

THE FRIENDLY CARRIER

ORLEANS COUNTY OFFICE FOR THE AGING

JUNE 2022

WHAT'S INSIDE

Director's Desk - Page 2

Pop Up Food Pantry - Page 4

Word Search - Page 5

Programs available through
Alzheimer's Association - Page 6

Nutri-Fair Menu - Page 8

IMPORTANT DATES FOR JUNE

Monday, June 13
Staff Development Day

Sunday, June 19
Father's Day

Friday, June 24
Nutri-Fair Senior Picnic
at Lakeside Beach State Park

Office Summer Hours
8:30 am - 4:00 pm
May 31 - September 2



Nutri-Fair Senior Picnic

Friday, June 24th - 10am to 2pm

At Lakeside Beach State Park (Route 18, Waterport)

Suggested contribution is \$3.50 for age 60 & over
and \$9.50 for age under 60 w/senior

Reservations are Required

Tickets available at any Nutri-Fair Center, 589-5424, option 5
or Office for the Aging 589-3191

With the rise in positive numbers of COVID please remember:

If you or anyone in your household are under quarantine or on isolation and are receiving outside services from our office or another office, please contact them as soon as possible to cancel and make arrangements for non contact interaction.

Meals on Wheels call 589-5424, option 5

Office for the Aging for Housekeeping, Personal Care and in home/office visits call 589-3191



14016 ROUTE 31W | ALBION, NY 14411

P: 585.589.3191 | F: 585.589.3193 | WWW.ORLEANSCOUNTYNY.GOV



OFFICE FOR THE AGING INFORMATION

DIRECTOR'S DESK

June 15 is World Elder Abuse Awareness Day. Approximately 260,000 older adults are victims of elder abuse each year in New York State. Yet for every reported case, as many as 23.5 cases go unreported, making it a hidden tragedy.

What is Elder Abuse?

- Elder abuse can include physical, emotional, and sexual abuse; financial exploitation; and neglect (including self-neglect).
- Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative's home, or in an eldercare facility.
- There are many signs of possible elder abuse. The community is an important set of eyes and ears. Therefore, it is critical for family, caregivers, health practitioners, friends, and neighbors to watch for these signs and act accordingly if an individual:
 - Seems depressed, confused, or withdrawn.
 - Is isolated from friends and family.
 - Has unexplained bruises, burns, or scars.
 - Exhibits poor hygiene or appears underfed, dehydrated, overmedicated or undermedicated, or is not receiving needed care for medical problems.
 - Has bed sores or other preventable conditions.
 - Exhibits recent changes in banking or spending patterns.
- Each year over 260,000 older adults are victims of elder abuse in New York State – a preventable social problem that impacts many of New York State's most vulnerable individuals.
- Elder abuse is found in all communities. It is not limited to individuals of any race, ethnic or cultural background, socio-economic status, or sexual orientation.

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 Service Specialist

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

Orleans Koinonia Kitchen at
Harvest Christian Fellowship
560 East Ave

Dinner on Thursdays, 4 pm–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

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

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

Lyndonville/Yates

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

Observation Status vs Inpatient Status

Observation services are short-term outpatient services received when you are in the hospital for monitoring purposes and/or to determine whether you should be admitted as an inpatient. It is important to know that if you are receiving observation services (sometimes referred to as under observation status), you have not been formally admitted to the hospital as an inpatient, even if you are given a room or stay overnight.

You can always ask hospital staff about your status. The hospital must also provide you with a notice if you receive observation services for more than 24 hours. This is called the Medicare Outpatient Observation Notice (MOON). The MOON notifies you that you are receiving observation services and explains why you are an outpatient. Your doctor should explain this notice to you in person.

Because observation services often involve an overnight stay in the hospital, they may look no different than inpatient services. However, it is very important to know whether you are an inpatient or an outpatient because this determination affects how Medicare pays for your care.

- Part A pays for care received at the hospital by an inpatient.
- Part B pays for care received at the hospital by an outpatient under observation status.
- You typically pay more when Part B covers your hospital care. For example: You may have multiple copayments. While each individual copay must be lower than the Part A deductible (\$1,556 for 2022), your total copay costs may be higher than the Part A deductible.
- Part B does not cover medications you routinely take. Instead, you will need to use your Part D plan for prescription drug coverage. If the hospital's pharmacy is out of your plan's network, you may pay more for your drugs.
- Medicare will not cover skilled nursing facility (SNF) care if you have not had a three-day inpatient stay. This means that if you have been under observation status and your provider suggests you receive SNF care, you may have to pay out of pocket for all SNF costs.

