



GENE-SENIOR

GENESEE COUNTY OFFICE FOR THE AGING

MAY 2026

ADDRESS

2 Bank Street, Batavia, NY 14020

PHONE

585-343-1611

EMAIL

ofa.dept@geneseeny.gov

FACEBOOK

GCOfficeFortheAging/

WHAT'S INSIDE

Director Message	02
Activities	03
Genesee Senior Foundation	04
Upcoming Events	05
Falls Prevention	07
Agency Spotlight - Fiscal	08
Info on the Go	12
Nutrition	13
Brain Health	14
Caring for a Loved One	15
Community Interest Survey	16



A moment captured by an Office for the Aging staff: Reflecting on the courage of those we've lost and those who continue to serve.

MEMORIAL DAY

Memorial Day, which is observed on the last Monday of May, commemorates the men and women who died while in the military service. In observance of the holiday, many people visit cemeteries and memorials, and volunteers often place American flags on each grave site at national cemeteries. A national moment of remembrance takes place at 3:00 p.m. local time. (Information from <https://www.va.gov/opa/speceven/memday>)

The Genesee County Office for the Aging will be closed on Monday, May 25th for Memorial Day. Please join one of the many community gatherings this Memorial Day as we come together to show our gratitude and honor the brave men and women who gave their lives for our freedom. Your presence helps keep their legacy alive and reminds us of the strength we share when we stand together.

02 DIRECTOR MESSAGE



MESSAGE FROM OUR DIRECTOR Jessica Riley CELEBRATING OLDER AMERICANS MONTH: CHAMPION YOUR HEALTH

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living. Established in 1963, OAM is a time to recognize the many contributions of older adults, highlight key aging trends, and reaffirm our commitment to supporting individuals as they age in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

Here in Genesee County, the Genesee County Office for the Aging (OFA) is proud to support this mission every day. We are committed to helping older adults remain healthy, active, and engaged through a wide range of programs and services. From evidence-based wellness programs like Tai Chi and the Aging Mastery Program, to nutrition services, caregiver support, and health insurance counseling, our team works to ensure residents have the tools and resources they need to thrive.

This Older Americans Month, we invite you to connect with us, participate in our programs, and take meaningful steps toward improving your health and well-being. Whether it's attending a class, joining a social activity, or learning something new at one of our upcoming programs.

How can individuals take charge of their health at every age?

- Stay up to date on preventive care and screenings
- Build and maintain social connections that support emotional well-being
- Choose nutritious, minimally processed foods
- Incorporate regular physical activity to maintain strength and mobility
- Practice daily habits that support mental health and resilience

At the Genesee County Office for Aging, we believe that aging well is a community effort. Together, let's celebrate Older Americans Month by championing health, supporting one another, and embracing the opportunities that come with every stage of life.

ADVISORY MEETINGS

Office for the Aging Advisory
Wednesdays,
May 6th and June 3rd
2:30pm

Genesee Senior Foundation
Thursday, May 21st
2pm



"DO YOU REMEMBER THESE?" Co-hosts Connie & Charlie

Listen to our radio show on WBTA at
1490 AM or 100.1 FM Sundays 9:00 AM
or 9:00 PM.

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

Sponsored by: Genesee Senior Foundation

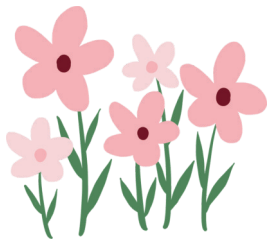


CARDS AT THE SENIOR CENTER
HAND AND FOOT
 Monday | 9:30am

BRIDGE
 Monday | 1pm
 Wednesday | 1pm

EUCHRE
 Thursday | 10am

CRIBBAGE
 Thursday | 1pm



Stay Active & Independent for Life (SAIL) Fitness Program

Monday | 9:30am
 Thursday | 9:30am
 An evidence based class that is fun and energizing. SAIL is designed to help build strength, improve balance, and boost confidence in everyday movement. Keep moving with power and purpose!



MAHJONG
 Tuesday
 10am - 12pm
 Enjoy an engaging and intellectually stimulating game in a welcoming, relaxed environment.



LINE DANCING
 Friday
 9:30am - 11 am
 A way to stay active, boost balance, keep your mind sharp, and enjoy great company.



