

October November December 2025



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 JESSICA RILEY, DIRECTOR

PUBLIC HEARING AND DEMONSTRATION: OCTOBER 21, 2025

As our community continues to grow and evolve, so do the needs of older adults. Each day, the Office for the Aging works with individuals and families navigating the complexities of aging, whether it's accessing healthcare, staying socially connected, finding affordable housing, getting help with daily tasks, or becoming a caregiver to a loved one.

To better understand these issues, prioritize our programs accordingly, and present our proposed 2026 budget, we're holding a **Public Hearing** and invite you to attend and share your thoughts in person.

 **Date: Tuesday, October 21, 2025**

 **Time: 1:00 PM**

 **Location: Office for the Aging, 2 Bank Street, Batavia, NY**

 **Refreshments Served**

This hearing provides an opportunity for older adults, caregivers, service providers, and community members to share their experiences, voice concerns, and offer suggestions on how we can better serve the aging population, as well as provide feedback on our proposed 2026 program budget.

Whether you're aging yourself, caring for a loved one, or interested in making our community age-friendly, please plan to attend the hearing and share your perspective. Your input is valuable and will help shape the future of aging services in Genesee County.

The Public Hearing will be followed by a demonstration of NYSOFA-endorsed technologies for social isolation and caregiver support.

For more information, please contact us at 585-343-1611.

ADVISORY COUNCIL MEETINGS

Office for the Aging

Wednesdays - October 1st, November 5th and
December 3rd
2:30 pm

Genesee Senior Foundation, Inc.

Thursdays - October 16th and December 18th
2:00 pm

NY CONNECTS of Genesee County



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

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

VISIT GENESEE COUNTY ON THE WEB!

www.geneseeny.gov

Feeling the Stress - You are Not Alone

Genesee County Mental Health

*Providing phone, video and in-person Sessions
(accepts 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

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

WHAT'S HAPPENING

Call 585-343-1611 for more information!

MONDAY:

- 9:30 am - 11:30am - **Hand & Foot Card Game**
- 1 pm - **Bridge**
- 2nd Monday of the month/ 12:30 pm **Open Bingo**
- 4th Monday of the month/ 2 pm - 4 pm **BUNCO**

TUESDAY:

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

WEDNESDAY:

- 9am -12:30pm - **Quilting/Sewing Group**
- 1 pm - **Bridge**
- 1st Wednesday of the month/10 am **Coffee & Crafts**
- 1st Wednesday of the month/ 11 am - 12 pm **Book Club**
- 4th Thursday of the month/ 10am **Movie Day**

THURSDAY:

- 10am -12pm - **Euchre**
- 1pm - 4pm - **Cribbage**
- 3pm - 4pm - **Gentle Yoga** - 8 week session starts October 9th (\$3 suggested contribution)

FRIDAY:

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

MEALSITES (Must Pre-Register)

Lunch served at noon
(\$4 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

YOUR SUPPORT IS APPRECIATED

Since 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: _____

*If you would like someone notified of your memorial/honor donation, please provide their name and address:

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**

PLANNING AHEAD FOR YOU AND YOUR LOVED ONES

**Submitted by: Maureen Estabrooks,
Specialist, Aging Services**

Join us on **October 9th, 10am - noon** to discuss planning ahead. This free program will be at Office for the Aging, 2 Bank Street, Batavia. Presenters will share their knowledge about:

- ♦ Funeral Arrangements
- ♦ Hospice Care
- ♦ Legal and Financial Matters
- ♦ Grief Counseling

Call Office for the Aging at 585-343-1611 to register or for more information.

"Do You Remember These?"

Co-hosts Connie and Charley

Listen to our radio show on 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: Genesee Senior Foundation



HEMOCARE AND HOSPICE BATAVIA BEREAVEMENT SUPPORT GROUPS

Coping with loss is never easy. HomeCare & Hospice offers free monthly bereavement support groups in Batavia, guided by a licensed Family Support Specialist. Sessions provide a safe space to share, listen, and heal — open to anyone, whether or not hospice was involved. Upcoming meetings at the Batavia location - 29 Liberty Street, 4–6 p.m.:

- Monday, Oct. 27
- Monday, Nov. 24
- Monday, Dec. 29

For information or to register: 585-653-5290 or
ablack@homecare-hospice.org

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 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 CONNECTIONS

Are you caring for a friend or loved one over the age of 60? Caregiving can be stressful and isolating. Support groups can Help! **Caring Connections** meets on the first Tuesday of each month at 4:30 pm at Office for the Aging, 2 Bank Street, Batavia

MUSICAL MEMORIES CAFÉ

A Musical Memories Café is a gathering place for family caregivers along with their loved ones to relax, socialize, enjoy a meal and some music.

