



**IN THIS ISSUE:**

MEDICARE WORKSHOPS  
Page 2

HIICAP CORNER  
Medicare Savings Programs  
Page 6

HYPERTENSION: UNDERSTANDING  
A SILENT KILLER  
Page 8

JUNE DINING SITES MENU  
Page 10

Niagara County Office for the Aging  
**SENIOR**  
*News*

June is Elder Abuse Awareness Month, and June 15 is Elder Abuse Awareness Day. The designation is meant to highlight the ongoing criminal tactics targeting one of the world’s most vulnerable populations. June 15th, serves as a call-to-action for individuals, organizations, and communities to bring attention to the issue of elder abuse, neglect, and exploitation.

Help spread the word for World Elder Abuse Awareness Day on June 15. It can be hard to imagine that anyone would deliberately want to harm an elderly person, but unfortunately, elder abuse is a widespread problem. Some instances of elder abuse are intended to exploit the person financially; you’ve probably heard of scams targeting seniors. In other cases, it’s simple negligence: Caregivers don’t provide the basic necessities, like nutritious food, appropriate medication, safety, or assistance with hygiene. If you see something, say something.



**MAIN OFFICE**  
111 Main Street, Suite 101  
Lockport, NY 14094  
p: 716-438-4020  
e: [OFA@niagaracounty.com](mailto:OFA@niagaracounty.com)  
w: [www.niagaracounty.com/aging](http://www.niagaracounty.com/aging)



Follow us and Like us on  
Niagara County Office for the Aging

**MISSION STATEMENT**  
*The Niagara County Office for the Aging brings together the programs, services and supportive facilities which help our 47,000 older adults maintain independence whenever possible. Established in 1973, the OFA coordinates community services as well as plans, develops and administers needed programs and promotes new and better services for all persons age 60 and over.*

# OFA STAFF

## NY CONNECTS

716-438-3030

## MAIN OFFICE LINE

716-438-4020



### DIRECTOR

Darlene DiCarlo

### DEPUTY DIRECTOR

Kara Donovan

### Alzheimer's and other Dementia

#### Case Manager

Maggie Hempel

### Care Transitions (Hospital/Rehab to Home) Case

#### Manager

Cathy Hummel

### In Home Services Coordinator

Sherrill Koithan

### Insurance Counseling Coordinator/Caregiver

#### Coordinator

Susan Christian

### Nutrition Services Coordinator

Mindi Doran

### Partnership for Healthy Aging

#### Case Manager

Connie Terranova

### Registered Dietitian

Connor Abbott, RD

### Transportation Coordinator

Victoria Cascia

### Advisory Board Members

Jesse Gooch

Phil Lange

Jeff Glatz

Alicia Scott

Kathy Harrington

Mary Jo Tamburlin

Joe Kibler

Patti Weiss

If you are interested in serving as a member, please call 438-4020.



Niagara County Office for the Aging and NY Connects Presents  
FREE Informational and Enrollment Sessions:

Do you need help paying for Medicare and Medicare Part D?

Come to this important event and get the basics on programs that help to pay the out of pocket costs of Medicare and Medicare Part D, such as the Extra-Help Program, Medicare Savings Program, and NYS EPIC.

**When: Monday, June 14th from 11:00 AM - 1:00 PM**

**Where: Office for the Aging, 111 Main St., Suite 101, Lockport.**

Are you new to Medicare? Are you receiving Medicare benefits now but are overwhelmed and/or confused by all the information and options? If so, come to a free Medicare 101 session for some helpful, unbiased information including:

- The basics of original Medicare, Medicare Advantage and Medicare Part D, Supplemental Insurance
- Medicare costs, co-pays and deductibles, and what assistance is available for low-income beneficiaries
- Medicare Preventive Benefits, and NY EPIC

**When: Monday, June 14th at 2:00 PM**

**Where: Office for the Aging, 111 Main St., Suite 101, Lockport.**

Registration for both workshops are required. Seating is limited and **all participants must wear a mask.** To register, please call 716-438-3030.



Want to schedule a COVID-19 vaccine but don't know where to look? Are you homebound or unable to get to a vaccination clinic? Call us we can help, NY Connects 716-438-3030.

