

THE FRIENDLY CARRIER

ORLEANS COUNTY OFFICE FOR THE AGING

JULY 2022

WHAT'S INSIDE

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IMPORTANT DATES FOR JULY

Monday, July 4
Closed for Independence Day
Office for the Aging & Meals on Wheels

Wednesday, July 20
Staff Development Day

Wednesday, July 27
4H Senior Luncheon

Thursday, July 28
Golf Tournament @ Shelridge CC
(to benefit our office)
Our office will have limited staff this day

Summer Hours

8:30 am - 4:00 pm



4-H FAIR SENIOR LUNCHEON

WEDNESDAY, JULY 27, 2022
11:00 AM - 1:30 PM

4-H FAIRGROUNDS IN KNOWLESVILLE

POT ROAST DINNER & ENTERTAINMENT

OVER 60 \$3.50 SUGGESTED CONTRIBUTION,
UNDER 60 W/SENIOR \$9.50

50-50 RAFFLE

FOR INFO/RESERVATIONS CALL 589-7817 OR 589-5424 , OPTION #5
LIMITED TICKETS AVAILABLE



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



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

Happy July to you all! What a beautiful start to the summer. The weather has been good to us this last month. The extra sunlight in the summer is good for the soul! If you are able to get out and about take advantage of the nice summer days. When I have a little down time (not often with two children), I grab a seat outside in the lounge chair with a good book! It is nice to relax and feel the breeze go by!

Have you heard about the New York State Golden Park Program? If you are a New York State resident 62 or older, on Monday - Friday (except holidays), you can obtain free vehicle access to most state parks, boat launch sites and arboretums and fee reduction to state historic sites and state-operated golf courses.

Simply present your currently valid New York State Driver License or New York State Non-Driver Identification Card** at the park entrance. **No application is required as your NY State Driver's License/ Non-Driver ID Card serves as your pass.** For locations with pay stations, please contact the facility directly for information.

For information about facilities where this program is valid, contact the nearest state park, state park regional office or:

New York State Parks
Albany, New York 12238
518-474-0456

TTY/TDD through 711 Relay Service

*** A New York State Driver License or a New York State Non-Driver Identification Card may be obtained from your local Motor Vehicle office. You may want to contact them first to be certain you bring the required forms of identification.*

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

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

OUTPATIENT THERAPY SERVICES

Medicare Part B covers medically necessary outpatient therapy services, including:

Physical therapy

Speech-language pathology services

Occupational therapy

If you meet Medicare's eligibility requirements, Medicare covers therapy on a temporary basis to improve or restore your ability to function, or on an ongoing basis to prevent you from getting worse. Medicare should cover your outpatient therapy regardless of whether your condition is temporary or chronic.

Eligibility:

You are eligible for Medicare coverage of outpatient therapy services if:

You need skilled therapy services, and the services are considered safe and effective treatment for you;

Medicare defines skilled care as care that must be performed by a skilled professional, or under their supervision;

Your doctor or therapist creates a plan of care before you start receiving services;

Your doctor or therapist regularly reviews the plan of care and makes changes as needed;

You can get therapy services in a doctor's office, outpatient hospital setting, rehabilitation agency, Comprehensive Outpatient Rehabilitation Facility (CORF), public health agency, or your home. You can also get therapy while at a skilled nursing facility (SNF) or through a home health agency. However, you may need to meet additional eligibility requirements to receive Medicare SNF or home health coverage.

Costs:

Original Medicare covers outpatient therapy at 80% of the Medicare-approved amount. When you receive services from a participating provider, you pay a 20% coinsurance after you meet your Part B deductible (\$233 in 2022). If your total therapy costs reach a certain amount, Medicare requires your provider to confirm that your therapy is medically necessary. In 2022, Original Medicare covers up to: \$2,150 for PT and SPL before requiring your provider to indicate that your care is medically necessary. And, \$2,150 for OT before requiring your provider to indicate that your care is medically necessary. Remember, Medicare pays for up to 80% of the Medicare-approved amount. This means Original Medicare covers up to \$1,720 (80% of \$2,150) before your provider is required to confirm that your outpatient therapy services are medically necessary. If Medicare denies coverage because it finds your care is not medically necessary, you can appeal. *If you are a member of a Medicare Advantage Plan your plan copays for outpatient therapy will apply.*

JULY INSURANCE MEETINGS

Independent Health	July 5	10 am - 12 pm	Orleans County Building, Conference Room C
Univera	July 21	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

July will begin our Farmer Market Coupons program. Please read inside our newsletter for distribution information. The tickets value are increasing to \$25 total this year.