We will be offering a Café monthly. The next memory cafés will be **Wednesday, October 29th at 1pm** and **Wednesday, November 19th at 1pm**.

Please call 585-343-1611 to register.

DAY TRIP FOR CAREGIVERS AND THEIR CARE PARTNERS

Caregivers and their care partners are invited to join us for a day trip to Letchworth State Park for sightseeing and enjoy Lunch at the Glen Iris Inn.

Tuesday, October 21st departing OFA at 9:15am and returning around 2:30

Please register to attend this free event by calling Genesee County OFA at 585-343-1611 by Friday October 10th. Please let us know of any needed accommodations when you are registering for this program.



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VOLUNTEER TO MAKE A DIFFERENCE!

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 (a break!), managing stress, counseling and much more! Please contact the Office for the Aging at 585-343-1611 for more information.

TRUALTA: A FREE ONLINE CAREGIVING RESOURCE!

Reprinted from Lifespan Newsletter 10-17-24

As an informal caregiver, you may often feel like you have been thrown into a brand-new job with no education or training on how to do the tasks in front of you. Let this serve as a reminder that there is an online platform you can use for education, training, and support at any time – and it's free!

Through the New York State Office for the Aging, all caregivers in the state of New York have access to Tualta, an online caregiving platform. Tualta is easily accessible from either a smartphone or computer, with no app download required.

Once on the website, follow the steps to sign up for a free account. The process is simple and only requires your name, email address, and county you live in. Tualta will then ask you what topics would be most helpful for you to explore (dementia, diabetes, Parkinson's, etc.) and who you are caring for (spouse, parent, etc.).

Once your account is created and you are in the platform, you will have 24/7 access to articles, videos, tip sheets, and webinars. All the material is created for caregivers, with the understanding that you rarely have time for in-depth research or watching hour-long videos. You will find the articles and videos are short and should only take a few minutes of your time. The topics covered by Tualta are vast and discuss many aspects of caregiving.

Some areas of information include:

- Communicating with a person with dementia
 - How to help your care partner with bathing
 - Incontinence care
 - Dementia & sleep
 - Wandering and other dementia-related behaviors
- In addition to education



Tualta offers support groups and an online caregiver community. You can meet other caregivers virtually, post questions that you would like input from other caregivers on, or answer others' questions with your own advice and experience! If you have yet to do so, it is highly encourage creating a Tualta account so you always have a resource in your pocket for your caregiving questions! Please visit <https://www.tualta.com> or scan the QR code.

Crafts and Coffee is back at Office for the Aging! Join us to make Jenga Pumpkins with Becky O'Donnell on Wednesday, October 1st from 10 to Noon. Register for by calling 585-343-1611.



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alzheimer's association

MOVIE DAY!

Join us at Office for the Aging, 2 Bank Street for Throwback Thursday, on the 4th Thursday of each month from 10 to Noon. Bring a friend or make new ones while enjoying holiday and ageless classics! Refreshments provided for this free program! **Special thanks to the Richmond Memorial Library for their partnership!**

MOVIE DAY



A HOLIDAY TRIP IS IN THE WORKS

A day trip is being planned! We will be stopping at Kelly's Country Store in Grand Island, have lunch and visit the Niagara Falls Culinary School for a guided tour. We will also experience their annual Gingerbread Wonderland event which features a life size Gingerbread Santa House. Registration coming soon. Follow us on Facebook for updates regarding this trip!



WHY CATCHING DEMENTIA OR ALZHEIMER'S EARLY REALLY MATTERS

Submitted by: Rachel Salvaggio, LCSW UBMD Neurology

Dementia, including Alzheimer's disease, can be a tough topic to talk about, but it's one we shouldn't avoid. These conditions affect how people think, remember, and manage everyday life. While there's no cure yet, getting a diagnosis early can make a big difference for the person affected and their loved ones.

