

THE FRIENDLY CARRIER

ORLEANS COUNTY OFFICE FOR THE AGING

MARCH 2022

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IMPORTANT DATES FOR MARCH

Sunday, March 13
Daylight Savings Time Starts

Tuesday, March 15
Staff Development 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)

Reminder - Please call for in office appointments, 589-3191

We know many folks like to just drop by the office when they have a question or concern. However, we would appreciate it if you would call to set up an appointment. This allows us to better prepare for your visit in getting the necessary paperwork or records pulled together. Further, it allows us to estimate the time necessary for the particular reason for your visit. That way we can give you the fullest attention to the matter and not be rushed by the clock. Therefore, it's always best to call and make an appointment so that we can give you the time and attention to serve you better. *Thank You*



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 can see an end to winter and I am looking forward to spring! I enjoy the sounds of birds chirping, flowers blooming and warmer temperatures. I could do without the mud my dog tracks in but we will take it knowing spring is coming. I wanted to share something with you all that is an alarming issue with a large increase in ambulances being requested for non-emergency situations that is causing a burden on the limited number of ambulances available in our region. An ambulance should only be requested when a true emergency exists. Many ambulances, hospitals, and urgent cares are overwhelmed right now by patients who are not experiencing medical emergencies.

Our Emergency Management shared this information that was posted online on The Hub, but I know many of our clients do not have that access.

IF SOMEONE IS EXPERIENCING A TRUE MEDICAL EMERGENCY CALL 911.

Some examples of true medical emergencies include the following:

- Cardiac arrest, choking, chest pains, difficulty breathing, sudden confusion, altered mental status, if moving a patient could cause further injury, too weak to move or unsteady, seizures, allergic reaction, unconsciousness, falls with injuries and uncontrolled bleeding are a few examples but not all.
- **IF YOU HAVE ANY DOUBTS** about whether a condition may be a true medical emergency **CALL 911.**
- An ambulance will NOT get you seen in the ER faster. Going by private car, using a taxi or ride sharing service are often cheaper than an ambulance and will get you seen just as fast based on the hospital's triage system.

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

Lyndonville/Yates

Lyndonville/Yates 765-2838

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

Medina Calvary Cupboard 798-3738
Tues & Thur 9am-12pm

St. Peter's Church 798-0953
135 West Ave, Tues & Thur 10-12

PLEASE REMEMBER TO TEST YOUR LIFELINE UNITS EVERY MONTH!

IF YOU HAVE ANY QUESTIONS PLEASE CALL

SAMANTHA KOONS AT 589-2863

MEDICARE / INSURANCE INFORMATION

COBRA and Medicare

For a Medicare beneficiary that did not enroll in Medicare Part B during their Initial Enrollment Period (IEP), covered through COBRA, and COBRA initially continued to pay as primary, the COBRA insurer can later request refunds of payments because Medicare would have been primary insurance. COBRA coverage does not qualify a beneficiary for Part B Special Enrollment Period (SEP) because they were not covered through active/current employment.

A Medicare beneficiary can enroll in Part B during General Enrollment Period (GEP) which is from January 1st through March 31st. If enrolled during the GEP your Part B would be effective July 1st.

The beneficiary may also qualify for the Medicare Savings Program (MSP) using the COBRA premium as a deduction from their income. If eligible, this would provide a SIP and would enroll that person into Medicare Part B earlier than July 1st, Part B starts whatever month the MSP is effective.

For information regarding MSP eligibility, please contact our office at: 585-589-3191

REMINDERS

The Medicare Advantage Open Enrollment Period ends March 31, 2022. This enrollment period can be used to change from one Advantage plan to another or go back to Original Medicare and enroll in a Medicare Part D prescription plan.

The Medicare Part B General Enrollment Period ends March 31, 2022 with one's Part B effective July 1, 2022. This enrollment period is for Medicare beneficiaries that didn't enroll in Part B during their initial enrollment period when they became Medicare eligible.

The Part D one time transition fill also ends March 31, 2022. This 30 day fill is for those whose Part D prescription plan's formulary changed and an existing prescription(s) is no longer covered by their plan. The transition fill cannot be used for a new prescription that is not on a plan's formulary.

MARCH INSURANCE MEETINGS

Independent Health	March 16	10 am - 12 pm	Orleans County Building, Conference Room C
BC/BS Senior Blue	March 18	10 am - 12 pm	Orleans County Building, Conference Room C
Univera	March 28	11 am - 1 pm	Orleans County Building, Conference Room B

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 along with any other income.
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

- Common colds, low grade fevers, stubbed toes, tooth aches, chronic pain, etc. are all conditions that are not life threatening and do not warrant the need for an ambulance.
- Seek treatments from urgent cares and your primary care doctor for conditions that are not emergencies.