QUILTING/SEWING GROUP
 Wednesday
 9:30am - 12pm
 Learn, create, and connect with others.



YOUNG AT ART
 Friday
 1pm - 2:30pm
 \$10 per class to cover all supplies. All experience levels welcome!

MONTHLY PROGRAMS

BUNCO
 4th Monday of the month
 2pm - 4pm

CRAFTS & COFFEE
 1st Wednesday of the month
 10am - 11:30am

BOOK CLUB
 1st Wednesday of the month
 10am - 11am

MEDITATION
 3rd Wednesday of the month
 10am - 11am

MOVIE DAY
 4th Thursday of the month
 10am - 12pm

OFFICE FOR THE AGING MEAL SITES

Food nourishes more than the body—it also supports connection. Shared meals and nutrition programs bring people together, boosting mood and reducing isolation and loneliness.

Please call ahead to reserve your meal!

LUNCH SERVED AT NOON

\$4 suggested contribution per meal

Havenwood - 240 Richmond Ave., Batavia
 Monday through Friday - 585-344-1330

Batavia Senior Center - 2 Bank St., Batavia
 Monday, Thursday and Friday - 585-343-1611

Leisuretimers - 364 Bloomingdale Rd., Akron
 Tuesday - 585-343-1611

Corfu Presbyterian Church - 63 Alleghany Rd, Corfu
 Thursday - 585-343-1611

04 GENESEE SENIOR FOUNDATION, INC.

YOUR SUPPORT IS APPRECIATED

The Genesee Senior Foundation is a nonprofit dedicated to helping older adults in Genesee County enjoy greater independence and quality of life. By partnering with the Office for the Aging (OFA), it provides extra support for programs that need more than public funding can offer.

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:

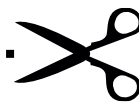
Your generosity directly strengthens essential OFA programs, including Project Lifesaver—a tracking system that enhances safety for individuals with dementia—along with Home Delivered Meals, Recreation opportunities, Transportation, Trips and other vital services.

Please designate contribution:

Where most needed or

FOR THIS PROGRAM: _____

All donations are greatly appreciated & are tax deductible to the extent of the law.
Checks payable to: Genesee Senior Foundation, Inc., 2 Bank St., Batavia, NY 14020



PETS BRING JOY — EVEN WHEN A REAL ONE ISN'T POSSIBLE

Pets can brighten our days and ease loneliness. For many older adults, having a pet isn't always practical. The cost of care, limited space, and the everyday responsibilities of feeding, grooming, and vet visits can make pet ownership challenging.

If you or someone you know are lonely and would love the comfort of a pet but can't manage the demands of a real one, an animatronic pet may be the perfect alternative. These plush, lifelike robotic companions make gentle movements and realistic sounds, offering warmth, comfort, and companionship—especially for individuals experiencing social isolation. To learn more about animatronic pets and how they may help, contact the Office for the Aging at 585-343-1611.

SHARE YOUR PET WITH US!

People who have pets love to show them off—and the rest of us love to see them. We'd be delighted to feature your furry (or feathered!) friend in an upcoming newsletter. Please send a photo of your pet, along with your pet's name to: OFA.Dept@geneseeny.gov



AGING EXPO

Join us for the Aging Expo on May 19th from 8:30 a.m. to 1:00 p.m. This community event highlights aging well, brain health, caregiving, wellness, and lifelong learning. Attendees will hear from keynote speaker Beth Nolan, choose from a variety of breakout sessions, and connect with local agencies and resources during lunch.

8:30am Registration: At Genesee Community College, 1 College Road, Batavia, NY

9am Keynote Speaker: Beth Nolan "Maintain Your Brain: Simple Habits for Healthy Aging"

10am Breakout Sessions: Caregivers, Estate Planning, MIND Diet and Geriatric Medicine.

11am Breakout Sessions: Caregivers, Lifelong Learning, Falls Prevention and Sexual Wellness.

12pm-1pm: Lunch and Agency Visits

If you are a caregiver and would benefit from short-term care for your loved one while you attend this event, please contact our office. We can help determine whether respite care is appropriate and available for your situation.