# JUNE 2021 HOME DELIVERED MEALS MENU IN PARTNERSHIP WITH FEEDMORE WNY

	1 Buffalo-style Breaded Chicken Breast with Sauce, Fiesta Corn, Broccoli	2 Sliced Roast Turkey with Gravy, Mashed Sweet Potatoes, Peas	3 Beef Stew with Vegetables, Mashed Potatoes	4 Roast Pork with Warm Cinnamon Apples, Mashed Potatoes, Carrots
7 Turkey Ala King, Mashed Potatoes, Carrots	8 Ham Steak with Maple Glaze, Scalloped Potatoes, Brussels Sprouts	9 Baked Salmon with Pineapple Salsa, Rice Pilaf, Broccoli	10 Boneless Breaded Chicken Breast with Tomato Sauce and Mozzarella, Wax Beans, Chef Salad with Carrots	11 Sliced Roast Beef with Fresh Onion Gravy, Sweet Potatoes, Green Beans
14 BBQ Pork Ribette with BBQ Sauce, Broccoli Cheese Rice Casserole, Corn	15 Vegetable Lasagna with Cream Sauce, Italian Green Beans, Cauliflower	16 Two Breaded Chicken Drumsticks, Au Gratin Potatoes, Peas with Red Pepper	17 Meatloaf with Gravy, Mashed Potatoes, Broccoli	18 Chili Con Carne, Carrots, White Rice
21 Hot Dog with Baked Beans, Tater Tots, Diced Carrots	22 Beef Stew with Vegetables, Brussels Sprouts	23 Beef Macaroni Casserole, California Mixed Vegetables, Corn	24 Roast Turkey with Gravy, Mashed Potatoes, Peas and Carrots	25 Breaded Fish with Tartar Sauce, Macaroni and Cheese, Italian Green Beans
28 Cheese Ravioli with Tomato Meat Sauce, Peas, Seasoned Summer Squash with Peppers	29 Cheese Omelet with Creole Sauce, Carrots, Roasted Red Peppers	30 Roast Beef with Gravy, Sweet Potatoes, Savory Cabbage		

**Comfort & Support for Your Quality of Life!**

**Palliative care that provides relief from chronic & serious illnesses.**

- Coordinating Your Care
- Symptom Management
- Comprehensive Support
- Advance Directive Assistance
- Community Resources



**304-1214 / PathwaysPCP.org**

**Protecting Your Choices**

**COMPREHENSIVE ASSESSMENTS WITH CUSTOMIZED PLANS**

- Specialization and professional representation for Medicaid applications and entitlements
- Assistance in accessing veteran benefits
- Solving short term care needs and assisting in long term care planning
- Professional advocacy during hospitalization and rehabilitation

**Aging Life Care Specialists**  
We provide service to assist older adults, families, and care givers to find safe, affordable solutions.



**716-823-1476**  
**info@eldercarewny.com**  
**www.eldercarewny.com**



**Serving Northern Erie & Niagara Counties**

♥ Seniors ♥ New Moms  
♥ Convalescents

Transportation • Meal Prep • Laundry  
Light Housekeeping and More!  
**Always Looking for Part-Time  
Compassionate Caregivers**

**(716) 439-8100**

www.ChristianHomeCompanions.com • ChristianHomeCompanions@gmail.com

LET US PLACE  
YOUR AD HERE.

QUESTIONS ABOUT A NURSING HOME'S IMPACT ON YOUR FINANCES?



WE CAN HELP.

webster schubel meier  
**ELDERLAW**

- Long Term Care Planning
- Crisis Event Asset Protection
- Wills & Powers of Attorney
- Estates & Trusts

113 W. Center Street, Medina, New York 14103  
**(585) 798-2250**  
6409 Dysinger Road, Lockport, New York 14094  
**(716) 638-7026**  
wsmelderlaw.com

FOR SALE



Since 1911

855-400-4868

HUNTrealestate.com ERA

John Pease

Licensed real estate salesperson

In business over 25 years!

716-870-7865 cell

716-754-4450 office

716-754-4461 fax

john.pease@huntrealestate.com • www.HUNTrealestate.com



The contrasting red and white stripes. The dark blue “union”. The 50 white stars, representing each of our states. Our American flag is one of the most widely recognized symbols in the world. For centuries, it has represented our nation - during war time and peace, in prosperity and depression, in times of great national pride and in times of shared sorrow. Millions from around the world have looked to our flag as a source of hope and a beacon of freedom as they traveled to our country to try and start a better life than they left behind.