So, why is early diagnosis so important?

- ↳ **It helps you understand what's going on** - If someone's having memory problems or changes in behavior, it can be confusing or even frightening. Knowing what's behind it can bring a sense of relief, and it opens the door to getting the right help.
- ↳ **Treatments work best early on** - While we can't stop dementia, there are treatments and strategies that can slow things down or make symptoms easier to manage, especially if they started early.
- ↳ **It gives people time to plan** - An early diagnosis gives individuals and families time to make important decisions about care, finances, and future wishes, while the person is still able to take part in those conversations.
- ↳ **More support, less stress** - When dementia is diagnosed early, people can access support groups, services, and information sooner, making life a bit easier for everyone involved.
- ↳ **It helps others too** - People who are diagnosed early may be able to take part in research studies that could lead to better treatment for future generations.
- ↳ **Improve quality of life** - Early support helps people with dementia live independently and with dignity for longer.

What should I look for? Some early signs include forgetting recent events or conversations, struggling to find the right words, getting confused in familiar places, trouble handling money or daily tasks, changes in mood or personality.

What should I do if I'm worried? You don't have to figure it out alone. UBMD Neurology's Alzheimer's Disease and Memory Disorders Center is here to help. Many conditions can cause memory problems, and finding the cause early can make a big difference.

You don't need a diagnosis to reach out, just a concern. Whether it's memory loss, confusion, or behavior changes, we're here to guide you toward answers and peace of mind.

UBMD Neurology – Alzheimer's Disease and Memory Disorders Center, A NYS Department of Health Center of Excellence for Alzheimer's Disease. Phone: (716) 829-5056.

The Genesee County Office for the Aging

- ◆ Monday, October 13th - Columbus Day
- ◆ Tuesday, November 11th - Veterans Day
- ◆ Thursday and Friday, November 27th and 28th - Thanksgiving Holiday
- ◆ Thursday, December 25th - Christmas

GENTLE CHAIR YOGA

Yoga is returning to the Office for the Aging. This 8 week series will begin on Thursday, October 9th, 3pm-4pm. This class is sponsored by the Genesee Senior Foundation and is for Genesee County residents age 55+. The suggested contribution is \$3.00 per class. Call 585-343-1611 to register.



WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

Join us for
**Walk to End Alzheimer's
in Genesee/Wyoming!**

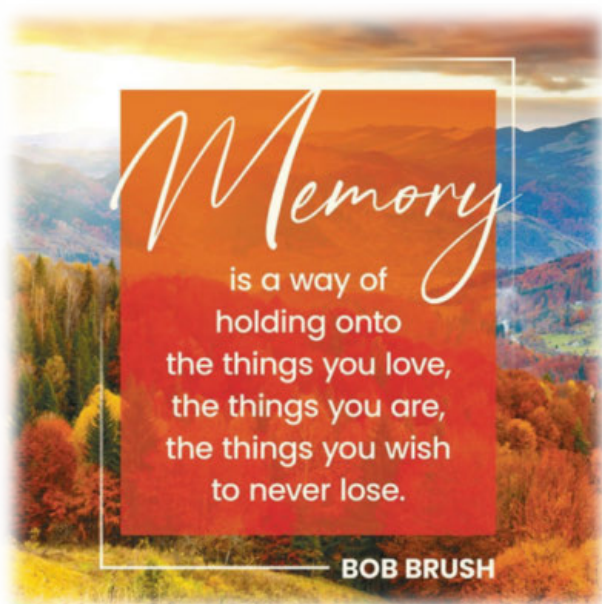
Saturday, Oct. 4 @ 9 a.m.
Centennial Park
151 State St.
Batavia, NY

FIVE WAYS TO HELP YOU CUT DOWN ON UNWANTED CALLS

Consumer Alert from Federal Trade Commission Consumer Advice email dated 8.21.2025

If you feel like you get more than your share of unwanted calls, you're not alone. To slow down these persistent calls — some of which lead straight to scams — take a few simple steps.

