

THE FRIENDLY CARRIER

ORLEANS COUNTY OFFICE FOR THE AGING

JANUARY 2022

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IMPORTANT DATES FOR JANUARY

Monday, January 17
Closed for Martin Luther King Jr. Day

Wednesday, January 19
Staff Development Day



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-

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

2022 is here! Another year has come and gone. Last year I wrote about how happy we were that 2020 was over with the pandemic and here we are still dealing with it at the end of 2021. This pandemic has taken its toll on many of us in different ways and I want to remind people there are resources available if you need assistance. Please do not be afraid to ask for assistance! Give our office a call and we will assist you with our OFA services or refer you to the appropriate place.

I wish everyone good health and remind you to take care of YOU! Life is precious and you have to take care of yourself. It is important to take your medication, complete routine bloodwork, and go to your scheduled appointments. If this is a concern for you, please contact our office for assistance. I am looking forward to see what 2022 has in store for all of us.

January will start my 10th year as the Director, if you follow my articles every January I like to share resolutions for the New Year. It makes me feel accountable as I share with over 3,000 of you. No pressure! Do you find yourself having the same goals every year? I bought myself a Christmas present this year, a new planner to try and be more organized. I am not sure how I remember all my appointments, my husbands, and my kids' appointments/activities. I like to think I am pretty organized and this helps me feel like I have things in order and make sure appointments are attended. Do you have a calendar that you keep all your appointments on?

For once in my life I don't have a lose weight resolution, well ok maybe a few pounds wouldn't hurt! I do however need to get active. We see it every day here and we tell clients you have to move! If you don't move it you lose it. Walk around your house a couple times a day, walk outside if you are able, or

Continued on page 4

OFFICE STAFF

Melissa Blanar
Director

Meghan Bevins
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, M-F 9-3:30
Hot lunch Mon-Fri, served at 11:30

Kendall

Kendall Community Food Shelf
659-3300
Delivery once a month or can pick up

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

REMINDER: Medicare Advantage Open Enrollment Period is from 01/01/22-03/31/22

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 01/01/22 to use this enrollment period.

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.

Meet our new Assistant Director, Meghan Bevins



Hello Orleans County,

My name is Meghan Bevins and I am the new Assistant Director at the Orleans County Office for the Aging. I am very excited to support the counties older adults through the many services that we offer here at OFA! For the past 13 years I have worked in Long Term Care, with the last 8 years as the Director of Therapeutic Recreation at The Jewish Home of Rochester. My careers main focus has been to assist older adults to reach their highest practicable wellbeing in all areas of their life. I have been a champion for culture change in Long Term Care. This included project development work on an \$83M project to transform the existing institutional long term care setting into one that focuses on creating warm, home-like settings focused on person-centered care.

I live in Holley with my husband and two children where we enjoy spending time together. As a family we love being outdoors whether we are hunting, fishing or exploring a new campground. I enjoy being active and my favorite leisure pursuits are running, cycling and COOKING! I wish everyone a Happy New Year and look forward to working with you. -Meghan

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.

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

DIRECTOR'S DESK, CONTINUED FROM PAGE 2

go to Walmart and roam around (be careful not to spend too much money).

As for fun resolutions, we all need some fun. I miss reading for leisure and I would love to read a book a month. I feel like we need to put our phones and tablets away! People need to communicate with each other, call someone or visit with them. Your time is a precious gift! Lastly I hope to continue to travel with my family on a trip to Pigeon Forge, TN and maybe another cruise. What do you have planned for 2022? Big or small plan something, it is always good to have something to look forward to. Stay in touch with love ones, family, neighbor and friends you may be that persons only contact. Stay healthy in 2022 and please remember we are always here to help at the Office for the Aging! HAPPY NEW YEAR!!!!!!

THANK YOU TO THE FOLLOWING FOR YOUR GENEROUS DONATIONS

Lillie Jackson, Kathleen Forker, John Batchellor, Marilyn Kilborn, Pat Moss, Norma McFarland, Genevieve Barber, Rochelle Moroz, David Kusmierczak, Gwen Mackie, Charles Pettit, Fran Lippert, Jean Shervin, Irene Rouse, Rita Jackson, John Hanahan, Lottie Stefaniak, Richard & Judy Cox, Rick & Lynn Harmer, Virginia Roberts, Nancy Riches

In Memory of Faye Hoot - Nancy Mack

In Memory of Donald C Gaines Sr. - Constance Gaines

In Memory of David L. Canham - Barbara Canham

January Dates & Locations for The POP-UP-PANTRY (Nourish NY)

For the winter months, there will be new procedures for both locations.