Lastly, we are excited to be participating in Senior Day at the 4-H Fair in Knowlesville on Wednesday, July 27th. We had a great turnout last year. People can come at 11 am, lunch is at Noon and there will be entertainment before and after lunch. Reservations are required and tickets must be purchased before the event. Please check the newsletter for more information. Tickets are available at our office or any Nutrifair site, you can call 589-5424, option 5. No tickets will be sold the day of the event.

Mental Health Association of Genesee and Orleans Counties

The Mental Health Association of Genesee & Orleans Counties (MHAGO) offers peer-driven supports that promote mental wellness and teach the skills needed for healthy living. Our strength is a caring and experienced team dedicated to person-centered planning. We advocate for self-determination and community integration as alternatives to facility-based services.

Located in the Arnold Gregory Office Complex, 243 South Main Street, Suite 101, Albion. Phone: 585-589-1158

Drop-In Center - Open Mon, Wed, Thur & Fri afternoons from Noon to 4pm and Mon, Tues & Fri evenings 5pm–8pm, this program serves adults with mental health concerns in a low-demand, flexible, and unstructured environment. Peer support, resource information, and recovery support are offered in a manner that is responsive to participants' individual needs.

Contact our Drop-In Center Coordinator at 585-589-1158

Warm Line - Our Warm Line is a peer to peer, non-crisis telephone service providing support and encouragement to adults with mental health concerns. It operates seven evening per week, excluding holidays, from 5pm - 8pm, when traditional supports are often unavailable. Call the Warm Line at 585-813-0072. You also can text MHA (showing you heard about them through the MHA) to 741-741 for free 24/7 Crisis Text Line support.

POP-UP PANTRY (Nourish NY) Dates & Locations

Lyndonville Presbyterian Church - 107 North Main Street on July 1 & 29, 8 am

This will be a drive thru event.

New Albion Location - Municipal Parking Lot at 165 S Platt Street

(across from back entrance to Dunkin Donuts)

July 25, 8:30 am - until gone

Due to traffic issues, please do NOT line up prior to 7:30am!!

This is a drive thru event, stay in your vehicle, keep your windows closed & trunk open. Family information is required!

In order to keep the distribution coming to our community we have to report on those served. Any questions, call 589-5605 ext. 117

Trolley Building at Orleans County 4H Fairgrounds on July 11, 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.

FARMER'S MARKET NUTRITION PROGRAM (SFMNP)

The Senior Farmers' Market Nutrition Program (SFMNP) is a program headed by the New York State Department of Agriculture and Markets and provides coupons to all who meet age and income requirements. Each booklet contains five coupons worth \$5 each (\$25 total) which can be used to buy fresh fruits and vegetables at participating farmer's markets throughout New York State. Coupons expire November 30, 2022, so do NOT hold onto them for next year. When using your coupons, make sure you use the full value of each coupon as cash cannot be provided for purchases totaling less than the coupon value. Vendors accepting coupons should display a poster saying "We Gladly Accept NYS Farmer's Market Check".

Eligibility Criteria:

- 60 years of age or older, live in Orleans County **AND**
- Monthly income is at or below: **\$2096** for a one person household, **\$2823** for a two-person household and **\$3551** for a three person household **AND**
- Have not received SFMNP coupons from any other location this year.