- ✦ **Register your phone** number for free in the National Do Not Call Registry. Registering will likely cut down how many unwanted calls you get. Unfortunately, it won't stop calls from scammer to your home and mobile phone - and there are still organization and groups allowed to call you.
- ✦ **Hang up on robocalls.** Getting a lot of recorded messages trying to sell you something? Odds are the calls are not legal. Don't press any numbers or call back. Instead, hang up and report them at [DoNotCall.gov](https://www.donotcall.gov).
- ✦ **Use your phone's built in features.** Many cell phones have setting that let you block calls from specific numbers or send certain calls straight to voicemail, especially if they come from a phone number you don't recognize.
- ✦ **Check call-blocking or call-labeling services.** Find out what your phone company offers by contacting their customer service using a phone number or website you know is right. Watch a short video to help you block unwanted calls on your cell phone or home phone.
- ✦ **Research apps to filter calls before downloading.** Some call-blocking apps are free, while others charge. At ctia.org, you can see wireless industry lists of call-blocking apps. See what independent experts are saying and check the ratings and reviews on your online app store before you decide on a call-blocking app. Learn more about how to stop unwanted calls at ftc.gov/calls.



SHOP WITH A REGISTERED DIETITIAN

Submitted by: Grace Krizen, Registered Dietitian, UMMC Healthy Living Campus

Shop smarter, eat better - A program offered by Rochester Regional Health. Join a Registered Dietitian on a 1-hour guided store tour and learn how to:

- ✦ Read nutrition labels with confidence
- ✦ Choose budget friendly, nutritious foods
- ✦ Plan meals that support your goals
- ✦ Discover new ingredients and healthy swaps

Perfect for individuals, families, or anyone ready to take control of their health – right from the grocery aisle! Location: Aldi, Tops, or Walmart (Batavia)

Sign up today! Contact 585-344-8177 or grace.krizen@rochesterregional.org

FOODLINK POP-UP PANTRIES

Foodlink Pop-Up Pantries bring food relief to parts of our service area that have limited access to traditional food pantries. Foodlink collects and safely stores food donations, and we rely on dozens of community partners to recruit volunteers and host distribution events on a monthly or bimonthly basis. Pop-Up Pantries help us quickly distribute healthy food, primarily in rural communities, throughout our 10-county service area. The pop-up pantry in our area: **Our Lady of Mercy** - 44 Lake St., LeRoy, NY. October 28th and November 25th both starting at 3:30pm. **No registration required.** Reprinted with permission from Foodlink. 2011 Mt. Read Blvd., Rochester, NY 14615 FoodlinkNY.org

HEALTH LITERACY

Submitted by: **Giovanna Gasbarre, MS, RDN, CDN**

In today's world, information is just a click away. We can look up driving directions, shop for anything we need, find a new dinner recipe, and more. But when it comes to our health, the challenge is knowing which information we can trust—and how to use it to make the best decisions for ourselves and our families.

Health literacy is the degree to which individuals can find, understand, and use information and services to inform health-related decisions and actions for themselves and others. Every day, we make choices that affect our health. We decide what to eat, when to see a health professional, and how to take medications or vitamins. One major component of health literacy is food literacy.

One important part of health literacy is **food literacy**—the knowledge, skills, and attitudes needed to make informed food choices and understand how those choices affect our health. Today, fast and processed foods are often more convenient and affordable than nutritious options, making food literacy more important than ever. Improving both health and food literacy can boost overall well-being and help prevent chronic diseases like type 2 diabetes, heart disease, and obesity.

So how can we improve our health and food literacy? *Make an appointment with a Registered Dietitian through the Genesee County Office for the Aging!*

Topics you can discuss include:

- ↳ Reading and understanding nutrition labels
- ↳ Making healthy, affordable choices
- ↳ Interpreting serving sizes
- ↳ Understanding claims like “low-fat” or “sugar-free”
- ↳ Learning where food comes from
- ↳ Discovering how food affects our health

Call Office for the Aging to make an appointment: 585-343-1611

THANKSGIVING MEAL SAVE THE DATE

Celebrate Thanksgiving with other Genesee County community members. The **Genesee Senior Foundation** will be sponsoring a Thanksgiving Luncheon at noon on Wednesday, November 26th at the Office for the Aging, 2 Bank Street, Batavia. This meal will be provided to Genesee County residents age 60+ at no cost. A very special thank you to the **Genesee Senior Foundation, Inc.** for

supporting this event. Space is limited, call 585-343-1611 to register!