To register, please call the Office for the Aging at 585-343-1611 or visit <https://www.geneseeny.gov/Events/Aging-Forward-Expo>

The cost is \$5 per person and can be paid in cash or check made out to the "Genesee Senior Foundation."

UPCOMING EVENTS!

Call Office for the Aging For registration/information - 585-343-1611

- Cartooning Art Class: 6 week class on Fridays, May 1st through June 5th, 2:30pm-3:30pm
- Genealogy Class: May 4th and May 18th, 11am-12pm.
- Day Trip for Care Partners: Tuesday, May 12th
- Problem Gambling 101 - Presented by NY Council on Problem Gambling: Tuesday, May 12th at 11am
- Aging Expo: Tuesday, May 19th from 9am - 1pm
- Medicare 101: Tuesday, May 19th at 5pm
- Aging Mastery Program: Thursdays, May 21st - June 18th from 9:30am -12:15pm
- Autism Nature Trail/Nature Center Trip at Letchworth: Wednesday, June 3rd 12:45pm - 4:45pm
- Summer Kick Off: Monday, June 15th at 1pm
- Retirement Seminar: Wednesday, June 17th, 10am - 12pm
- Medicare 101: Wednesday, June 17th at 5pm
- "Mindfulness in Nature" - A guided Walk Through DeWitt Park in collaboration with Genesee County Park and Forest: Thursday, June 25th, 10am - 11:30am
- Nutrition Education Demonstration: Friday, June 26th at 1pm
- "SINGO" - A Fraud Prevention Program presented by Lifespan: Tuesday, August 4th at 1pm
- Intergenerational Fishing Event at DeWitt Recreation Area: Thursday, August 20th at 10am.
- "Working Together to Prevent Violence Before It Happens" a GENTAC Presentation: Tuesday September 1st at 1pm
- Disaster Preparedness Training presented by the NYS Citizen Corps; September 22nd at 4pm
- Parkinson's 101 presented by the Parkinson's Foundation: Tuesday, October 6th at 11am

06 UPCOMING EVENTS

STAY ACTIVE & INDEPENDENT FOR LIFE (SAIL) EXERCISE PROGRAM

The Genesee County Office for the Aging is excited to partner with the SAIL (Stay Active & Independent for Life) Fitness program to bring an evidence-based strength, balance, and fitness class to older adults. Staying active is one of the most important ways to maintain independence and reduce the risk of falls. SAIL is specifically designed to help improve strength, balance, and overall fitness in a safe, supportive environment— it's suitable for a wide range of ability levels.

Each 60-minute class is led by a trained SAIL instructor and includes a gentle warm-up, light aerobic activity, upper and lower body strengthening, and full-body stretching. Exercises can be done either seated or standing, so participate at a level comfortable and right for you. Beyond reducing fall risk, participants often experience increased energy, improved sleep, greater confidence in movement, and the benefit of connecting with others in a fun, social setting.

Wear comfortable clothing, supportive shoes and bring a water bottle to stay hydrated. Bring a positive attitude and be ready to move at your own pace! A short packet must be completed prior to the first class so please arrive about 15 minutes early. As with any new exercise program, it's a good idea to check with your physician before getting started. If you're ready to take a step towards better health, or simply want to try something new, we encourage you to join us!

Join us on Monday and Thursday from 9:30am-10:30am at the Genesee County Office for the Aging—2 Bank Street, Batavia NY 14020. For more information or to register, please contact the Genesee County Office for the Aging at (585) 343-1611.

Sources: <https://www.sailfitness.org>/<https://www.ncoa.org/article/evidence-based-program-stay-active-independent-for-life-the-sail-program/>

AGING MASTERY PROGRAM

The Aging Mastery Program (AMP) is a fun and engaging education incentive program for aging well. The AMP core curriculum covers 10 topics such as exercise, nutrition, finances, advance care planning, community engagement, and healthy relationships.

Classes will take place every Thursday, May 21st - June 18th from 9:30am until 12:15pm. If you are interested in learning more or would like to sign up for this free program, call 585-343-1611 by May 8th.