Trolley Building at Orleans County 4H Fairgrounds

12 pm to 4 pm on January 3rd and 31st **(note new time)**

New waiting procedure: Starting at 10 am, you may check in with staff in the Trolley Building, or staff will greet you at your car in the parking lot. You will be handed a colored pass that will serve as your ticket for the distribution.

Red tickets will be admitted from 12 pm - 1 pm; **Blue tickets** will be admitted from 1 pm - 2 pm

Green tickets will be admitted from 2 pm - 3 pm; Anyone without a ticket will be admitted after 3pm

This will allow for all to either wait in cars, or leave the fairgrounds and return at your timeslot, instead of waiting out in the cold. January 3rd will be the first time using this system. Please be patient with us.

Please bring your own bags. Wagons and coolers on wheels work well so you don't have to carry.

Do not arrive before 10 am, the staff will not be available.

Community Action Main Street Store

131 S. Main Street, Albion; 9 am to Noon on January 24

New procedure: This will be a drive thru event.

Stay in your vehicle and keep your window closed.

Have your trunk open.



All new procedures are subject to change to make adjustments for smoother distribution and safety.

The Nourish New York program has permanently enshrined into state law. Governor Kathy Hochul on Nov. 20 signed the legislation, reaffirming New York's commitment to providing support to those facing food insecurity across the state. The Nourish New York initiative reroutes New York's surplus agricultural products to the populations who need them most through the state's food banks. The program also provides much-needed support for the food producers and farmers who have lost markets as a result of the Covid-19 pandemic because the state's food banks are buying agricultural products from New York farmers and food processors, Hochul said.

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 new 2022 Social Security amounts from your award letter.

Emergency HEAP will open on Monday, **January 3, 2022** for HEAT and heat-related emergencies.

You **MUST** have received & exhausted your regular HEAP benefit and also 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 - \$2729 2 Person Household - \$3569 3 Person Household - \$4409 4 Person Household - \$5249

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

If you need assistance filing out the application, or have questions, 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.

POWER OUTAGE PREPAREDNESS

Know your needs

Proper powering of medical and assistive equipment can be just as essential to life as food, water, cooling and heating. Take an inventory of what devices may be essential to you for the older adult that you care for and make sure that they will be supported should an extended power outage occur.

A backup battery may suffice, but it is important to know the wattage requirements of each device that needs to be powered. Should a portable generator need to be used, it's important to know that:

- One should never use a generator indoor or in an enclosed space (garage, basement).
- Carbon Monoxide buildup can still occur in enclosed spaces even if windows and doors are open.
- Generators should not be placed outside near open windows or doors where carbon monoxide can enter the home and build up.
- If anyone show signs of CO poisoning (headache, nausea, dizziness), they should immediately seek fresh air & medical attention.

Have important information readily available

Creating a book with all important phone numbers and instructions needed can make enduring a power outage much easier. It can take a few minutes to put together, but once it's done, the time saved during an emergency situation will be much greater. Things to keep in the emergency book include:

Emergency numbers for: Police & Fire Departments; Electric, Gas & Water Company; Medical Device Company; Doctor or Healthcare Provider & Pharmacy; Family Members, Friends or Neighbors; Copies of Insurance information; Location of batteries and flashlights in the home; Instructions for replacing batteries of medical devices and how to reset devices if needed; What to do if the power outage occurs in the middle of use of a device or treatment.

Prepare an emergency kit that will last at least 72 hours

This can include: Battery operated lighting (flashlights/lanterns); Non-perishable food items, a can opener, and water; Readily available blankets/warm clothing or a battery-operated fan/ice chest with ice packs; Label emergency kit items properly according to any visual, cognitive or hearing impairments; Mobile chargers for phone and other necessary electronics.

Continued on page 9

RECIPES



7 Layer Dip in a Jar

yields 2 pint canning jars

- 1 (15.25 ounce) can refried beans
- 1 cup plain greek yogurt + 1 Tablespoon taco seasoning
- 1 cup prepaid or homemade guacamole
- 1 cup cheddar or Mexican blend cheese, grated
- 1 tomato, diced
- 1 small can of olives, diced
- 2 green onions, thinly sliced

Layer the Ball Pint Jar starting from the top of the ingredient list down to the bottom. (These measurements are ones that I used, however this recipe is very versatile and you can put more, less, or take out anything that you do not like).

