

September 2025



GENE-SENIOR

Genesee County Office for the Aging

SEPTEMBER

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

September: A change of season and a time for new ideas!

September is here and full of change! Our building hours will return to 8:30 am – 5:00 pm on Tuesday, September 2nd. The Bank Street streetscape project in front of our building will be ending. Due to construction, at the time of writing this article, all programs and walk-in services have been relocated to other locations, and we anticipate bringing everything back to our office at 2 Bank Street later this month.

In preparation for our public hearing and annual update to New York State Office for the Aging, we need your feedback and ideas. This is an opportunity for you to share your thoughts so the Genesee County Office for the Aging can determine the extent of need for supportive services in our community. You can complete the survey online at www.surveymonkey.com/r/7HTH95F or scan the QR Code below. A hard copy of the needs assessment was included in the July quarterly newsletter and can be mailed out upon request. We appreciate your time and input. In October, we will host a Public Hearing where we will provide information on our proposed plan for aging services for the year and gather feedback on services and the needs of older adults in Genesee County. Dates and times of the Public Hearing will be in our October newsletter.

We are all aging, and each year the population of older adults is increasing. Projections from the Census Bureau estimate that by 2040, approximately 22% of the population will be over 65, outnumbering children under 18. The Office for the Aging is here to provide programs and services that allow you to age independently in the location of your choice. We want your input on how we can best meet your needs now and over the next 15 years, and we look forward to hearing from you!



ADVISORY COUNCIL MEETINGS

Office for the Aging
Wednesday, September 3rd
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**

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



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

Due to road construction, some of our programs have been temporarily moved. Call our office at 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**

THURSDAY:

- 10am -12pm - **Euchre**
- 1pm - 4pm - **Cribbage**
- 4th Thursday of the month/ 10am - **Movie Day**

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

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.

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.

Upcoming events will be **Wednesday, September 24th at 4pm** and **Wednesday, October 29th at 1pm**. Please call 585-343-1611 for more information or to register.

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 call 585-343-1611 for more information.

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.

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

Healthy Living for Brain and Body

Please join us for an upcoming caregiver program presented by the Alzheimer's Association, WNY Chapter

September 10, 2025 at 10am

Please call 585-343-1611 for more information including the location.



Little did she know, the sun was always happy to see her, too.

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**

GENESEE SENIOR FOUNDATION, INC. DONATIONS

Michael Norway

Thank you!

SENIOR FOUNDATION IS LOOKING FOR A NEW MEMBER!

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 a new member to start January 2026. 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 2 (Towns of Elba, Byron and Bergen).

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

OFFICE HOURS

Genesee County Office for the Aging
is open Monday - Friday 8:30am to 5 pm.



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

Serving All
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Residents
60 and
Older



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Library Visits



Financial Management



Transportation

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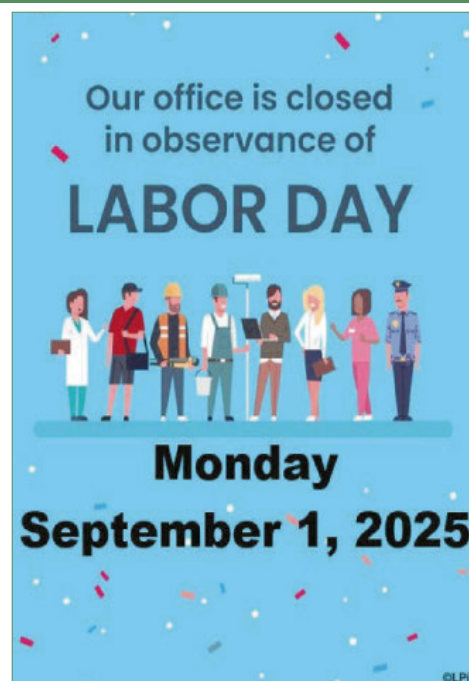
VOLUNTEER TO MAKE A DIFFERENCE!

VISIT GENESEE COUNTY ON THE WEB - www.geneseeny.gov

WHAT CAN EISEP DO FOR YOU?

