

THE FRIENDLY CARRIER

ORLEANS COUNTY OFFICE FOR THE AGING

APRIL 2022

WHAT'S INSIDE

Director's Desk - Page 2

Transportation Reminders - Page 4

Word Search - Page 6

Nutri-Fair Menu - Page 8

Available in our office
while supplies last:

Covid-19 test kits
and
K95 masks

Please call to make arrangements
for pick up 589-3191

IMPORTANT DATES FOR APRIL

Tuesday, April 12
Staff Development Day

Easter Sunday, April 17



POP-UP PANTRY (Nourish NY) Dates & Locations

Community Action Main Street Store - 131 S. Main Street, Albion
April 18th, 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
April 25th, 12 pm to 4:00 pm

New waiting procedure: Starting at 9 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 items.

PLEASE Do not arrive before 9 am, the staff will not be available.

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*



OFFICE FOR THE AGING INFORMATION

DIRECTOR'S DESK

April is here and that means spring is upon us! I have noticed the birds chirping early in the morning and it makes me smile. I don't know about you but I am ready to get out and enjoy the outdoors. We have been stuck inside most of the winter and we all want nice weather and fresh air.

National Volunteer Week is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms our community. Each year, we recognize people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities.

National Volunteer Week was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week.

We would like to recognize all our amazing volunteers:

Advisory Council Volunteers - Emily Cebula-Chair, Thad Nauden-Vice Chair, Lynne Johnson, Bill Eick, Lynn Creasey, Jon Costello, Fred Miller, John Fitzak, Jeanne Martillotta, Sandy Thaine, Peggy Francisco, and Jack Gillman

Newsletter - Bob and Diane Eade, Florence Surdi, Kathryn Smith, Peggy Francisco, Laura Fortunato, Jean Shervin, Nancy Miles, Linda Suhr, Dorothy Boyer, Carol Fearby, Donna Bieliski, Sherry Russell, Carolyn Budynski, Betsy Kistner, Stephanie Christiansen, Jean Karls, Doris Antinore, Kathy Smith, Charles Welch, Fran Spohr, Barb Morey, Doris Allport, Robert Burtwell and Rhonda Stevens

Continued on page 4

OFFICE STAFF

Melissa Blonar
Director

Meghan Bevins
Assistant Director

Tammy Graham
Caregiver Coordinator

Christine Smith
Becky Karls
Samantha Koons
Michele Sargent
Aging Services Specialists

Leanne Donovan
Caseworker

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

Medicare and Health Savings Accounts

Health Savings Accounts (HSA) are accounts for individuals with high-deductible health plans (HDHPs). Funds contributed to an HSA are not taxed when put into the HSA or when taken out, as long as they are used to pay for qualified medical expenses. Your employer may oversee your HSA, or you may have an individual HSA that is overseen by a bank, credit union, or insurance company.

If you have an HSA and will soon be eligible for Medicare, it is important to understand how enrolling in Medicare will affect your HSA.

If you enroll in Medicare Part A and/or B, you can no longer contribute pre-tax dollars to your HSA. This is because to contribute pre-tax dollars to an HSA you cannot have any health insurance other than an HDHP. The month your Medicare begins, your account overseer should change your contribution to your HSA to zero dollars per month. However, you may continue to withdraw money from your HSA after you enroll in Medicare to help pay for medical expenses, such as deductibles, premiums, copayments, and coinsurances. If you use the account for qualified medical expenses, its funds will continue to be tax-free. Whether you should delay enrollment in Medicare so you can continue contributing to your HSA depends on your circumstances. If you work for an employer with fewer than 20 employees, you may need Medicare in order to have primary insurance, even though you will lose the tax advantages of your HSA. This is because health coverage from employers with fewer than 20 employees pays secondary to Medicare. If you work at this kind of employer and fail to enroll in Medicare, you may have little or no health coverage because your health plan does not have to pay until after Medicare pays. Health coverage from an employer with 20 or more employees pays primary to Medicare, so you may choose to delay Medicare enrollment if you work at this kind of employer and continue putting funds into your HSA.

Note: In either case, you have access to the Part B Special Enrollment Period (SEP) when you lose coverage or retire.

