

THE FRIENDLY CARRIER

ORLEANS COUNTY OFFICE FOR THE AGING

FEBRUARY 2022

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IMPORTANT DATES FOR FEBRUARY

Monday, February 14
Staff Development Day

Monday, February 21
Closed for President's Day

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)

POP-UP PANTRY (Nourish NY) Dates & Locations

Community Action Main Street Store - 131 S. Main Street, Albion
February 14th, 9 am to Noon

New procedure: This will be a drive thru event.

Stay in your vehicle and keep your window closed. Have your trunk open.

Trolley Building at Orleans County 4H Fairgrounds
February 28th - 12 pm to 4:00 pm

(note: new ticket times since last month)

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 - 12:45 pm;

Blue tickets will be admitted from 12:45 pm - 1:30 pm;

Green tickets will be admitted from 1:30 pm - 2:15 pm.

After 2:15 pm, tickets are not required for any remaining items.

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. 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.

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



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

I feel like we have lucked out so far with winter this year. Knock on wood, it has not been too bad out. I know, I know we live in Western New York, but I am not a fan of the cold and either is my rheumatoid arthritis. As many of you do I have the fear of falling every winter! Please be careful when you are out and about. I thought I would share some winter safety tips I came across on the internet. Stay warm my friends.

Outdoor Safety - When venturing outdoors, wear loose, lightweight, warm clothing in several layers. Trapped air between the layers acts as an insulator. Layers can be removed to avoid perspiration and subsequent chill. Outer garments should be tightly woven, water repellent and hooded. Always wear a hat or cap on your head - half of the body's heat can be lost because of an uncovered head. Cover your mouth with a scarf to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves because fingers maintain more warmth when they touch each other. Cold temperatures put an extra strain on your heart. Heavy exertion, such as shoveling snow, clearing debris or pushing a car, can increase the risk of a heart attack. Stay warm, dress warm and SLOW DOWN when working outdoors. Take frequent rests to avoid over exertion. If you feel chest pain -- STOP and seek help immediately.

Cold Safety - Avoid Overexertion-Your heart is already working overtime in cold weather. The strain from the cold and the hard labor of shoveling heavy snow, walking through drifts or pushing a car may cause a heart attack. Sweating from overexertion could lead to a chill and hypothermia. Hypothermia occurs when body temperature falls below 95 degrees Fahrenheit. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and exhaustion. **Get medical attention immediately.**

Continued on page 4

OFFICE STAFF

Melissa Blanar
Director

Meghan Bevins
Assistant Director

Tammy Graham
Caregiver Coordinator

Christine Smith
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

Applying for Medicare Online and Opportunities for Extra help

Did you know that you can apply for Medicare online even if you are not ready to retire? And it takes less than 10 minutes! There are no forms to sign and usually no required documentation. They will process your application and contact you if they need more information.

To apply for Medicare and find other important information, visit www.ssa.gov/benefits/medicare

If you want to start receiving Medicare at age 65, you must apply for Medicare no earlier than three months before your 65th birthday and no later than three months after that birthday. This window of opportunity is called your initial enrollment period.

Some Medicare beneficiaries may qualify for *Extra Help* to pay for the monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug program. You must be receiving Medicare, have limited resources and income, and reside in one of the 50 states or the District of Columbia to qualify for the *Extra Help*. For more information on *Extra Help*, visit www.ssa.gov/benefits/medicare/prescriptionhelp.

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.

FEBRUARY INSURANCE MEETINGS

BC/BS Senior Blue	February 18	10am - 12pm	Orleans County Building, Conference Room C
Univera	February 25	11am - 1pm	Orleans County Building, Conference Room B

"People have told me 'Betty, Facebook is a great way to keep in touch with old friends...' At my age, if I wanted to keep in touch with old friends, I'd need a Ouija board." - **Betty White**

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.

Please use the new **2022** Social Security amounts from your award letter.

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

Emergency HEAP is now open for HEAT and heat-related emergencies.

You **MUST** have received & exhausted your regular HEAP benefit and also be resource eligible to qualify.

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.

