

December 2024



GENE-SENIOR

Genesee County Office for the Aging



2 Bank Street, Batavia, NY 14020 585-343-1611
Website: www.geneseeny.gov Email: ofa.dept@geneseeny.gov

FROM THE DESK OF DIANA FOX, DIRECTOR

AGE-RELATED WEIGHT CHANGES

Information for this article was gathered in part through National Institutes of Health

The nearer we get towards middle age “it” begins. The “it” that I am referring to is middle age weight gain, the ability to lose weight, and exercise can become more of a challenge around that time. The exercise that you once engaged in may not have the same effect as it did previously. Our metabolism tends to slow as we get older, while, often our food intake does not. A friend of mine says that you can’t outrun your fork. Weight gain in middle age it is known as, “the middle age spread” and is a natural consequence of aging. What happens is that the weight gain comes in the form of fat tissue and the distribution of fat shifts in our bodies. There is less fat under our skin and more around our internal organs. As we age we also tend to lose lean muscle. Many of us will become less active as we age, especially if we have a job or do things that involve a lot of sitting. This can lead to further fat gain and more muscle loss. Unfortunately, those extra pounds can mean that clothes don’t fit so well anymore, but even more importantly, our risk for chronic diseases such as diabetes, heart disease and neurodegenerative disease can increase as well. The good news is that we have the ability to counteract this “natural consequence of aging” and maintain a healthy weight by paying careful attention to our diets and being sure to be physically active. A healthy diet is focusing on nutrient-dense foods such as fresh fruits, vegetables, whole grains, seafood, lean meats, eggs, legumes, nuts and seeds. We also need fewer calories as our metabolism slows. We need very little sugary snacks, although they seem to be everywhere!

Director’s Article Continues on Page 5

ADVISORY COUNCIL MEETINGS

Office for the Aging

Wednesday, December 4th
2:30 pm

Genesee Senior Foundation, Inc.

Thursday, December 19th
2:00 pm



CLOSED FOR THE HOLIDAY

Our office will be closed on
Wednesday, December 25th for
Christmas and
Wednesday, January 1st for
New Year's Day.

NY CONNECTS of Genesee County



1-800-342-9871

NY Connects of Genesee County is here to help you. Whether you are an older adult, person with a disability, or caregiver, we have a fair and easy way for you to get connected to the long term care help you need. We make the hard choices simpler for you.

Information is available in printed form.
(585) 343-1611

Or

Reach us on the web at:

www.nyconnects.ny.gov

Prescreen for programs you may be eligible for at: **www.mybenefits.ny.gov**, it's quick, easy, and confidential!

This work funded through grants from NYS Office for the Aging, NY Connects, Administration on Community Living, and the generous support of the Genesee County Legislature.

WHAT'S HAPPENING

Call 585-343-1611 for more information!

MONDAY:

- 8:45am - 9:30am - **Coffee Hour**
- 9:30am - 10:30am - **Arthritis Exercise** (\$1.50 suggested contribution)
- 1pm - **Bridge**
- 2nd Monday of the month/ 12:45pm - 2pm **Open Bingo**
- 4th Monday of the month/ 2pm - 4pm **BUNCO Party**

TUESDAY:

- 10am-12pm - **Mahjong**

WEDNESDAY:

- 9am - 12:30pm - **Quilting/Sewing Group**
- 1pm - **Bridge**
- 1st Wednesday of the month/11am - 12pm **Book Club**

THURSDAY:

- 10am - 12pm - **Euchre**
- 1pm - 4pm - **Cribbage**

FRIDAY:

- 9:30am - 11am - **Line Dancing**
- 1pm - 2:30pm - **Young at Art** (\$10 per class)

MEALSITES (Must Pre-Register)

Lunch served at noon
(\$3.50 Suggested Contribution)

Havenwood

Monday through Friday - Call 344-1330

Batavia at the Senior Center

Monday, Thursday and Friday - Call 343-1611

Leisuretimers

Tuesday - Call 343-1611

Corfu Presbyterian Church

Thursday - Call 343-1611

December 7th – Medicare Open Enrollment ENDS

GENESEE SENIOR FOUNDATION, INC. DONATIONS

Anonymous

Thank you!

The Financial Assistance, Library Visits, Handyman, Home Visitation and Transportation Programs are funded by a grant from the Muriel H. Marshall Fund for the Aging in Genesee County; the fund is overseen by the Rochester Area Community Foundation.