If you choose to delay Medicare enrollment because you are still working and want to continue contributing to your HSA, you must also wait to collect Social Security retirement benefits. This is because most individuals who are collecting Social Security benefits when they become eligible for Medicare are automatically enrolled into Medicare Part A. You cannot decline Part A while collecting Social Security benefits. The takeaway here is that you should delay Social Security benefits and decline Part A if you wish to continue contributing funds to your HSA.

Finally, if you decide to delay enrolling in Medicare, make sure to stop contributing to your HSA at least six months before you do plan to enroll in Medicare. This is because when you enroll in Medicare Part A, you receive up to six months of retroactive coverage, not going back farther than your initial month of eligibility. If you do not stop HSA contributions at least six months before Medicare enrollment, you may incur a tax penalty.

If you require counseling around HSAs, consult a tax professional.

APRIL INSURANCE MEETING

Univera	March 28	10 am - 12 pm	Orleans County Building, Conference Room C
---------	----------	---------------	--

HEAP CORNER

The Regular benefit and Emergency benefit components are scheduled to operate through the close of business April 29, 2022.

Please use the new **2022** Social Security amounts from your award letter along with any other income when filling out an application

NOTE: You will be responsible for any deliveries prior to receiving your HEAP benefit

Emergency HEAP is 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.

The Regular Arrears Supplement (RAS) which assisted HEAP eligible households who had electricity and/or gas account arrears is now CLOSED!

DIRECTOR'S DESK, CONTINUED FROM PAGE 2

Transportation - Robert Burtwell, Lori Lampert, Suzanne Punch, Charlie Jewell, Susie Miller, Dennis Brown, Marian Gerhardy, Carolyn Flansburg, Christine Scheurman, and Charlie Scouten

Office Volunteers - Susie Miller and Peggy Francisco

"Volunteers are the heart of our organization!" "We couldn't do it without you, volunteers!"
We love our volunteers and appreciate all you do for our office and serving older adults in Orleans County.

VOLUNTEER OPPORTUNITIES

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)

Newsletter Volunteers

Help once a month for approximately 2 hours to fold, tape and label newsletters for mailing.

(On the last Tuesday of the month)

For more information,

Please call Kathleen at 589-2845

Transportation reminders

- ◆ We recommend one week's notice to schedule a ride with our transportation providers. The more notice the better.
- ◆ If a cancellation is required, we need 24 hours' notice (Monday-Friday) prior to appointment time. We are charged the entire trip and will ask for a suggested donation. We understand things come up, however, we are still charged if not enough notice is given. Cancellations need to be made through our office at 589-3191.
- ◆ We do not provide transportation to and/or from a hospital/ambulatory surgery center for medical procedures or transportation for a discharge from the hospital. Please talk to your medical provider if you have transportation concerns. Social workers/Discharge planners can assist you with transportation needs while in the hospital.
- ◆ Mask are still required on public transportation at this time. Effective March 7, 2022 masks are recommended but not required for the volunteer transportation program.
- ◆ Please do not pay the drivers. A donation letter will be sent the following month of your ride with your ride details and contributions should be sent to The Office for the Aging.
- ◆ All contributions are voluntary and will be used to expand services to all who need them in Orleans County. No one will be denied our services due to ability or unwillingness to contribute.

THANK YOU TO THE FOLLOWING FOR YOUR GENEROUS DONATIONS

Roxanne Culmo, Gerald Salvatore, Lewis Bowen, Elizabeth Mielcarek, Brenda Winters, John & Sharlene Pratt, Robert Tiberio, Douglas Wright, Luanne Whiting, Joan Roberts, Janice McCloy, Barbara Hoffman, John & Carolyn Sisson, Ethel Valentine, Henry Hong Yee, Jean Shervin, Penny Mosier, Mary Ann Arria, Terry Miller, John & Patricia Foote, Mattie Salone, Nancy Boyko, Elizabeth Huber, John Hanahan, Mike & Sharen Custer, Michael & Leslee Harmer, Roger & Ingrid Lamont, Gregory & Suzanne Pfaff, John & Janet Nowak, Ted Chikey, Mary Winans, Helen Charles, Jennie Stanley, Grace Guzik, Jack & Linda Hansler, Mary Joan Vaughn, Dimitrios Pinopoulos, Gerald & Donna Wetherbee, Gail Gurgir, Jim Davies, Carol Vanill, Wendy Coyle, Sharon Sedore, Charleen Stillwell, Gary Kosiorek, Marilyn Thurston, Nicki Fredericks, Colleen Fuller, Anita McCarthy, Julie Stymus, Linda Newman, Pat & Bill Harrold, Annette Coville and Wanda Kelley