New Program

The Low Income Household Water Assistance Program (LIHWAP). Helps low income households who have past due bills (arrears) for drinking water and/or wastewater services.

You may go online to apply at: <https://otda.ny.gov/programs/water-assistance/>
or call our office to have it mailed to you.



DIRECTOR'S DESK, CONTINUED FROM PAGE 2

Some of the most important tips for safe winter driving include:

- Never follow a snowplow too closely or attempt to pass one. Remember that the highway ahead of the plow is usually snow-covered; Adjust speed for road conditions and maintain a safe distance from other vehicles;
- Assume that bridge surfaces are slippery, as they freeze more quickly than road surfaces; Be wary of black ice, which can be difficult to see but makes conditions slippery when pavement temperatures are below freezing;
- Have a cell phone handy, never venture from your vehicle if snowbound;
- Equip your car with emergency supplies including sand, shovel, flares, booster cables, rope, ice scraper, portable radio, flashlight, blankets and extra warm clothes;
- Before you drive your car, take time to ensure your exhaust pipe is clear, brush all the snow off the car so it doesn't fall on your windshield while you are driving
- Leave extra time for blocked, closed or icy roads
- Stay tuned to your local news for updated information on road conditions

THANK YOU TO THE FOLLOWING FOR YOUR GENEROUS DONATIONS

Christina Short, Patricia Sauro, Ann Fitzak, Roger Gibson, Kurt Benz, Shirley Rowles, Adrienne Hartman, Grace Guzik, Marilyn & George Strabel, Lee & Maureen Blackburn Arthur & Trudy Bradt, Rochelle Moroz, Henry Hong Yee, Carol Fearby, Carol Washburn, Mary Jensen, Carolyn Sisson, Genevieve Karls, Cynthia Iorio Rice, Loretta Smith, Gloria Kuhn, Joan Roberts, Louise Henderson, Janice McCloy, Maxwell & Nedra MacLean, Mike & Susan Ryan, Walter & Darlene Sullivan, Jean Shervin, Lowell & Eleanor Davis, Harold & Eloise Scribner, Penny Mosier, Gale Gurgir, Paula Barrus, Jean Benson, Beatrice Young, Walter & Rose Austin, Nick & Karen Adams, Richard Schneider, Dorothy Flood, Carl Schlatter, Bonnie Waters, Linda Barber, Susan Cummings, Peggy Schreck, Helen Kozody, Linda & Bill Belson, Terry Leonard, Fran & Jim Sweeney, Audrey Bennett, Joanne & Kathleen Smith, CRFS, Theresa Gillette, James R. Washak, Ed & Margaret Washak, Susan Bowman, Ruth Bernard, Chris Capurso, Linda Hansler, Constance Gaines, Angelina Wolk, Gail Fischer, Jean Bailey, Jane Sidari, Alice Gascon, Florence Surdi, David Kusmierczak, Linda Calabrese, Joanne Whitney, Jane Dermody, Elaine Hills, Donald Bow, Harriet Draper, Terri & Steve Webster and Beverly Downey

Sam Gugliuzza w/ United Health Care for the donation of bus passes and 3 MOW emergency meals for our MOW clients, State Senator Rob Ortt for the Covid home test kits that were distributed in January

In Memory of Mary Radigan - ARCO Industries
In Memory of William Jensen - Mary Jensen

In Memory of Aldore Bloom - Dar Krull
In Memory of Bruce E. Wright - Cheryl Wright

In Memory of Albert & Mary Letts - Carol Fearby



Origin: February is Black History Month; a time to celebrate the achievements of African Americans and honor the significant role and impact they have made throughout U.S. history.

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States.

In 1915 Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent.

In 1976, President Gerald Ford officially recognized Black History Month to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Since then each American president has issued African American History Month proclamations. And the association—now the Association for the Study of African American Life and History (ASALH)—continues to promote the study of Black history all year.

4 The past two years have brought significant challenges to communities of color which have been disproportionately impacted by COVID 19.