JUNE INSURANCE MEETING

Univera

June 2

10 am - 12 pm

Orleans County Building, Conference Room B

HEAP CORNER

The 2021-2022 Cooling Assistance benefit is open

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

- Elder abuse is often hidden and unreported; statewide, for every reported case of elder abuse, 23.5 cases go unreported.
- Financial exploitation is the most common form of elder abuse. It is almost twice as common as the second most common form of abuse: physical abuse.
- Statewide, for every reported case of financial exploitation, 43.9 cases go unreported.
- Individuals with Alzheimer's disease and other neuro-cognitive impairments are at a greater risk of elder abuse. Informal caregivers and family/friends are most often the perpetrators.
- The statewide impact of financial exploitation has been estimated to range from \$352 million to \$1.5 billion annually; this includes the costs to victims, service agencies, and public benefit programs.

Reporting Elder Abuse- There are several ways to report both suspicion of and confirmed cases of abuse and neglect in New York. Call the New York State Protective Services for Adults Hotline at 1-844-697- 3505. Call your local county APS directly at 589-3191 - we can transfer your call.

Call 9-1-1 if someone is in immediate danger or risk of harm

You can also call the Elder Abuse Helpline for Concerned Persons. A concerned person is a family member, friend, or neighbor impacted by elder abuse. These family members, friends, and neighbors may not know where to turn or who to call. That is where the helpline comes in. Services are free and confidential. It should be stressed that this is a non-emergency line at (844) 746-6905.

Caregiver stress is a major risk factor for abuse. There are supports available through your Office for the Aging to help. For caregiver assistance, call the Orleans County Office for the Aging directly at 585-589-3191.

*information provided by the New York State Office for the Aging and Office of Children and Family Services

Update on Farmer Market Coupons -

Program is expected to open on July 1, 2022



You can contact our office after June 29th to see if there is updated information



POP-UP PANTRY (Nourish NY) Dates & Locations

Lyndonville Presbyterian Church - 107 North Main Street - June 10th and 24th, 9 am

This will be a drive thru event.

Community Action Main Street Store - 131 S. Main Street, Albion - June 13th, 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 - June 27th, 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.

Summer Picnics

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

Word List:

ANTS
 BEES
 BOTTLEDWATER
 FAMILY
 GRILLING
 ICEPACKS
 LAWN DICE
 PICNIC BASKET
 RAINSHOWERS
 SUNSCREEN

BADMINTON
 BEVERAGES
 BUGSPRAY
 FLYSWATTER
 HAMBURGERS
 INSECT REPELLENT
 LAWN GAMES
 PICNIC TABLE
 SNACKS
 SUNSHINE

BARBECUE
 BLANKET
 COOLER
 FRIED CHICKEN
 HAMMOCK
 JARTS
 PAPER PLATES
 PLAYGROUND
 SPATULA
 UTENSILS

BEER
 BONFIRE
 CROQUET
 FRIENDS
 HOTDOGS
 LAWN CHAIRS
 PICNIC
 POTATO SALAD
 SUMMER
 WATER BALLOONS

Education

Understanding Alzheimer's Disease

June 1 at 5 pm

Lee Whedon Library, 620 West Ave, Medina

Effective Communication Strategies

June 21 at 10 am

Dale Association, 33 Ontario St, Lockport

Monthly Caregiver Groups

Albion Caregiver Support Group

1st Wednesday at 6:30 pm

Arnold Gregory Building 2nd floor, 243 S. Main St, Albion

Batavia Caregiver Support Group

3rd Thursday at 1 pm

Genesee County Office for the Aging, 2 Bank St, Batavia

Lockport Caregiver Support Group

2nd Tuesday at 10:30 pm

**Free respite may be available onsite*

Trinity Lutheran Church, 67 Saxton St, Lockport

Dementia Caregiver Book Clubs

Afternoon & evening clubs available

Free book mailed to all participants

Call 716-626-0600 x313 for details

Community Respite Social Programs

2nd Wednesday, 10 am - 2 pm

The Church of the Abundant Harvest

12373 Maple Ridge Road, Medina

Contact Cheryl: 585-798-3173

3rd Wednesday, 10 am - 2 pm

Indian Falls United Methodist Church

7908 Allegany Road, Corfu

Contact Celinda: 585-478-8188

2nd Tuesday, 10:30 am - 2:30 pm

Trinity Lutheran Church, 67 Saxton St, Lockport

Contact Laurie: 716-434-5982

4th Monday, 10:30 am - 2:30 pm

First Presbyterian Church of Batavia, 300 East Main Street

Contact Mickey: 585-455-5940

Visit www.alz.org/CRF or call 800-272-3900 for more information and/or to RSVP

These programs are supported in part by a grant from the New York State Department of Health.