PROGRAMS IN PARTNERSHIP WITH GC PARKS, RECREATION and FORESTRY

Guided Walk – Mindfulness in Nature: Join us for a peaceful morning walk at DeWitt Recreation Area on Thursday, June 25 from 10:00–11:30am. This walk encourages participants to slow down, enjoy the beauty of nature, and practice simple mindfulness techniques along the trail. It's a great opportunity to relax, connect with others, and experience the calming benefits of being outdoors.

Intergenerational Fishing: Cast a line and share a special morning at DeWitt Recreation Area on Thursday, August 20th from 10:00–11:30am. This intergenerational fishing program welcomes older adults to participate on their own or bring a child along. Enjoy time by the water, learn or share fishing skills, and make lasting memories across generations.



MOVE MORE, FALL LESS: STAYING ACTIVE TO PREVENT FALLS

By Laiken Ricker, Public Health Specialist

As the weather warms and days grow longer, many older adults find it easier to get moving and enjoy time outdoors. Staying physically active is one of the most effective ways to prevent falls and maintain independence as we age.

May is a great time to focus on movement, strength, and balance. Regular physical activity helps improve muscle strength, coordination, and confidence, all of which play an important role in reducing fall risk.

Here are some simple ways to stay active and steady:

- **Focus on Balance and Strength:** Exercises that strengthen the legs and core can improve stability. Try chair exercises, standing leg lifts, or balance exercises while holding onto a sturdy surface.
- **Walk Safely:** Walking is a great way to stay active. Choose flat, well-maintained paths, wear supportive shoes, and take your time.
- **Try New Activities:** Gentle activities like tai chi, yoga, swimming, or pickleball can improve balance and flexibility while being easy on the joints.
- **Start Slow:** If you are new to exercise or returning after a break, begin with short sessions and gradually increase your activity level.
- **Use Support When Needed:** Canes, walkers, and handrails can help provide stability and confidence while moving.
- **Check With Your Healthcare Provider:** Talk with your doctor before starting a new activity, especially if you have chronic conditions or concerns about balance.

Staying active helps older adults stay strong, confident, and independent. By making movement part of your routine, you can lower your risk of falls and continue doing the activities you enjoy. For more information and support, contact Office for the Aging at 585-343-1611.

References: Centers for Disease Control and Prevention.

(2026). About Older Adult Falls Prevention. <https://www.cdc.gov/falls/about/index.html>;

Mayo Clinic, (2024). Fall Prevention: Simple Tips to Prevent Falls.

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>



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

Serving All
Genesee
County
Residents
60 and
Older



CONNECT www.askmarshall.net
(585) 815-7979 askmarshall@co.genesee.ny.us
VOLUNTEER TO MAKE A DIFFERENCE!

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

08 AGENCY SPOTLIGHT - FISCAL

BEHIND THE NUMBERS: THE FISCAL TEAM POWERING OUR DAILY OPERATION

Meet Barbara, Administrative Officer, and McKenzie, Senior Financial Clerk, our Genesee County Office for the Aging fiscal team. McKenzie and Barbara may be behind-the-scenes staff, but the work they do plays a critical role in the department. Their work helps the office maintain fiscal responsibility in its service to the community, staff, vendors, Genesee County, and New York State. Some of the most notable areas they work in are payroll, accounts payable/receivable, claims, audits, as well as managing both state and county budgets. In addition to these duties, they also manage over 20 different grants that run on independent cycles. Whether they're working on a report that's due monthly, quarterly, or yearly, McKenzie and Barbara always make sure the job gets done. Sometimes their responsibilities require the ability to pivot quickly throughout the day in order to meet the needs of the office and the people we serve.

A word from McKenzie and Barbara: "We absolutely love working for Genesee County Office for the Aging. We don't get away from our desks too often, but when we do, we certainly love visiting with the many people that walk through our doors. If you do see us away from our desks, be sure to say hello!"



*Meet the Fiscal Team at the
Office for the Aging:
McKenzie and Barbara*

TIPS FOR MAKING OR RECEIVING A PHONE CALL

When making or receiving a phone call, it's important to write things down. Keeping notes helps you remember who you spoke with, their phone number, and any appointments or follow-up tasks you discussed. Good documentation can save you time and prevent misunderstandings later.