Continued on page 5

Disparities:

- ◆ African Americans comprise approximately 13% of the United States' population; however, they make up more than 35% of all patients on dialysis due to kidney failure.
- ◆ Additionally, about 4.9 million African Americans over the age of 20 are living with either diagnosed or undiagnosed diabetes. While that may not seem related, diabetes is the leading cause of kidney disease.
- ◆ In addition, nearly half of all African Americans adults have some form of cardiovascular disease and approximately 2 out of every 5 African American adult has high blood pressure, which is often not under control.
- ◆ African Americans ages 18-49 are two times as likely to die from heart disease than whites.
- ◆ African Americans ages 35-64 years are 50% more likely to have high blood pressure than whites.
- ◆ Cancer is the second leading cause of death among black people in the United States. Among men, black men get and die from cancer at higher rates than men of other races and ethnicities. Among women, white women have the highest rates of getting cancer, but black women have the highest rates of dying from cancer.
- ◆ Breast Cancer deaths are going down fastest among white women compared to women of other races and ethnicities. Black women have the highest death rates of all racial and ethnic groups and are 40% more likely to die of breast cancer than white women. The reasons for this difference result from many factors, including having more aggressive cancers and fewer social and economic resources. To improve this disparity, black women need more timely follow-up and improved access to high-quality treatment.
- ◆ Prostate Cancer is more common in black men. It tends to start at younger ages and grow faster than in men of other racial or ethnic groups, but medical experts do not know why.
- ◆ African Americans are nearly 1.5 times as likely to have obesity as compared to non-Hispanic whites.

COVID Disparities

- ◆ Having high blood pressure may increase the risk of severe illness from COVID-19.
- ◆ Nationwide, African Americans are 2.6 times more likely to be hospitalized as a result of COVID 19 than non-Hispanic whites.
- ◆ Nationwide, African Americans are 1.9 times more likely to die as a result of COVID 10 than non-Hispanic whites
- ◆ In New York State, African Americans are 2-3 times more likely to die as a result of COVID 19 than non-Hispanic whites.

What you can do:

Living a healthy lifestyle can help prevent heart disease, cancer, and stroke. Take these steps:

- ◆ Eat a healthy diet with fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Choose foods low in saturated fats, cholesterol, salt (sodium), and added sugars.
- ◆ Exercise regularly. Adults needs 2 hours and 30 minutes (or 150 minutes total) of exercise each week. You can spread your activity out during the week and can break it up into smaller chunks of time during the day.
- ◆ Be smokefree. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DEJELLO-YA (1-855-335-3569 for Spanish speakers) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live.
- ◆ Limit alcohol use, which can lead to long-term health problems, including heart disease and cancer. If you do choose to drink, do so in moderation, which is no more than one drink a day for women and two for men.
- ◆ Know your family history. There may be factors that could increase your risk for heart disease and stroke.
- ◆ Manage any medical condition you might have. Learn the ABCS of heart health. Keep them in mind every day and especially when you talk to your health provider:

Appropriate aspirin therapy for those who need it

Blood pressure control

Cholesterol management

Smoking cessation



Valentine Words

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

Word List:

- | | | | |
|------------|-----------|------------|---------------|
| ADORE | AFFECTION | AMOROUS | ARROW |
| BELOVED | BEMINE | BOUQUET | CANDLELIGHT |
| CANDY | CARDS | CHERISH | CHERUB |
| CHOCOLATE | CUPID | DARLING | DEAR |
| DESIRE | DEVOTION | EMBRACE | ENDEARMENT |
| FEBRUARY | FLOWERS | FOURTEENTH | FRIENDS |
| HEART | HONEY | HUGS | KISSES |
| LOVE | LOVEBIRDS | PINK | POEM |
| RED | ROMANCE | ROSES | SECRETADMIRER |
| SWEETHEART | SWEETS | TEDDYBEAR | TENDERNESS |

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



NUTRITION CORNER

Citrus Fruit Variety

Fat-free, sodium-free and cholesterol-free, citrus fruits are one of the best sources of vitamin C, a vitamin which enhances iron absorption from plant-based foods.