MEDITATION

Meditation is returning to the Senior Center. Meditation offers numerous benefits for mental, emotional, and physical health, including stress reduction, improved focus, and enhanced emotional well-being.

Meditation will be offered once a month starting Wednesday, October 15th from 10am to 12 pm. Register now for this is a free 6 session program for Genesee County residents, ages 60+. To register or for more information, call 585-343-1611.

HELP FROM PATHSTONE

Behind on your mortgage or property taxes?
HUD Certified counselors 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

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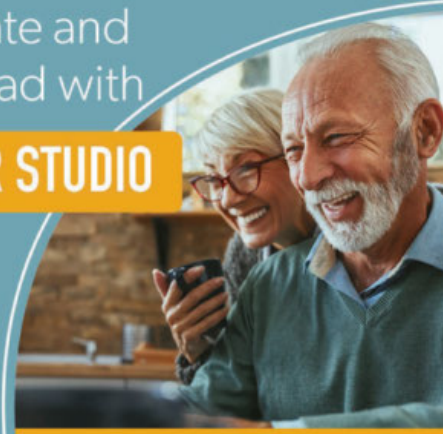
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Library Visits
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 An ask marshall program of the Muriel H. Marshall Fund at Rochester Area Community Foundation

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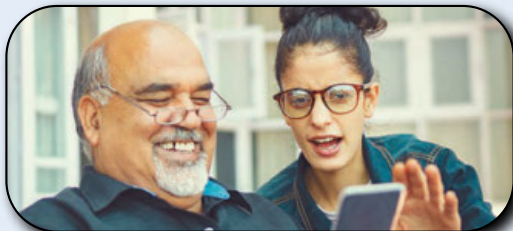
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LIBRARY VISITS

Submitted By: Lucine Kauffman, Program Coordinator

Many of us are fortunate to have fond memories of visiting the library. But what if you were no longer able to travel to the library due to a long or short term illness; disability; a lack of transportation; or caregiver duties?

For many of our county's older adults, being cut off from the library leaves a huge hole in their lives. The books, music, movies, and magazines that once brought them pleasure and enriched their lives are no longer easily accessible.

The Library Visits Program (LVP) at the Richmond Memorial Library brings library services to Genesee County residents who are 60+ years old and unable to visit the library. Through personalized visits, LVP staff and volunteers bring the library to older adults so they can remain independent and engaged.

We also offer basic technology tutoring with smart phones, tablets, and personal computers such as: accessing your library account online; accessing our online digital library; downloading apps; creating & managing social media and email accounts; and using the NIOGA online catalog.

Together, we are making NEW fond memories of the library! If you or someone you know needs our services or would like to volunteer please contact **ask marshall** at 585-815-7979.



Have Questions about Medicare? Clarity Group has Answers!

If you have Medicare or are turning 65 soon,
call for your no cost consultation.



Lisa Giancarlo

Owner, Vice President / Independent Sales Agent

716.864.4886

lisagiancarlo@claritygroupny.com

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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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Maintenance Free Living
Call Megan today:
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EVERYTHING MEDICARE

MEDICARE OPEN ENROLLMENT ASSISTANCE

We will be holding two "walk in" days for Medicare Open Enrollment. One at The Goose in Oakfield and the other at Gillam Grant in Bergen (see additional article for details).

If you feel you need to be seen for an appointment in our office, please call our office at 585-343-1611. You will be screened by a HHCAP counselor to determine what your needs are and how we may assist. For some, your questions may be answered over the phone easily, or for others we may place you in for an appointment.

Remember – We provide unbiased information to ensure your medications are covered at the best prices, and ensure your physicians and facilities are IN NETWORK (With a PPO, your out of network costs can be 20-50%!)

MEDICARE.GOV CLASS

Are you computer savvy? Do you have your own laptop to bring along with you? We want to teach you about Medicare.gov. On Tuesday, October 14th, from 10am-Noon, let us help you get ready for MEDICARE OPEN ENROLLMENT and teach you how to filter the plans that will cover your medications at the best price! Tips, tricks, and tidbits to learn! Please call ahead to sign up 585-343-1611.