****If you meet the age requirement, AND are living in subsidized housing you are eligible with no income guidelines****

How to get your Farmers' Market Coupons:

Coupons will be distributed by OFA staff at the following Senior Housing complexes and selected locations; dates and times will be posted within each housing complex and are listed below: *(Please note: these times are approximate)*

July 5: County Office Building *	2 pm - 3 pm	July 12: Holley Grove Apts	10 am
July 7: County Office Building *	10 am - 11 am	Holley Gardens	10:40 am
* In Conference Room 1 in the Elections hallway.		Holley Community Center	11:15 am
After going through security, take a left down the hallway		Akely Manor	12:15 pm
and the room is on the right after the restrooms.		July 13: Sandstone Village (Bernzomatic)	10 am
July 6: Northwood Apts	10:00 am	Medina Country Estates	10:45 am
Creekwood Apts	10:45 am	Ricky Place	11:15 am
Bobak Apts	11:30 am	Lakewood Village-Clubhouse	1:30 pm
Albion Academy (Nutrifair)	Noon	July 20: Kendall Nutrifair	Noon - 1 pm
July 9: Canal Village Farmer's Market-Medina, 10am - Noon		July 27: 4H Fair (Senior Citizen Luncheon)	11 am - Noon

Starting July 8th, coupons can be picked up at The Office for the Aging between 9 am and 3 pm, Monday - Friday.

- Each person in the household is eligible to receive a booklet if they meet the age & income requirements
- Only one coupon booklet per eligible senior in each household, while quantities last
- The eligible senior must sign in person. A Power of Attorney with proper paperwork can sign.
- Proxy forms will be available. The person eligible for the coupons **must** sign the proxy form **and** the income eligibility form for someone to pick the coupons up for them. Call our office with any questions, 589-3191

FreshConnect Checks for Veterans

In collaboration with the New York Department of Agriculture and Markets, Veterans Benefits Advisors with the New York State Division of Veterans' Services are offering FreshConnect checks to Active Duty members, veterans and their immediate family members, as well as un-remarried surviving spouses of veterans.

Recipients can use FreshConnect checks for fresh produce and other food items at participating farmers markets throughout New York State.

Each recipient receives a booklet of FreshConnect checks worth a total of \$20. Only one booklet of checks per household.

Call The Orleans County Veterans Office at 585-589-3219 for more information and on how to receive them.

THANK YOU TO THE FOLLOWING FOR YOUR GENEROUS DONATIONS

Susie Miller, Dorothy Bentley, Wendy Coyle, Carolyn Sisson, Marilyn Thurston, Grace Guzik, Paul Fancher, Thomas Pritchard, Jean Shervin, Virginia Roberts, Nancy Riches, Christine Smith, Rose Castricone, Amy Engert, Gail Foss, Nancy Brown, Peggy & Edward Silkowski, Helen Gannon, Paul Fox, Andrew Jamele, Virginia Blaho, Priscilla Schepis, Henry Hong, Ann Reigle, Leslie & Francis Kenward, Ann Fitzak, Sharon Howard, Anna Caffery, Earl & Maureen Ruhlman and Gwen Mackie

In Memory of Donald C. Gaines - Constance Gaines

RECIPES

Grandma Brown's Beans

Recipe by ks100 from food.com



Ingredients:

1 lb navy beans	1 teaspoon salt
1 teaspoon baking soda	3 ounces ham or cooked bacon
Water, to cover	1 bay leaf (optional)
1/4 dark brown sugar	1 medium onion, chopped (optional)

Directions: Add baking soda to 6 cups of water, bring to a boil. Sort through beans for debris. Add navy beans to water and boil for 10 minutes. Turn off heat, cover pot and let sit overnight.

Rinse beans well. Add beans and all other ingredients to oven proof pot with tight fitting lid, stir well and add water until beans are just covered. Cover pot with lid. Bake 5 to 6 hours at 300 degrees. Every hour stir and add water to cover if beans are drying out. Final product should be thick and not runny. Yields 10 cups.

Editor note: I made the recipe without the optional onion & bay leaf. I did double the dark brown sugar. It did take 6 hours in the oven. Very pleased with them, except for my future propane bill. After reading the comments online, someone made them in a crockpot. So I made another batch to try in the crockpot. Started out on high for 2 hours, then another 4 hours on low. They were stirred every hour and added water only one time about 4 hours in. I did turn them back to high for an hour at the end and the consistency looked just like they just came out of a can. I plan on freezing them for a picnic in a few weeks. When I'm ready to use them, I will add light brown sugar and uncooked bacon pieces on top and bake in the oven. Enjoy!

