

THE FRIENDLY CARRIER

ORLEANS COUNTY OFFICE FOR THE AGING

MAY 2022

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IMPORTANT DATES FOR MAY

Sunday, May 8
Mother's Day

Tuesday, May 17
Staff Development Day

Monday, May 30
Closed for Memorial Day
Office for the Aging & Meals on Wheels

Summer Hours

Start - May 31 st
8:30 am - 4:00 pm

HAPPY

Mother's Day



POP-UP PANTRY (Nourish NY) Dates & Locations

Lyndonville Presbyterian Church - 107 North Main Street
May 13th, 9 am - This will be a drive thru event.

Community Action Main Street Store - 131 S. Main Street, Albion
May 16th, 9 am to Noon

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

May 23rd, 12 pm to 4:00 pm

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 outside. 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.



Save the date: Friday, June 24th
The Senior Lakeside Picnic is back!!
At Lakeside Beach State Park (Route 18, Waterport)
Tickets will be available later in May
Complete details will be in the June newsletter



OFFICE FOR THE AGING INFORMATION

DIRECTOR'S DESK

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

- ◆ **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- ◆ **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- ◆ **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- ◆ **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, Orleans County Office for the Aging is excited to celebrate OAM with our partners in the aging community. We hope to celebrate later this summer at an event outside.

Diverse communities are strong communities.

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

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

How do I get a replacement Medicare card?

Your Medicare card is proof of your Medicare insurance. If your Medicare card was lost, stolen, or destroyed, you can request a replacement with your personal [my_Social Security](#) account. If you don't already have an account, you can create one online. Go to [Medicare.gov](#) and select "Log In/Create Account". Then, follow the instructions.

Once you are logged in to your account, select the "Replacement Documents" tab. Then select "Mail my replacement Medicare card." Your Medicare card will arrive in the mail in about 30 days at the address on file with Social Security so be sure to make sure your mailing address is correct before completing the request.

If you need to know your new Medicare number now, you have some options. In your personal [my_Social Security](#) account, you can get your Benefit Verification Letter, which includes your Medicare number. You can also visit [Medicare.gov](#) and sign in to see your Medicare number and print an official copy of your card. If you don't have a Medicare.gov account, go to [Medicare.gov](#) and select "Log In/Create Account". Then, follow the instructions.

If you can't or prefer not to use the online service, you can call 1-800-MEDICARE (1-800-633-4227 TTY 1-877-486-2048).

Extra Help with Medicare costs

Did you know there are programs available to help with your Medicare costs? The Medicare Savings Program (MSP) pays your Medicare Part B premium and helps with the costs of your Part D coverage. The Low Income Subsidy (LIS) helps with the costs of your Part D coverage only.

For more information, and to see if you may be eligible, please call the Office for the Aging at (585) 589-3191

MAY INSURANCE MEETINGS

Independent Health	May 9	10 am - 12 pm	Orleans County Building, Conference Room C
Univera	May 25	10 am - 12 pm	Orleans County Building, Conference Room B

HEAP CORNER

The 2021-2022 Cooling Assistance benefit opens on May 2, 2022

If you are eligible, you may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool. In circumstance where an air conditioner cannot be safely installed, a fan will be provided.

You may be eligible for a Cooling Assistance HEAP benefit if:

- ◆ You received a HEAP benefit in the 2021-22 year or are currently HEAP eligible
- ◆ You currently **do not** have a working air conditioner or the air conditioner you have is five years old or older, and
- ◆ You **have not** receive a HEAP funded air conditioner within the past five years.

It will be your responsibility to maintain the air conditioner. This includes the responsibility to remove, cover, store, and/or reinstall the unit or the installation sleeve after vendor installation.

The HEAP Clean and Tune program is open

You must be the homeowner, reside in the home, and be HEAP eligible. Cleanings are available once every 12 months.

The Heating Equipment Repair and Replacement (HERR) is open

The purpose of this program is to provide HEAP eligible homeowners help with the cost of repair or replacement of their primary heating equipment.



