

**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**

Sometimes, when I am preparing to write my monthly newsletter article I look back at previous articles for some inspiration, and I did so again for this column. In February of 2020, five years ago, when I was first appointed to OFA Director, my column started out like this:

*Change can be scary and it can be exciting. Some embrace change and the idea of change, while others choose to run from it or resist it. Every day we face the potential for change, big or small, planned or spontaneous. The Office for the Aging has been working hard to make the change in directors as smooth as possible, so as to continue the great work and programs that Genesee County has been able to count on.*

*My article closed with: As Director, I would like to be able to enhance and strengthen the programs and services that are offered at the Office for the Aging. I think it is important that as our population grows older we are able to enjoy a high quality of life that keeps us healthy, active, engaged and involved in our community. The lens through which I view life and aging has changed and I embrace that change. I want to be a part of making our community resources available for all of us, so that we have choices and options for how we live our lives throughout our lifespans. While I cannot surmise what all will come my direction or what changes the Office for the Aging may need to undertake to keep up with the needs of our community, I think Dr. Suess said it best in his book, *Oh, the Places You'll Go!* I look forward to our journey together!*

That article was written pre-pandemic, and in reflecting back on all that I looked forward to and imagined at that time, I know it did not include having a pandemic as a part of our journey! My sentiment remains as I look forward to the future and what it may hold. We are working very hard to ensure, as I retire and a new director starts, that it is a smooth transition, and that our programs and services continue to be all that you want and need them to be. And, while I and the OFA can still not surmise what will come our direction, or what changes they may bring, I still think Dr. Seuss expressed it well in his book, "Oh, the Places You'll Go!"

## ADVISORY COUNCIL MEETINGS

### Office for the Aging

March 5th  
2:30 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](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!

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.

### ***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](https://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)
- 1 pm - Bridge
- 2nd Monday of the month/ 12:45 pm - 2 pm  
**Open Bingo**
- 4th Monday of the month/ 2 pm - 4 pm  
**BUNCO Party**

### **TUESDAY:**

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

### **WEDNESDAY:**

- 9am -12:30pm - **Quilting/Sewing Group**
- 1 pm - **Bridge**
- 1st Wednesday of the month/ 10am  
**Coffee and Crafts (NEW PROGRAM)**
- 1st Wednesday of the month/ 11 am - 12 pm  
**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

## GENESEE SENIOR FOUNDATION, INC. DONATIONS

Flo Ziarko  
John & Kathleen Schaefer  
Suzanne Berardini  
Gordon Meek  
Diana Martino  
Mary Brown  
Pavilion Drainage Supply Co., Inc.  
Linda Nickson  
**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), "Do You Remember These" radio show on WBTA, 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**

## 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.

**SAGE**  
SATURDAYS



**FEBRUARY 1 & 15 • MARCH 1, 15, & 29  
APRIL 12 & 26 • MAY 10 & 24**

**EDEN CAFE & BAKE SHOP**  
242 ELLICOTT ST, BATAVIA, NY 14020



Join us for a bi-weekly "Coffee and Pastries" program designed for LGBTQ+ individuals aged 55 and older. This welcoming space offers a chance to celebrate our identities, foster community, and explore the unique challenges that come with aging as part of the LGBTQ+ community. Enjoy casual, meaningful conversations over coffee and pastries as we support one another, welcome guest speakers, and engage in discussions on topics that matter most to us as we navigate this exciting next stage of life.

Sponsored by:



This project is made possible by a grant from the Health Foundation for Western & Central New York. The Health Foundation's vision is a healthy central and western New York, where racial and socioeconomic equity are prioritized so all people can reach their full potential and achieve equitable health outcomes.

For more information or request transportation to the event, call Program Coordinator Pat Cole at (585) 813-5081 or email Sara Vacin at svacin@glowout.org.