Easy Chicken Salad from attagirlsays.com

Made using just three simple ingredients, this basic chicken salad is great on a sandwich or atop a bed of lettuce. You can also use it make bite-sized appetizers. You can make it using poached chicken, grilled chicken, rotisserie chicken or canned chicken -- whatever you have on hand.

Ingredients:

12 ounces cooked chicken breast	1/4 cup or slightly less mayonnaise	2 Tablespoons sweet pickle relish
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Instructions:

1. Shred chicken with fork.
2. Add pickle relish. Slowly add mayonnaise, stirring to combine. Be careful not to add more mayonnaise than is required to bind the chicken salad together or it could overpower the dish.
3. Serve on a bed of lettuce, on white bread or toasted wheat bread or in phyllo cups as an appetizer.

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@orleanscountynyny.gov

NUTRITION CORNER

Berry Health

Last month we talked about strawberries. But when it comes to antioxidants (the Big Guns in the battle against cancer and free radicals), blackberries top the list and raspberries follow close behind. So if you want to increase your heart health, boost your immunity and just generally feel good about your food choices, sit down with a basket of blackberries or raspberries and enjoy a delicious little anti-indulgence.



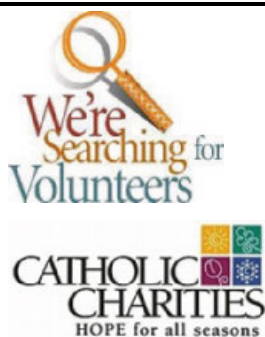
One cup of **fresh blackberries** contains only 46 calories yet it helps our bodies in a variety of ways. That one cup has 30 mg of Vitamin C and 5.6 grams of dietary fiber. Both fiber and Vitamin C have been shown in several major studies to help reduce the risks of certain types of cancer. There's even 379 International Units (IU) of Vitamin A and 19 mg of calcium in that cup of berries! And blackberries contain just as many antioxidants as our favorite berry – the blueberry.

A cup of red raspberries has 60 calories and 30 mg of Vitamin C. It has less Vitamin A than a cup of blackberries, just 160 IU but has more dietary fiber, 8.4 grams, and more calcium, 27 mg. Raspberries are also high in phytochemicals (plant chemicals) which help our bodies fight diseases.

Black raspberries, affectionately known as "Blackcaps" by growers, are native to North America. These uniquely flavored berries are popular in specialty foods, especially jams and ice cream. The fruit is blue-black, round and small, and there's a whitish bloom on the exterior of the berry. Black raspberries have a distinct and moderately tart flavor, a small seed, and like the red raspberry, contain a hollow core.

Nutritionally, black raspberries are much like their red cousins. One cup contains about 73 calories and 23 mg Vitamin C but has less Vitamin A and dietary fiber than the red berry. Generally speaking, dark-colored berries are naturally high in flavonoids and phenolics (such as anthocyanins and ellagic acid), making them strong antioxidants. This is particularly true in the case of black raspberries—they contain almost twice the amount of phenolic content found in other berries.

Interesting fact: An extremely dark pigment allows black raspberries to be used as a coloring agent. The USDA stamp on meat was made with black raspberry dye for many years.



The Home Visitation / Friendly Phones Program needs volunteers!

We're looking for friendly visitors to make social calls or telephone calls to seniors living in Orleans County. 1 hour per week. We provide volunteer training and support.

(No personal, medical care, or transportation provided to senior program member).

Flexible times. You and your senior program member work out the days and times.

Please call Lisa at 585-343-0614 or 716-341-6751 for more information.

Always accepting new senior program members. If you or someone you know are age 60+,

Reside in Orleans County and would like a social call, please call us to join.