Our modern American flag is comprised of thirteen red and white alternating stripes and fifty white stars upon a blue background. Each color holds meaning—the red symbolizes valor and hardiness, the white stands for purity and innocence, and the blue represents justice, perseverance, and vigilance.

Flag Day, a day set aside to honor our flag and to help instill pride in what it represents, is celebrated every June. The first Flag Day took place in 1861 and William T. Kerr from Pittsburgh is recognized as the individual who created the day. President Woodrow Wilson specifically proclaimed June 14th as Flag Day.

Today, Flag Day is a legal holiday only in the state of Pennsylvania, yet every state recognizes the day in some manner. Flags are displayed on homes and businesses, at churches and schools. Many schools hold ceremonies to teach children about the flag, its design, its history, and what it represents. While the colors have remained the same, the flag’s design has changed 26 times throughout our nation’s history. Many will recognize the “Betsy Ross” flag, with the circular design consisting of 13 stars. Stars were added as each state entered the union, the last two being Alaska in 1959 and Hawaii in 1960.

While Flag Day is a day set aside to honor our flag and its history, it is also an appropriate time to think about flag etiquette. The flag should only be displayed in daylight or with proper illumination. It should never be allowed to touch the ground. When the flag passes by during a parade, spectators should stand if seated, or stop if walking, and remove their hats.

There is protocol in place regarding the disposal of the American flag. Many Boy and Girl Scout troops, VFW posts and American Legion posts hold “flag retirement” ceremonies. The preferred method of retiring a flag is to burn it. The retirement of an American flag is a time-honored tradition and one that carries great significance. Taking a flag to one of these flag disposal locations will ensure that the proper traditions are utilized in the flag’s retirement.

As a revered symbol of the United States of America, the flag demands the highest level of respect, and therefore should be disposed of in a respectable manner. Provided below are steps to properly retire your own American flag if you are unable to locate a facility or retirement ceremony. These steps are in accordance with the United States Flag Code (4 USC Sec 8 Para (k), Amended July 7, 1976).

1. Build a medium-sized fire in a safe, approved location. The fire will need to have reached a proper size and level of heat so it will fully burn the flag without leaving any remnants of the flag intact.
2. If the flag is currently flying, respectfully lower the flag and remove it from the pole. Fold the flag in the traditional triangle fold.
3. Place the folded flag on top of the fire, being careful to not injure yourself. Watch the flag to make sure it is fully incinerated
4. While the flag is in the process of being burned, observe the flag with respect and reverence.
5. While the flag is being incinerated, recite the Pledge of Allegiance.

*Submitted by: Sherrill Koithan*

## Healthy Peanut Butter Banana Muffins

### Ingredients:

- 3 large ripe bananas
- 1/2 cup natural peanut butter
- 4 tablespoons honey
- 2 eggs
- 2 teaspoons vanilla extract
- 1-1/4 cups oat flour\*
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup dark chocolate chips



### Instructions:

Preheat oven to 425F. Line a muffin tin with 12 muffin cups, and spray the muffin cups with an oil-based spray. Set aside. In a large bowl combine the bananas, peanut butter, honey, eggs and vanilla. Stir until well combined. Add the oat flour, baking powder and salt and fold to combine. Add the chocolate chips. Make sure to not over mix. Scoop batter into prepared muffin cups, filling just shy of the top of the cups. Bake for 5 minutes at 425F, then without opening your oven door, turn the oven down to 350F and bake for an additional 15 minutes. Remove from oven and allow to cool for 10 minutes, before transferring to a wire rack to cool completely.

\*If you don't have oat flour on hand, make your own by placing 1-1/4 cups of oats in a blender or food processor and pulsing until the consistency of flour.



CENTER FOR  
ELDER  
LAW &  
JUSTICE

## FREE Senior Legal Advice Helpline

Live help Monday – Friday from 9-11am, call  
or e-mail us and leave a message at any time.

Toll-Free 1-844-481-0973  
helpline@elderjusticeny.org

Expert care for  
the *entire* family

NIAGARA  
HOSPICE

Symptom Management  
& Caregiver Relief

716-HOSPICE  
NiagaraHospice.org



Visiting Nursing  
Association  
of Western New York

After your hospital or rehabilitation  
stay, insist on the VNA for your  
home nursing and therapy care

716-VNA-HOME  
www.vnawny.org



WHEATFIELD COMMONS  
A DePaul Senior Living Community



Assisted Living • Memory Care  
(716) 475-7600 • www.depaul.org



HART  
Home • Assistance • Referral • Team

716.754.8313  
www.hartprogram.org  
Helping seniors remain  
independent in their own home.



