

January February March 2025



# GENE-SENIOR

Genesee County Office for the Aging



2 Bank Street, Batavia, NY 14020 585-343-1611  
Website: [www.geneseeny.gov](http://www.geneseeny.gov) Email: [ofa.dept@geneseeny.gov](mailto:ofa.dept@geneseeny.gov)

## FROM THE DESK OF DIANA FOX, DIRECTOR

### The Next Chapter

When something evolves, it changes, or develops over time. Evolve comes from a Latin word meaning to unroll. **Evolve** describes a development that is taking its time to reach its final destination. (Vocabulary.com) Merriam Webster defines **Retirement** as the withdrawal from one's position or occupation or from active working life. **Reinvention** is the action or process through which something is changed so much that it appears to be entirely new according to Oxford Languages.

This article is about my own evolving, retirement and reinvention into the next chapters of my life. I have been evolving as a person and a professional, from the time I entered the world and from the time I began working and building a career. I have now come to the time in my life that I will retire from active working life. Retirement will allow me to continue to evolve, to reinvent myself and how I spend my time. I have often wondered, and asked, how people knew when they were ready to retire; and what they told me was that, "they just knew." I simply didn't understand what that meant or what that feeling was, until when I, myself, felt it. Retirement isn't necessarily due to reaching a specific age, but the knowledge that it is time, and I have reached that time. I have had a wonderful career from the beginning to where I am now. I am very much looking forward to the next chapters of my life and all that will unroll as my journey continues. I am grateful for my time as the Director at Office for the Aging as OFA is an amazing place! I now look forward to being a participant in other ways with the opportunities available here. As we enter the new year of 2025, I will continue in my position until the end of April and then I will begin my new adventures. I wish all of us a wonderful new year ahead!

## ADVISORY COUNCIL MEETINGS

### Office for the Aging

Wednesdays: January 8th, February 5th and  
March 5th at 2:30 pm

### Genesee Senior Foundation, Inc.

Thursday, February 20th at 2pm

## NY CONNECTS of GENESEE COUNTY



**NY Connects**  
Your Link to Long Term  
Services and Supports

**1-800-342-9871 or 585-343-1611**

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.*

Call us or reach us on the web at:

[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

Prescreen for programs you may be eligible for at:  
[www.mybenefits.ny.gov](http://www.mybenefits.ny.gov), it's quick, easy, and confidential!

## "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.

Lots of topics & music to take you back to fun memories!

Sponsored by the Genesee Senior Foundation, Inc.



## Feeling the Stress?

### Genesee County Mental Health

Providing phone, video and in-person Sessions  
(accept most insurances)  
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](http://988lifeline.org/chat)

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

## WHAT'S HAPPENING

Call 585-343-1611 for more information!

### MONDAY:

- 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:

- 9:30am-12pm - **Hand and Foot**
- 10am-12pm - **Mahjong**

### WEDNESDAY:

- 9am - 12:30pm - **Quilting/Sewing Group**
- 1pm - **Bridge**
- 1st Wednesday of the month/10am - 12pm **Guided Crafts and Coffee (beginning in February)**
- 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 585-344-1330

### Batavia at the Senior Center

Monday, Thursday and Friday  
Call 585-343-1611

### Leisuretimers

Tuesday - Call 585-343-1611

### Corfu Presbyterian Church

Thursday - Call 585-343-1611

## GENESEE SENIOR FOUNDATION, INC. DONATIONS

Marie Herold

**THANK YOU!**

## 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**

## GENESEE SENIOR FOUNDATION, INC. IS LOOKING FOR NEW MEMBERS!

The Genesee Senior Foundation, Inc., is a not-for-profit that works closely with the Genesee County Office for the Aging (OFA) to enrich the lives of older adults in our community.

The Genesee Senior Foundation consists of Genesee County residents age 55+. We are currently looking for two new members. We want to ensure that our entire county is represented so we are in need of one new member who resides in County Legislative District 8 - Ward 2 and 3 in the City of Batavia. We also have an opening for an At Large member who can live anywhere in Genesee County.

If you are interested in this volunteer opportunity, please call 585-343-1611 for more information!

## CAN YOU HELP AN OLDER ADULT?

Join AmeriCorps Seniors and volunteer to drive older adults without other transportation options to medical appointments or explore other opportunities to make a difference!

Mileage reimbursement is provided.