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

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) Vitamin C juice Hot dog Baked beans Spinach Hot dog bun Melon</p>
<p>4) CLOSED FOR INDEPENDENCE DAY</p> 	<p>5) Sausage O'Brien potatoes Peas Multigrain bread Mandarin oranges</p>	<p>6) Manicotti w/ red sauce Broccoli florets 100% whole wheat bread Tropical fruit</p>	<p>7) COLD MEAL Chicken Salad Cole slaw Multigrain bread Cheesecake w/ fruit treat</p>	<p>8) Turkey rice casserole Red cabbage w/ apples 100% whole wheat bread Gelatin w/ topping</p>
<p>11) Barbecued pulled pork Diced potatoes Lima beans Hamburger bun Applesauce</p>	<p>12) Stuffed eggplant Mashed potatoes Mixed vegetables Dinner roll Pineapple tidbits</p>	<p>13) COLD MEAL Vitamin C juice Deli roast beef and provolone on multi grain bread Macaroni salad Cookie</p>	<p>14) Beef stew Baked potato half Sour cream Brussel sprouts Multigrain bread Diced peaches</p>	<p>15) Macaroni and cheese Stewed tomatoes 100% whole wheat bread Mandarin oranges</p>
<p>18) Vitamin C juice Baked breaded fish Sweet potatoes Diced beets Multigrain bread Cake w/ topping</p>	<p>19) Vitamin C juice Chicken cacciatore Rice Winter blend vegetables Dinner roll Ice cream cup</p>	<p>20) Vitamin C juice Baked ham with mustard sauce Scalloped potatoes Peas Multigrain bread Mandarin oranges</p>	<p>21) COLD MEAL Vitamin C juice Egg salad Italian bread Seven bean salad Fruit cocktail</p>	<p>22) Vitamin C juice Tuna casserole Broccoli florets 100% whole wheat bread Ambrosia</p>
<p>25) Ravioli w/ red sauce Spinach Multigrain bread Tropical fruit</p>	<p>26) Ground beef & gravy Mashed potatoes Brussel sprouts Multigrain bread Fruit crisp w/ topping</p>	<p>27) 4H DINNER Vitamin C juice Pot roast with vegetable gravy Baked potato half Peas and pearl onions Dinner roll Watermelon</p>	<p>28) Vitamin C juice Pork chop Rice Peas and carrots 100% whole wheat bread Cookie</p>	<p>29) Vitamin C juice Chili con carne w/ crackers Whole kernel corn Italian bread Cantaloupe</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

JULY NUTRI-FAIR HIGHLIGHTS

Becky Karls, OFA
"Summer Skin Safety"



On Thursday, July 14
 Albion Nutri-Fair site
 16 East Academy St.

On Wednesday, July 20
 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.



Medina Exercise Class on June 15, 2022

Master Your Garden Educational Series

Join Master Gardener volunteers at 10am on the first Saturday of each month as they teach about various gardening topics. All classes will be held at Orleans County CCE, either in the Trolley Building or in the Education Center. Class size is limited, pre-registration is required. Suggested donation: \$5 per class. Register by calling 585-798-4265 ext 126. All current Covid-19 safety protocols must be followed. Email klo54@cornell.edu for more details.

IPM of Snails and Slugs on July 2nd: How to deal with snails and slugs in your garden with a strong emphasis on biological control. Presenter: MG Jena Buckwell

Protecting Local Waterways on August 6th: Learn how homeowners can make conscious choices to protect our local watershed.

Presenter: Orleans County Soil and Water Conservation District

alzheimer's association

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Healthy Living for your Brain and Body

Wednesday, July 20 at 6 pm

Hoag Library

134 S. Main St, Albion

Registration is required.

To register: call 800-272-3900

or visit:

<https://bit.ly/HLBB20>

alzheimer's association

FREE TECH HELP at The Office for the Aging

14016 Route 31 West, Albion on Tuesday, July 19th in Conf. Room C

Call to schedule an appointment with the program coordinator: 585-798-4265, ext. 146



Orleans
 Digital Literacy
 Initiative



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



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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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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
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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.

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

WWW.ELITEFI.COM



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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

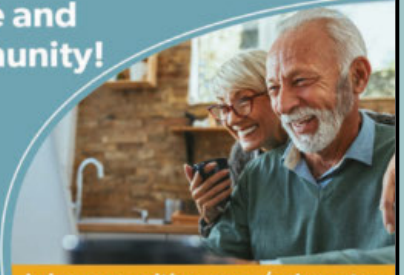
Phone: (585) 798-3420



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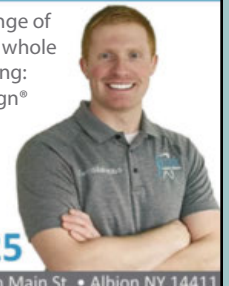


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