The ambulance you call for something that isn't an emergency could take an ambulance away from someone who truly needs it, delaying their care and potentially causing them greater injury or even death.

For more information go to:

<https://www.emergencyphysicians.org/article/er101/when---and-when-not---to-call-an-ambulance>

<https://www.emergencyphysicians.org/articles/categories/topics/know-when-to-go>

POP-UP PANTRY (Nourish NY) Dates & Locations

Community Action Main Street Store - 131 S. Main Street, Albion March 21st, 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

March 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.

THANK YOU TO THE FOLLOWING FOR YOUR GENEROUS DONATIONS

Lillian Moore, Shirley Jones, Norma McFarland, Christine Smith, Robert & Joanne Bracey, Charley & Shirley Walter, Ella MaGee, Kathleen Forker, Patricia Cammarata, John Hanahan, Marlene Skinner, Joe & Joyce Gehl, Pat Thompson, Ann McElwee, Donald & Maralyn Joslyn, Barbara Johnson, Reta Potrubacz, Kathleen Case, Dorothy Follman, Anita McCarthy, Linda Crawford, Jeff & Charlene Smith, Linda Newman, Michael & Anna Tower, Verna Iorio, Rita Burrell, Loretta Smith, Thomas Pritchard, Sonia Bolden, Robert Tiberio, Jodie Balder, Michele Rankin, Douglas Wright, Helen Zelazny, Alma Echerd, Todd Underwood, Mary Ellen Hamill, Norman Ireland, Stephen & Cassandra Schaal, Nancy Martinelli, Ruth Luckman, Lynda & Dorothy Blake, Henry Hong Yee, Sandra & Gordie Smith, Carol Miller, John & Carolyn Sisson, Marilyn Rouse and Cordelia Davis

In Memory of Earl Freece - Janis Freece

In Memory of Charles Dutcher - Dorothy Dutcher

In Memory of Arlene Bowen - Vicki & Alan Tinkous

In Memory of Paula Mack - Dorothy Dutcher

LOVE YOUR FEET

Healthy feet are happy feet. Some of us don't pay much attention to taking care of our feet, but foot issues could be the basis of major health problems, especially for those with diabetes. People with diabetes are more likely to have neuropathy (weakness, numbness, and pain from nerve damage, commonly in hands and feet). This is due to peripheral vascular disease, a condition caused by narrowed blood vessels that reduce blood flow to the limbs. If you suffer from diabetes here is an easy-to-follow guide to help you keep your feet healthy.

Three Steps to Healthy Feet

1. Look.

- Every day check your feet for cuts, blisters, red spots, ingrown toenails and swelling. If you can't look at your feet, use a mirror or ask someone to help you look. Make this a habit after your morning shower or at night before bed, after you have removed shoes and socks.
- See your doctor right away if you notice any sores.

2. Love.

- Keep your blood sugar under control. This can help prevent or at least slow nerve damage.
- Keep your feet clean by washing with soap and warm water, and carefully drying between the toes.
- Moisturize tops and bottoms of your feet daily (do not put lotion between toes).
- Trim toenails regularly. If you cannot see, feel or reach your feet; if your toenails are thick, yellow, or curve and grow into your skin, have a doctor trim your toenails.
- Wear closed-toe shoes and socks or stockings. Wear socks that do not have seams, and that are not too tight. Check inside your shoes before putting them on.
- Never wear flip-flops or walk barefoot.
- Protect feet from hot and cold.
- When you are seated, keep the blood flowing in your legs by not crossing your legs. Activity will also help keep the blood flowing. To increase your activity, try walking, swimming, or dancing.
- Don't smoke.

3. Show.

- Be sure to take your shoes AND socks off EVERY time you visit your doctor.
- Keep up with a yearly podiatrist visit. (Medicare pays for regular visits to a podiatrist that include a check-up and grooming).

Source: Healthy Insights newsletter 2017 Issue 4 , healthyinsights@ipro.org



LIVING WITH DEMENTIA

1. Agree, never argue
2. Divert, never reason
3. Distract, never shame
4. Reassure, never lecture
5. Reminisce, never say "remember"
6. Repeat, never say "I told you"
7. Do what they can do, never say "you can't"
8. Ask, never demand
9. Encourage, never condescend
10. Reinforce, never force

Source: CereScan.com/Conditions/Alzheimers

Flaky Reuben Bites

Ingredients

1 can (8 oz) refrigerated Crescent Rolls (8 count) or
refrigerated Crescent Dough Sheet

1/4 pound thinly sliced corned beef

1/2 cup finely shredded Swiss cheese (2oz)