If interested, please contact AmeriCorps Seniors at 585-343-1611 or [OFA.Dept@geneseeny.gov](mailto:OFA.Dept@geneseeny.gov)



## 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](mailto:svacin@glowout.org).

Sponsored by:



PLEASE VISIT [WWW.GLOWOUT.ORG](http://WWW.GLOWOUT.ORG) FOR MORE INFORMATION.



## ACTIVITIES AT HOME

**Submitted by: Laurie Watson, Specialist, Aging Services**

(Reprinted from Finger Lakes Caregiver Institute  
Lifespan of Greater Rochester)

If you care for a loved one with memory loss, sometimes it might be difficult to find activities that they can enjoy. Sometimes it can be difficult to gauge what is appropriate to do with your loved one or what can be frustrating. There may also be barriers such as finances or transportation. The good news is, enjoyable activities don't have to be extravagant and there are things that can be done at home!

Here are just a few activities:

- Playing cards or dominos
- Watching a familiar movie
- Drawing or painting
- Household chores, like dusting or folding laundry
- Meal preparation together
- Personal care, like hair brushing
- Looking through photo albums
- Petting an animal
- Talking and sharing stories (but try not to correct or quiz your loved one)
- Listening to music

A few tips to consider when planning activities:

- Try not to get too caught up on if they're "following the rules" when playing a game or "doing it right." Entertainment and engagement is key, not perfect participation.
- Keep instructions short and simple.
- If watching a movie or show, something new can be difficult to follow or understand for someone with memory loss and that can be frustrating. Consider re-watching something that they've seen and enjoyed before. (Remember: Watching too much T.V. isn't good for anyone but enjoying a movie or a show is okay.)
- Try to engage in activities that use the 5 senses: touch, taste, smell, sight and hearing.
- Try to reduce distractions so as to not cause sensory overload for yourself or your loved one.
- Be aware of the temperature, noises, smells, movements, etc.

Additionally, while engaging in these or other activities can be fun, also recognize when you or your loved one need a break.

## 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 Genesee County OFA at 585-343-1611.

## OFFICE CLOSED

The Office for the Aging will be closed:

- ★ Wednesday, January 1st for New Year's.
- ★ Monday, January 20th for Martin Luther King, Jr. Day
- ★ Monday, February 17th for Presidents' Day.

## MEMORY CAFÉ:

A Musical Memories 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. Please call 585-343-1611 for more information.



## 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 about support groups, training, respite (short term break), managing stress, counseling and much more! For more information please call 585-343-1611.

## HOME ENERGY ASSISTANCE PROGRAM (HEAP) 2024-2025

The Office for the Aging processes 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 <b>GROSS</b> monthly household income
1	\$3,322
2	\$4,345
3	\$5,367

**Regular HEAP** is scheduled to close on March 17, 2025.

**Emergency HEAP** opens January 2, 2025 and scheduled to close on March 17, 2025.

Apply at Office for the Aging, 2 Bank Street, Batavia or at [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov).

## 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 3<sup>rd</sup> Thursday of each month  
at 1pm at Office for Aging  
2 Bank St. Batavia

## HELP FROM PATHSTONE

**Behind on your mortgage or property taxes?**  
HUD Certified counselor can help for free.

**Avoid reverse mortgage scams:** Learn how to access equity in retirement through the HECM ("heck-um") program.

Contact **PathStone** at 585-343-2188,  
30 Jefferson Ave, Batavia, NY 14020.

## LIBRARY VISITS

Submitted by: **Lucine Kauffman**

Winter is the perfect time to snuggle up with a book or watch a movie. It's also the perfect time for "armchair travel" to far away, exotic locations! We have lots of travel books and DVDs to choose from. No packing, crowded airports, cancelled flights, automobile traffic, nor high gas prices to contend with. Just sit back with your favorite warm beverage in the comfort of your own home.

So, where do you want to go this Winter? Let us bring the world to you! Richmond Memorial's Library Visits Program delivers library services to older adults in Genesee County who are unable to visit the library due to a long or short term illness; disability; lack of transportation; or caregiving responsibilities.

With your Richmond Memorial Library card you can also access hundreds of FREE streaming movies, TV shows, music, e-books, digital magazines, and audiobooks by downloading the apps at [www.BataviaLibrary.org](http://www.BataviaLibrary.org).



If you are **at least 60 years old and unable to visit the library**, or if you know someone who needs our services, please contact : **ask marshall** at 585-815-7979 or [askmarshall@geneseeny.gov](mailto:askmarshall@geneseeny.gov).