The EISEP program (Expanded In-Home Services for the Elderly Program) is designed to support low-income older adults with medical or physical impairments who wish to remain safely in their homes with minimal assistance. Eligible individuals are age 60 or older and require help with personal care tasks and light household chores for at least two hours per week. Home care can be provided by trained and certified personal care aides through agencies contracted with the Genesee County Office for the Aging. The program also includes Case Management services, which help coordinate home care and connect individuals with additional community resources such as meal delivery, shopping assistance, transportation, and emergency response systems.

Eligibility is determined through an assessment. For more information and to be screened for a referral, please contact NY Connects at 585-343-1611 to talk with a intake specialist about your needs.



We want to make sure you are able to participate in our programs and services. If you or someone you know is in need of a reasonable accommodation including translation services, please contact our office at 585-343-1611.

PROTECTING YOURSELF FROM SCAMS: LIFESPAN CAN HELP

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

Phone calls, emails, letters, even text messages, scammers are getting more creative every day. Older adults are often targeted because scammers assume they're more trusting or less familiar with new technology. But you can fight back—and Lifespan's Volunteer Financial Management Program (VFMP) is here to help. Thanks to our partnership with the Genesee County Office for the Aging, VFMP offers free, one-on-one support for older adults (age 60 and up) who need a little extra help staying on top of their finances and protecting themselves from fraud.

Trained, compassionate volunteers can assist with:

- Recognizing the warning signs of common scams
- Sorting and reviewing mail to spot suspicious offers
- Checking bank statements for unusual charges
- Setting up systems to safely manage bills and avoid missed payments
- Providing tips to safeguard personal information

Our goal is to help older adults remain independent and confident in handling their money—without falling victim to financial exploitation. All services are confidential and tailored to your unique situation.

Know the Red Flags

If you or someone you know receives calls demanding urgent payments, letters asking for personal details, or emails that sound "too good to be true," it's time to get support. Asking for help is not a weakness—it's a smart way to protect your hard-earned savings.

Learn More Today

To find out how VFMP can support you or a loved one, contact **ask marshall** at 585-815-7979 or askmarshall@geneseeny.gov. We're here to help you stay financially safe and secure—because peace of mind is priceless.

TECHNOLOGY AND FALLS PREVENTION

Submitted by Laiken Ricker, Public Health Specialist

Falls can be dangerous, especially for older adults, but new technology is helping people stay safe and healthy. These tools can stop falls before they happen, quickly get help if a fall occurs, and support recovery. From smart lighting and home sensors to wearable fall detection devices and telehealth visits, technology makes it easier to see clearly, get help fast, and stay strong. These helpful tools can keep you safe and independent right in your own home.

Learn more about helpful tools to prevent falls:

Lighting and home automation: Good lighting is very important, especially in hallways, bedrooms, and on stairs. It helps you see clearly so you do not trip or fall. Some lights can turn on by themselves when they sense movement, which is helpful at night. You can also use voice helpers like Alexa or Google Home to turn on lights without even getting up.

Smart home sensors: These sensors can be placed around the house to help keep you safe. They watch how you move and can tell if something seems unusual. If there is a problem, they can alert a caregiver. These sensors can detect motion or feel vibrations on the floor.

Fall detection devices: These devices can be worn like a bracelet, necklace, watch, or even placed on your clothes or shoes. These devices can tell if you fall and will send an alert to a family member, doctor, or even call an ambulance. Some also have a button you can press if you feel like you might fall and need help right away. These devices are important for preventing falls because they help you get help quickly, which can stop a small problem from becoming a big one. They also give you confidence to move around safely, knowing that help is always close by.

Telehealth for fall risk assessments: Telehealth visits let you meet with healthcare providers or physical therapists from home using a phone, tablet, or computer. They can check how likely you are to fall and help create a personal exercise plan to make you stronger. They can also look at your medications and adjust your care without you needing to leave the house. This makes it easier to stay safe and prevent falls when out in public. Using technology at home can be a great way to stay safe and independent. Tools like smart lighting, home sensors, fall detection devices, and telehealth visits can help prevent falls and give you peace of mind. Even small changes can make a big difference in keeping you safe. Take your time, ask for help when you need it, and make safety a part of your daily routine. For more information and support call 585-343-1611.