In Memory of Robert Hills - Elaine Hills

In Memory of Franklin Shawver - Shirley Shawver

In Memory of Donald Gaines - Constance Gaines

In Memory of Dixie L. Scouten - Charles Scouten

In Memory of Jean Marek - Bonnie Waters

In Memory of Janet DeWaele - Diane Brunwell

In Memory of Marion Schwenk - Paul and Cathy Schwenk

April brings a new state fiscal year and we revisit our client contributions. We are increasing donations for a couple of our services. Meals will be increasing by \$.50 a meal due to rising costs. Where else can you go and get a hot nutritious meal for a suggested donation of \$3.50? We were deeply impacted by losing our transportation contract with Community Action back in September of 2021. We have to increase our suggested donation for transportation because of the large increase. Out of county medical transportation will increase from \$20 to \$25 a ride. In County medical transportation will go from \$5 to \$10. If your actual ride cost is less than \$10 on your donation statement-any donation will be appreciated. To give you an idea of our out of county cost has increased from \$60 up to \$250 a ride. We are required to ask for a donation for all our services based on the Older American's Act. These donations help keep our programs going. We received \$90,000 in donations last year. That is amazing!!!

2022 Orleans County Office for the Aging Contribution Rates

Effective April 1, 2022–March 31, 2023

The rates are only suggested contribution amounts*
 No one will be denied service if they can not contribute at the rate specified. All contributions are voluntary and confidential.

<u>SERVICE</u>	<u>2022 Contribution Rates</u>
Congregate Meals	\$3.50 per meal for age 60+ \$9.50 per meal for under age 60
Home Delivered Meals	Regular HDM - \$3.50 per meal for age 60+ Sandwich Meal - \$2.50 per meal for age 60+ Frozen Meals for Weekend - \$3.50 per meal for age 60+
Legal Service	\$25 per consultation
Individual Health Insurance Counseling	\$10 per session
Individual Caregiver Counseling/Support	\$10 per session
Nutrition Counseling	\$15 per session
Medical Transportation	RTS Orleans, Medina Tax, Volunteer Program - \$10.00 in county and \$25.00 out of county
Friendly Carrier/Caregivers Newsletter	\$5.00 per year

2022 Orleans County Office for the Aging Charges

Housekeeping	Based on sliding income scale - Up to \$16.62/hour
Personal Care	Based on sliding income scale - Up to \$23.19/hour
Lifeline-Emergency Response System	\$30.00 per month-Basic unit \$20.00 installation or reinstallation fee

These contributions rates have been established by the Office for the Aging Advisory Council and apply to many programs and services the Office for the Aging provides.

All contributions received will be used to pay for program costs necessary to continue providing all the services that we have had over the years. We thank you for understanding of the importance of your contribution, which helps us continue to provide valuable services to Orleans County Residents.

**A suggested contribution level equal to the actual cost of the service for participants who self-disclose income at or above 185% of Federal Poverty Line (FPL).*

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.



Happy Earth Day!

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

Word List:

- | | | | |
|----------|-------------|------------|-----------------|
| AIR | APRIL | ATMOSPHERE | CARBONFOOTPRINT |
| CLEAN | CLIMATE | COMPOST | CONSERVATION |
| EARTHDAY | ECOLOGY | ECOSYSTEM | ENDANGERED |
| ENERGY | ENVIRONMENT | FLOWERS | FUEL |
| GREEN | HABITAT | LITTER | NATURE |
| OCEAN | OXYGEN | OZONE | PLANET |
| PLANT | POLLUTION | RAINFOREST | RECYCLE |
| REDUCE | REPURPOSE | RESOURCES | RUBBISH |
| SAVE | TREES | VOLUNTEER | WASTE |
| WATER | WETLANDS | WILDLIFE | WORLD |

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

Five Top Foods For Your Eye Health

Ellen Foster RDN (Registered Dietitian Nutritionist)

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, and even glaucoma? Let's find some ways to help our eyes get them.