1/3 cup sauerkraut, well drained

Dipping Sauce

1/2 cup Thousand Island dressing

1 tablespoon milk

Steps

1. Heat oven to 375 degrees
2. If using crescent rolls: Unroll dough into 2 long rectangles. Press each to form 12 inch long rectangle; press perforations to seal. If using dough sheet: Unroll dough; cut into 2 long rectangles. Press each to form 12 inch long rectangle.
3. Layer half of corned beef on each dough rectangle, cutting to fit if necessary. Top each with cheese and sauerkraut. Starting at long side, roll up each tightly; seal long edges. Place, seam side down, on ungreased cookie sheet; tuck edges under.
4. Bake 12 to 14 minutes or until golden brown.
5. Meanwhile, in small bowl, mix dipping sauce ingredients
6. To serve, cut warm rolls into 1 inch slices; place on serving platter. Serve with dipping sauce.

Tips from the Pillsbury Kitchens:

- ◆ Squeeze the sauerkraut with a paper towel to remove excess liquid before placing on the beef to prevent the rolls from getting soggy.
- ◆ For even more Reuben flair, serve mini Reuben bites with pickles, grainy mustard and additional sauerkraut.
- ◆ Not a fan of corned beef? Regular sliced deli roast beef makes an excellent substitution.

Source: Pillsbury.com



Change Your Clock
CHANGE YOUR BATTERIES

©LPi

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

NUTRITION CORNER

What Are Chia Seeds?

"Ch-ch-ch-chia" was a familiar jingle during the 1980s. Little did we know that those popular ceramic pets sprouting grass "hair" were a foretelling of the even greater success their seeds would have in edible form 40 years later.

Chia seeds are the edible seeds of a flowering plant in the mint family which is native to central and southern Mexico. There they were a major food crop as early as 3500 BC. The plant is related to the garden flower *Salvia*, grown in many of our gardens to attract butterflies and hummingbirds. The seeds are quite tiny and could easily be mistaken for very small poppy seeds.

Health claims about chia seeds include reducing appetite and weight, lowering triglycerides, and improving blood sugar levels in type 2 diabetes. More research is needed to be certain if these claims are indeed true. The seeds **are** a good source of protein, calcium, omega-3 fatty acids, dietary fiber, phosphorus, and zinc.

The surface of chia seeds is delicate and easily breaks apart when exposed to moisture, so they are typically prepared with liquid foods. In this way, they are absorbed and digested well in their whole form. If eating the seeds dry, choosing ground chia seeds may help to improve absorption.

Chia seeds last for 4-5 years without refrigeration. Store in a cool, dry spot.

Chia seeds are a highly versatile ingredient. They have little if any distinctive flavor, so they don't compete with other flavors in a dish. They also soften in the presence of liquid and become a less detectable texture. Commercially, they are added to cereals, crackers, beverages, breads, and other baked goods to boost their nutritional value so you have been eating them without knowing it. They can be added to a product or mixture as long as there is moisture to hold the seed in place.

- ◆ Sprinkle a few teaspoons into breakfast cereal (hot or cold) or into salads, soups, or stews.
- ◆ Stir into salad dressings, sauces, marinades, or cake/muffin/bread batter.
- ◆ Use chia gel as a thickener added to smoothies, puddings, and soups (stir the gel into these foods after they are prepared or cooked). Make the gel by placing $\frac{1}{4}$ cup seeds in 1 cup liquid, stirring well, and covering. Allow to sit for about 15-20 minutes until the texture changes to a soft gelatin. Store in refrigerator for up to one week.



Need a ride to a medical appointment or to the store?

Volunteer Transportation Program - this service is provided by volunteers using their own vehicle and is available to Orleans County residents 60 and older who are unable to use public transportation or cannot make private arrangements. Please call our office at least one week in advance. Suggested contribution is \$5.00 in county and \$20.00 out of county.

Taxi Service - this service is provided by Medina Taxi for medical appointments only, in and out of county for Orleans County residents 60 and older and NOT on Medicaid. They do offer a wheelchair service. Please call our office at least 48 hours in advance of your appointment. Suggested contribution is \$5.00 in county and \$20.00 out of county.

