Financial Services, LLC. Member FINRA and SIPC.  
© 2020 Ameriprise Financial, Inc. All rights reserved. (08/20)

# WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.**  
**WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



 Contact us at [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Karen Fontaine** to place an ad today!  
[kfontaine@4LPi.com](mailto:kfontaine@4LPi.com) or **(800) 477-4574 x6350**

**ADVERTISE  
HERE** to reach the  
senior market



Call (800) 477-4574

QUESTIONS ABOUT NURSING HOME'S  
IMPACT ON YOUR FINANCES?



**WE CAN HELP.**

webster schubel meier  
**ELDERLAW**

- Long Term Care Planning
- Crisis Event Asset Protection
- Wills & Power of Attorney
  - Estates & Trusts
  - Real Estate

113 W. Center St., Ste. 2    6409 Dysinger Road  
Medina, New York 14103    Lockport, New York 14094  
**585-798-2250    716-638-7026**  
[wsmelderlaw.com](http://wsmelderlaw.com)





**Supportive Care of Orleans**  
 COMPASSION • COMMUNITY • HOSPICE  
 Formerly Hospice of Orleans

## SEEKING HOSPICE VOLUNTEERS!

Attention New Retirees, Stay at Home Moms, Military Veterans, and individuals with a heart to help others.

Supportive Care of Orleans is 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 2 hours per week can help Supportive Care provide services to our patients. **For more info call or email.**

(585) 589-0809 | [cfancher@SCOrleans.org](mailto:cfancher@SCOrleans.org)

[SupportiveCareOrleans.org](http://SupportiveCareOrleans.org)



**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.

## 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)



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)



# SUPPORT OUR ADVERTISERS!



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



**SILSBY FAMILY DENTAL P.C.**  
 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.lpiconmunities.com](http://www.lpiconmunities.com)

14-1674



ORLEANS COUNTY OFFICE FOR THE AGING  
14016 ROUTE 31 WEST  
ALBION, NEW YORK 14411

RETURN SERVICE REQUESTED

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



	<p><b>JACOB B. HEBDON</b> LICENSED FUNERAL DIRECTOR</p> <p>215 WEST CENTER STREET MEDINA, NEW YORK 14103</p> <p><b>585-798-4131</b></p> <p>COOPERFUNERALHOME@GMAIL.COM WWW.COOPERFUNERALHOME.COM</p>	 <p><i>"Give your family the gift of PrePlanning your final arrangements. Irrevocable / Medicaid PrePlanning available."</i></p>	<p><b>LAW OFFICES OF KATHERINE BOGAN</b></p> <p>517 MAIN MEDINA, NY 14103</p> <p><b>585-798-1615</b></p> <p>GENERAL PRACTICE <i>"Senior Life is the Good Life"</i></p> 
---	--	--	--

<p>226 Pearl Street, Medina 585-798-0896</p>	<p>112 N Main St, Lyndonville 585-765-2230</p> <p><b>Bogan &amp; Tuttle Funeral Home LLC</b></p> <p>Kevin M. Bogan Funeral Director Family Owned and Operated www.bogantuttlefunerals.com</p> <p>Cremation Funerals Pre-arrangements</p>
--	--

 <p><b>Samuel Gugliuzza</b> Licensed Sales Representative 2372 Sweet Home Rd Suite 6, Amherst, NY 14228 716-691-7500 sam@slgfinancial.com</p>	 <p><b>UnitedHealthcare®</b> Medicare Solutions</p> <p>Authorized to Offer <b>AARP®</b> <b>Medicare Plans</b> from <b>UnitedHealthcare®</b></p>
--	--

 <p><b>CATHOLIC CHARITIES</b> HOPE for all seasons</p>	<p><b>Catholic Charities Friendly Phones Home Visitation Program</b></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 <b>(585) 343-0614</b> Funded by a grant by a private funder</p>
---	---