



Independent Living of the **Genesee Region**

MARCH/APRIL/MAY 2022



Independent Living of the Genesee Region offers **FREE “Food for Thought” to the Community!**

Our new book cart has a wide selection of books that readers can take for FREE! It's available weekdays, Monday—Friday from 8:30am-5:00pm. You will find our cart outside our office at 319 West Main St, Crickler Executive Business Center on nice weather days and inside the lobby during bad weather. If you have gently used books to donate, please contact us. Please keep our Library a la “Cart” filled for others to enjoy!

Education, Empowerment, Equality for All



319 W. Main Street
Crickler Building
Batavia, NY 14020



2407 N. Main Street
Warsaw, NY 14569

OUR VISION

ILGR is the connection for community and systems change to improve the quality of life for people with disabilities.

WWW.WNYIL.ORG/ILGR

PHONE: (585) 815-8501 EXT. 400



ADMINISTRATION

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NY CONNECTS

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Christine Perrin, NY Connects Independent Living Specialist
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OPEN DOORS TRANSITION TO THE COMMUNITY

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YOUTH PEER ADVOCACY

Bianca Logan, Youth Peer Advocacy Coordinator
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You, the consumer, are our number 1 priority. Please do not hesitate to reach out to anyone on this list for assistance.

Hi! My name is Lorrie Gilbraith and I am proud to be on the Council for Independent Living of the Genesee Region. This is my second year on the Council. I was amazed that there are so many avenues of assistance that ILGR provides for members of our communities. I



am also a volunteer for the D.A.V. through the VA hospital in Batavia, providing rides to veterans for doctor's appointments and procedures for the past 5 years.

Prior to my retirement in 2016, I worked at National Grid for 28 years, assisting customers through the phones, service department and finally the line department.

My husband and I have been blessed with two children who are now grown and on their own, but very much a part of our lives.

Working full time for the majority of my life took up much of my time, but I am finding that in retirement, I am also very busy doing things that I enjoy ... yard work or anything outside, spending time with family and friends, knitting and crocheting, reading, traveling with my husband, and of course, volunteering for my community. It's a wonderful feeling to give back and lend a hand to others who may be in need!

Get one-on-one help with your Medicare questions.

I'm Jacky Smith, a licensed sales agent in New York. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs. **Take advantage of my knowledge and experience to:**

- Take the confusion out of Medicare
- Receive one-on-one service
- Get help comparing plans
- Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

It's time to take advantage.

Jacky Smith
 Licensed Sales Agent
 (585) 704-8187, TTY 711
 jsmith.medicare@gmail.com
 www.MyUHCagent.com/jacky.smith

United Healthcare

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2020 United HealthCare Services, Inc. All rights reserved. 100096_2109PL05199_0

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4 PROGRAM HIGHLIGHTS

Independent Living will assist people with disabilities in exercising more freedom and control over their lives. Whenever possible, the individual will develop their own goals, direct delivery of services and experience self-advocacy at all times.

Budgeting

An Independent Living Specialist will help you create a budget and make informed suggestions on how to cut costs and work savings into your plans.



Loan Closet

FREE (gently used) medical equipment including wheelchairs, walkers, canes, crutches, shower benches, raised toilet seats, portable ramps, and more based on availability.



Peer Counseling

An Independent Living Specialist is someone who's walked a mile in your shoes. We are here to listen without judging. If you are interested in setting goals, we can help establish a plan and provide support as you work towards those goals.



Job Search

There is an Independent Living Specialist available to help you with all your job search needs. Computer access, assistance with on-line applications, cover letters, resumes, interview tips, references and more.



Housing Search and Rapid Rehousing

We can provide a housing list, an apartment guide and application assistance to anyone with a disability.

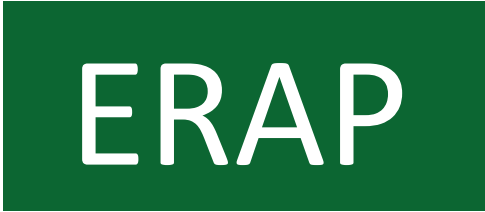
The Rapid Rehousing Program will pay rent and security deposits for people who are homeless. Eligibility must be determined according to HUD guidelines.



Transportation

We can assist people with transportation to and from our office to meet with an Independent Living Specialist. In addition, we can deliver loan closet equipment, food pantry supplies and pharmacy items to your door.

Visit wnyil.org for a full list and descriptions of our programs and services!