**ask marshall**  
Providers, Ideas and Resources  
For Older Residents of Genesee County

Serving All  
Genesee  
County  
Residents  
60 and  
Older

- The Handyman
- Friendly Visits
- Library Visits
- Financial Management
- Transportation

**CONNECT** [www.askmarshall.net](http://www.askmarshall.net)  
(585) 815-7979 [askmarshall@geneseeny.gov](mailto:askmarshall@geneseeny.gov)  
**VOLUNTEER TO MAKE A DIFFERENCE!**

## Preventing Falls During the Winter Months

By Laiken Ricker, Public Health Education Fellow

Navigating winter's colder months can bring challenges to staying safe and stable, especially when it comes to avoiding falls. Icy sidewalks, snowy walkways, chilly winds, and bulky clothing can make it easy for you to lose your balance. Winter conditions can make simple activities more dangerous. Understanding and addressing the risk of winter weather, can reduce your chances of falling.

### Avoiding Falls in the Winter

To help lower the risk of falls in icy and snowy weather, there are several safety measures that can be put into place:

- ♦ **Keep Outdoor Walkways Clear:** Use an ice melting product or sand to reduce snow and ice in entrances and exits.
- ♦ **Use Support Rails:** Use a railing for support on icy walkways and stairs.
- ♦ **Choose Appropriate Footwear:** Wear non-slip, rubber-soled shoes with low heels.
- ♦ **Keep Spaces Clear:** Clutter-free homes help to prevent unnecessary trips and falls. Giving yourself a clear path will help to ensure that you stay stable and standing.
- ♦ **“Winterize” Shoes, Boots, and Assistive Devices:** Winter weather can be intimidating, with snow, sleet, and ice becoming hazards that we may face while outside. Investing in “winterizing” measures such as shoe spikes, ice gripping canes, and shoe gripper sole covers can reduce the likelihood of falls from snow and ice.
- ♦ **Stay Indoors When Possible:** Avoiding bad weather can help protect yourself. Consider using delivery services for prescriptions, groceries, and other essentials so you do not have to go out.

### Stay Warm and Indoors

Approximately 20% of injuries related to exposure to the cold occur in the home. Follow a few basic tips to protect yourself and keep warm:

- ♦ Block drafts by putting a rolled-up towel at the bottom of doors.
- ♦ Dress warmly on cold days, even if you are staying inside. Wear socks, slippers, and keep throw blankets nearby.
- ♦ Make sure you're eating enough to keep up your weight – some body fat helps you stay warm.
- ♦ Keep blinds and curtains closed. If there are gaps around your windows, try adding weather stripping or caulk to keep cold air out.

Staying warm and secure during the winter months is not only important for your health, but also for preventing the increased risk for falls. If you are concerned about your risk for falls, contact your healthcare provider. For more information and support, contact 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/> National Institute on Aging. (2024). Cold Weather Safety for Older Adults. <https://www.nia.nih.gov/health/safety/cold-weather-safety-older-adults>.

## SOCIAL SECURITY

Submitted by: **Kimberly Perl, Specialist, Aging Services**  
(via email from SSA.GOV 11/15/2024)

Effective January 6, 2025, the Social Security Administration will require customers to schedule an appointment for service in field offices, including requests for Social Security cards. Customers are encouraged to become accustomed to:

Online services, where many transactions can be completed conveniently and securely, and Automated services available on the National 800# at 1-800-772-1213. Customers who are not able to handle their business online or with the automated options, may call their local Social Security office or the National 800# to schedule an appointment.

People will not be turned away for service who are unable to make an appointment or do not want to make an appointment. For example, members of vulnerable populations, military personnel, people with terminal illnesses, and individuals with other situations requiring immediate or specialized attention may still walk in for service at our field offices. Some offices also have minimal to no wait times, and they will still serve customers who walk in. **The Local office is located at: 571 East Main Street, Batavia, NY 14020. The phone number is: 1-800-931-7103.**

## BEST BREAKFASTS

Submitted by: Selena Cobb, Registered Dietitian

We've all heard health experts call breakfast, "The most important meal of the day", and you may have heard a nutritionist suggest that skipping this first meal threatens your chances of balanced eating for the remainder of the day. However, human metabolism varies from person to person. Some people are hungry immediately after they wake up. Others are not interested in solid food until an hour or two after rising. As long as this lack of morning hunger is not the result of midnight eating (google Night Eating Syndrome) or drinking sugary high-calorie coffee drinks in the morning, a logical solution is to delay the first meal until the appetite kicks in. However, it's a good idea to drink water or another sugar-free drink such as tea within an hour of waking to rehydrate after the overnight fast. An early morning cup of water can also help stimulate a sluggish appetite.