References: Center for Disease Control and Prevention. (2024). Preventing Falls and Hip Fractures. <https://www.cdc.gov/falls/prevention/index.html>; National Council on Aging. (2025). Falls Prevention. <https://www.ncoa.org/older-adults/health/prevention/falls-prevention/>

BE WELL: Your Wellness - Your Way

Shape your own wellness: Wellness doesn't have to be complicated. No matter what you're experiencing, there are things you can do to improve your mental health and be well.

Taking the first step: Start where you are. Mental health is health. It can affect every part of your wellbeing, not just your thoughts and emotions. We all take steps to stay physically healthy sometimes because we're not feeling our best and other times to keep feeling good. This is the same way we can approach mental health.

Build coping skills: Getting through tough times - stress, trauma and calming yourself.

Reach Out: There are times when we need more support to be well. In those times it is important to reach out. Help is at your fingertips. Call, text, or chat 988 for emotional support and crisis services. It's free, confidential and available 24/7. To learn more visit <https://bewell.ny.gov>.

LIBRARY VISITS

Submitted by Lucine Kauffman, Coordinator

If you are unable to visit the Richmond Memorial Library and browse our collection of library materials, you may qualify for home delivery. Anything that can be checked out of the library—books, magazines, music CDs, audiobooks, and DVDs-- can be delivered to your door!

The Library Visits Program delivers library services to Genesee County residents who are 60+ years old and unable to visit the library due to long/short-term illness, disability, caregiving responsibilities, or lack of transportation.

Through personalized visits, LVP staff and volunteers bring customized library materials to older adults so they can remain connected and engaged.

CURBSIDE PICKUP is another option for Library Visits patrons who are able to drive to the library, but would rather not enter the building due to health or mobility issues. Simply call or email LVP staff to make a request. Or, you can place a hold (over the phone or through your online library account) within the NIOGA System. When your items are ready for pick up, we'll contact you. Then when you arrive in the parking lot, call the circulation desk, and someone will bring the library materials out to your car.

To apply for our services or if you would like to volunteer--please call the **ask marshall** helpline at 585-815-7979 or email askmarshall@geneseeny.gov.



HOME VISITATION PROGRAM

Submitted by: Linda Chadderdon, Program Manager

Come volunteer with us at the Home Visitation Program, where volunteering is fun and easy! Our Home Visitation Program is a **free** social program offered to **ALL** older adults in Genesee County age 60+, who are 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 Home Visitation Program was started.

Our volunteer expectation is simple, a one hour social visit or a friendly phone call 2-4 times per month. Our volunteers do not provide any health, financial or transportation services during their visit. 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 ask marshall (585) 815-7979 or 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.

MEDICARE REMINDER

(taken from Medicare Rights Center email)

Submitted by Kimberly Perl, Specialist, Aging Services

PPO Basics: Medicare Preferred Provider Organization (PPO) are private companies that the federal government pays to administer Medicare benefits. Like all Medicare Advantage Plans, PPOs must provide you with the same benefits, rights, and protections as Original Medicare, but they may do so with different rules, restrictions, and costs. Some PPOs offer additional benefits, such as vision and hearing care.

Eligibility and Costs Basics: You must have both Parts A and B to join, and generally you will continue paying your Medicare Part B premium. Your PPO may also charge an additional premium, on top of the Part B premium. If you want Part D coverage, you will receive it through your PPO. Plans may charge a higher premium if you also have drug coverage.

Note: If you join a Medicare Advantage Plan and you want Part D coverage, you must receive coverage from your plan. You cannot enroll in stand-alone Part D coverage unless you join a Medical Savings Account (MSA) or Private Fee-for-Service (PFFS) plan that does not offer prescription drug coverage.