For substitutes, you can use sour cream instead of yogurt and salsa instead of diced tomato.

Serve with a spoon and tortilla chips.

Source: madeitateitlovedit.com

EASY CHICKEN CASSEROLE

TOTAL TIME: Prep: 15 min, Bake: 30 min

YIELDS: 10 servings

Ingredients

- 8 cups cubed cooked chicken
- 2 cans (10 1/2 ounces each) condensed cream of chicken soup, undiluted
- 1 cup sour cream
- 1 cup crushed Ritz crackers (about 25 crackers)
- 2 tablespoons butter, melted
- 1 teaspoon celery seed
- Optional: Fresh parsley and sweet red pepper rings

Directions

1. Preheat oven to 350 degrees. Combine chicken, soup and sour cream; spread into a greased 13x9 baking dish. Combine crumbs, butter and celery seed; sprinkle over chicken mixture.
2. Bake, uncovered, until bubbly, 30-35 minutes. If desired, garnish with parsley and red pepper.

Note: recipe can be halved to serve 5

Source: tasteofhome.com



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

NUTRITION CORNER



Nutrition Resolution

The holidays are nearly over and we are thinking about Resolutions for the new year. The best idea for resolutions is to resolve **one** thing you know you can do rather than make a lot of resolutions you know you won't keep past January 15th.

In my discussions with you, I have learned some of you often do not eat breakfast. You give me various reasons, and I admit it is an easy meal to skip. Sometimes you are just getting up in time to greet the driver with your home delivered meal for lunch. Other times you just want to settle down in a comfortable chair with a cup of coffee and read the paper or watch television or catch up on your magazines. "I have never eaten breakfast, not even when I was a child." Too much trouble to cook a

breakfast? Well.....no one said breakfast has to be your morning meal!!!

If you receive a home delivered meal and eat some of it as your first meal of the day, that's wonderful! Have a light snack mid-afternoon like a cup of yogurt and a few grapes, then have the remainder of your "lunch" for supper or fix a sandwich and maybe heat some soup.

Later in the evening have some canned fruit or a cup of pudding and graham crackers for a snack and when you are ready to retire, have what we normally call 'breakfast'. A dish of oatmeal or whole grain cold cereal with milk is just as good for you at night as it is first thing in the morning. Warm milk at bedtime has long been known to aid in promoting restful sleep. I often have a cup of cocoa with some graham crackers just before going to bed.

Breakfast can also be foods we would normally think of a lunch. Cottage cheese with a granola-type cereal sprinkled on it and a fruit like berries or canned peaches is a meal all in one bowl. It can be carried into the room where you are watching television and eaten at your leisure. Or how about an English muffin or a piece of whole wheat toast spread with peanut butter. That and a banana make a complete, nutritious, and fun breakfast to go with your coffee.

If starting to eat breakfast or improving your current meals is a resolution you would like to make and keep, you may contact the Office for the Aging (589-3191) and ask to have the dietitian call you or send you additional information on how to make easy nutritious meals for one person. It costs you nothing except a phone call and you receive nutrition information and support to help you keep your resolution.

Office for the Aging Volunteer Opportunities

- Newsletter Volunteers help once a month to fold, tape and label newsletters for mailing.
(2 hours on the last Tuesday of the month)
- Volunteer Drivers to drive our clients to doctor appointments or to the store.
(Drivers will have the option to claim mileage reimbursement)

