



GENE-SENIOR

GENESEE COUNTY OFFICE FOR THE AGING

JULY, AUGUST, SEPTEMBER 2026

ADDRESS

2 Bank Street, Batavia, NY 14020

PHONE

585-343-1611

EMAIL

ofa.dept@geneseeny.gov

FACEBOOK

[GCOfficeFortheAging/](#)

WHAT'S INSIDE

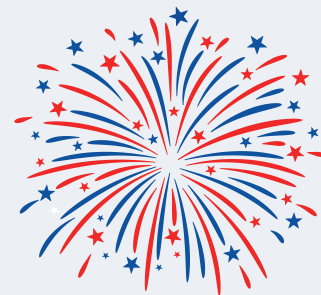
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Fourth of July:
Lighting the path to America's 250 years.

FOURTH OF JULY/INDEPENDENCE DAY

The Fourth of July is our nation's Independence Day, the moment we celebrate the bold spirit that launched America in 1776. Whether you say "Fourth of July" or "Independence Day," it's the same star-spangled holiday filled with fireworks, cookouts, and the joyful energy of summer celebration. **Genesee County Office for the Aging will be closed on Friday, July 3rd in observance of Independence Day.**



FOCUS OF THE PROGRAMS: Office for the Aging programs focus on Genesee County residents age 60+ and their caregivers. For individuals with disabilities or language interpretation needs, requests for reasonable accommodations should be made with at least five days' notice.

02 DIRECTOR MESSAGE



MESSAGE FROM OUR DIRECTOR

Jessica Riley
THE RIPPLE EFFECT WE CREATE

There are moments in life that stop us in our tracks, moments when everything feels uncertain and we're not quite sure how to move forward. On March 18, 2026, I experienced one of those moments, the day my son left for his first deployment with the U.S. Marine Corps. As a parent, I felt a mix of pride and concern, along with a sense of disorientation. Even the simplest tasks felt heavy. On my way home from work, I stopped at the grocery store, going through the motions but feeling stuck.

And then something small—but powerful—happened.

I ran into a friend from Tai Chi class, Joe. Joe is a veteran, someone who has walked a path not unlike the one my son was just beginning. We had been in class together for over two years, sharing stories about life, my kids graduating, our farm, the Marine Corps. That day, when he asked about my son, I told him he had just left for his first deployment.

What started as a quick hello turned into a meaningful fifteen-minute conversation. Joe shared stories of his military experience, his transition into civilian life, and his work in construction. We talked about Tai Chi, his wife, and family. At the time, I didn't fully realize how much I needed that conversation, but I did. Joe's presence was calm and steady. His words carried quiet reassurance. In a moment when I felt untethered, he offered something simple yet profound: understanding.

About a month later, I saw Joe again at Tai Chi 2 class. I made a point to thank him and his wife for that moment in the grocery store. As I spoke, I found myself getting emotional, sharing how I had gone home that day and told my husband how encouraged I felt after my conversation with Joe. I remember Joe's gentle smile, his bright eyes, and the encouragement he offered, without ever knowing the full impact it would have. His kindness created a ripple effect, bringing me a sense of hope when I needed it most.

That experience has stayed with me and serves as a reminder of the ripple effect we each create every day. At the Office for the Aging, we often talk about programs, services, and supports—but at the heart of everything we do are human connections. A smile, a conversation, a moment of listening, these small acts can carry great meaning. We may never fully know how our words or actions affect someone else, but they do. They matter.

The ripple effect isn't about grand gestures. It's about showing up for one another in everyday ways. It's about kindness, empathy, and taking the time to connect. Whether it's through a class, a phone call, a shared meal, or a chance meeting in the grocery store, we all have the ability to create ripples that extend far beyond a single moment. You never know when a small act of kindness might become a source of strength or hope for someone else.





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 a fun, social game that keeps your mind active. We're happy to help you learn it, too.



LINE DANCING

Friday
 9:30am - 11am
 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!