4-D-5-5

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

LOCKPORT, NY 14-1679

## HIICAP Corner

Many older adults and people with disabilities have low incomes, but many do not have incomes and assets low enough to qualify for Medicaid. Medicare Savings Programs (MSPs) provide relief for lower income seniors and individuals with disabilities by offsetting the costs associated with Medicare. The MSP is administered by the local Medicaid office.

**Medicare Savings Programs:** Medicare Savings Programs (MSP), also known as Medicare Buy-In programs or Medicare Premium Payment Programs, help people with Medicare (who do not qualify for Medicaid) pay for some of the costs of Medicare B. To qualify for MSP, you must be eligible for or have Medicare Part A, receive Social Security benefits, and meet income guidelines.

There are three Medicare Savings Programs:

**QMB:** Qualified Medicare Beneficiary pays for Medicare's Part A and Part B premiums, deductibles and coinsurance.

- If you have QMB, you will have no coinsurance for Medicare-covered services you get from doctors who participate in Medicare or Medicaid or are in your Medicare Advantage Plan's network.
- QMB's may not be balanced billed, even if they are part of a Medicare Advantage Plan.
- There is no retroactive payment and it is effective the first of the month after application.
- An individual can be eligible for QMB only or for QMB and Medicaid.
- There is no asset test if applying for QMB only.

**SLMB:** Specified Low-income Medicare Beneficiary pays for Medicare's Part B Premium.

- Individuals can be eligible for SLMB only or for SLMB and Medicaid (with a spend-down).
- The individual must have Medicare Part A in order to be eligible for the program.
- SLMBs are retro-active three months before the first of the month of application.

**QI-1:** Qualifying individual Program pays for Medicare's Part B Premium.

- Individuals cannot be eligible for QI-1 and Medicaid.
- The individual must have Part A.
- QI-1 are retro-active three months before the first of the month of application, but not retroactive into previous calendar years.

## Income Guidelines for Medicare Savings Program 2020:

### QMB

Monthly Gross Income:

Individual: \$1094                      Couple: \$1472

No Asset Test

### SLMB

Monthly Gross Income:

Individual: \$1308                      Couple: \$1762

No Asset Test

### QI-1

Monthly Gross Income:

Individual: \$1469                      Couple: \$1980

No Asset Test

You may be eligible for the Medicare Saving Program (MSP) that will pay the Medicare Part B premium. This program also automatically makes you eligible for "Extra Help", the Low Income Subsidy (LIS) that will help with Part D premiums, lower co-pays and elimination of the gap in coverage.

MSPs automatically enroll beneficiaries into Low Income Subsidy or "Extra Help": All MSP recipients are automatically enrolled in full Extra Help (LIS), the subsidy that makes Part D more affordable. With Extra Help (LIS), individuals should have no Part D deductible or doughnut hole. Their Part D premiums are subsidized, they are given a Special Enrollment Period (SEP) to change the way they receive their drug coverage, and they pay fixed low copayments (\$3.40 - \$8.50) for their prescription drugs on their plan's formulary. Once they are enrolled in Extra Help (LIS) by virtue of enrollment in an MSP, they retain Extra Help (LIS) for at least the entire calendar year, even if they lose MSP eligibility during that year. Many people who qualify for an MSP may otherwise not qualify for "Full" Extra Help (LIS). This is because individuals who apply directly for Extra Help (LIS) must meet both an income eligibility limit and an asset eligibility limit. People applying for Extra Help (LIS) via the Social Security Administration might be rejected for this reason. MSPs do not have an asset limit, and therefore can be a way for individuals to get Extra Help who would otherwise not qualify.

Call the HIICAP Program today for more information about Medicare options and cost assistance programs at **716-438-3030**.



## June is Pride Month .... Some concerns associated with LGBTQ Caregiving

Caregiving can be challenging under any circumstance and a caregiver will have to face various challenges. Those who belong to the lesbian, gay, bisexual, transgender and queer (LGBTQ) community have much in common with other caregivers, but also have unique experiences and needs.

LGBTQ older adults make up 2.7 million of the quickly growing aging population in the United States. By 2030, that number is expected to more than double. Many LGBTQ older adults have experienced a lifetime of discrimination and social stigma. Because of this history, LGBTQ older adults as a group experience social, financial, physical and mental health disparities, and are at higher risk for developing chronic diseases.

