



SILVER LININGS

ALLEGANY COUNTY OFFICE FOR THE AGING



CELEBRATING MARCH FOR MEALS 2022



On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For 50 years, these critical programs have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. The dedicated staff and volunteers, who deliver these meals provide a vital lifeline and connection to the community, are sometimes all it takes to keep people at home, where they want to be.

In honor of March for Meals, we invited Legislators, Allegany County Department Heads, and other elected officials to join us in delivering meals across Allegany County, or to join us at our Congregate Luncheon sites. Legislators and Department Heads joined us for the ride along in March/April and some will be joining our Congregate sites throughout the County in April! We were honored to have 23rd Congressional District, Congressman Tom Reed, join us in delivering meals in Allegany County. Thank you everyone for your support!





SAVE THE DATE

We are ready for summer and are excited to announce that we will be having our Senior Picnic this year on
Tuesday, August 16, 2022 (rain date is Wednesday, August 17, 2022)
 Additional details will be available soon.

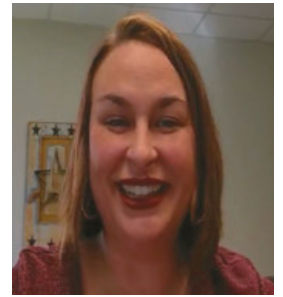
ADDRESS
 Visit us at 6085 State
 Route 19N
 Belmont, NY 14813

PHONE
 585-268-9390 or
 Toll free: 866-268-9390

EMAIL
ofa@alleganyco.gov
 Fax: 585-268-9657

HOURS
 8:00 am - 4:00 pm
 Closed Weekends

Meet our Registered Dietitian, Erika Zerkowski, and join her monthly on our Facebook Live where she discusses different nutrition topics! You can join Erika the **4th Thursday of every month on the Allegany County Office for the Aging's Facebook page at 1:00 PM**, where you will have the opportunity to ask questions and give feedback to our Registered Dietitian!



UPCOMING FACEBOOK LIVE EVENTS

Thursday, April 28, 2022 at 1 PM– Food Safety: Yes, it is important! - Registered Dietitian Nutritionist will discuss the importance of food safety in our older population. Topics will include why our older population is at risk, what may make them sick, product dating, and food safety tips.

Thursday, May 26, 2022 at 1 PM– Nutrition Live with Erika & Special Guest - Our registered dietitian nutritionist will discuss the importance of why routine oral care and proper chewing/swallowing are so important for good nutrition as we age. RDN will interview Sara Hess, speech pathologist from Jones Memorial Hospital. Erika and Sara will elaborate on the importance of good dental health/hygiene, factors that effect our swallowing as we age, techniques to help with chewing/swallowing difficulties, and much more.

Thursday, June 30, 2022 at 1 PM– Farmer's Markets: Shop Local - Join our Registered Dietitian Nutritionist as she visits one of our local farmer's market. She will be discussing the benefits of eating local, importance of fresh fruits and vegetables, what the recommended fruit and vegetable intake per day is, and different recipes to try with the local produce.

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Celebrating Older American's Month 2022!

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other activities.

During May 2022, the Office for the Aging will be honoring older adults across Allegany County by hosting May parties at each of the Office for the Aging's Congregate Luncheon centers. We invite you to join us in celebrating older Americans by sharing a great meal with friends, family, and peers while enjoying guest speakers and/or entertainment. Our Congregate Luncheon Centers are available to anyone 60+ who would like to attend. We have 9 Luncheon centers across Allegany County, but currently only 8 are open. Call 585-268-9390 to register for one of our May parties. Locations, dates and times are as follows;

Belmont– Belmont Legion, 29 Schuyler St., Tuesday May 10th ; 11-1; Dave Weaver-Elvis

Bolivar– Bolivar Fire Hall, Main St., Wednesday May 11th; 11:30-1:30; Eden Jones-Music

Canaseraga– Canaseraga Fire Hall, Route 70, Tuesday May 17th ; 11:30-1:30; Craig Braack

Cuba– Arnold Community Center/Fire Hall; Main St.; Thursday May 12th ; 11:30-1:30

Fillmore– Fillmore Fire Hall, Route 19, Monday May 2nd; 11:30-1:30; A Fillmore site participant

Friendship– Friendship Community Center, Water St. Thursday May 19th; 11:30-1:30; Kevin Palmitier

Wellsville– Grace United Church, 89 N. Main St., Wednesday May 18th ; 11:30-1:30; Rich Ordway

Whitesville– Whitesville Fire Hall, Main St., Tuesday May 31th ; 11:30-1:30; Chris & Becky Mattison

CONGRATULATIONS TO LINDA TRASK ON HER RETIREMENT!