YOUR SUPPORT IS APPRECIATED

Because needs are always greater than the funds available to meet them, the Genesee County Office for the Aging (OFA) encourages monetary donations to our not-for-profit **Genesee Senior Foundation, Inc.**

Name _____

If you do not want your name published in our monthly newsletter, please indicate by marking the box. ☐

(Street Address) _____

(City, State, Zip) _____

Gift amount: \$ _____

In Memory of: _____

In Honor of: _____

Funds received will be used to support OFA Programs such as: Project Lifesaver (tracking system for individuals with dementia), Home Delivered Meals, Recreation/Senior Trips, Transportation and other services as needed.

Please designate contribution use:

- ☐ Where most needed
☐ For this program: _____

All donations are greatly appreciated & are tax deductible to the extent of the law.

Please make checks payable and send to:

**Genesee Senior Foundation, Inc.
2 Bank Street
Batavia, NY 14020**

Feeling the Stress?

Genesee County Mental Health

*Providing phone, video and in-person Sessions
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585-344-1421

Care & Crisis Helpline

585-283-5200

Crisis Text Line

Text GOT5 to 741741

Suicide & Crisis LifeLine

Call or Text 988 or

Chat at 988lifeline.org/chat

If your life or someone else's is in imminent danger, please call 911

"Do You Remember These?"

Co-hosts Connie and Charley

Listen to our radio show! Tune in to WBTA at 1490 AM or 100.1 FM Sundays 9:00 a.m. or 9:00 p.m.

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VOLUNTEER TO MAKE A DIFFERENCE!

ARE YOU CARING FOR A LOVED ONE WITH MEMORY IMPAIRMENT?

Submitted by: Laurie Watson,
Specialist, Aging Services

The Alzheimer's Association – WNY Chapter and the eight WNY Offices for the Aging, including Genesee County are part of the Alzheimer's Disease Caregiver Support Initiative (ADCSI). This program is funded through the New York State Department of Health and designed to support caregivers and people with dementia in the community.

The core services of this program include: Caregiver Assessments, Education, Support Groups, Safety Services, Respite Services and Legal Services

To learn more about this program, call Office for the Aging at 585-343-1611.

CAREGIVER SUPPORT GROUP

Submitted by: Laurie Watson,
Specialist, Aging Services

If you are a caregiver of **someone with a memory impairment** 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. We offer a caregiver support group where you can freely express yourself among people who are going through a similar, if not the same, experience.

Meetings focus on providing emotional support, tips for coping with behavior issues and sharing experiences.

For more information please call 585-343-1611.

**Meetings are held the 3rd Thursday of each month at 1pm at Office for Aging
2 Bank St. Batavia**

CARING FOR A LOVED ONE

Submitted by: Laurie Watson, Specialist, Aging Services

If you are caring for a loved one who is 60 years or older, please give Office for the Aging a call. Our staff can provide you information to assist you and your loved one. This includes information about support groups, training, respite (short term break), managing stress, counseling and much more! Please contact the Office for the Aging at 585-343-1611 for more information.

CAREGIVER PROGRAM UPDATES

Submitted by Laurie Watson, Specialist, Aging Services

Education Programs presented by the Alzheimer's Association, WNY Chapter:

“Caregiving Through the Holidays” - Thursday, December 19th at pm

“Supporting Independence” - Tuesday, January 28th at 2pm

Musical Memory Café is a gathering place for family caregivers and their loved ones to relax, socialize, enjoy a meal and some music. We will be offering a Café monthly. Our next Musical Memory Café is Tuesday, December 3rd at 11:30am.

Caregiver Event:

Laughter Yoga for Caregivers and the one(s) they care for will take place on Thursday, January 23, 2025 at 1:30pm.

Each event will be held at the Genesee County Office for the Aging, 2 Bank St. Batavia. For more information or to register, please call Office for the Aging at 585-343-1611.



Director's Article Continued From Front Page

It is also important to drink plenty of liquids, get plenty of sleep, limit alcohol use, avoid tobacco products and we need to move more. Every minute of movement counts whether it is taking multiple short walks throughout the day, using the stairs, chair exercises, swimming, dancing, yoga, tai chi, or lots of other things- at least 150 minutes of moderate activity a week. Finding something that you enjoy doing, maybe with a friend or with a group can make getting more physically active easier for some of us to do. We have the ability to make healthy aging more of a reality by the choices that we make.