LGBTQ caregivers make up 9% of the 34.2 million Americans caring for adults over the age of 50, which is an estimated 3 million people. LGBTQ people also become caregivers at a slightly higher rate than their non-LGBTQ peers: 1 in 5 LGBTQ people is providing care for another adult, compared to 1 in 6 non-LGBTQ people.

LGBTQ older adults are 4 times less likely to have children and twice as likely to be single as their non-LGBTQ peers. They may also be estranged from their biological or legal family members if those people do not accept their sexual orientation and/or gender identity.

In absence of people to rely on from their families of origin, LGBTQ individuals have a long history of creating Families of Choice, typically made up of friends, partners, ex partners, and perhaps a few relatives. As an LGBTQ person ages many turn to their family of choice to ensure their social, physical and emotional well-being.

For many LGBTQ people, families of choice are the cornerstones of caregiving. However, most families of choice are not afforded any legal recognition or protection, and service providers may not think to inquire or include these people in their work. It is important to recognize these relations, and to provide support in completing paperwork that ensures the wishes of the care recipient are recognized.

The challenges LGBTQ caregiver can face in caring for their loved ones makes having the proper legal documentation in order particularly important for LGBTQ caregivers. Advance directives allow an individual to ensure their wishes will be honored should they become unable to communicate or make decisions themselves.

Anyone whose primary caregiver is not their legal next of kin should consider putting together the following documents to ensure their wishes are respected: Medical power of attorney or health care proxy, living will, hospital visitation directive, HIPAA waiver, financial power of attorney, and a will. SAGE (Services and Advocacy for Gay, Lesbian, and Bisexual & Transgender & Queer Elders) has a checklist of documents in its "Guide to LGBTQ Caregiving." Whenever possible in the event of an emergency be sure to bring these documents with you.

For more information on LGBTQ Caregiving, you can access information at SAGE, The Alzheimer's Association, AARP, and the National Resource Center on LGBTQ Aging web sites.

As always, I wish you good health, stay safe – *Robin Bayer*



## ***Hypertension: Understanding a Silent Killer***



Chronically high blood pressure — or hypertension — can cause damage to your blood vessels and internal organs including your heart. Currently affecting nearly half of adults in the United States, hypertension has been called a silent threat because the condition itself has no symptoms. However, the effect on your body can be life-threatening over time. Engaging in healthy lifestyle behaviors at all stages of life can help to decrease your risk.

### **What You Can Do about High Blood Pressure**

The first thing you can do is visit your doctor for routine checkups. Even though high blood pressure rarely shows symptoms, the abnormal force of blood through the arteries, over time, can cause damage to your organs, including your heart, blood vessels and kidneys. Thus, chronic hypertension increases the risk for cardiovascular disease and other serious health issues. Know your blood pressure and have it monitored. Regular physicals will determine if your blood pressure is within the healthy limits. A blood pressure of less than 120 over 80 is considered healthy. The top number, known as systolic pressure, often gets more attention when discussing the severity of high blood pressure. However, it's important to keep both numbers in the healthy range. If necessary, your doctor will discuss treatment options and supportive health care.

### **Age and other Risk Factors**

High blood pressure tends to increase with age. Additionally, non-Hispanic Black Americans also are at higher risk of developing pre-hypertension and hypertension than non-Hispanic whites, Hispanics, Asians, Pacific Islanders, American Indians, and Alaska Natives. Social determinants of health and access may play a role. However, anyone can be at risk, especially people with diabetes or those with overweight or obesity.

### **Healthy Lifestyle Choices to Reduce Risk of Hypertension**

Focusing on lifestyle changes can help reduce your risk of hypertension. Getting regular physical activity, limiting alcohol intake, avoiding tobacco and focusing on a healthful eating style are all ways to help reduce risk. Individuals at risk of high blood pressure may be advised to follow the Dietary Approaches to Stop Hypertension diet to lower their blood pressure. The DASH diet is rich in fruits and vegetables and low in saturated fat and sodium. Studies show that the DASH diet can help lower your blood pressure. Since most Americans are getting too much sodium from the foods they eat, it's important to learn ways to reduce it. Simply lowering sodium intake may have a significant impact on blood pressure and thus improve overall health. Keeping up with regular health appointments is also important, especially if you have a chronic condition like diabetes. Remember that high blood pressure rarely shows symptoms, so following a healthy lifestyle can help to lower your risk.