Linda Trask was our Belmont Luncheon Center manager. Linda has made our Belmont Luncheon Center a welcoming and fun site to attend. You never knew what Linda would be planning for activities, speakers, or entertainment! On March 31st, Linda retired to enjoy some traveling and the upcoming summer weather. Thank you for your dedication and service, Linda. You will be missed!



WE'RE HIRING...JOIN OUR TEAM!

We are currently accepting applications for **Congregate Luncheon Center Managers in the Wellsville, Belmont and Alfred areas and Substitute Home Delivered Meals Drivers.**

For more information or to receive an application, please call Crystal Malota, Nutrition Services Coordinator at **585-268-9390.**

WHAT IS ELDER ABUSE?

Elder abuse is the willful actions or inactions of a **trusted person** against an older adult. In New York State, we consider elder abuse to refer to individuals age 60 and older.

Elder abuse may be:

- * Emotional
- * Psychological Abuse
- * Neglect (Active or Passive)
- * Sexual Abuse
- * Financial Exploitation
- * Physical Abuse

Most often, more than one form of abuse is occurring. Elder abuse affects at least 260,000 older New Yorkers each year, though most of those cases go unreported. To report suspected abuse or neglect, contact Adult Protective Services at 585-268-9622, the Office for the Aging at 585-268-9390 or Lifespan at 585-498-4038. If you are in fear of bodily harm, dial 911.

Provided by the Allegany County Elder Abuse Committee and the Enhanced Multidisciplinary Team from Lifespan of Greater Rochester

Elder Abuse Victims and Scammers

Scammers target elders that they perceive to be vulnerable, isolated, lonely, physically or mentally disabled, unfamiliar with handling their own finances, or have recently lost a spouse.

The scam artists often pose as trustworthy helpers. They can be strangers, such as telemarketers and tradespeople, or have a relationship with their victim, such as friends, family members, accountants, paid or volunteer caregivers. Abusers who are family members often have money troubles that may be made worse by unemployment, gambling, or substance abuse problems.

Elder fraud abuse scammers can be tough to catch. Many scammers have paperwork that appears to give them legal authority to act, including powers of attorney, authorizing signature cards, and vehicle pink slips.

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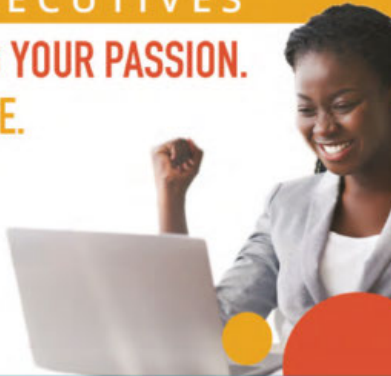


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MOBILE LEGAL UNIT

Join us for a brief presentation on CELJ's services and meet with an attorney for a free one-on-one legal consultation. We can assist with seniors with most legal matters. The MLU uses the Legal Risk Detector and Senior Financial Safety Tool to offer free legal and financial health check-ups. Call the Allegany OFA at **585-268-9390** to reserve your spot.



MAY 25, 2022

12:00 - 3:00 PM



CROSSROADS CENTER

**6087 NYS ROUTE 19 NORTH
BELMONT, NY 14813**

TOPICS INCLUDE:

- DEBT HARASSMENT & CONSUMER BILLING CONCERNS
- OBTAINING AND/OR REVIEWING CREDIT REPORTS
- NEW AMERICANS AND REFUGEES
- TENANT'S RIGHTS & FORECLOSURE
- MEDICAL BILLS, HEALTH INSURANCE, MEDICAID, & MEDICARE
- FINANCIAL EXPLOITATION & ELDER ABUSE
- MORTGAGE AND TAX FORECLOSURE



**For More Info or to Request Accommodations
(Requests Required One Week in Advance):**

Liam McMahon - 716-853-3087 x257

lmcmahon@elderjusticenyc.org

VOLUNTEERS

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The Allegany County Office for the Aging is always looking for new volunteers! Volunteering does not have to be an all day obligation, whether you only have one hour a week or five days a week, every minute matters!