Benefits Access Basics: Once you have joined a PPO, you should receive a benefit card from your plan. You will use your PPO benefit card instead of your Medicare card when you go to the doctor or hospital. After enrolling in a PPO you can see any provider, but you generally pay more when seeing out-of-network providers. PPO plans typically offer fixed copayments when you use the plan's network.

There are two types of Medicare PPO plans:

- Regional PPOs, which serve a single state or multi-state areas determined by Medicare
- Local PPOs, which serve a single county or group of counties chosen by the plan and approved by Medicare.

Both types of PPO must have a maximum Out-of-Pocket Limit for all of your in-network care and a combined in-network and out-of-network care limit.

Medicare PPOs are not available everywhere. Call 1-800-MEDICARE or your *State Health Insurance Assistance Program (SHIP) at the Genesee County Office for the Aging (585) 343-1611*, to find out if there is a PPO available in your area. To enroll in a PPO, call Medicare or the plan directly. Be sure to make an informed decision by contacting a plan representative to ask questions before enrolling.

Note-PPO's may have higher costs than Original Medicare when used out of network



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Co-hosts Connie and Charley

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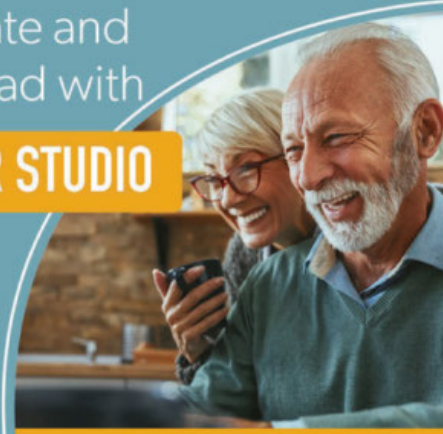
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ask marshall
 Genesee County residents age 60+:
 Call us to learn how the **Home Visitation Program** and a friendly volunteer can brighten your day through flexible scheduled, weekly visits, in person or by phone. Friendly volunteer visitors, age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

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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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UPCOMING EVENTS!

Wednesday, September 10th at 5pm: Medicare 101

Tuesday, September 16th at 4 pm: Disaster Preparedness presented by NYS Citizen Preparedness Corps.

Tuesday, September 23rd - 10 week session of Tai Chi starts. New participant class 5pm-5:45pm and returning Tai Chi participants 6pm-6:45pm.

Saturday, October 4th - Walk to End Alzheimer's

Wednesday, October 8th at 5pm: Medicare 101

Thursday, October 9th at 3pm: Yoga - an 8 week session.

Wednesday, October 15th at 3pm: Meditation - every 3rd Wednesday of the month for 6 months.

Tuesday, October 28th 10am - 2pm: Medicare Vendor Fair at Batavia First United Methodist Church

Thursday, November 6th at 5pm: Medicare 101

Thursday, November 13th at 11am: Disaster Preparedness presented by NYS Citizen Preparedness Corps.

Monday, November 17th 10 am—2pm: Medicare Vendor Fair at Batavia Downs Genesee Room

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!

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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3140 Sheridan Dr., Amherst, NY 14226
216 East Main St., Batavia, NY 14020

We do not offer every plan in your area. Currently, we represent ten organizations which offer seventy-six products in your area. Please contact www.Medicare.gov, 1-800-Medicare or your local State Health Insurance program to get information on all your options.

Bills... Bills... Bills

If keeping track of
bills and payments
has gotten a little
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Lifespan's trained staff members and
volunteers can visit you at home to help you:

- Plan a budget and pay bills.
- Balance a checkbook.
- Work with creditors.
- Fill-out forms for benefits.

Our financial managers are trained and bonded.