One program, in particular that can really empower any of us to take key steps to improve our well-being is the Aging Mastery Program from the National Council on Aging. Our office provides this program a couple of times a year and it is full of hands on experiences, great information and fun for any of us who want to age well. Be sure to learn about making healthy choices and having fun by contact our office to get involved in our activities, classes and programs.

KEEP IT MOVING--ALL WINTER LONG!

By Selena Cobb, Registered Dietitian

Have you been meeting your exercise goals all spring and summer only find that you've "hit the wall" now that colder weather has crept in? In our local climate, the conditions outside can give us a very compelling excuse to settle into the couch more and stow those sneakers to the back of the closet. However, because western New York's low temperatures linger for *so long*—it really behooves us all to have a plan to keep moving year-round. Along with twelve continuous months of healthy eating, physical fitness—especially cardiovascular activities—must be a four-season pursuit!

Here are some tips for staying active through the coldest seasons:

- ⇒ Find a safe indoor space where you can walk at your usual pace without obstacles. A mall or plaza is perfect, but a large big box store with unobstructed lanes can suffice.
- ⇒ Ask a friend or partner to be your walking buddy. More than one is best to ensure you have at least one person to encourage you to stay true to your goals when the cold winds blow.
- ⇒ Bundle up and hit the walking trail at a park! Again, recruit a partner to share the enjoyment of the surrounding sites and sounds of nature.
- ⇒ If cabin fever isn't a problem for you, consider gifting yourself a treadmill, stationary bike, rowing machine, or other indoor exercise contraption. Schedule your exercise time on your calendar along with your medical appointments and social engagements.
- ⇒ If you are able to safely climb the stairs inside your home, intentionally take extra trips up and down. Use the handrail! Gradually increase the number of extra trips up the stair you make within a day.

Be sure to talk to your healthcare provider if you are just beginning a higher level of activity. They will let you know if your planned routine is safe for you in light of your overall health picture. For some people with known or unknown heart disease, strenuous activity while exposed to very cold temperatures can increase risk of a cardiac event. Learn the early signs of heart attack and stroke; stop any physical activity and call 911 if you experience these signs.

Also remember that the dry winter months and exposure to the heat from your HVAC system can dehydrate you. Continue to drink plenty of water and eat at least five servings of veggies and fruit throughout the day, especially before and after engaging in exercise.

Don't let Jack Frost rob you of your health goals. Let the next spring thaw find you fit as a fiddle!

Nutrition counseling is available to Genesee County residents age 60+, please call Office for the Aging at 585-343-1611 for more information.

MANAGING HOLIDAY STRESS TO PREVENT FALLS

Submitted by: Laiken Ricker, Public Health Education Fellow

The holiday season is a time for celebration, family, and fun, but it can also bring added stress and distractions. With the rush of shopping, decorating, and preparing for gatherings, it is easy to become overwhelmed or distracted. Unfortunately, holiday stress can lead to falls, especially in older adults or those with mobility issues. Stress can cause fatigue, make us less aware of our surroundings, and lead to hurried or rushed movements – all of which increase the risk of accidents. Thankfully, with the right strategies to manage your stress and stay mindful, you can enjoy the season while staying safe and steady!

How to Avoid Holiday Stress

- **Plan Ahead:** Between events with family, friends, and coworkers, it's inevitable that some commitments will end up on the same day. Make sure to plan your days ahead of time to avoid unnecessary stress.
- **Say No:** The holiday season is about spending time with loved ones, but it is also about doing what is best for you. If you find yourself getting overwhelmed by commitments, know that it is okay to say no and take care of yourself.
- **Maintain Healthy Habits:** Holidays are known for ruining healthy habits that we work on all year to follow. Remember to eat healthy snacks like fresh fruits and vegetables and make an effort to get in 30 minutes of exercise each day. A healthy body helps to maintain a healthy mind.
- **Take Breaks:** Holidays can be jam-packed with events and planning for others, but don't neglect your own needs. Taking breaks for yourself can help you relax when things get busy.

Managing the stresses that come with the holiday season can be challenging but is essential for preventing unnecessary falls. By prioritizing self-care and properly adjusting daily habits for winter, you can safely navigate festivities and ensure that you can celebrate joyfully with your loved ones. If you are concerned about your risk for falls, contact your healthcare provider. For more information and support, contact Genesee County Office for the Aging at 585-343-1611.