Be sure to record:

- The date and time of the call
- The company or agency the person is calling from
- The name of the person you spoke with
- The reason for the call
- Any important details or instructions discussed

Always have a pen and paper ready before you make a call. If you receive a call unexpectedly and don't have anything to write with, it's perfectly fine to ask the caller to hold for a moment while you grab a pen and paper.

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.



Need a Ride? Give Us a Try!

(585) 343-3079 | myRTS.com

WHERE YOUR QUALITY OF
LIFE MEANS EVERYTHING.



PREMIERGENESEEE

CENTER FOR NURSING AND REHABILITATION
278 Bank Street, Batavia NY 14020
Phone (585) 344-0584

Does your
organization need
a newsletter?

We'll cover the
printing costs!

Learn more at
lpicommunities.com



 **FanStory**.com **LOVE TO WRITE?**
Share your poetry and stories
Enter Contests · Get Feedback



LOCAL Help, DEDICATED Agents

Helping you understand how Medicare works, confirming your eligibility, and finding the right plan from multiple carriers.



MEDICARE

We're local help for your insurance needs!

212 East Main Street, Batavia | 585-469-1563

LegacyMedicareInsurance.com



LEGACY ON MAIN, LLC

J. Leonard
McAndrew
Funeral Home, LLC
 2 Bogue Avenue, Batavia, NY
 585-343-6158
 Ronald Konieczny II
 Director & Proprietor
 www.mcandrewfuneralhomes.net

CATHOLIC CHARITIES
 HOPE for all seasons

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

DERRICK MONUMENT Co., Inc
CEMETERY MEMORIALS
 Established 1915
 Visit our shop & showroom
 37 Myrtle St., LeRoy
 David Carlsen
DAYS 768-8470
 www.derrickmonumentcompany.com



Library Visits

We deliver library services to older adults in Genesee County who are unable to visit the library.

Richmond Memorial Library
 343-9550 option 6 • LibraryVisits@nioga.org
 An ask marshall program of the Muriel H. Marshall Fund at Rochester Area Community Foundation

WASHINGTON TOWERS SENIOR APARTMENTS

One State Street, Batavia
 (585) 344-0200 TTY 711

Office Hours:
 8am – 4pm Monday to Friday

Immediate availability for our spacious one bedroom apartments with rent based on income. Our apartments offer a warm and vibrant community for seniors to call home and an affordable cost. Call us today for more information. Visit the best Senior Housing in Genesee County, conveniently located in downtown Batavia.

Managed by Silver Tree Residential

The pay your caregiver needs.
 The care you deserve.

Personalized homeware for the people of Genesee

www.cdchoices.org
 716-245-5511

CONSUMER DIRECTED CHOICES
 Empowering Independence

Medicare Advantage Options
 Made Simple
 Jacky Smith Insurance Agency

- ★ Are you turning 65 Soon?
- ★ What if you are still working?
- ★ Curious about comparing plans?
- ★ When can I enroll or change plans?

Talk to a licensed Insurance Agent

- Understand your options with confidence
- Receive one-on-one service
- Simply take the confusion out

CONTACT ABBY FOR ANSWERS

Call or Text: (585) 749-9082
 Email: Abby.Rutherford@jsmithins.com

medicareoptionsmadesimple.com

C. B. Beach & Son Mortuary, Inc.

P.O. Box 338
4-6 Main Street
Corfu, N.Y. 14036

Phone 585-599-4520

THE FOURTH GENERATION SERVING
OUR COMMUNITY



Visiting Nursing
Association
of Western New York

178 Washington Street, Batavia, NY 14020
(585) 252-3900



Michele Hrichan
Regional Medicare Consultant

(716) 572-8315

205 Park Club Lane, Buffalo, NY 14221
michele.hrichan@univerahealthcare.com



Let us be *the best part*
of your day!

If you or your loved one
needs assistance, *we can help:*

Household chores, laundry, meal
preparation, socialization, transportation,
assistance with transferring, dressing,
bathing, and more...

CALL
844.546.1600
EMAIL
info@ccorhome.com
VISIT
www.ccorhome.com



CCOR

Advertise Here!