Kale - This leafy green is a rich source of lutein and zeaxanthin, which are related to vitamin A and beta carotene, and are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration.



Good sources of these nutrients also include other dark green leafy vegetables such as collard greens, turnip greens and spinach, as well as broccoli and peas and other vegetables like yellow squash and corn. Fruit like kiwi, red grapes, oranges, mangoes and honeydew melon also contain them.



Sweet Potatoes - These orange tubers are a good source of beta carotene, which may slow progress of macular degeneration. Your body converts beta carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness and helps reduce the risk of eye infections.

Maybe sweet potatoes are not your favorite? Try other deep orange foods, like carrots and butternut squash or dark green foods like spinach or broccoli. Liver, milk and eggs are other great sources of vitamin A.

Strawberries - Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that can help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, citrus (such as orange and grapefruit), and cantaloupe.



Salmon - Dry eyes? Eating enough omega-3 fatty acids can help alleviate the problem. Get some healthy fats every day in the form of salmon or other types of fish (two to three times per week). Salmon also is a good source of vitamin D, which helps protect against macular degeneration. Walnuts, flax seeds and chia seeds also contain good amounts of Vitamin D and walnuts also contain eye-healthy vitamin E. You can also get vitamin D by eating sardines or mackerel, and drinking milk and orange juice fortified with vitamin D.

Green Tea - A cup of green tea is more than relaxing and delicious. It has antioxidants which may help lower risk of developing cataracts and macular degeneration. Black tea also has antioxidants but not quite as many.



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

*We are sorry to announce that
The Spring Jubilee has been canceled for this year.
Please stay tuned to the newsletter for updates on the
4-H Senior Luncheon and The Senior picnic this summer*

ADVISORY COUNCIL

Lynne Johnson
Legislature Chair

John Fitzak
Legislature

Fred Miller
Legislature

Lynn Creasey
Medina

Emily Cebula
Chair, Lyndonville



Thaddeus Nauden
Vice Chair, Waterport

Jonathan Gillman
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>NOTE: 2% or skim milk is served with all lunches Menu follows a no salt added and low sugar diet</p>		<p>1) Macaroni and cheese Stewed tomatoes Cole slaw Whole wheat dinner roll Banana</p>
<p>4) Beef stew Mashed potatoes Whole kernel corn Multigrain bread Cake w/fruit treat</p>	<p>5) Vitamin C juice Ravioli w/red sauce Wax beans 100% whole wheat bread Pineapple tidbits</p>	<p>6) Vitamin C juice Chicken pot pie Green beans Multigrain bread Diced peaches</p>	<p>7) Pepper steak strips Rice Peas 100% whole wheat bread Mandarin oranges</p>	<p>8) Stuffed shells w/ cream sauce Broccoli florets 100% whole wheat bread Diced pears</p>
<p>11) Vitamin C juice Hot dog Baked beans Spinach Hot dog bun Diced peaches</p>	<p>12) Vitamin C juice Spinach cheese squares Mixed vegetables Multigrain bread Applesauce</p>	<p>13) Spaghetti w/meat balls Cauliflower 100% whole wheat bread Fruit cocktail</p>	<p>14) Sweet and sour chicken Rice Brussels sprouts Multigrain bread Diced pears</p>	<p>15) GOOD FRIDAY Vitamin C juice Baked breaded fish/ tartar sauce Sweet potatoes Scandinavian vegetables Whole wheat bread Pudding w/topping</p>
<p>18) Vitamin C juice Beef pot pie Broccoli florets 100% whole wheat bread Lemon Fluff</p>	<p>19) Spanish rice Peas Multigrain bread Mandarin oranges</p>	<p>20) Cabbage roll w/red sauce Mashed potatoes Chuckwagon vegetables 100% whole wheat bread Ice cream cup</p>	<p>21) Shepherd's pie Carrots 100% whole wheat bread Ambrosia</p>	<p>22) Vitamin C juice Chicken parmesan Diced potatoes Green beans Multigrain bread Applesauce</p>
<p>25) Manicotti w/Alfredo sauce Winter blend Italian bread Tropical fruit cup</p>	<p>26) Vitamin C juice Swedish meatballs over Pasta Mixed vegetables 100% whole wheat bread Diced peaches</p>	<p>27) Vitamin C juice Roast pork w/gravy Mashed potatoes Harvard beets 100% whole wheat bread Diced pears</p>	<p>28) Chicken cacciatore Mashed potatoes Shredded cabbage Multigrain bread Applesauce</p>	<p>29) Vitamin C juice Chili con carne Rice Wax beans Italian bread Ice cream cup</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.
\$3.50 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