With too many varieties to name, lemons, limes and oranges are only the beginning. Sunny and fragrant **Meyer lemons** have a subtle lemon flavor with a sour-sweet finish. **Kaffir limes** also have edible leaves, and their notably sour juice is well-suited for savory dishes, especially in Thai cuisine. With characteristically loose skin, **mandarin oranges** like Satsumas and Clementines are easy to peel.



Thanks to a protective rind, citrus fruits keep well. Store at room temperature for a few days or refrigerate up to two weeks. Though many can be found year-round, most citrus fruits peak during fall and winter.

Citron - More likely to be found preserved, citron is one of the oldest citrus fruits. The pulp can be acidic or sweet and is not very juicy. The fragrant leathery rind is often candied and used in fruitcake and other sweets, or pickled, or eaten raw with rice.

Orange - A good source of fiber and potassium, vitamin C-rich oranges range from Valencia and navel varieties to the more rare Cara Cara and anthocyanin-rich blood oranges. Orange juice may help reduce the risk of high blood pressure and stroke. Oranges pair especially well with chocolate, good to know in this month of February!!

Lemon - High in vitamin C, lemons are admired for their sour flavor. Whether using the pulp, juice or zest, this kitchen staple delivers flavor and balance to both sweet and savory dishes. Incredibly versatile, lemons have an affinity for berries, cream, and honey as well as seafood and garlic.

Kumquat - Native to China, these little gems of the citrus family are an excellent source of fiber and vitamin C. Eaten whole, the tart pulp and sweet skin offer a contrasting flavor to savor.

Tangerine - Taking their name from Tangiers, Morocco, tangerines are the most common variety of mandarin orange in the United States. Sweet, sour and easy to peel, vitamin C-rich tangerines are perfect eaten out of hand or segmented and served in savory or sweet dishes and even paired with dark chocolate - yum!!

Tangelo - A cross between grapefruit, orange and tangerine, tangelos may not look pretty, but they deliver attractive nutrition benefits as an excellent source of fiber and vitamin C - one variety of Jamaican tangelo is even trademarked "ugli fruit."

Information from Marissa Moore, a registered dietitian at Georgia State University.



NY Connects
Your Link to Long Term
Services and Supports

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.

ADVISORY COUNCIL

Lynne Johnson
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Legislature

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Legislature

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Medina

Emily Cebula
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Kendall

Peggy Francisco
Gaines

Jon Costello
Albion

Sandy Thaine
Ridgeway

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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</p>	<p>1) Ground beef w/gravy Mashed potatoes Mixed vegetables Multigrain bread Tropical fruit</p>	<p>2) Cream of potato soup Crackers Knockwurst Chopped spinach Hot dog bun Mandarin oranges Brownie</p> 	<p>3) Vitamin C juice Baked breaded fish Sweet potatoes Peas Hamburger bun Fruit cocktail</p>	<p>4) Chicken and gravy Rice Sweet & sour red cabbage Whole wheat bread Canned diced peaches</p>
<p>7) Hamburger patty Diced potatoes Broccoli florets Hamburger bun Mixed fruit Cookies</p>	<p>8) Vitamin C juice Spaghetti w/meat balls Spinach Multigrain bread Ambrosia</p>	<p>9) Chili con carne soup Crackers Manicotti w/alfredo sauce Mixed vegetables 100% whole wheat bread Mandarin oranges</p>	<p>10) Vitamin C juice Sliced ham w/mustard Scalloped potatoes Green beans 100% whole wheat bread Diced pears</p>	<p>11) Vitamin C juice Beef stew Rice Wax beans Multigrain bread Cake w/fruit topping</p>
<p>14) Chicken cacciatore Mashed potatoes Shredded cabbage Multigrain bread Applesauce</p> 	<p>15) Vitamin C juice Beef stroganoff Rice Peas 100% whole wheat bread Diced peaches</p>	<p>16) Cream of mushroom soup Sliced pork and gravy Lima beans Broccoli florettes Multigrain bread Fruit cocktail</p>	<p>17) Vitamin C juice Vegetable lasagna Diced carrots Green beans Multigrain bread Seedless grapes</p>	<p>18) Sausage Potatoes O'Brien Chopped spinach 100% Whole wheat bread Mandarin oranges</p>
<p>21) Stuffed cabbage Scalloped potatoes Wax beans w/pimiento Multigrain bread Pineapple tidbits</p> 	<p>22) Vitamin C juice Turkey tetrazzini Diced beets 100% whole wheat bread Fruit cocktail</p>	<p>23) Chicken noodle soup Roast beef w/gravy Mashed potatoes Peas 100% whole wheat bread Tropical fruit</p>	<p>24) Taco casserole Brussels sprouts Multigrain bread Pudding w/topping</p>	<p>25) Ham loaf with Mustard sauce Au gratin potatoes Cauliflower 100% Whole wheat bread Banana</p>
<p>28) Vitamin C juice Hamburger patty Baked beans Mixed vegetables Hamburger bun Mandarin oranges</p>		<p>NOTE: 2% or skim milk is served with all lunches</p> <p>Menu follows a no salt added and low sugar diet</p>		<p>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</p>