What is eaten for breakfast can set the tone for the rest of the day. A sugary breakfast will stimulate the release of large amounts of insulin which can not only result in a sudden loss of energy before lunchtime-- a "sugar crash"--but it can also trigger intense cravings for *more* sugar far into the afternoon. Avoiding sweets and added sugars or even excessive amounts of *natural* sugars (such as fruit juices, maple syrup, honey, dried fruits) is a first step toward taming a sweet tooth. Whole grain cereals, oatmeal, and whole grain breads are better carbohydrate options than sugars. If you are a cereal lover, read the labels and look for brands with 5 or fewer grams of added sugar and 4 or more grams of total fiber per serving.

A large percentage of Americans over 60 years of age have some degree of *insulin-resistance*, pre-diabetes, or diabetes. For them, it is especially important to eat **high-protein** foods along with healthy carbohydrate choices in the morning. Here are some suggestions for breakfast proteins:

**Eggs:** The jury is still out on whether the high level of cholesterol in egg yolks (the yellow portion of the egg) increase risk of cardiovascular disease. However, three egg yolks per week is a compromise. Egg whites have no cholesterol or fat and can be eaten daily. Egg substitutes (such as EggBeaters<sup>TM</sup>) are another cholesterol-free option for those who choose eggs almost every day.

**Nuts, Nut butters, and Seeds:** Peanut butter, Almond butter, walnuts, sunflower seeds, pepitas, etc. are great plant-based proteins

**"Breakfast meats":** Pork sausage and bacon are largely artery-clogging saturated fat with a minimum of protein. Turkey bacon, turkey sausage, vegetarian sausage, and fish (think salmon, tuna, sardines) are great high-protein substitutes.

**Yogurt:** Greek yogurt is higher in protein than regular yogurt. Choose plain yogurt and add your own fruit or sweetener, nuts, and/or grated coconut; or choose a brand of fruit yogurt that doesn't contain added sugar.

**Cheese:** Reduced fat cream cheese, cottage cheese, or an ounce or two of full-fat cheese.

**Last night's chicken, fish, turkey, or roast beef:** Think outside the box! Small amounts of the same foods eaten at dinnertime are commonly served at the morning meal in many countries around the world.

Whether you eat it at 6:00 a.m. or 11:00 a.m., a healthy breakfast revs up your metabolism and sets you up for maximum strength, cognitive function, and energy during your day. Make a breakfast plan and discover the difference it can make for you!

If you are a Genesee County resident and 60 years or older and interested in talking with the Registered Dietitian, please call 585-343-1611,



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.



## TAX SEASON IS ALMOST HERE AND AARP TAX-AIDE VOLUNTEERS ARE READY TO HELP

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

Does the thought of preparing your own taxes make you nervous and give you a headache? The AARP Foundation Tax-Aide program will be available again in Genesee County to help. This is a free tax preparation service operated by trained program volunteers. It is designed primarily for older adults with moderate to low incomes and basic returns. However, the program can provide the service to other individuals, regardless of age, as well. Some more complicated returns are may be outside the scope of the program and unable to be prepared.

**NOTE:** We will be available to prepare taxes for 2024 and 2023 only. If you need a return prepared for a tax year prior to 2023 you will need to seek assistance from a different source for that return.

The tax preparation process will take approximately 1-1 ½ hours. Taxpayers will remain at the site with the tax volunteer throughout the process.

The program will operate at three (3) sites- Batavia Senior Center, 2 Bank St., Batavia- Tuesdays and Thursdays; Northgate Free Methodist Church- South Campus, 350 Bank St., Batavia (near intersection of Bank St and Vine St.)-Mondays; and The Greens, 1 West Ave., LeRoy- Wednesdays.

The service will be available from early February to early April. Appointments are required (no walk-ins) and will begin to be taken the week of January 13, 2025. Appointments for the Batavia Senior Center and Northgate FMC- South Campus can be made by calling the Senior Center at 343-1611 during regular business hours. Please specify the site you are requesting. For appointments at The Greens, please call 585-768-2740.