While the building at 2 Bank Street, Batavia is closed, activities will be at alternate locations. Please call the office at 585-343-1611 for more information



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
 currently at Havenwood location.
 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

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
 11am - noon

MOVIE DAY

4th Thursday of the month
 10am - 12pm

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 Genesee County 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



OPPORTUNITIES FOR SOCIAL TRANSPORTATION & MINI RECREATION GRANTS

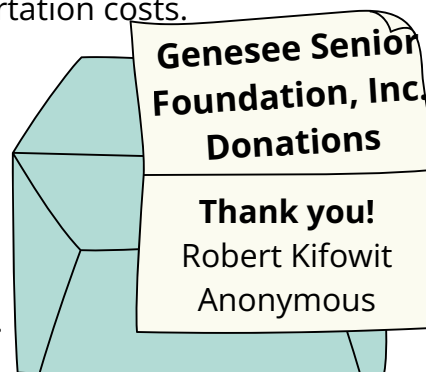
Great opportunities for Genesee County older adults to stay active, connected, and engaged thanks to the Genesee Senior Foundation and generous support from the Muriel H. Marshall Fund through the Rochester Area Community Foundation.

The Social Transportation Program—provides transportation funding for groups of four or more older adults participating in social outings. Groups may receive up to \$750 per trip, with eligibility for one trip every six months depending on available funding. Groups using a motor coach may also qualify for up to \$750 in reimbursement to help offset transportation costs.

The Mini Recreation Grant - helps local groups start or expand social activities, especially for those who may be isolated or unable to participate due to cost.

These grants encourage new involvement, strengthen community connections, and make recreation more accessible for everyone.

For information, please contact the Office for the Aging at 585-343-1611.



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.

- July 2nd: 9am-4pm **Village of Bergen**, 11 North Lake Ave., Bergen NY 14416
 - 10am: Elderly Pharmaceutical Insurance Coverage (EPIC) Seminar
 - 11am-1pm: Farmers' Market Coupon distribution (eligibility guidelines)
- July 9th: 1pm-3pm **400 Towers**, 400 East Main St., Batavia, NY 14020
- July 13th: 8:30am-3pm **Town of Darien**, 10569 Alleghany Rd., Darien Center NY 14040
 - 11am Medicare Specialist Presentation
 - 12pm-2pm: Farmers' Market Coupon distribution (eligibility guidelines)
- July 15th: 8:30am-4pm **Town of Oakfield**, 3219 Drake St., Oakfield NY 14125
 - 11:30am Medicare Fraud Lunch and Learn. Registration required.
 - 1:15pm-2:15pm: Farmers' Market Coupon distribution (eligibility guidelines)
- August 6th: 11am-4pm **Woodward Library**, 7 Wolcott St., Leroy NY 14482
 - Medicare Specialist available 11am - 1pm
 - 2pm-4pm: Farmers' Market Coupon distribution (eligibility guidelines)
- August 18th: 12pm-4pm **Town of Alexander**, 3350 Church St., Alexander NY 14005
- August 24th: 8:30am-3:30pm **Town of Elba**, 7133 Oak Orchard Rd., Elba NY 14058
- September 17th: 8:30am-3:30pm **Village of Oakfield**, 37 Main St., Oakfield NY 14125
- September 24th: 10am-4:30pm **Village of Elba**, 4 South Main St., Elba NY 14058
 - Medicare Specialist available 2:30pm - 4:30pm
- September 29th: 9am-1pm **Town of Pavilion**, 1 Woodrow Dr., Pavilion NY 14525
 - 11am Medicare Specialist Presentation

HEMOCARE & HOSPICE BEREAVEMENT SUPPORT GROUPS: JULY - SEPTEMBER

Coping with loss is never easy. HomeCare & Hospice offers free monthly bereavement support groups facilitated by a licensed Family Support Specialist. These sessions provide a safe, supportive space to share, listen, and heal. Groups are open to anyone.