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



## 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.

## ALZHEIMER PROGRAM UPDATES

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

### 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 to register 585-343-1611.

**Monday March 10, 2025 at 1pm**

**Tuesday April 22, 2025 at 1pm**

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



## NEW CAREGIVER SUPPORT GROUP

Starting Tuesday, March 4<sup>th</sup> we will have an additional Caregiver Support Group on the 1st Tuesday of each month at 4:30 pm. This is open to anyone who is caring for an older adult. Please call 585-343-1611 for more information.



## 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**

## COMING SOON: POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers is a 6-week educational program that focuses on the needs of family caregivers.

Family caregivers develop a variety of self-care tools to:

- Reduce personal stress
- Change negative self-talk
- Communicate their needs to family members and healthcare providers
- Communicate more effectively in challenging situations
- Manage their emotions
- Make tough caregiving decisions

Join us for our 6 week in person class beginning Wednesday, April 30th through Wednesday June 4th held from 4pm to 5:30 pm each week. Please call 585-343-1611 for more information or to register for this program.

## SAVE THE DATE Education Program

Alzheimer's Association will present  
"Communicating Effectively"  
Wednesday April 2<sup>nd</sup> at 2pm  
Call 585-343-1611 for more information.

## MEDICARE 101 CLASS

Let our trained staff help you navigate Medicare! You need to only attend once, but it is recommended you do so about 3 months before eligibility.

**Wednesday, March 19th**

**Thursday, April 24th**

**Wednesday, May 21st**

**Tuesday, June 17th**

Genesee County Office for the Aging

2 Bank Street, Batavia

All sessions begin at 5:00pm

***There is NO cost for this program but we ask that you please call ahead to register.***

**585-343-1611**

## 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! Please contact the Office for the Aging at 585-343-1611 for more information.

Guard your Medicare card and number like a credit card! Don't share your number, laminate it, make copies, or let anyone else make a copy. If you need an official replacement card, you can print or order one at Medicare.gov or call 1-800-MEDICARE (1-800-633-4227).

If you have questions on instances when you may need to give out your number (example – when signing up for a new insurance plan during Medicare Open Enrollment) please call us before doing so – Genesee County Office for the Aging: (585) 343-1611

## LIBRARY VISITS

**Submitted by: Lucine Kauffman, 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 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 or [askmarshall@geneseeny.gov](mailto:askmarshall@geneseeny.gov).



## NATIONAL NUTRITION MONTH: STRENGTHENING HEALTH AND STABILITY FOR OLDER ADULTS

**Submitted By Laiken Ricker, Public Health Education Fellow**

As we get older, eating healthy becomes even more important – not only for staying healthy, but also for preventing falls. March is National Nutrition Month, a great time to focus on how a balanced diet can keep your bones strong, muscles healthy, and body steady, helping you to avoid falls and enjoy a better quality of life.

Falls are a common cause of injury in older adults and can lead to serious health problems. While exercise and home safety changes can help to prevent falls, eating the right foods is just as important. By making simple, healthy food choices, you can take control of your health and stay strong.

### **Essential Nutrients for Strength and Stability**

- **Calcium:** Calcium supports strong bones, nerve function, and muscle movement, and helps slow osteoporosis, especially in postmenopausal women. Add calcium to your diet with dairy products (cheese, milk, yogurt), leafy greens (spinach, kale, arugula), and canned fish with soft bones (salmon, sardines).
- **Vitamin D:** Vitamin D helps the body absorb calcium, which is important in maintaining strong, healthy bones. This nutrient can be found in some foods such as salmon, tuna, and other fatty fish.
- **Protein:** Protein helps your muscles grow and slows down muscle loss. Eating protein at breakfast, lunch and dinner can help keep your muscles strong. You can get protein from foods like chicken, Greek yogurt, tofu, and beans.
- **Water:** As we get older, we may drink less water and become dehydrated, which can cause dizziness and lead to falls. Drinking water regularly and eating foods that contain water like cucumbers, watermelon, and soups can help you stay hydrated.
- **Fiber:** Eating more fiber can help with digestion, lower cholesterol, control blood sugar, reduce cancer risk, improve heart health, and manage weight gain. Good sources of fiber include apples, pears, oats, nuts, lentils, beans, and avocados.
- **Magnesium:** Magnesium is a vital mineral that can help lower the risk of sleep problems, memory issues, heart disease, stroke, diabetes, asthma, and depression. You can get more magnesium by eating nuts, seeds, whole grains, beans, milk, yogurt, and leafy greens.