Please call the office if you are interested, 589-3191



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Albion

Sandy Thaine
Ridgeway

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Vitamin C juice Ground beef & gravy over Rice Green beans Multigrain bread Diced pears	4) Vitamin C juice Chicken pot pie Mashed potatoes Chopped spinach 100% whole wheat bread Gelatin	5) Bean with ham soup Italian sausage Mashed sweet potatoes Cauliflower Hot dog bun Mandarin oranges	6) Tomato juice Turkey rice casserole Beets Multigrain bread Fruit cocktail	7) Vitamin C juice Vegetable lasagna Peas 100% whole wheat bread Ice cream
10) Chicken cacciatore Mashed potatoes Broccoli florets Multigrain bread Tropical fruit	11) Pot roast w/gravy Diced potatoes Brussels sprouts 100% whole wheat bread Pineapple tidbits	12) Vitamin C juice BBQ pork Baked beans Scandinavian blend Hamburger bun Applesauce	13) Chicken noodle soup Spinach quiche Sweet & sour red cabbage Multigrain bread Fruit cocktail	14) Pepper steak strips with gravy Rice Diced carrots Multigrain bread Mandarin oranges
17) Shepherd's pie Beets Multigrain bread Ambrosia 	18) Vitamin C juice Chicken Dijon Mashed potatoes Peas 100% whole wheat bread Canned peaches	19) Cream of broccoli soup Ravioli w/meat sauce Green beans Multigrain bread Applesauce	20) Pork chopettes w/ apples O'Brien potatoes Mixed vegetables Whole wheat dinner roll Canned pears	21) Macaroni and cheese Zucchini squash Multigrain bread Tropical fruit
24) Vitamin C juice Sliced ham w/pineapple Sweet potatoes Chopped spinach 100% whole wheat bread Fruit cocktail	25) Hamburger patty w/ gravy Mashed potatoes Broccoli florets Multigrain bread Tropical fruit	26) Vitamin C juice Pork w/gravy over Rice Carrots Multigrain bread Cookie	27) Beef vegetable soup Chicken patty w/gravy Diced potatoes Peas Multigrain bread Mandarin oranges	28) Vitamin C juice Swedish meatballs Mashed potatoes Mixed vegetables 100% Whole wheat bread Applesauce
31) BBQ pork Rice Mashed squash Hamburger bun 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 you will NOT be home to receive your meal, please call 24 hours in advance: 589-5424 option 5	

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

JANUARY NUTRI-FAIR HIGHLIGHTS

Becky Karls, OFA
*"New Years Trivia"
 and Resolutions"*

On Wednesday, January 12

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.

Don't wash your hair in the shower

(It's so good to finally get a health warning that is useful)

It involves the shampoo when it runs down your body when you
 shower with it....a warning to us all!!

I don't know WHY I didn't figure this out sooner!

I use shampoo in the shower! When I wash my hair, the shampoo
 runs down my whole body, and printed very clearly on the shampoo
 label is this warning, "FOR EXTRA BODY AND VOLUME".

No wonder I have been gaining weight! Well, I got rid of that sham-
 poo and I am going to start showering with Dawn dishwashing soap
 instead. Its label reads, "DISSOLVES FAT THAT IS OTHERWISE
 DIFFICULT TO REMOVE".

Problem solved! If I don't answer the phone, I'll be in the shower!!!

Source: Laff-Lines, February 2021 issue

Office for the Aging is now accepting credit/debit card payments for LifeLine and EISEP services

go to: www.Orleanscountyny.gov

Office for the Aging

Select Online Payment/Contribution

The minimum convenience fee is \$1.95

Need help or have any questions,

Call Kathleen at 589-2845



POWER OUTAGE PREPAREDNESS, continued from page 5

During the outage

- Keep refrigerator and freezers closed as long as possible. A full freezer can keep food cold for about 48 hours (or 24 hours for a half-full freezer). A fridge will keep food cold for about 4 hours.
- Unplug or disconnect all electronics and appliances as damage can occur as electric companies try to restore power.
- Keep in contact with a trusted person and check on older neighbors who may be in need
 (only if conditions are safe to do so)

After power is restored

- Inspect food items that may have gotten spoiled during the outage. If there is doubt in the quality of food items, dispose of them.
- See if any medications require refrigeration. If so, contact a pharmacist for advice on next steps.
- Take the time to check on the status of any electronics that could have been damaged.
- Review your emergency stock items and evaluate what can be improved should another outage occur in the future.

Source: wilcampus.org



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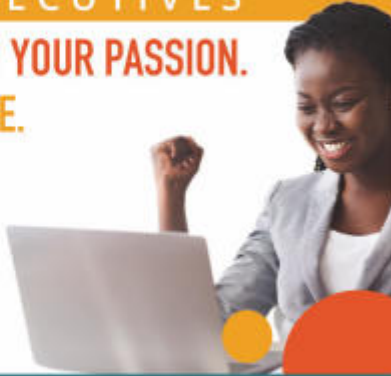
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(585) 589-0809 | cfancher@SCOrleans.org

SupportiveCareOrleans.org



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