Volunteer opportunities range from office work and phone calls to providing transportation or delivering meals on wheels.

We are in need of additional volunteers to help us provide necessary services to older adults across Allegany County! ***We are in desperate need of transportation volunteers in the Wellsville area to assist our older adults with local trips. Mileage reimbursement is available. Come and join our team of Volunteers! We need you!***

To learn more or to sign up to volunteer, you can contact our Volunteer Coordinator, Karen Chamberlain at 585-268-9390 or email her at Karen.Chamberlain@alleganyco.gov.

WE ♥ OUR VOLUNTEERS

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The Growing Stronger Exercise Program for older adults is seeking new participants and group leaders!

Growing Stronger is a strength training program for adults 55 years of age and older developed by Miriam Nelson, PhD, at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University. The program involves strength training exercises that have been shown to increase the strength of one's muscles; maintain the integrity of one's bones; and improve one's balance, coordination, and mobility. In addition, strength training can help reduce the signs and symptoms of many chronic diseases and can help reduce older adults' risk of falling. This program is a collaboration between Ardent Solutions and the Allegany County Office for the Aging.

Join friends in your community to become physically active! Participate in a 1-hour strength-training routine twice a week using hand weights and leg weights. Classes are **FREE** and are led by trained Growing Stronger Volunteer Leaders.

The current schedule by location is as follows:

**Cuba AA Arnold Community Center: 51 East Main Street Cuba, NY 14727
Monday and Thursday 10:30AM-11:30AM**

**Wellsville Grace United Church: 289 N Main Street Wellsville, NY 14895
Monday and Wednesday 4:00PM-5:00PM**

**Friendship Island Park Community Center: West Water Street Friendship, NY 14739
Tuesday and Thursday 10:45AM-11:45AM**

**Belmont American Legion: 29 Schuyler Street Belmont, NY 14813
Tuesday and Thursday 9:30AM-10:30AM**

**Belfast United Methodist Church: 4 Chapel Street Belfast, NY 14711
Tuesday and Thursday 9:00AM-10:00AM**

**Andover Fire Hall: 60 South Main Street Andover, NY 14806
Monday and Wednesday 9:00AM-10:00AM**

**Bolivar Fire Hall: 460 Main Street Bolivar, NY 14715
Monday and Wednesday 10:30AM-11:30AM**



All sites are accepting new participants, and a volunteer leader is needed for the Belfast site. In order to reopen sites in Fillmore, Angelica, and Canaseraga, we need volunteer leaders and participants. Participants do not have to live in the town where the class is located to attend.

To register as a new Growing Stronger participant at any of the available sites, please contact Danielle DeLong at 585-808-7023 or by email at delongd@ardentnetwork.org.

MEDICARE

2022 MEDICARE BASICS

Medicare Basics classes give you the opportunity to learn about the difference types of Medicare, what it costs, and what is covered. If you or your loved one is going to be turning 65, or if you would just like to know what Medicare has to offer; join us at one of our Medicare Basics classes.

Medicare Basics classes are held the **3rd Thursday of every month from 1:30 PM to 3:30 PM. Evening classes are also offered on Thursday April 21, July 21 and October 20, 2022 from 5:00 PM to 7 PM. All classes are held at the Office for the Aging, 6085 State Route 19 N, Belmont**
Reservations are required. Call us today at 585-268-9390 to reserve your spot.



Do you need help with Medicare costs?



The MEDICARE SAVINGS PROGRAM (MSP) program can help pay for your Medicare premiums and possibly copays. The Qualified Medicare Beneficiary (QMB) program pays for Medicare Part A and B premiums, deductibles and copays. The Specified Low Income Medicare Beneficiary and the Qualifying Individual (QI) programs will both pay for Medicare Part B premiums. There are no asset or resource limits for these programs, but there are **monthly income requirements**.

	<u>Single</u>	<u>Couple</u>
Qualified Medicare Beneficiary (QMB)	\$1,153	\$1,546
Specified Low Income Medicare Beneficiary (SLIMB)	\$1,379	\$1,851
Qualifying Individual (QI)	\$1,549	\$2,080

If you have Medicare, regardless of age, and meet these income guideline; call us at 585-268-9390 or NY Connects at 1-866-268-9390 for more information and assistance with an application. If your income is close to the limit and you pay for other healthcare premiums, you may still qualify.

This project was supported, in part by the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking project with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.