For older adults, good nutrition is a powerful tool in reducing the risk of falls. During the month of March, take the first step toward a stronger, and more stable future by embracing a balanced diet and making health a top priority. For more information and support, call 585-343-1611.

### **References**

AARP. 9 Nutrients You Need More of As You Get Older.

<https://www.aarp.org/health/healthy-living/info-2023/essential-nutrients-for-healthy-aging.html>

CDC. Healthy Aging At Any Age.

<https://www.cdc.gov/healthy-aging/about/index.html>

Harvard Health Publishing. Essential Nutrients Your Body Needs for Building Bone.

<https://www.health.harvard.edu/staying-healthy/essential-nutrients-your-body-needs-for-building-bone>



## **MEMOIR WRITING WORKSHOP**

Starting this month! Join us for a 12 week workshop to write and share your memories! Class meets once a week for 1 hour at the Genesee County Office for the Aging. Program materials provided by LifeBio.

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

## **RABIES IMMUNIZATION CLINIC**

Location: Genesee County Fairgrounds,  
5056 East Main St., Batavia

Each dog, cat, and ferret must be leashed or crated and accompanied by someone who can control it. Dog, cat, and ferret vaccinations are free. Voluntary donations are accepted.

May 15th, August 7th and October 9th:  
4pm-6:30pm

For more information contact the Genesee County Health Department at 585-344-2580 x5555 or visit [www.GOHealthNY.org](http://www.GOHealthNY.org).



## CONGREGATE MEALSITE SURVEY

We would like your input about congregate mealsites in Genesee County! Please complete the following survey and return to - Office for the Aging, 2 Bank Street, Batavia, NY 14020. You can also call us at 585-343-1611 to complete the survey by phone or use the below link/QR code to complete online. We appreciate your input!

- 1) Did you know that the Genesee County Office for the Aging has four (4) congregate mealsites (a place where older adults gather to have lunch together) in the community? **YES or NO**
- 2) Have you ever attended one of these mealsites? **YES or NO**
- 3) Are you currently attending one of these mealsites? **YES or NO**
- 4) Do you have transportation to get to a congregate meal site? **YES or NO**
- 5) How many meals a day do you eat? \_\_\_\_\_
- 6) If you are not currently attending a congregate meal site, please tell us why:

If you would like more information on congregate mealsites in Genesee County or if you need other assistance, please provide your name and phone number:



<https://www.surveymonkey.com/r/X9W3NDZ>

## BUILD MODEL CAR/TRUCK

Register today to build a model car of a 1957 Corvette or model 1948 Ford F-1 Pickup. This activity will take place at Office for the Aging on Monday, April 21st at 1pm.

Space is limited, call 585-343-1611 to save your spot!



## MEDICAL TRANSPORTATION

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)



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**VOLUNTEER TO MAKE A DIFFERENCE!**



## THE FOOD CONNECTION

Submitted by: **Selena Cobb, Registered Dietitian**

Each year, March is National Nutrition Month. This year's theme, ***Food Connects Us***, invites us to explore the role food plays in interpersonal relationships at the family, local or global level.

As part of family traditions, many of us safeguard and preserve recipes handed down from parents, grandparents, uncles, aunts, etc. In a way, preparing and eating these recipes allows us to "taste" the presence of our loved ones and carry it into the future to be shared with our children and for generations to come. Of course, the most intimate family connections occur around the kitchen or dining room table. But nowadays, unfortunately, few families enjoy multiple meals together every day as they typically did in days gone by: Recent surveys have revealed that American adults eat about *half* of their meals alone.

Consider setting a goal of sharing a meal with at least one other person at least once a day. Why? Simply put, doing so is associated with better physical and mental health. But even more importantly, humans are social creatures. The company and conversations we share over a meal helps remind us that we are not alone in life. And sometimes this alone makes a meal just seem to *taste* better!