APRIL NUTRI-FAIR HIGHLIGHTS

Becky Karls, OFA
"Reminiscing...."

On Monday, April 18
Albion Nutri-Fair Site
16 East Academy St

On Wednesday, April 27
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.

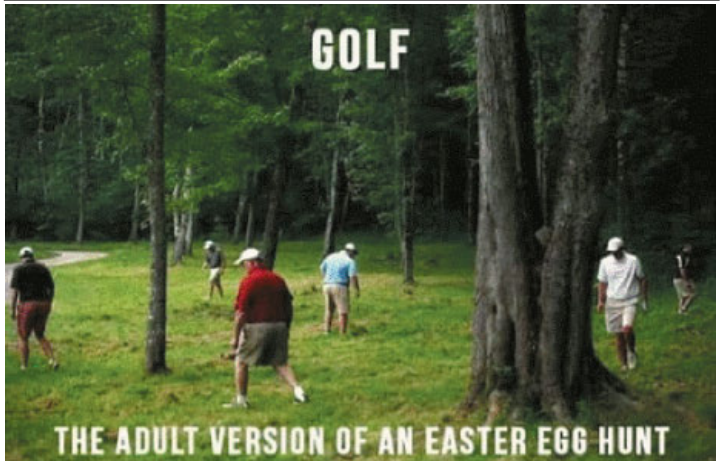
The Office for the Aging celebrating St. Patrick's Day



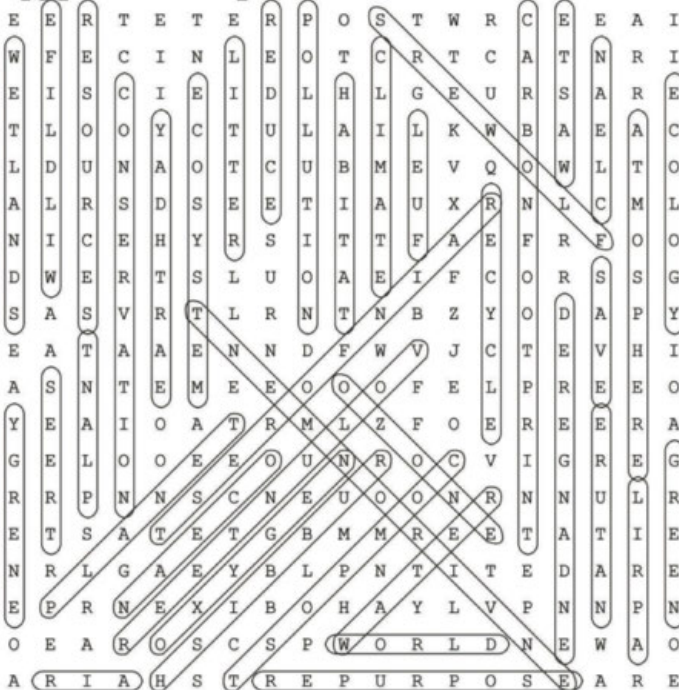
Did you know??

Customers who depend on electrically powered life support
equipment, such as a respirator, should register as a life sup-
port customer by calling National Grid at 1-800-642-4272

If you are Holley Electric customer, call 638-6367 ext 101



Happy Earth Day!



Why a Lifeline medical alert unit?