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

FEBRUARY NUTRI-FAIR HIGHLIGHTS

Becky Karls, OFA
"ew....germs"



On Wednesday, February 23

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.



American
Heart
Association.

February is American Heart Month

Every February we shine the spotlight on heart disease to raise awareness of our No. 1 health risk and empower everyone to take control of their health. You can help. Educate yourself and others. Celebrate the survivors in your life. And commit to making healthy lifestyle choices so you can live fierce--and live your best life.

Signs of a HEART ATTACK

Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain. Often people affected aren't sure what's wrong and wait too long before getting help. Symptoms include:

CHEST DISCOMFORT - Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY - Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH - with or without chest discomfort

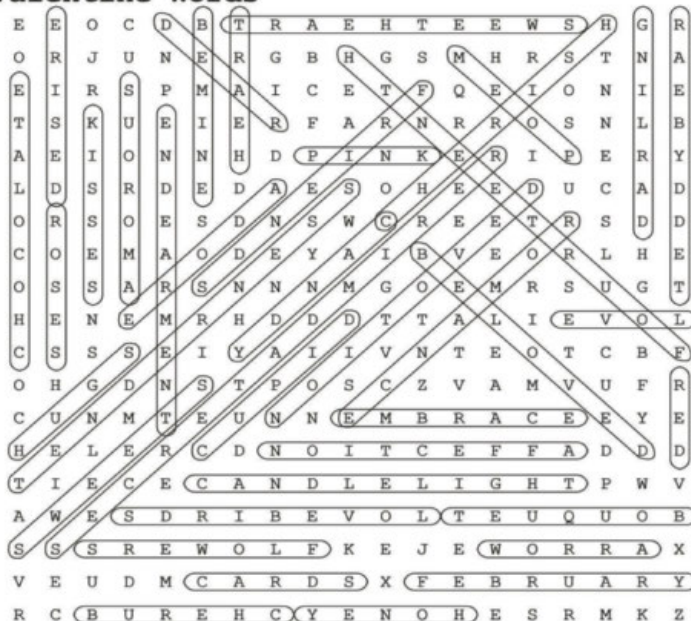
OTHER SIGNS - may include breaking out in a cold sweat, nausea or lightheadedness

Women are somewhat more likely than men to experience other common symptoms, particularly **SHORTNESS OF BREATH, NAUSEA/ VOMITING, AND BACK/JAW PAIN.**

If you or someone with you has one or more of these signs, don't delay! **Call 9-1-1 immediately!**

Source: The American Heart Association & The National Heart, Lung & Blood Institute

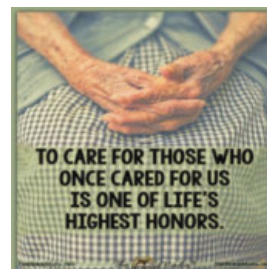
Valentine Words



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



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HIRE THE CAREGIVER YOU WANT!

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14-1674



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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

SupportiveCareOrleans.org



CLOVERHILL ADULT RESIDENCE
MELODY PARKER, LPN
 ADMINISTRATOR
 355 SOUTH MAIN STREET
 ALBION, NEW YORK 14411
 (585) 589-7832 TELEPHONE



Applegate Manor
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 Medina, NY 14103
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