References:

Centers for Disease Control and Prevention. (2024). Older Adult Falls Prevention. <https://www.cdc.gov/falls/about/index.html>
National Council on Aging. (2024). How to Winterize Your Home to Prevent Falls. <https://www.ncoa.org/article/winterize-to-prevent-falls/>

SENIOR PROPERTY TAX EXEMPTION

Earlier this year, Genesee County raised the income threshold for the property tax exemption to assist individuals over the age of 65 with lower income. If you are over age of 65 and your household income is below \$32,200 please make sure you apply for this exemption. Assessors will be starting to send out renewal letters to those that currently have the exemption over the next few months. Applications to receive the exemption on the 2025 assessment rolls will be due to the assessors by March 1, 2025. Below is the over age 65 sliding scale tax exemption. Please contact your local assessor with any questions.

Household Income	Exemption Percentage
Less than \$23,800	50%
\$23,800 but less than \$24,800	45%
\$24,800 but less than \$25,800	40%
\$25,800 but less than \$26,800	35%
\$26,800 but less than \$27,700	30%
\$27,700 but less than \$28,600	25%
\$28,600 but less than \$29,500	20%
\$29,500 but less than \$30,400	15%
\$30,400 but less than \$31,300	10%
\$31,300 but less than \$32,200	5%

AVOID REVERSE MORTGAGE SCAMS

Learn how to access equity in retirement through the HECM ("heck-um") program.

BEHIND ON YOUR MORTGAGE OR PROPERTY TAXES?

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NEW EXPANDED RTS GENESEE SERVICE OFFERS FOUR ROUTES

Submitted by: **Carissa Helsdon,**
Senior Client Services Outreach Assistant

RTS has expanded their bus routes to 6:30 a.m. to 6:30 p.m. Monday through Friday, with more frequent stops.

Routes start at 6:30 a.m. the last set of buses leave out of City Centre at 5:30 p.m. servicing one last hour of bus rides throughout the county, between Batavia and LeRoy.

New RTS Genesee Service includes four routes:

- Route 210 - Batavia West, which serves Big Tree Glen, the VA, Tops, Walmart and Target.
- Route 211 - Batavia South, serving Birchwood Village, the VA, Tops, Walmart and Target.
- Route 212 - Batavia East, serves 400 Towers, Washington Towers, United Memorial Medical Center and the Department of Social Services.
- Route 214 - Le Roy/Stafford, serves Royal Apartments, Tops, Save-a-Lot, Le Roy Meadows and DSS. The bus also provides service within Le Roy and a connection to Batavia.
- All routes will meet at a common transfer point at Batavia City Centre. Dial-a-Ride service will remain as an option. Schedules and holiday observances are available on the [RTS website](#).

For more information, call RTS Genesee at 585-343-3079 or visit www.myRTS.com.

As always, older adults can call Office for the Aging for their medical transportation at 585-343-1611.



LIBRARY VISITS

Submitted by: **Lucine Kauffman, Coordinator**

Helping others is good medicine for our minds and bodies. Researchers studying the relationship between volunteering and measures of happiness have found that the more people volunteered, the happier they were. Volunteering builds empathy, strengthens social bonds, and makes you smile. And that's contagious! Our Library Visits (LV) volunteers deliver kindness and cheer in addition to library materials.

You may be wondering how being an LV volunteer is good for your body—well, have you ever lifted a small bag of books? It can weigh around five pounds!



If you would like to volunteer for the LV program but live or work outside of Batavia, we can match you up with a program participant who lives near you. PLUS, we can send the book bag to the most convenient library for you to pick up from.

Flexibility for the volunteers and patrons is one of the advantages of the Library Visits Program.

The LV Program at the Richmond Memorial Library delivers library services to Genesee County residents who are unable to visit the library due to long or short term illness, disability, lack of transportation, or caregiving duties.

If you or someone you know needs our services or would like to volunteer - please contact **ask marshall** at 585-815-7979 or askmarshall@geneseeny.gov.

GOT GROCERIES?

Submitted by: **Julie Brinkman**
Specialist, Aging Services

A way to get those needed groceries. This program is designed specifically for individuals who meet following criteria:

- 60 years of age and older
- Ability to pay for own groceries
- Unable to do own shopping
- Unable to order via internet

OFA is seeking volunteers and individuals desiring assistance. Please call NY Connects/OFA at 585-343-1611 for information.

Program is not able to use SNAP benefits at this time

GIVING THE GIFT OF YOURSELF

Submitted by: Courtney Ibur
Specialist, Aging Services

Our most valuable gifts are often not material, but reside within ourselves. Our lived experience gives us so much wisdom. The value of patience, a listening ear and compassion for our neighbors is never to be underestimated. The willingness to give of one's time and talents for the benefit of something larger than self is a beautiful gift. Our community relies on these gifts and it truly makes so many things possible. On behalf of the AmeriCorps Seniors RSVP Program, we wish to thank all volunteers for the gifts they share throughout the year.