If you are like most seniors, you want to maintain your
independence and remain active. You don't want an
accidental fall or medical emergency to jeopardize your
ability to live independently at home.

- The personal medical alert button gives you fast access to a trained Response Associate 24/7, with two-way voice communication.
- Wear your waterproof personal medical alert button as an adjustable pendant like a necklace.
- You decide who comes to help you - a neighbor, loved one, caregiver or emergency service.
- No long-term contract
- No service cancellation fee

If you are interested in signing up or have any
questions, contact Samantha Koons at 585-589-2863



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



Fieldstone Private Wealth
Ameriprise Private Wealth Advisory Practice



Be Brilliant®

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)



HIRE THE CAREGIVER YOU WANT!

Do you or a loved one have Medicaid and need home care services?

Get the care you need from a family member, friend or neighbor through CDPAP (Consumer Directed Personal Assistance Program).

Your family members can get paid to take care of you.

Get care the way it's meant to be!



Elite Choice is proud to have been awarded as a lead fiscal intermediary statewide.

CALL RACHEL **585-524-6033**
OR EMAIL rachele@elitefi.com

WWW.ELITEFI.COM



4-A-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1674



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

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

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



Affordable 55+ Senior Living in the Village of Holley!

NOW LEASING

Holley Gardens

Call today for an application!
 585-638-2287

HOME LEASING

www.homeleasing.net



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

New name • Same family
 Same trusted,
 personalized service



Celebrating 65 years as a family owned, 3-generation business.

David Mitchell • Joshua Mitchell

Paula Fuller • Scott Schmidt

Christopher Mitchell
 Funeral Homes
 Albion, NY 585-589-4471

Christopher Mitchell
 Funeral Homes
 Holley, NY 585-638-6397

Bates, Wallace & Heath
 Funeral Home
 Middlepoint, NY 716-735-9244

Sherrie Bream &
 Kenneth H. Sherrie Funeral Home
 Gasport, NY 716-772-2410

MITCHELL FAMILY
 CREMATIONS & FUNERALS, INC.

www.mitchellfamilyfuneralhomes.com • Info@mitchellfamilyfhs.com

The Medicine Shoppe
 PHARMACY

142 E Center, Medina, NY 14103

585-798-1212

"What a Pharmacy Was Meant to BE™"

RICK MUFFORD, OWNER



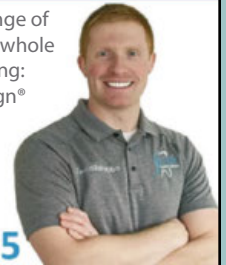
We provide a wide range of dental services for the whole family, now including:
 • Implants • Invisalign®

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



313 South Main St. • Albion NY 14411

GROW YOUR BUSINESS
 BY PLACING AN AD HERE!

CONTACT US!

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



www.richgetsresults.com

PROUDLY SOLD BY
 RESULTS REALTORS
 RICHARD MILLER, BROKER
 THE BEST IN THE WEST
585-737-3000
RICHGETSRESULTS@GMAIL.COM

Richard Miller,
 Broker



NEVER SETTLE FOR LESS THAN "THE BEST IN THE WEST!"



4-A-5-5

For ad info. call 1-800-477-4574 • www.lpcommunities.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>JACOB B. HEBDON LICENSED FUNERAL DIRECTOR 215 WEST CENTER STREET MEDINA, NEW YORK 14103 585-798-4131 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>LAW OFFICES OF KATHERINE BOGAN 517 MAIN MEDINA, NY 14103 585-798-1615 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>Bogan & Tuttle Funeral Home LLC</p> <p>Kevin M. Bogan Funeral Director Family Owned and Operated www.bogantuttlefunerals.com</p> <p><i>Cremation Funerals Pre-arrangements</i></p>
--	---

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

	<p>Catholic Charities Friendly Phones Home Visitation Program</p> <p>Offering free weekly phone calls or 1 hour social visits to homebound seniors in Orleans County who are living independently. Seeking volunteers interested in making a difference in the life of a senior. Give just one hour of your time a week playing cards, crafts or just talking.</p> <p>Contact Catholic Charities (585) 343-0614 Funded by a grant by a private funder</p>
---	---