CALL US AT 585-244-8400 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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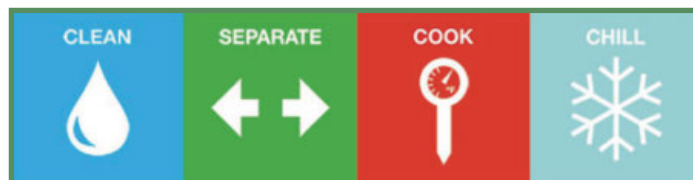
Food Safety Education

By Giovanna Gasbarre, MS, RDN

According to the Centers for Disease Control and Prevention, 1 in 6 people get foodborne infections each year – that is about 48 million people! Those with weakened immune systems have a greater risk of getting food poisoning. Our immune systems naturally weaken with age, making older adults more susceptible to infections. Some examples of other conditions that create a weakened immune system include type 1 diabetes, cancer, rheumatoid arthritis, certain medications (such as steroids, immunosuppressant), and malnutrition.

One of the most effective ways to reduce our risk of food poisoning and foodborne infections is to practice the **Four Basics of Food Safety**:

- 1) **Clean- Wash Hands, Utensils, and Surfaces Often**
 - Plain soap and water work best! Scrub hands, between fingers, and under nails for at least 20 seconds
- 2) **Separate- Don't Cross Contaminate**
 - Keep fruits, vegetables, and other foods that won't be cooked separate from raw meat, poultry, seafood and raw eggs
- 3) **Cook to the Right Temperature**
 - Poultry (including ground poultry): 165°F
 - Ground Meats (beef, pork, veal, lamb): 160°F
 - Steaks, roast, and chops (beef, pork, veal, lamb): 145°F with a 3-minute rest
 - Seafood: 145°F
 - Eggs: 160°F
 - Leftovers: 165°F
 - Casseroles: 165°F
- 4) **Chill- Refrigerate and Freeze Food Properly**
 - Bacteria that cause food poisoning multiply quickly between **40° F and 140° F**
 - Refrigerators should be set to 40° F or below and freezers to 0° F or below
 - Always refrigerate perishable foods within 2 hours
 - ⇒ If the food is exposed to temperature above 90° F, refrigerate it within 1 hour



Genesee County residents age 60+ who are interested in speaking with the Registered Dietitian should contact the Office for the Aging at 585-343-1611.

TAI CHI

Tai Chi will be returning to the Office for the Aging for a ten week session. The program will start on September 23rd. We will be holding a class for new participants from 5pm-5:45pm and a class for returning Tai Chi participants will be from 6pm-6:45pm. Space is limited, please call 585-343-1611 to register.

DISASTER PREPAREDNESS FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES



Plan how you will communicate if you have a communication need.



Plan for your transportation if you need help evacuating.



Plan how you will evacuate with any assistive devices.



Plan for food, water, and essentials for you and pets or service animals.



Include medicines, medical supplies, batteries, and chargers.



Make copies of Medicaid, Medicare, and other insurance cards.

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- ✓ Contact information for important people and care providers.
- ✓ A list of medicines you need, dosage instructions, and any allergies.
- ✓ Contact information for your durable medical provider.
- ✓ Need-to-know information for first responders and others who might need to help you.

SAVE THE DATES!

Medicare Open Enrollment Vendor Fairs:

Tuesday, October 28th

Batavia First United
Methodist Church
8221 Lewiston Road, Batavia
10am-2pm

Monday, November 17th

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

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



Do-It-Yourself Bird Feeders



Popcorn on a String

Pop some unflavored popcorn. Use a needle to thread the popcorn along a string of your choice and hang it outside for the birds to enjoy!



Peanut Butter Pinecone

Cover a pinecone with peanut butter and then sprinkle it with any type of bird seed you like. Hang it from a tree branch.



Orange Peel Bird Bowl

Cut an orange in half and scoop out half of the fruit. Insert two wooden skewers through the "bowl" to make a cross. String the ends and hang it. Fill it with bird seed!

YOGA

Come give Yoga a try at the Office for the Aging! Yoga is provides physical and mental benefits to participants.

The next 8 week session starts
Thursday, October 9th at 3pm.
Call 585-343-1611 for more
information or to register.



NATIONAL PREPAREDNESS MONTH

September is National Preparedness Month! It is time to prepare for emergencies and disasters so you and your loved ones can stay safe. NYS Homeland Security and Emergency Services, Citizen Preparedness Corps will be providing a free class to learn about preparing for emergencies.