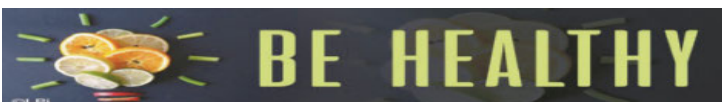
If you do NOT have your own laptop, but still would like to learn, please let us know and we can arrange one-on-one assistance time at the library with you.

WE ARE COMING TO YOU TO ASSIST FOR OPEN ENROLLMENT!!

We will be "on the road" and for you to ask us questions regarding Medicare Open Enrollment and changing plans...before you head to one of our Vendor Fairs. ***Please bring your list of medications with you.***

Friday, October 17th 10am-2pm:
Gillam Grant Community Center
6966 W Bergen Road, Bergen

Wednesday, November 12th 10am-2pm:
The Goose 33 S Main Street, Oakfield



Save the dates! Medicare Open Enrollment Vendor Fairs:

Tuesday, October 28th
Batavia First United Methodist
8221 Lewiston Road, Batavia
10am-2pm

Monday, November 17th
Batavia Downs - Genesee Room (2nd floor)
8315 Park Road, Batavia
10am-2pm

Local Medicare Advantage Plans will be available to switch your insurance for the upcoming year. EPIC will also attend both events.

Come meet your local representatives that will take care of YOU!

LET US HELP YOU NAVIGATE THE MAZE OF MEDICARE!

Submitted by: Kimberly Perl,
Specialist, Aging Services

Medicare 101 Class

You need to only attend once, but it is recommended you do so about three (3) months before eligibility. We are here to educate and empower!

**Wednesday, October 8th or
Thursday, November 6th**

Genesee County Office for the Aging,
2 Bank Street, Batavia

Sessions begin at 5:00pm

There is NO cost for this program, please call ahead for to reserve your spot!
585-343-1611

BBQ ALMOND TRAIL MIX

Serving Size: 1/2 cup

- ★ 2 cups smoked almonds
- ★ 1 cup wasabi peas
- ★ 1 cup golden raisins (can substitute with dark raisins or dried cherries)
- ★ 1 cup dark chocolate pistoles
- ★ 3 tablespoons chopped rosemary
- ★ 2 tablespoons extra virgin olive oil
- ★ Salt



Gently heat rosemary and extra virgin olive oil together in a small sauté pan for about 5 minutes to infuse flavor very slowly on a low heat. Let it cool. Mix the rest of the ingredients together. Once the rosemary oil is cool, mix with the rest of the trail mix. Season with salt to taste. Keeps well in an airtight container.

Nutritional Info: Calories 268; Fat 4.3 g; Sat Fat 4.3 g; Mono Fat 1.1 g; Poly Fat .2 g; Protein 6.7 g; Carb 19.9 g; Fiber 4.8 g; Cholesterol 19.7; Sodium 31.3 mg; Calcium 74.9 mg; Potassium 63.3 mg; Vitamin E 6.39 mg

(Courtesy of BPT) ©LPi

THE HOME VISITATION PROGRAM

Submitted by: Linda Chadderdon

Come volunteer with us at the Home Visitation (HV) Program, where volunteering is fun and easy! **WE NEED YOU!** Our Home Visitation Program is a free social program offered to ALL older adults in Genesee County age 60+, who feel socially isolated and living independently or with family members. This program is funded by the Muriel H. Marshall Fund and administered by Catholic Charities. Its goal is to bring a sense of social connectivity and friendship to both the program members and volunteers who take the time to reach out to their neighbors.

Many older adults wish to age in place, and this looks different for everyone. It may be in the home they raised their family in, in a 55+ community, with family, or even in a senior housing or assisted living complex. For many people however, as aging occurs, social circles begin to grow smaller as friends move or pass away. And for some, there may be difficulty getting out into the community. Families are often busy, and even for those who live with their loved ones, having a friend stop by to see them is just extra enjoyable. The joy of friendship is why the HV Program was started.