A registered dietitian nutritionist can provide you with guidance on a healthy lifestyle to help lower your blood pressure. **Connor Abbott, RD** is available to answer your nutrition related questions at **716-438-4032**.

**Source: [www.eatright.org](http://www.eatright.org)**

## JUNE 2021 ATTORNEY SCHEDULE

1	Tuesday	Lewiston Senior Center	4361 Lower River Rd.	11:00 - 12:00 PM
1	Tuesday	Office for the Aging	111 Main St., Lockport	1:30 - 3:30 PM
2	Wednesday	Wheatfield Community Center	2790 Church Rd.	11:00 - 12:00 PM
8	Tuesday	John Duke Senior Center	1201 Hyde Park Blvd., NF	11:00 - 12:00 PM
8	Tuesday	Office for the Aging	111 Main St., Lockport	1:30 - 3:30 PM
15	Tuesday	Office for the Aging	111 Main St., Lockport	1:30 - 3:30 PM
16	Wednesday	North Tonawanda Senior Center	110 Goundry St.	11:00 - 12:00 PM
22	Tuesday	John Duke Senior Center	1201 Hyde Park Blvd., NF	11:00 - 12:00 PM
22	Tuesday	Office for the Aging	111 Main St., Lockport	1:30 - 3:30 PM
23	Wednesday	Olcott Fire Hall	1691 Lockport-Olcott Rd.	11:00 - 12:00 PM
29	Tuesday	Office for the Aging	111 Main St., Lockport	1:30 - 3:30 PM

Please note that this is a limited schedule due to Covid-19 concerns, **masks are mandatory**. Attorney Gary M. Billingsley will be available to meet clients at the above locations **provided an appointment has been made with him by phone**. He can be reached at either 716-434-5783 or 716-622-8892 to make an appointment. Walk-ins are allowed at Office for the Aging, with **phone appointments strongly encouraged**.

<p><b>AVAILABLE FOR A LIMITED TIME!</b></p> <p><b>ADVERTISE HERE NOW!</b></p> <p>Contact <b>Jayne Pandy</b> to place an ad today!  <a href="mailto:JPandy@lpicommunities.com">JPandy@lpicommunities.com</a> or  <b>(800) 477-4574 x6401</b></p>	<p style="text-align: center;">THIS SPACE IS  <b>AVAILABLE</b></p>	
<p style="text-align: center;"><b>BE YOURSELF.  BRING YOUR PASSION.  WORK WITH PURPOSE.</b></p> <p style="text-align: center;"><b>LPI is Hiring Ad Sales Executives</b></p> <p style="text-align: center;">Full-Time with Benefits   Paid Training  Expense Reimbursement   Travel Required</p> <p style="text-align: center;"> Contact us at: <a href="mailto:careers@4lpi.com">careers@4lpi.com</a>  <a href="http://www.4lpi.com/careers">www.4lpi.com/careers</a></p>	<p style="text-align: center;"><b>NEVER MISS A NEWSLETTER!</b></p> <p style="text-align: center;">Sign up to have our newsletter emailed  to you at <a href="http://www.mycommunityonline.com">www.mycommunityonline.com</a></p> 	