Contact Chris Reeves

creeves@4LPi.com
(800) 950-9952 x6206

8315 Park Rd • Batavia
585-343-3750
OPEN DAILY
AT 8AM!

BataviaDownsGaming.com



@BataviaDowns

You must be 18 years old or older
to play Video Gaming Machines or
wager on horses. Please play responsibly.



the Area's Premier
ENTERTAINMENT DESTINATION!
DINE • PLAY • STAY

Fortune's
ITALIAN STEAKHOUSE

Blue Zone
AT 34 RUSH



HOMESTRETCH
GRILL

SCAN CODE FOR
food & fun!

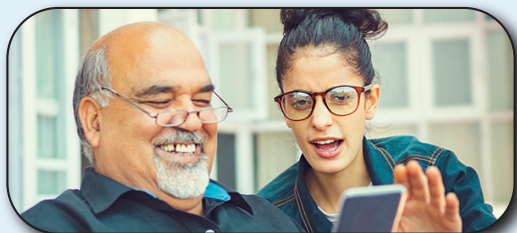


Our Ambassador, Hall of Famer
Thurman Thomas

HOTEL AT BATAVIA
BOOK TODAY
HOT HOTEL DEALS
thehotelatbataviadowns.com



NEW YORK STATE
**The New York State
Veterans Home**



Skilled Nursing facility owned and operated
By the NYS Dept of Health for Veterans

Batavia • New York
585-345-2000 • www.nysvets.org



For ad info. call 1-800-950-9952 • www.4lp.com

Genesee County Office for the Aging - Batavia, NY

14-0475

12 INFO ON THE GO

NY CONNECTS INFO ON THE GO

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

Meet with NY Connects/Office for the Aging staff in your community at the below locations for guidance, information, and help finding programs that fit your needs! Call Office for the Aging for more information - (585) 343-1611.

- May 7th: 9am-3pm **Town of Bethany**, 10510 Bethany Center Rd., East Bethany NY 14054
- May 14th: 11am-4pm **Woodward Library**, 7 Wolcott St., Leroy NY 14482
- May 20th: 12pm-4pm **Town of Alexander**, 3350 Church St., Alexander NY 14005
- June 3rd: 9am-1pm **Town of Pavilion**, 1 Woodrow Dr., Pavilion NY 14525
- June 18th: 8:30am-3:30pm **Village of Oakfield**, 37 Main St., Oakfield NY 14125
- June 29th: 10am-4:30pm **Village of Elba**, 4 South Main St., Elba NY 14058

NEW CLASSES COMING SOON!

CARTOONING CLASS: A 6 week session, Fridays - May 1st through June 5th from 2:30pm-3:30pm.

GENEALOGY CLASS: May 4th and May 18th from 11am-12pm. Participants will learn how to begin researching their family history. Discover helpful tips, tools, and resources for tracing ancestors, exploring historical records, and preserving family stories for future generations.

Have Questions about Medicare? Clarity Group has Answers!

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



CLARITY GROUP
Be clear. Be covered. Be confident.

Lisa Giancarlo

Owner, Vice President / Independent Sales Agent

716.864.4886

lisagiancarlo@claritygroupny.com

4976 Transit Rd., Depew, NY 14042
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 overwhelming, **we can help.**

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.

www.
Clinton-Crossings
Adult Patio Rental Homes .com

Clinton Square
Apartments

Maintenance Free Living
Call Megan today:
585-813-5611

STROKE AWARENESS

Jennifer Klein, RD, CDN

Approximately every 40 seconds, someone in the United States suffers from a stroke. A stroke is a medical emergency in which blood flow to part of the brain is blocked or a blood vessel ruptures, killing brain cells due to lack of oxygen. Those who smoke, have high blood pressure, high cholesterol, obesity, and/or diabetes are leading causes of stroke. Although the risk of having a stroke may increase as you get older, it can occur at any age. Knowing the warning signs and symptoms of stroke so that you can act fast can increase chances of survival if you or someone you may know might be having a stroke.

Symptoms:

- Weakness or numbness of the face, arm, or leg, especially on one side of the body
- Trouble speaking, understanding, or confusion
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

Call 911 immediately if symptoms occur as fast action and treatment can be lifesaving!!