Our volunteer expectation is simple, each volunteer will have a regularly assigned person to provide 2-4 social visits or friendly phone calls per month. Our volunteers do not provide health care, financial or transportation services. We find that because the same volunteer visits consistently, friendships develop naturally and are sustained. The visit schedule and time to meet are decided upon by the member and visitor according to what works best for each of them. Volunteering occurs within Genesee County and assignments are given only within the distance that volunteer chooses.

Volunteers must be 21 or older and able to physically visit a person's home or visit via telephone. Once an application is completed, a 2 hour training session will be scheduled at our Batavia office. References and a background check will be completed prior to assignment. Client home safety checks are completed by the volunteer coordinator prior to the volunteer visits.

If you would like more information on how to receive a friendly visitor, please call the **ask marshall** helpline located at the Genesee County Office 585-815-7979. To volunteer with the Home Visitation Program, please call Lisa at (716) 341-6751.

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.

PLANNING AHEAD: FINANCIAL PEACE OF MIND FOR THE FUTURE

Submitted By: David Dodge, Lifespan of Greater Rochester
Volunteer Financial Management Program

It's never too early—or too late—to start planning for the future. As we age, having a clear plan in place for our finances can reduce stress and provide peace of mind for both us and our families. Preparing now makes it easier to handle unexpected challenges down the road, such as health issues, hospitalization, or simply needing an extra hand with everyday money management. That's where Lifespan's Volunteer Financial Management Program (VFMP) can make a difference.

Thanks to our partnership with the Genesee County Office for the Aging, VFMP provides free, one-on-one support for older adults (age 60 and up) who want to take proactive steps toward financial stability. Our trained volunteers can assist with:

- Organizing important financial documents for easy access
- Creating a plan for monthly expenses and future needs
- Reviewing automatic payments and setting up safe systems for bill paying
- Identifying trusted contacts who can step in if needed
- Offering guidance to help avoid financial mistakes during stressful times

By planning ahead, older adults can maintain independence and ensure that their wishes are respected. Services are always confidential and tailored to your specific needs—so you can prepare at your own pace and comfort level.

Don't Wait for a Crisis

Too often, people reach out only after finances have become overwhelming. But starting early means you're in control, with a plan that reflects your priorities. Think of it as insurance for peace of mind—taking small, practical steps today to protect your future.

Take the Next Step

If you or a loved one is interested in preparing for the future, call the **ask marshall** helpline at 585-815-7979. Together, we can make sure your financial affairs are in order—so you can focus on enjoying life.

**PET THERAPY
COMING THIS
FALL!**



S Word Twist Autumn

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!



srthvae _____
eavels _____
nroac _____
mkpipnu _____
picsr _____
pplae _____
tsaweer _____
ccrsaeowr _____
idehyar _____
nfeirbo _____

©LPI

TRANSPORTATION

The Genesee County Office for the Aging **Transportation Coordination Program** helps with finding transportation for medical appointments, pharmacy trips, grocery and other personal shopping; banking, running errands and social events. Transportation providers include RTS Genesee, Community Action Transportation System and Volunteer Medical Drivers. For assistance, please call (585) 343-1611.

GENESEE COUNTY OFFICE FOR THE AGING

*Batavia - Genesee Senior Center
2 Bank St.
Batavia, New York 14020*

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UPCOMING EVENTS!

Thursday, October 9th at 10am - **Planning Ahead for You and Your Loves Ones**

Tuesday, October 14th at 2pm - **QPR Community Training.** QPR is a suicide prevention training for participants to be able to recognize the warning signs of suicide and question, persuade, and refer people at risk for suicide for help. Presentation by WNY Rural Health Education Center.

Tuesday, October 21st at 1pm - **OFA Public Hearing and Demonstration**

Tuesday, October 21st - **Letchworth Day Trip** for caregivers and their care partners

Wednesday, October 29th at 1pm - **Musical Memories Café** - a caregiver program

Thursday, November 13th at 11am - **Disaster Preparedness** - NYS Citizen Preparedness Corps.

Wednesday, November 19th at 1pm - **Musical Memories Café** - a caregiver program

Wednesday, November 26th at 12pm - **Thanksgiving Luncheon**

To learn more and/or register for these programs,
please call (585) 343-1611.

The focus of our programs are for
Genesee County residents age 60+ and
their caregivers.

For more information, please give us a call at
(585) 343-1611. We would be happy to help you!