## JUNE 2021 COMMUNITY DINING SITES MENU

<p><i>All meals served with bread, butter, and 1% milk, coffee or tea. Suggested Contributions for meals is \$3.25.</i></p>	<p><b>1</b> Mild Italian Sausage Link with Peppers and Onions, Parsley Potatoes, California Blend Vegetables, Wheat Hot Dog Bun, Cinnamon Sliced Pears</p>	<p><b>2</b> Marinated Chicken Strips over a Tossed Chef Salad, Potato Wedges, 1/2 Wheat Pita, Banana</p>	<p><b>3</b> Mushroom Swiss Burger, Macaroni Salad, Carrots, Wheat Hamburger Bun, Tangerine</p>	<p><b>4</b> Sweet and Sour Pork with Crunchy Noodles, Seasoned Brown Rice, Broccoli, Wheat Dinner Roll, Grapes</p>
<p><b>7</b> Meatloaf with Gravy, Garlic Mashed Potatoes, Mixed Vegetables, Wheat Bread, Fruit Cocktail</p>	<p><b>8</b> Julienne Salad with Diced Turkey, Carrots, Tomatoes, Red Onion, Garbanzo Beans and Cheddar Cheese, Potato Salad, Blueberry Bran Muffin, Mandarin Oranges</p>	<p><b>9</b> Baked Ham, Baked Sweet Potato, Wax Beans, Rye Bread, Pineapple</p>	<p><b>10</b> 2 Cheese Manicotti with Tomato Sauce, Tossed Salad, Italian Bread, Heavenly Hash</p>	<p><b>11</b> Mac and Cheese, Broccoli with Red Pepper, Rye Bread, Apple, Cookie</p>
<p><b>14</b> BBQ Pork Riblet, Baked Beans, Cauliflower, Wheat Hot Dog Roll, Apricots, Tapioca Pudding</p>	<p><b>15</b> Salisbury Steak with Gravy, Cheesy Mashed Potatoes, Prince Edward Blend Vegetables, Rye Bread, Chunky Applesauce</p>	<p><b>16</b> Cheeseburger Supreme, Sweet Potato Wedges, Marinated Cucumber and Tomato Salad, Wheat Hamburger Bun, Tangerine</p>	<p><b>17 Father's Day Meal</b> Roast Beef with Gravy on a Hard Roll, Baked Potato with Sour Cream, Candied Baby Carrots, Tuxedo Brownie</p>	<p><b>18</b> Meat Lasagna From Scratch, Spinach, Italian Bread, Tropical Fruit Cup</p>
<p><b>21</b> Chicken Ala King, Garlic Mashed Potatoes, Mixed Vegetables, Biscuit, Pineapple</p>	<p><b>22</b> Lemon Chicken, Seasoned Brown Rice, Marinated Cucumber and Tomato Salad, Wheat Dinner Roll, Cantaloupe</p>	<p><b>23</b> Breakfast Casserole with Sausage, Potatoes O'Brien, Key West Blend Vegetables, Strawberry Bran Muffin, Sliced Peaches</p>	<p><b>24</b> Turkey and Cheese Sub, Pea Pasta Salad, 3 Bean Medley, Wheat Hoagie Roll, Mandarin Orange Delight</p>	<p><b>25</b> Marinated Greek Chicken, Greek Potatoes, Garden Salad, 1/2 Wheat Pita, Orange</p>
<p><b>28</b> Spaghetti and Meatballs, Peas and Carrots, Italian Bread, Fruited Gelatin</p>	<p><b>29</b> Ham Salad Sandwich with Lettuce and Tomato, Baked Sweet Potato, Green and Wax Beans, 2 Slices Wheat Bread, Watermelon</p>	<p><b>30</b> 2 Chicken Drumsticks, Mashed Potatoes, California Blend Vegetables, Rye Bread, Heavenly Hash</p>	 <p>A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way.</p>	

# WE NEED YOUR HELP! SUGGESTED CONTRIBUTIONS FOR SERVICES

Make checks payable to: Niagara County Office for the Aging 111 Main St., Suite 101 Lockport, NY 14094

CONTRIBUTION	SERVICE	CONTRIBUTION RATES - ACTUAL COSTS
	<b>CONGREGATE MEALS/COVID HOME DELIVERED MEALS</b>	\$3.25 per meal <b>Actual Cost - \$8.65 per meal</b>
	<b>HOMECARE/PERSONAL CARE</b>	\$5.00 per hour <b>Actual Cost - \$37.92 per hour</b>
	<b>LEGAL SERVICES</b>	\$20.00 per consultation <b>Actual Cost - \$125.00 per hour</b>
	<b>HEALTH INSURANCE COUNSELING</b>	\$10.00 per session <b>Actual Cost - \$72.00 per hour</b>
	<b>MEDICAL TRANSPORTATION - TO AND FROM MEDICAL APPOINTMENTS</b>	\$ 7.00 round trip - Within city of residence \$10.00 round trip - Within Niagara County \$25.00 round trip - Out of Niagara County <b>Actual Cost - \$18.94 one-way trip</b>

## CONTRIBUTION IN MEMORY OF:

\*The rates listed are only suggested contribution amounts for participants aged 60 and older. No one over the age of 60 will be denied service if they do not contribute.