Please call Becky at 589-3216 to discuss your HEAP questions

DIRECTOR'S DESK, CONTINUED FROM PAGE 2

Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone.

For more information, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth

SENIOR HEALTH CHECK-UP

MEDICARE
HEALTH
SCREENINGS



You!

Priceless!

Pay to the order of _____ \$ _____

Your Health Screening Benefits and 00/100

_____ Dollars

You may have to pay a deductible,
Coinsurance and/or copayment,
Amounts may vary depending on
Your Medicare health plan.

Medicare

Medicare Preventive Services Checklist

Services	How Often?	Cost to Beneficiary
"Welcome to Medicare" Preventive Visit	Once within the first 12 months that you have Medicare Part B.	Medicare pays 100%
Annual Wellness Exam	Once every 12 months after your first full year of Medicare Part B enrollment.	Medicare pays 100%
Alcohol Misuse Screening & Counseling	One screening per year. If provider recommended, up to 4 face-to face visits per year.	Medicare pays 100%
Abdominal Aortic Aneurysm Screening	One-time screening ultrasound.	Medicare pays 100%
Bone Mass Measurement	Once every 24 months for those at risk for osteoporosis or have other medical conditions.	Medicare pays 100%
Breast Cancer Screening (Mammogram)	Every 12 months for woman age 40 or older.	Medicare pays 100%
Cardiovascular Disease (Behavioral Therapy)	One visit per year.	Medicare pays 100%
Cervical Cancer Screening (Pap Smear & Pelvic Exam)	Once every 24 months or every 12 months for those at risk	Medicare pays 100%
Colorectal Cancer Screening	Frequency based on test for those age 50 and older. Ask your doctor.	Medicare pays 100% for most tests
Coronavirus (COVID-19) Vaccine	Also covers COVID-19 tests, antibody tests, and monoclonal antibody treatments.	Medicare pays 100%
Depression Screening	One screening per year done in a primary care setting that can provide follow-up treatment and referrals.	Medicare pays 100%

Medicare Preventive Services Checklist, cont.

Please visit www.Medicare.gov for more specific information on your covered preventive services.

Services	How Often?	Cost to Beneficiary
Diabetes Prevention Program	Covers a once-per-lifetime proven health behavior change program.	Medicare pays 100%
Diabetes Screening	One to two per year based on risk factors. Ask your doctor.	Medicare pays 100%
Diabetes Self-Management Training	Education for those with diabetes, doctor must provide written order.	20% of Medicare approved amount (subject to deductible)
Flu Shot	Once per flu season.	Medicare pays 100%
Glaucoma Tests	Once every 12 months for those at high risk.	20% of Medicare approved amount (subject to deductible)
Hepatitis B Virus (HBV) Screening	Yearly for high-risk individuals.	Medicare pays 100%
Hepatitis B Shot	Medium or High Risk of Hepatitis B.	Medicare pays 100%
Hepatitis C Screening	One-time for adults who do not meet the high-risk definition but were born from 1945 through 1965.	Medicare pays 100%
HIV Screening	Once every 12 months	Medicare pays 100%
Lung Cancer Screening	Once every 12 months for ages between 55-77, current smoker or quit smoking within the last 15 years.	Medicare pays 100%
Medical Nutrition Therapy	Three hours per year for the first year for people with diabetes, renal disease or kidney transplant.	Medicare pays 100%
Obesity Screening and Counseling	Counseling is covered for any one found to have a body mass index (BMI) of 30 or more.	Medicare pays 100%
Pneumococcal Shot	Usually once in lifetime. A second different shot is covered at least 11 months after the first shot.	Medicare pays 100%
Prostate Cancer Screening	Digital rectal exam and PSA test for men over age 50.	Rectal exam subject to 20% coinsurance. PSA blood test covered 100%
Sexually Transmitted Infection (STI) Screening/Counseling	Once every 12 months. Up to two (2) individual counseling sessions each year for those at high risk.	Medicare pays 100%
Smoking & Tobacco Cessation Counseling	Up to 8 face-to-face visits per year for any person who uses tobacco.	Medicare pays 100%

This project was supported, in part by grant number 2101 NYMISH-00, from the U.S. Administration for Community Living.