The **Emergency Rental Assistance Program** assists households behind on their rent that have experienced financial hardship due to COVID-19 and are at risk of homelessness or housing instability. In addition, the program can provide temporary rental assistance and assistance with unpaid utility bills.

For more information on the guidelines, go to **pay-rent.org** or call: Independent Living of the Genesee Region for help in applying in Genesee and Orleans Counties. 585-815-8501 ext. 424

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6 PROGRAM SPOTLIGHT

CHRONIC DISEASE SELF MANAGEMENT

Free 6 Week Workshops!

Wednesday, March 23—April 27

1:00-3:30pm

Connect 55+ Warsaw Apartments

5378 Conable Way, Warsaw NY



Partnering with Genesee
and Wyoming County
Office for the Aging's

Those who attend will be shown practical steps to gain control of their daily health concerns. Participants will learn about healthy eating, problem-solving, action plans, medications, weight management, physical activity, sleep and relationship communication skills.

For more information or to register, call Donna at 585-815-8501 ext. 411

Participants who complete the series will receive a great resource book and gift card!



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14-1708

Consumer Directed Personal Care Aide



Call Holly McAllister for details
(585) 815-8501 ext. 402

Taking Control is a unique program that can allow eligible Medicaid recipients to remain independent in their own home with the assistance of a Personal Care Aide (PCA). Assistance with daily living activities can be key to being self-sufficient and remaining in one's community. The person in the home becomes the employer of their PCA; hiring who they wish, including a relative. Our Staff can help with finding a PCA if needed, then ILGR will take care of the PCA's payroll and all of the Dept. of Labor aspects of employment. The service is paid for by Medicaid and allows a person to be "Taking Control" of their own care; hence Independent Living has labeled their program as such. When you or your family are overwhelmed by the increasing need for assistance, consider calling us for guidance in enrolling in Taking Control. We can assist with phone calls, evaluations and finding a Personal Care Aide; or we can just explain the process.

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com





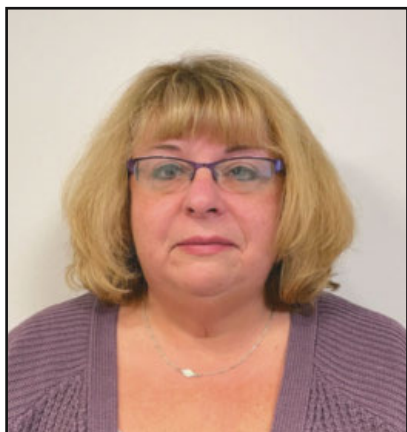
Shuntynia Robinson

Independent Living of the Genesee Region welcomes Shuntynia Robinson to our staff. Ms. Robinson will assist people with disabilities in the Genesee, Orleans, and Wyoming County (GOW) Region as a Medicaid Application Assistance Program (MAAP) Facilitated Enroller. In this position, Ms. Thompson will assist individuals who are over 65 years of age, legally blind, or receiving Social Security Disability in applying for Medicaid insurance by determining the type of Medicaid coverage that is best for them, and even assist in completing the application and collecting necessary documentation to submit with the Medicaid application. Additionally, she will conduct outreach activities to educate, engage and enroll qualified individuals who live in the GOW Region.



Ida Caldwell

Independent Living of the Genesee Region welcomes Ida Caldwell to our staff. In her new position, Ida will be assisting individuals to apply for, and navigate, the programs and services offered through Independent Living, including, but not limited to, coordinating housing evaluations and program options for persons experiencing homelessness or at risk of homelessness, including Rapid Rehousing. Due to the COVID-19 pandemic she also helps with applications for the Emergency Solutions Grants – Corona Virus (ESG-CV) Program as funded by the CARES Act. ILGR is delighted that Ida is bringing her experience to serve the GOW region in her new capacity.



Christine Perrin

Independent Living of the Genesee Region welcomes Christine Perrin and Katie Cotter to our staff. In their new positions as NY Connects Independent Living Specialists, Christine and Katie will provide application assistance and information and referral. NY Connects is a program designed to offer free, unbiased information and assistance for individuals with disabilities of all ages. It provides linkage to long term services and supports, such as home care, transportation and meals. The goal is to help individuals remain in their homes as long as possible. In order to provide seamless delivery of services for seniors, the NY Connects program aligns the Office for the Aging from each County with the Independent Living Center and the Department of Social Services. This delivery system is called No Wrong Door and the goal is to ensure that people receive access to the services they need.



Katie Cotter