MEDICARE AND COVID VACCINE

Medicare covers COVID-19 vaccines and booster shots. You can get a booster from the same COVID-19 vaccine that you originally got, or choose a different one. You pay nothing for the COVID-19 vaccine or booster shot. You won't pay a deductible or copayment, and your provider can't charge you an administration fee to give you the shot. Do you know where to find your COVID-19 vaccine or booster? If you are having trouble finding a location for a vaccine or booster, call us at 585-268-9390, and we can help.

Covid Test Available

We have at home COVID tests available for anyone who would like one. Stop by the Office for the Aging or any of our congregate luncheon centers today to pick your test. For more information call us at 585-268-9390.





**forever
YOUNG**
Intergenerational Respite and Socialization

Join us for this exciting new socialization and respite program to support older adults and caregivers in Allegany County!

The Forever Young program engages older adults in fun and rewarding activities with the students and staff at Genesee Valley Central School. The program acts as a respite opportunity for those providing care and those receiving the care to have a break from their normal routine, allowing both parties to experience free time to themselves.


Program Details

WHAT to expect:

Join students K-12 in programs that interests you! Pick from a menu of programs or activities that meet your personal interests. Socialize with peers and students in an easy-going yet energetic environment.

WHEN can I attend:
As scheduled Monday through Friday between the hours of 8:00AM-5:00PM

WHERE do I attend:
Genesee Valley Central School in Belmont, NY or from home with use of provided Ipad tablet





This is a FREE program!

For more information or to enroll call Danielle at (585) 593-5223 ext. 1015 or email delongd@ardentnetwork.org

WHO can join the program:

Any adult that requires assistance to remain in their home, such as help accessing groceries or other goods, transportation assistance, help preparing meals, or needing companionship, is invited to take a break from your regularly scheduled day and participate in Forever Young!

The Intergenerational Enrichment and Educational Caregiver Respite program is an initiative of Ardent Solutions, Inc., in partnership with the Allegany County Office for the Aging and Genesee Valley Central School District. This program is a part of Exhale The Family Caregiver Initiative which is supported by the Health Foundation for Western & Central New York and the Ralph C. Wilson Jr. Foundation, and managed by the Philanthropic Initiative.

Alzheimer's/Dementia Caregiver Support Groups

If you are a caregiver, you are not alone. Support Groups offer the opportunity to meet with other caregivers. We offer an in-person support group at the Office for the Aging, as well as on on-line Book Club. The meetings are monthly, **free**, and open to all caregivers.

Belmont Support Group-In Person- 3rd Tuesday of the month; 1:00 p.m. to 2:30 p.m.

Online Book Club- 1st Wednesday of the month; 1:00 p.m. to 2:30 p.m.- Please call 585-268-9390 to register and receive your free book

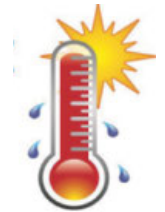
Please call ahead to check that scheduled times are still meeting at **585-268-9390**. Respite Services may be available. Please call the Office for the Aging for details.

HEAP SEASON 2021-2022 HAS BEEN EXTENDED!

HEAP is the Home Energy Assistance Program that provides a one-time payment to the fuel supplier of households, who meet eligibility requirements. This year, the program’s closing date has been extended to April 29, 2022. If you have never received HEAP and would like to apply or you have not yet received an application in the mail, call the Office for the Aging at 585-268-9390 or toll-free at 866-268-9390; and we will mail you an application.

Monthly Income Eligibility Guidelines

<u>HOUSEHOLD SIZE</u>	<u>MONTHLY INCOME</u>
1	\$2,729
2	\$3,569
3	\$4,409
4	\$5,249



Emergency HEAP

Emergency HEAP opened on **January 2, 2022**. You are only eligible for the Emergency HEAP if you received a regular HEAP benefit this HEAP season. A second emergency HEAP benefit is now available if you meet the criteria.

HEAP Cooling

HEAP Cooling opens on **May 1, 2022!** If you qualify for HEAP, you may qualify for an air conditioner through the HEAP Cooling program.

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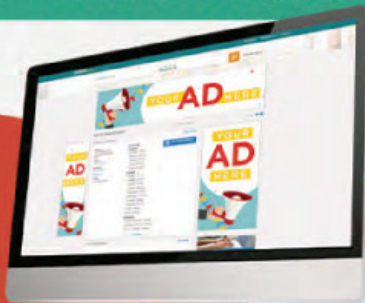


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