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

THANK YOU TO THE FOLLOWING FOR YOUR GENEROUS DONATIONS

Barre Center Presbyterian Church, Kathy Grimes, Arthur Bradt, Mary Ann Diets, Ann Fitzak, Lyle Baker, Rise Rogers, Donald & Maralyn Joslyn, Leo Khun, Dortha Kenyon, Kendall Lions Club, Linda Hollenbeck, Donald Lonnen, Jean Wehner, Douglas Wright, James Wieme, Betty Schmitt, Mr. & Mrs. William Tompkins, Henry Hong Yee, Deborah Wilson, Linda Newman, Jeannette Lindke, Donna Farnham, Barbara Johnson, Nancy Draper, Brenda McDermoth and John Hanahan

In Memory of Paul Wilkins - Doris Antinore
In Memory of John Bartel - Shirley Bartel

In Memory of Wilber Mull - Doris Antinore
In Memory of Lori Burgess - Judy & Don Manley

FASTEST - EVER ENCHILADAS



Ingredients:

Salsa:

1 (14 ounce) can diced tomatoes with chiles, drained
2 scallions, light green & white parts only, finely chopped
1 jalapeno, seeded, deveined, and finely chopped
1/2 cup finely chopped cilantro leaves
1 lime, juiced
Pinch salt

Enchiladas:

1 rotisserie chicken, meat removed & shredded
(skin and bones discarded)
2 cups grated Cheddar Cheese
1 cup sour cream
1/2 small red onion finely chopped
6 (8-inch) flour tortillas
Salt & freshly ground black pepper

Directions:

1. To prepare the salsa: Combine the tomatoes, scallions, jalapeno, cilantro, and lime juice in a mixing bowl. Add a healthy pinch of salt and set aside at room temperature until ready to cook the enchiladas.
2. Preheat your oven to 350 degrees F. Spray a 9 by 13 inch baking dish with nonstick cooking spray.
3. To prepare the enchiladas: Place the shredded chicken in a large bowl. Add 1 cup of grated cheese, sour cream, and onion; season with salt and pepper. Mix well to combine.
4. Place the tortillas on your work surface. Spoon about 1 cup of the chicken mixture across the center of each tortilla. Roll them up to close and place, seam side down, in the prepared baking dish. Pour the salsa over the tortillas. Cover with aluminum foil and bake until heated through, about 40 minutes.
5. Remove the foil and sprinkle the enchiladas with the remaining 1 cup of grated cheese. Return the baking dish to the oven until the cheese is melted and edges of the tortillas are just beginning to get crisp, 5 to 8 minutes. Serve hot.

Editor note: You can use a jar of pre-made salsa to save even more time.

Recipe courtesy of Ingrid Hoffmann from www.foodnetwork.com

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

Healthy Eating for Older Adults



Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.

Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.

Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.

Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.

Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the **Nutrition Facts label** on packaged foods and also speak with your healthcare provider about possible supplements.

Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

The benefits of healthy eating add up over time, bite by bite.

Source: <https://www.myplate.gov/tip-sheet/healthy-eating-older-adults>

After hours counseling and crisis intervention is available through the Care and Crisis Helpline