Call Christine for more information or to set up a ride, 589-3211

ADVISORY COUNCIL

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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) Vitamin C juice Sliced pork and gravy Brown rice Lima beans 100% Whole wheat bread Applesauce</p>	<p>2) ASH WEDNESDAY Vegetarian vegetable soup Macaroni and cheese Stewed tomatoes Brussels sprouts Italian bread Diced pears</p>	<p>3) Vitamin C juice Chicken breast w/gravy Sweet potatoes Peas 100% Whole wheat bread Canned diced peaches</p>	<p>4) Vitamin C juice Vegetable quiche Mashed potatoes Harvard beets Multigrain bread Fruit cocktail</p>	
	<p>7) Sliced turkey/gravy Mashed potatoes Chopped spinach Multigrain bread Tropical fruit</p>	<p>8) Stuffed peppers Zucchini squash 100% Whole wheat bread Pineapple tidbits</p>	<p>9) Italian sausage w/peppers Mashed sweet potatoes Peas Hot dog bun Applesauce</p>	<p>10) Minestrone soup Ground beef goulash Whole kernel corn Shredded cabbage White bread Mandarin oranges</p>	<p>11) Apple juice Tuna noodle casserole Green beans Multigrain bread Diced peaches</p>
	<p>14) Cabbage casserole Mashed potatoes Wax beans w/pimiento Multigrain bread Diced pears</p>	<p>15) Vitamin C juice Meat loaf w/gravy Rice au gratin Peas 100% Whole wheat bread Fruit swirl cake</p>	<p>16) Chicken noodle soup Pork chop w/honey Dijon O'Brien potatoes Diced beets 100% whole wheat bread Mandarin oranges</p>	<p>17) St Patrick's Day Meal Corned beef Boiled potatoes Cabbage w/carrots Whole wheat roll "Irish" gelatin w/topping</p>	<p>18) Baked breaded fish/tartar sauce Sweet potatoes Broccoli florettes Hamburger bun Banana</p>
<p>21) Chicken Alfredo Rice Chopped spinach Multigrain bread/butter Fruit cocktail</p>	<p>22) Vitamin C juice Sliced ham w/mustard Creamed corn Brussels sprouts 100% whole wheat bread Applesauce</p>	<p>23) Vitamin C juice Sliced beef w/gravy Baked potato half/sour cream Carrots Multigrain bread Raspberry yogurt dessert</p>	<p>24) Cream of mushroom Knockwurst Mashed potatoes Peas Hot dog bun Diced peaches Cookie</p>	<p>25) Vitamin C juice Vegetable lasagna Shredded red cabbage 100% whole wheat bread Pineapple tidbits</p>	
<p>28) Sliced pork w/gravy O'Brien potatoes Broccoli florets Whole wheat dinner roll Diced pears</p>	<p>29) BBQ beef Baked beans Chopped spinach Hamburger bun Tropical fruit</p>	<p>30) Vitamin C juice Chicken ala king over Rice Zucchini squash 100% whole wheat bread Fruit cocktail</p>	<p>31) Vitamin C juice Ground beef and gravy Mashed potatoes Diced carrots Multigrain bread Iced brownie</p>	<p>NOTE: 2% or skim milk is served with all lunches</p> <p>Menu follows a no salt added and low sugar diet</p>	

Meals on Wheels - 589-5424, 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

MARCH NUTRI-FAIR HIGHLIGHTS

Becky Karls, OFA
"St Patrick's Day Trivia"

On Wednesday, March 16

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.



When Franklin Roosevelt started a foundation to fight polio, Comedian Eddie Cantor came up with the "March of Dimes", asking people to mail a dime to the White House. They were soon overwhelmed with 2,680,000 dimes mailed to them, literally truckloads, mostly from children. These dimes went directly to research that resulted in the Polio vaccine. This is why Roosevelt is on the U.S. dime.

PICTURE COURTESY: LIBRARY OF CONGRESS @ HISTORYALLDAY

Center for Elder Law & Justice's Free Senior Legal Advice Helpline



**1-844-481-0973 or
 helpline@elderjusticenyc.org**

The Senior Legal Advice Helpline is a free resource for individuals 55+ which provides legal advice and referrals to individuals across New York State. Call us with questions regarding evictions, unemployment, public assistance and more!

Live help is available from 9-11am weekdays. You may also leave a voicemail or email with your contact information, and a licensed attorney will reach out to you within 2-3 business days.

WE NEED YOUR SUPPORT

Our needs are always greater than the resources that are available,
 the Orleans County Office for the Aging encourages financial contributions.

Name: _____
 (May we publish your name? Yes No)

Phone: _____

Address: _____
 Street or Box City State Zip

I designate my contribution of \$ _____ for:

- Use where most needed
- Insurance Counseling
- In Home Services
- Transportation
- Information & Referral
- Legal Services
- Friendly Carrier (newsletter)
- Nutrition Program—Home Delivered & Congregate Meals
- Caregiver Services

In Memory of: _____

In Honor of: _____

Clip and send this section with your donation to: Orleans County Office for the Aging, 14016 Route 31 West, Albion NY 14411

All donations are greatly appreciated and are tax deductible to the extent of the law.



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.



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

SupportiveCareOrleans.org



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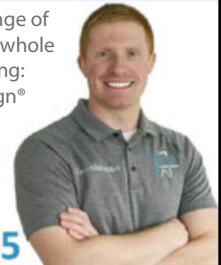


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