Genesee County's Office for the Aging offers a Congregate Meals program, wherein people 60 years of age or older meet at four different sites to enjoy an affordable, nutritious meal together several times each week. (Contributions are accepted but not required in order to receive a meal.) Please call Office for the Aging at 585-343-1611 for more information.

Other ideas for staying connected through food might include starting a backyard veggie garden with the help of a family member or friend. Or, better yet, a community or neighborhood garden planted and cultivated together with like-minded neighbors. Even a small patch or a collection of planters on a patio is really all you need. If your thumb is brown, a trip to the local farmer's market in the summer is a way to connect to the local people who grow food that you can buy, eat, and share.

Lastly, do you have a neighbor who could use a little TLC? Sharing a plate of food, some fruit or a treat is a great way of showing that you are thinking of them. Who knows, it might lead to a new face across the table!



Genesee County residents age 60+ can meet with a Registered Dietitian for nutrition counseling. Call 585-343-1611 for more information.

## HEAP PROGRAM

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

If you haven't applied for HEAP, there's still time! The deadline to apply is scheduled for **March 31, 2025**. HEAP is a program that helps income eligible homes with their home heating costs. The **gross monthly** (before any deductions) income guidelines for the 2024-2025 season are \$3,322 per month for a household of 1 and \$4,345 per month for a household of 2. Applications are available at the Office for the Aging, 2 Bank Street, Batavia. Please contact call (585) 343-1611 for more information.

## "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  
Genesee Senior  
Foundation, Inc.**



## COMING SOON!

- ⇒ **Immigration Story** with Jim Morasco and Bart Dentino, Monday, March 3rd.
- ⇒ **Cartooning Class**, a 6 week series starts Thursday, March 6th at 1pm.
- ⇒ **Memory Café**, enjoy music and lunch with the one you care for, Monday, March 10th at 1pm.
- ⇒ **Communicating Effectively** with Alzheimer's Association, WNY Chapter - Wednesday, April 2nd at 2pm.
- ⇒ **Build a Model Car/Truck** on Monday, April 21st at 1pm.
- ⇒ **Memory Café**, enjoy music and lunch with the one you care for, Tuesday, April 22nd at 1pm.
- ⇒ **Powerful Tools for Caregivers**, a 6 week educational program for caregivers. Series starts on Wednesday, April 30th at 4pm.
- ⇒ **Fraud Prevention** with Homeland Security - Tuesday, May 6th at 1:30pm
- ⇒ **Estate Planning Seminar** with Anneliese R. Aliasso, Esq. and Peter M. Casey, Esq., DelPlato Casey Law Firm, LLP - Tuesday, May 13th at 2pm.
- ⇒ **Technology Helping Older Adults** with University of Buffalo Center for Assistive Technology - Tuesday, May 20th at 10am.
- ⇒ **Disaster Preparedness** with NYS Citizen Preparedness Corps. Learn how to prepare, respond and recover from a disaster - Tuesday, September 16th at 4pm.

To learn more about these programs, please call 585-343-1611.

## HIRE THE CAREGIVER YOU WANT!



**Do you or a loved one have Medicaid and need home care services?**

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 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.

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**Library Visits**  
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 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

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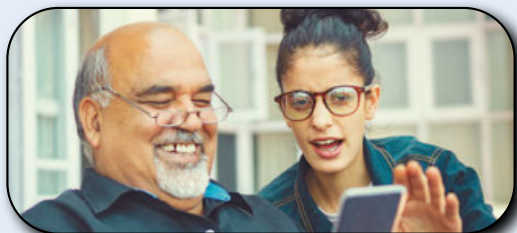
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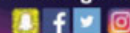
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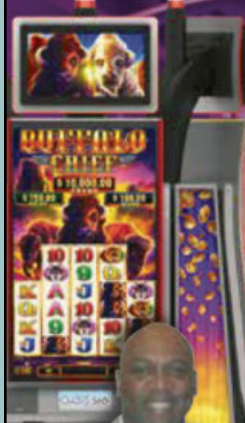
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