585-283-5200

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Taco Casserole Shredded Cabbage Dinner Roll Mixed Berries	3) Vitamin C Juice Vegetable Quiche Stewed Tomatoes Green Beans Multigrain Bread Pudding w/ topping	4) Ground Beef Goulash Broccoli Florets Tossed Salad w/ dressing Italian Bread Fruit Cocktail	5) COLD PLATE Roast Beef Cole Slaw Multigrain Bread Peaches	6) Chicken Kiev Baked Potato w/ sour cream Prince Edward Vegetables Wheat bread Cake w/ Berries
9) Vitamin C Juice Beef Stroganoff over Rice Green Beans Wheat Bread Tropical fruit	10) Chicken and Gravy O'Brien Potatoes Peas Wheat Bread Mandarin Oranges	11) COLD PLATE Vitamin C Juice Egg Salad 3 Bean Salad Multigrain Bread Fruit Pie	12) Cabbage Casserole Mashed Potatoes Spinach Wheat Bread Gelatin w/ topping	13) Vitamin C Juice Stuffed Shells w/ Alfredo Sauce Peas Multigrain Bread Pears
16) Vitamin C Juice Vegetable Lasagna Carrots Wheat Bread Peaches	17) Vitamin C Juice Turkey Breast & Gravy Sweet Potatoes Mixed Vegetables Multigrain Bread Pears	18) Meat Loaf Mashed potatoes Beets Wheat Bread Tropical Fruit	19) COLD PLATE Sliced Ham Potato Salad Multigrain Bread Pineapple	20) Vitamin C Juice Unstuffed Pepper Casserole Cauliflower Wheat Bread Applesauce
23) Pasta w/ meat sauce Spinach Yellow Beans Italian Bread Tropical fruit	24) Vitamin C Juice Italian Sausage Baby Lima Beans Hotdog Bun Cookie	25) COLD PLATE Vitamin C Juice Salami & Swiss Cheese Kidney Bean Salad Wheat Bread Gelatin w/ topping	26) Vitamin C Juice Pork & Brown Gravy Rice Peas Multigrain Bread Ambrosia	27) Macaroni and Cheese Stewed Tomatoes Green Beans Wheat Bread Peaches
30) CLOSED FOR 	31) Vitamin C Juice Chicken ala king over Rice Carrots Multigrain Bread Ice Cream	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		NOTE: 2% or skim milk is served with all lunches Menu follows a no salt added and low sugar diet

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

MAY NUTRI-FAIR HIGHLIGHTS

Becky Karls, OFA
"Don't Get Scammed"
w/guest speaker
from Lifespan

On Wednesday, May 4
 Kendall Nutri-Fair Site,
 Kendall Town Hall, RT 237

On Tuesday, May 24
 Albion Nutri-Fair site
 16 East Academy St.

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.



Office of the New York State Comptroller

NYS Comptroller Thomas P. DiNapoli

Unclaimed Funds

Everyday New York State returns \$1.5 million to
 those who file claims here. Is any yours?

Use the link below to see if you have unclaimed funds:

<https://www.osc.state.ny.us/unclaimed-funds>

Need Tech Help?

Contact Katie Leach, the program coordinator,
 To **schedule a free mentoring appointment.**

Call: (585) 798-4265 ext. 146

Email: kel99@cornell.edu

Facebook: @OrleansTechHelp

All services are free, including:

- Using a computer, cell phone, tablet, Chromebook, and other technology
- Staying safe: strong passwords, password management and avoiding scams.
- Using technology to stay in touch. Examples: Zoom, Skype, social media, email, texting
- Online shopping tips and safety
- Internet, Public Wi-Fi, and public computers

The Orleans Digital Literacy Initiative and Cornell Cooperative Extension is an equal opportunity, affirmative action educator and employer.



&



Try a FREE Online Class Today!

Go to :

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Use coupon code: NYSTATE

New York State Office for the Aging has
 partnered with the Association on Aging in
 New York and GetSetUp to provide free
 virtual classes for older adults taught by
 peers - ask questions, make friends, learn
 new things, and have fun.

Most Popular Classes:

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14-1674



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

SupportiveCareOrleans.org



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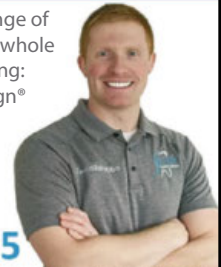
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<p>226 Pearl Street, Medina 585-798-0896</p>	<p>112 N Main St, Lyndonville 585-765-2230</p> <p>Bogan & Tuttle Funeral Home LLC</p> <p>Kevin M. Bogan Funeral Director Family Owned and Operated www.bogantuttlefunerals.com</p> <p>Cremation Funerals Pre-arrangements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