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. **The NY Citizen Preparedness Training Program** teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to normal conditions. This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies. Each family that attends will receive one preparedness kit.

Where: Genesee County Office for the Aging,
2 Bank Street, Batavia, NY

When: Tuesday, September 16, 2025 at 4pm

Registration: Registration is required to attend this event. To register visit www.prepare.ny.gov or scan the QR code.

If you miss class, don't worry! There will be another one offered on November 13th at 11am.



THIS EVENT IS BROUGHT TO YOU BY
GOVERNOR HOCHUL IN CONJUNCTION WITH:



and the Genesee County Office for the Aging

VOLUNTEER FAIR - SAVE THE DATE!

Tuesday, September 23rd from 12pm to 4pm at Office for the Aging, 2 Bank St., Batavia. Learn about volunteer opportunities with local agencies. The Genesee County Senior Volunteer Program provides Genesee County residents 55 years of age and older with information on volunteer opportunities in the county, and matches them with agencies based on their skills, hobbies, interest, and available time.

Assignments are numerous and diverse. Volunteering proves to be an excellent way to improve mental, emotional and physical health. Some benefits to the volunteer include no-cost training opportunities, supplemental insurance coverage while serving and annual recognition. Call 585-343-1611 for more information.

WARM CINNAMON-RAISIN APPLES - DELICIOUS DECISIONS

Servings 4 **Serving Size** 1/2 cup

Ingredients

- 1 tablespoon light or dark brown sugar
- 2 teaspoons cornstarch
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg (freshly grated preferred)
- 1/3 cup 100% apple juice and 2/3 cup 100% apple juice, divided use
- 2 teaspoons canola or corn oil
- 2 medium Braeburn, Rome Beauty, or Golden Delicious apples, peeled if desired, thinly sliced
- 2 tablespoons raisins (golden preferred)
- 1/4 cup chopped walnuts, dry-roasted



Directions

In a small bowl, stir together the brown sugar, cornstarch, cinnamon, and nutmeg. Stir in 1/3 cup apple juice. Set aside.

Heat a large skillet or wok over high heat. Pour in the oil, swirling to coat the bottom. Cook the apples for 2 to 3 minutes, or until tender and lightly browned, stirring constantly.

Stir in the raisins and the remaining 2/3 cup apple juice. Stir in the brown sugar mixture. Cook for 4 to 6 minutes, or until the sauce is thickened, stirring constantly. Just before serving, sprinkle with the walnuts.

This recipe is reprinted from AMERICAN HEART ASSOCIATION GRILL IT, BRAISE IT, BROIL IT. Copyright ©2015 by American Heart Association. Photo by Lucy Schaeffer. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC.

LET US HELP YOU NAVIGATE THE MAZE OF MEDICARE

**Submitted by Kimberly Perl,
Specialist, Aging Services**

The Office for the Aging staff offers Medicare 101 classes to help you understand Medicare. You only need to attend one class, and it's recommended that you attend about three months before eligibility. We are here to educate and empower.

Upcoming Classes:

- 📅 Wednesday, September 10th
- 📅 Wednesday, October 8th
- 📅 Thursday, November 6th

Genesee County Office for the Aging
2 Bank Street, Batavia. All sessions begin at 5:00pm. There is no cost for this program but please register by calling 585-343-1611.

In the Toolbox

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T	S	I	R	S	E	R	L	M	I	O
E	W	E	L	I	W	D	A	M	I	T
W	R	R	E	H	D	R	D	E	L	S
A	E	S	V	C	R	I	E	R	A	P
S	N	A	E	A	I	L	R	N	M	T
A	C	M	L	O	V	L	D	A	H	T
E	H	F	I	L	E	E	L	L	C	N
E	L	I	A	N	R	C	T	L	O	B

HAMMER	WRENCH	PLIERS	SAW	SCREWDRIVER
TAPE	LEVEL	DRILL	FILE	NAIL
BOLT	CLAMP	CHISEL	BLADE	SANDER