THANK YOU TO THE FOLLOWING FOR YOUR GENEROUS DONATIONS

Paul Fox, Dell Stork, Douglas Wright, Rita Jackson, Jean Upton, Lynn Poler, Stephen & Cassandra Schoal, Gail Yaskivich, Richard & Ellen Tynan, John & Laura Belson, Elizabeth & John Huber, Thomas & JoAnn Church, Norman Caldwell, Becky Fike, Marwayne Clinkscales, Marilyn Thurston, Roxanne Culmo, Marisa Kohr, Michelle Kirstein-Parkhurst & Stephen Parkhurst, Carolyn Gurnsey, Scott & Sara Hess, Marjorie Kingdollar, Wendy Coyle, Carol Vanill, Henry Hong Yee, Anne Smith, Paul Dilcher, Charlotte Skellon, Gertrude Hauck, Cathy Williams, Cindy & Roy B. Baker Jr, Jeanette Jurs, James Wieme, Barbara Johnson, Carolyn & John Sisson, Cordelia Davis, Bruce & Susan Landis, Linda Newman, Carl & Jeanne Tuohey, Myra Turner, Bob Tiberio, Rodney French, Carol Washburn, Lillie Jackson, Valorie Blums and Dorinda Starkweather

In Memory of Anne Strassenburgh - David and Sandra Strassenburgh

In Memory of Charles Walter - Shirley Walter

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



Strawberries

Fresh local strawberries will soon be available. Whether you grow your own, pick your own, or buy from a local grower, it's hard to get enough of this sweet and juicy fruit while it is in season.

The good news about strawberries continues to grow. Studies from around the world have shown the positive effect that strawberries and other specific foods, have on disease prevention including cancer, heart disease, brain function and overall good health.

Did you know..... one serving of 8 strawberries has more vitamin C than an orange? One hundred sixty percent of the Recommended Daily Value as a matter of fact! And those berries are just packed with beneficial antioxidants and nutrients including potassium, folate, and fiber.

Vitamin C is a water-soluble vitamin with very strong antioxidant capabilities which help ensure proper wound healing.

Antioxidants are a key to warding off chronic diseases and promoting good health.

Those in strawberries are efficiently absorbed within one hour of being eaten. And once absorbed, they fight against other compounds that can cause chronic illnesses like cancer.

Potassium is an important nutrient to balance electrolytes like sodium, chloride, calcium and phosphate. These substances help muscles to contract and they also help maintain healthy blood pressure. Eating food rich in potassium and low in sodium (like strawberries!!) may help reduce the risk of high blood pressure and stroke. But if you are taking certain diuretics or NSAIDs your doctor may tell you not to eat a lot of potassium-containing foods.

Always check with your doctor or pharmacist regarding medication Do's and Don'ts.

Folate is one of the B vitamins found in various foods like strawberries, oranges, green leafy vegetables and beans. Its function is to help build and maintain new cells in the body.

Fiber is important for heart health according to the American Heart Association. Studies report that people who eat higher amounts of total fiber have a lower risk of heart disease.

A different way to enjoy fresh strawberries this season: slice them and put them on top of toast that has been "buttered" with peanut butter. It tastes just as good as jam and does not have the added sugar.

See how many ways you can incorporate fresh strawberries into your diet this year!!

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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John Fitzak
Legislature