## ADULT HEALTH-DNP

### Specializing in Medical Cannabis

**2234 Seneca St. • Buffalo, NY 14210**

**716-331-3322 • [www.cannabisdoctorbuffalo.com](http://www.cannabisdoctorbuffalo.com)**

Hours: Monday, Tuesday, Wednesday 9am-4pm • Friday & Saturday Telehealth Only

**Nerfis Elminowski, DNP, ANP-BC • *Fluent in Spanish***



Our practice believes in the medicinal value of the marijuana plant. Medical Marijuana recommendation should be available to those who would benefit by its medicinal use and choose to do so under the care of a licensed and authorized provider as authorized by the State of New York and interpreted by current medical practice.

Dr. Nerfis Elminowski, DNP-BC, is a veteran and native Buffalo, New Yorker. She is a pioneer in integrative and alternative medicine delivery. Dr. Elminowski is a Board Certified Nurse Practitioner with a Doctorate of Nursing Practice degree. She is an authorized medical marijuana provider for patients in New York State. Dr. Elminowski received her Masters and Doctorate from Daemen College in Amherst, New York. She has over 21 years' experience in her field.

As a child, Dr. Elminowski already knew that she wanted to be a medical provider. Her passion for healing evolved from growing up with a family member who required around the clock care. She learned from a young age that helping others requires extensive preventative care and a holistic approach to body, soul, and environment. While classically trained in all the clinical and technological advances of modern medicine, Dr. Elminowski also has a deep appreciation of cultural anthropology and the natural sciences, all of which she integrates into this medical philosophy. She has also worked, studied, and traveled abroad extensively. Dr. Elminowski is a veteran and served our country as a flight medical provider. She obtained her flight degree through the US Airforce Academy. She was a member of elite Special Operations Aviation Medicine Team, and was promoted to Lieutenant Commander in 2008. Dr. Elminowski earned numerous awards and commendations during her service, including the Hazardous Duty Service Award, which she received six times in one year, the Crisis Response Service Award with Bronze Star and Foreign Duty Service Award.

We believe in compassionate care through a holistic approach, and we work with your other healthcare professionals to provide ideal treatment.

*We treat patients whose lives have been severely impacted by chronic forms of the following conditions or associated symptoms:*

ALS (Lou Gehrig's)	Terminal Diagnosis or equivalent symptoms	Opioid Replacement	Severe Nausea
Rheumatoid Arthritis	Huntington's Disease	Spasticity	Muscle Spasms
Cancer	Crohn's Disease	Vomiting Syndrome	Anorexia
Crohn's	Neurological Disorders	Palliative Care	Vomiting Syndrome
Epilepsy	Neuropathy	Any of the following conditions where it is clinically associated with, or complication of:	
HIV/AIDS	Pain (chronic and severe)	Cachexia or wasting Syndrome	
IBS (Irritable Bowel Syndrome)	Parkinson's Disease PTSD (Post Traumatic Stress Disorder)		
MS (Multiple Sclerosis)	Seizures		
Muscle Spasms			





111 Main Street, Suite 101  
Lockport, NY 14094

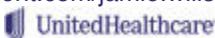
Return Service Requested

**FREE**  
**AD DESIGN**

WITH PURCHASE  
OF THIS SPACE

**LPi** CALL  
**800.477.4574**

Local help with your  
Medicare questions.

**Jaime Wills**  
Licensed Sales Agent  
525 Wheatfield St., Ste 32  
N Tonawanda, NY 14120  
(716) 417-2309, TTY 711  
myuhcagent.com/jamie.wills  




**SPECIALTY PROGRAMS**  
**PHYSICAL THERAPY & REHAB SERVICES**  
*Skilled Nursing including Subacute rehab, and respite care*  
**SEASONS® MEMORY CARE PROGRAM**  
**LONG TERM CARE**  
**ASSISTED LIVING & INDEPENDENT LIVING**  
*With patio homes and apartments*



**(716) 215-8000**

2600 Niagara Falls Blvd, Niagara Falls, NY 14304  
[www.elderwood.com/location/elderwood-at-wheatfield/](http://www.elderwood.com/location/elderwood-at-wheatfield/)

**Medicare  
Questions?**  
**GET CLARITY!**

**Know your Options**

Medicare Advantage Plans  
Medicare Supplement Plans  
Prescription Drug Plans

**Call Sally Stier**

*Licensed Sales Representative*

**716-860-3143**

**NO COST Plan Reviews**  
**Over 40 Plan Choices**  
**with multiple carriers**



[www.claritygroupny.com](http://www.claritygroupny.com)



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

14-1679