Reduce your risk:

- If you smoke, take steps to quit smoking.
- Maintain a healthy weight.
- Participate in regular physical activity. Recommendations for adults are 2 hours and 30 minutes of moderate-intensity aerobic physical activity each week.
- Limit alcohol or avoid drinking alcohol all together. Alcohol may raise blood pressure.
- Control blood pressure. High blood pressure usually has no symptoms, so be sure to have it checked on a regular basis.
- Check cholesterol at least once every five years to be sure high cholesterol is managed.
- If you have diabetes, check blood sugar levels regularly. Keep blood sugar under control.
- Take medications as prescribed.
- Choose healthy foods:
 - Include a variety of fruits and vegetables and adequate fiber and limit saturated fats to prevent high cholesterol
 - Limit sodium to lower blood pressure

Learn how you can reduce your risk of stroke by making sustainable dietary changes, maintaining healthy weight range, and/or starting a physical activity program by meeting with a registered dietitian.

DO YOU HAVE A NUTRITION QUESTION OR WOULD LIKE MORE INFORMATION?

The Genesee County Office for the Aging works with Registered Dietitians who specialize in nutrition for older adults. If you are a Genesee County resident, age 60+ you qualify for this program! Please call 585-343-1611 for more information or to make an appointment with a Registered Dietitian.

14 BRAIN HEALTH

FOOD FOR THOUGHT: SIMPLE WAYS TO SUPPORT BRAIN HEALTH

What we eat may play an important role in protecting memory and thinking skills. While no single food prevents dementia, research shows that healthy eating patterns may help reduce risk and support long term brain health.

What Is the MIND Diet? The MIND diet (Mediterranean DASH Intervention for Neurodegenerative Delay) focuses on foods that support both heart and brain health. The goal is simple. Make small, consistent improvement over time. The goal is balance, not perfection.

Eat More Of

• Leafy greens (spinach, kale, romaine) • Other vegetables (at least once daily) • Berries (especially blueberries, strawberries) • Nuts (small handful most days) • Beans (3+ times per week) • Fish (at least once per week) • Poultry (twice per week) • Whole grains (oatmeal, brown rice, whole wheat bread) • Olive oil as your main cooking oil

Limit

• Fried and fast foods • Sweets and pastries • Butter and stick margarine • Large amounts of red meat • Excess cheese

Simple Tips for Everyday Life: frozen fruits and vegetables are just as nutritious as fresh, canned beans (rinsed) are affordable and convenient, oatmeal is inexpensive and brain friendly, plan simple meals to reduce fast food reliance and start with one small change at a time.

Healthy eating works best alongside regular physical activity, social connection, good sleep and managing chronic conditions.

Small steps today can support a healthier brain tomorrow. If you have questions about nutrition and memory, it's important to speak with a healthcare provider.

Provided by 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.

Picture This!

Ready to give your brain a little workout? These rebus puzzles use pictures, words, and clever arrangements to spell out a common phrase or saying.

The trick? Say what you see, and think **outside the box!** Can you crack the code? Take a guess! The answer's waiting for you at the bottom.

YOU'LL GET IT LEAST HEAD HEAD HEAD HEAD

You'll Get Over It Lost But Not Least Forehead

©LP

RETIREMENT SEMINAR

The Genesee County Office for the Aging will host a Retirement Seminar on Wednesday, June 17th, from 10:00am to 12:00pm. The program will take place at Genesee Community College, 1 College Road, Batavia - Room T102 in the Technology Building.

Topics will include: Social Security, Life balance in retirement, NY State of Health / Marketplace Insurance, Medicare, Legal considerations and Financial planning.

To reserve your place, please call the Office for the Aging at 585-343-1611. There is no fee to attend.

CAREGIVER SUPPORT GROUPS

A caregiver support group is where people who care for others can connect, share experiences, and feel understood. Caregiving can be deeply meaningful, but it can also be exhausting and isolating. These groups exist to counter that isolation. It gives caregivers a place to breathe, know they are not alone and that their well-being matters too. The Office for the Aging facilitates two support groups:

🌸 **Caring Connections** - a group for those caring for a loved one who is 60 years or older. **1st Tuesday of the month at 4:30pm.**

🌸 **Dementia Caregiver Support Group** - a group for individuals caring for a loved one with memory impairment. **3rd Thursday of the month at 1pm.**



Caregiver Program Staff:
Julie and Laurie

ARE YOU CARING FOR A LOVED ONE WITH MEMORY IMPAIRMENT?