Fred Miller
Legislature

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Medina

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Vice Chair, Waterport

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Kendall

Peggy Francisco
Gaines

Jon Costello
Albion

Sandy Thaine
Ridgeway

Elaine Berg
Murray

Billy Newsome
Gaines

David Gaudio
Kendall

| 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</p> <p>Menu follows a no salt added and low sugar diet</p> | <p>1) Roast pork w/ apples Mashed potatoes Baby lima beans 100% whole wheat bread Pineapple tidbits</p> | <p>2) COLD PLATE Ham and Swiss cheese Coleslaw Multigrain bread Tapioca pudding w/ fruit treat</p> | <p>3) Vitamin C juice Breaded fish w/ tartar sauce Sweet potatoes Peas Hamburger Bun Mandarin oranges</p> |
| <p>6) Vitamin C juice Hot dog Baked beans Carrots Hot dog bun Applesauce</p> | <p>7) Vitamin C juice Ham loaf Scalloped potatoes Mixed vegetables Multigrain bread Fruit cocktail</p> | <p>8) COLD PLATE Vitamin C juice Chef's salad: turkey, egg, tomato wedges w/ salad dressing Potato Salad Dinner Roll Emerald Isle dessert</p> | <p>9) Vegetable lasagna Peas Italian bread Tropical fruit</p> | <p>10) Chicken cacciatore Wax beans Multigrain bread Mandarin oranges</p> |
| <p>13) Swedish meatballs over Penne pasta Broccoli Multigrain bread Cookie</p> | <p>14) Knockwurst Sweet potatoes Cauliflower Hot dog bun Diced pears</p> | <p>15) Spinach cheese squares Mashed potatoes Mixed vegetables 100% whole wheat bread Fruit cocktail</p> | <p>16) COLD PLATE Corned beef & swiss on multigrain bread New broccoli salad Mandarin oranges</p> | <p>17) Vitamin C juice Spaghetti w/ meat balls Green beans 100% whole wheat bread Pears</p> |
| <p>20) Vitamin C juice Beef Pot pie Carrots Multigrain bread Fruited gelatin</p> | <p>21) Apple juice Meat lasagna casserole Shredded cabbage Whole wheat dinner roll Pineapple tidbits</p> | <p>22) COLD PLATE Tuna salad Cucumber & tomato salad Multigrain bread Tropical fruit</p> | <p>23) Vitamin C juice Stuffed pepper half O'Brien potatoes Peas 100% whole wheat bread Diced peaches</p> | <p>24) <u>LAKESIDE PICNIC</u> Vitamin C juice Hamburger, hotdog or sausage Macaroni Salad Baked beans Hamburger bun Fruit Salad</p> |
| <p>27) Tortellini w/ meat sauce Spinach Whole wheat bread Mandarin oranges</p> | <p>28) Vitamin C juice Salisbury steak w/ gravy Diced potatoes Mixed vegetables Multigrain bread Fruit cocktail</p> | <p>29) Vitamin C juice Vegetable quiche Green beans Multigrain bread Cookie</p> | <p>30) Vitamin C juice Chicken Alfredo over rice Diced carrots Whole wheat bread pudding w/ topping</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

JUNE NUTRI-FAIR HIGHLIGHTS

Becky Karls, OFA
*"Sleep or not to Sleep,
 that is the question"*

On Monday, June 20
 Albion Nutri-Fair Site
 16 East Academy St.

On Wednesday, June 22
 Kendall Nutri-Fair Site,
 Kendall Town Hall, RT 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.

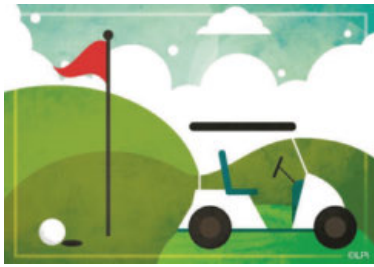
Golfers needed

Do you golf or know someone that does?

The Albion Rotary Club will be hosting their
 Annual Golf Tournament on Thursday, July 28th
 at Shelridge Country Club in Medina

The proceeds will be going to The Office for the Aging's
 Transportation Program, so please pass the word.

Lunch & dinner are included with the golf price.

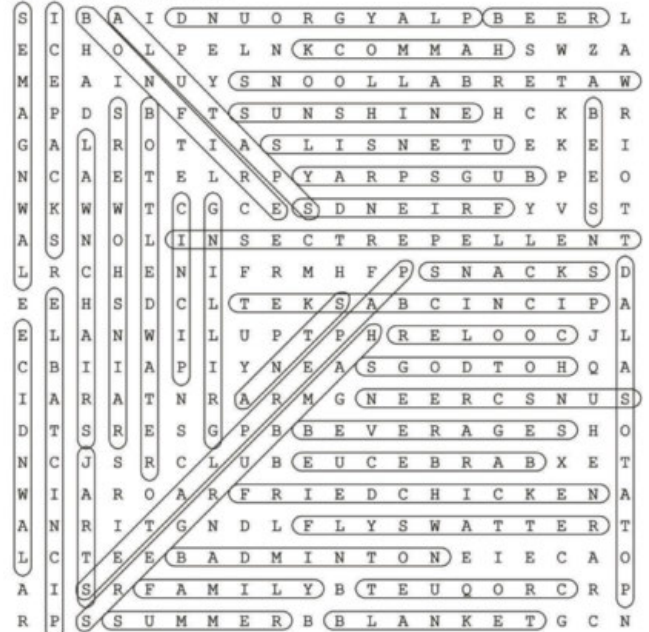


Teams of less than 4 will be
 paired up with others.

For more information
 call Becky at 589-3216

*We also welcome donation
 items for our basket raffle*

Summer Picnics



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 in the newsletter? 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.



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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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14-1674



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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



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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
Tricia Trupo
 Administrator
 Phone: (585) 798-3420

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wtBatavia.com

Managed by VJ Gautieri Constructors, Inc.

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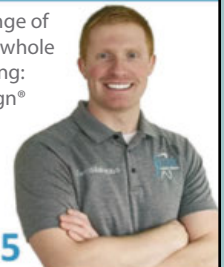


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