HEAP 2024-2025

Every year the Office for the Aging processes Home Energy Assistance Program (HEAP) applications for households with individuals 60 and older **or** younger people receiving Social Security Disability. The income guidelines for the 2024-2025 HEAP season are:

Household Size	Maximum GROSS monthly household income
1	\$3,322
2	\$4,345
3	\$5,367

Regular HEAP is open and is scheduled to close on Monday, March 31, 2025.

Emergency HEAP opens January 2, 2025. Emergency HEAP is scheduled to close on Monday, March 31, 2025.

Apply at www.mybenefits.ny.gov
or at Office for the Aging,
2 Bank Street, Batavia



ARE YOU AN OLDER LGBTQ+ ADULT LOOKING FOR COMMUNITY & CONNECTION?

Join us in launching a bi-weekly "Lunch and Learn" program being held in Genesee, Livingston, Orleans, and Wyoming Counties. Help us decide on the lunches (provided for free) and topics you're interested in!

Also, receive help with technology from LGBTQ+ youth with upcoming intergenerational exchanges!



For more information or to sign up for the beginning sessions, call Program Coordinator Pat Cole at (585) 814-5081 or email Sara Vacin at svacin@glowout.org.

sponsored by:



PLEASE VISIT WWW.GLOWOUT.ORG FOR MORE INFORMATION.

TAX SEASON IS AROUND THE CORNER

Submitted by: Karen S.,
AARP Tax-Aide Local Coordinator

Before you know it, it will be time to file taxes for 2024. Free tax preparation services will again be available in Genesee County through the AARP Foundation Tax-Aide Program. This service is provided by volunteers who receive training in tax law and are certified through the IRS and AARP to provide this service. The program is available to anyone, regardless of age, but is focused primarily on seniors with low to moderate incomes who have basic returns.

This service will again be available at three (3) locations in Genesee County. The Tax-Aide program will operate from early February until mid-April by appointment only (no walk-ins). Appointments will begin to be taken in mid-January 2025. More information and details about how to schedule an appointment, locations, and the days and times of operation will be included in the January 2025 Gene-Senior Newsletter.

COMING SOON!

- ★ **Day trip to Salvatore's Italian Gardens with Rhythm and Blues Christmas Show** on December 3rd. Registration is required *space is limited! Cost \$90.00
- ★ **Holiday Social with Judd Sunshine and Dessert** – December 16th at 1:00 pm, *registration requested*
- ★ **Holiday Centerpiece** – December 18th at 2:00 pm, registration required *space is limited. Cost \$30
- ★ **INTERGENERATIONAL Ceramics Painting** – January 2, 2025 at 10:00 am, registration required
- ★ **Laughter Yoga for Caregivers** and the one(s) they care for will take place on Thursday, January 23, 2025 at 1:30pm.
- ★ **INTERGENERATIONAL Pinewood Race Day** - February 19th at 1:30 pm. A program for older adults and their grandchildren (or special child in your life) to participate in designing a Pinewood car to race against others. Many schools are off for winter break on this date. Let's see those car making skills. The Pinewood racecar kit can be picked up at Office for the Aging starting December 1st.

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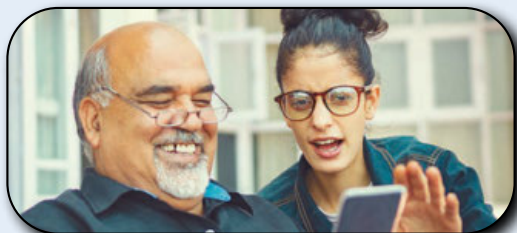
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This Newsletter is funded through grants from the New York State Office for the Aging, Administration on Community Living, and the generous support of the Genesee County Legislature. SUGGESTED CONTRIBUTION - \$5.00
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GENESEE COUNTY OFFICE FOR THE AGING

Batavia - Genesee Senior Center

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CALL US AT 585-287-6423 TO LEARN MORE.



Or, if you have a spare
hour or two a month,
**volunteer to help
an older adult with
financial tasks.**

Lifespan's Financial Management Service is partially funded by the U.S. Administration on Aging, the Genesee County Office for Aging through the Muriel H. Marshall Fund. No fee is charged, but donations are encouraged.

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