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.

SAVE THE DATE

The Alzheimer's Association – WNY Chapter will be providing education opportunities in the upcoming months. The programs include: Communicating Effectively on June 3rd at 2pm and Supporting Independence on July 14th at 2pm.

SUPPORT GROUPS PROVIDED BY HOMECARE & HOSPICE

Online Caregiver Support Group – Free virtual support for caregivers, open to all. Meets via Microsoft Teams on May 6 and June 3, 10:30am - 12pm
Please call for more information: 585-343-7596

Batavia Bereavement Support Groups – Free monthly grief support, open to all.
• Richmond Memorial Library, Batavia: May 11 and June 8, 10:30am - 12pm
• 29 Liberty Street, Batavia: May 23 and June 22, 5pm - 7pm
Please call for more information: 585-653-5290

CARING FOR A LOVED ONE

Are you a caregiver? If you run errands, prepare meals, drive a loved one to appointments, or provide support in any other way — you are a caregiver. Help is available for those caring for a person age 60+ or caregivers of those with a cognitive impairment of any age. Please call the Office for the Aging at 585-343-1611 for more information!

16 COMMUNITY INTEREST

COMMUNITY INTEREST SURVEY

Help Us Plan New Social Groups & Activities! We are always looking for ways to bring people together and create enjoyable programs. Please take a moment to tell us what kinds of clubs, groups, or activities you would like to see offered in our community.

What Types of Groups Interest You?

- | | | |
|---|--|--|
| <input type="checkbox"/> Coffee & Conversation | <input type="checkbox"/> Local History | <input type="checkbox"/> Puzzle/Brain Games |
| <input type="checkbox"/> Music Appreciation | <input type="checkbox"/> Theatre and Arts | <input type="checkbox"/> Travel and Adventure |
| <input type="checkbox"/> Technology Help and Learning | <input type="checkbox"/> Photography | <input type="checkbox"/> Farming |
| <input type="checkbox"/> Gardening and Landscaping | <input type="checkbox"/> Current Events Discussion | <input type="checkbox"/> Veterans and Military |
| <input type="checkbox"/> Creative Crafting | <input type="checkbox"/> Woodworking | <input type="checkbox"/> Automobiles |
| <input type="checkbox"/> Collectors' Items | <input type="checkbox"/> Grandparent's Club | <input type="checkbox"/> Cooking, Baking and Recipe Exchange |
| <input type="checkbox"/> Other: _____ | | |

How Often Would You Participate?

- Weekly Twice per Month Monthly Quarterly

Best Time of Day?

- Morning Afternoon Evening

Would You Be Interested Leading A Group?

- Yes No Maybe

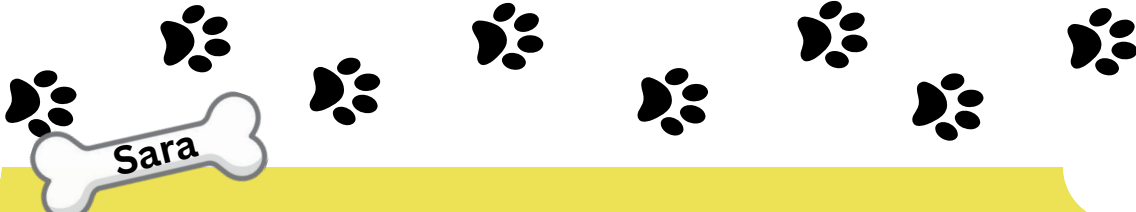
Name: _____

Phone: _____

Email (optional): _____



Return this survey to Genesee County Office for the Aging at 2 Bank Street, Batavia, NY 14020 or complete online at www.surveymonkey.com/share/0a1dc780-cb89-4d1c-9ea0-aca8aeb227f3 or scan the above QR Code.



SIGN UP FOR THE GENE-SENIOR NEWSLETTER

Get the monthly newsletter sent directly to your inbox!

Visit our website to register today!

<https://www.geneseeny.gov/Department-Content/Office-For-The-Aging>

This newsletter is funded through grants from the New York State Office for the Aging, Administration for Community Living, and the generous support of the Genesee County Legislature. SUGGESTED CONTRIBUTION - \$5.00