**VERY IMPORTANT:** When making your appointment, you will be asked to pick up an Intake Booklet and to fill it out **before** coming to your appointment. This will save you time at the appointment and will help to ensure a complete and accurate return is prepared for you. Those appearing without a completed Intake Booklet will have to fill one out at the site. This will delay your appointment and **could result in you having to make a new appointment.**

The Intake Booklet contains important information and more detailed instructions, along with a list of tax documents you may need to bring with you. The Intake Booklets will be available at the front desk at the Senior Center (for Senior Center and Northgate appointments) and in the vestibule at The Greens (for appointments there). **Please do not pick up an Intake Booklet until you have been given an appointment.**

### 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. Please review 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%



## COMING SOON!

👉 **Intergenerational Ceramics, Thursday, January 2<sup>nd</sup> 10am - noon.** A fun time for adults age 60+ accompanied by a special child in their life.

👉 **Laughter Yoga, Thursday, January 23<sup>rd</sup> at 1:30pm.** An event for caregivers and the one(s) they care for.

👉 **Armchair Travel to Germany and Austria Monday, January 27<sup>th</sup> 1:00 to 3:00**

Light refreshments of the culture will be provided. Past Travelers bring your passports in. New Travelers welcome!

👉 **"Supporting Independence", Tuesday, January 28<sup>th</sup> at 2pm.** A program presented by the Alzheimer's Association - WNY Chapter, supporting caregivers of those with memory impairment.

👉 **Intergenerational Pinewood Derby Wednesday, February 19<sup>th</sup> from 1:00 to 3:00.** Back by popular demand! A fun time for adults age 60+ accompanied by a special child in their life. Pick up your pinewood derby car starting December 1<sup>st</sup>. Create your car and bring it on February 19<sup>th</sup> to race! Light snacks provided. This is a free program offered through a generous family bequest.

👉 **"Vincenzo's Dream" The True Story of One Family's Journey from Italy to America".** Join us on Monday, February 24<sup>th</sup> from 1:00 to 3:00 for this immigrant story thoughtfully created through music, poetry and discussion. Light refreshments provided. Registration requested.

👉 **Memoir writing Workshop** – Join us for a 12 week workshop to write and share your memories! Class meets once a week for 1 hour. Program materials provided by LifeBio. Start date in Feb / March.

Call Office for the Aging at 585-343-1611 to register or for more information. All events will take place at the Office for the Aging, 2 Bank Street, Batavia.

## 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.

Get care the way it's meant to be!



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CALL US ON  
**585.304.8899**  
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**info@elitefi.com.**  
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## Need help with your daily activities?

Our home health aides are here to help with quality care in the comfort of your home!

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[LegacyMedicareInsurance.com](http://LegacyMedicareInsurance.com) **LEGACY ON MAIN, LLC**

**J. Leonard McAndrew**  
**Funeral Home, LLC**  
 2 Bogue Avenue, Batavia, NY  
 585-343-6158  
 Ronald Konieczny II  
 Director & Proprietor  
[www.mcandrewfuneralhomes.net](http://www.mcandrewfuneralhomes.net)

**CATHOLIC CHARITIES**  
 HOPE for all seasons  
**ask marshall**  
 Genesee County residents age 60+:  
 Call us to learn how the **Home Visitation Program** and a friendly volunteer can brighten your day through flexible scheduled, weekly visits, in person or by phone. Friendly volunteer visitors, age 21+, are always needed.  
 Contact Catholic Charities at (585) 343-0614.

**DERRICK MONUMENT Co., Inc**  
**CEMETERY MEMORIALS**  
 Established 1915  
 Visit our shop & showroom  
 37 Myrtle St., LeRoy  
 David Carlsen  
**DAYS 768-8470**  
[www.derrickmonumentcompany.com](http://www.derrickmonumentcompany.com)

**Library Visits**  
 We deliver library services to older adults in Genesee County who are unable to visit the library.  
 Richmond Memorial Library  
 343-9550 option 6 • [LibraryVisits@nioga.org](mailto:LibraryVisits@nioga.org)  
 An ask marshall program of the Muriel H. Marshall Fund at Rochester Area Community Foundation

**WASHINGTON TOWERS SENIOR APARTMENTS**  
 One State Street, Batavia  
 (585) 344-0200 TTY 711  
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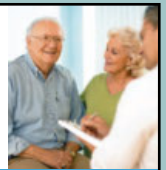
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