Upcoming meetings:

- Monday, July 13, August 10, September 14 10:30am–Noon at Richmond Memorial Library, Batavia
- Monday, July 27, August 24, September 28 5–7 pm at 29 Liberty Street, Batavia

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

Online Caregiver Support Group – Free virtual support for caregivers, open to all. Meets via Microsoft Teams on July 1, August 5, September 2, 10:30 am–12 pm. For more information, call 585-343-7596.

06 AGENCY SPOTLIGHT - "ask marshall"

A DAUGHTER'S VISION BECOMES A COUNTYWIDE RESOURCE

Muriel H. Marshall Fund at Rochester Area Community Foundation, is powering local programs and the **ask marshall** help line. The fund was created by Roxanne Marshall, a Batavia native and longtime school librarian. After caring for her mother, Muriel H. Marshall, Roxanne saw firsthand how essential it is for older adults to have access to transportation, social connection, and help around the home. She also recognized that many older adults in rural communities quietly struggle to remain independent.


Before her passing in 1997, Roxanne arranged a transformational bequest to establish a permanent charitable fund in her mother's name. In 1998, the Rochester Area Community Foundation formally launched the Muriel H. Marshall Fund for the Aging with a mission as clear as Roxanne's intent: **To ensure that Genesee County residents aged 60 and older have the support they need to live independently, safely, and with dignity.** Please review the key programs listed below. If you are interested, please call the **ask marshall Helpline at 585-815-7979** or email **askmarshall@geneseeny.gov** for more information.

- **The Handyman:** Keeping older residents safe at home, one visit at a time. Get help with minor repairs from a trusted handyman. Provided through PathStone Corporation.
- **Friendly Visits:** Spend time with a volunteer doing puzzles, crafts and enjoy conversation. Provided through Catholic Charities.
- **Library Visits:** Bring the library into your home! Enjoy books, audiobooks, movies, magazines. Provided by the Richmond Memorial Library.
- **Transportation:** Need help with transportation? Explore the variety of options (car, bus, accessible vehicle) for doctor's appointments, shopping, and more! Provided by Genesee County Office for the Aging and Community Action of Orleans and Genesee, Inc.
- **Financial Management:** Help with budgeting, bill paying and day to day financial matters. Provided by Lifespan.
- **Socialization:** Please see page 4 of this newsletter for more information about Mini Recreation Grants and Social Transportation for older adult groups!

To learn more about the Muriel H. Marshall Fund, please watch the:

[History of Muriel H. Marshall Fund for the Aging](#) on YouTube -

https://www.youtube.com/watch?v=jB1U_9Mmdj0



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Residents
60 and
Older



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VOLUNTEER TO MAKE A DIFFERENCE!

COMING SOON: CMS TO PROVIDE \$50 MONTHLY ACCESS TO GLP-1 MEDICATIONS FOR MEDICARE BENEFICIARIES

The Centers for Medicare & Medicaid Services (CMS) will provide eligible Medicare beneficiaries access to certain GLP-1 medications for \$50 per month beginning July 1, 2026, through December 31, 2027.

Under the Medicare GLP-1 Bridge, a time-limited demonstration, CMS is expanding access to innovative, evidence-based weight-loss treatments. Eligible individuals enrolled in Medicare Part D prescription drug plans will be able to access these medications at a predictable and affordable cost—\$50 for a monthly supply. This approach reflects CMS' continued focus on improving access to high-value treatments that support better long-term health outcomes.

"These treatments are a major medical advancement, but too many seniors are currently unable to access them due to high cost," said CMS Administrator Dr. Mehmet Oz. "The Medicare GLP-1 Bridge changes that by making these medications more affordable and accessible, while advancing our broader goal of helping Americans live healthier lives."

"GLP-1s can be life-changing for patients managing obesity and related conditions," said Chris Klomp, Director of Medicare and Chief Counselor at the U.S. Department of Health and Human Services. "This demonstration is designed to make accessing those medications simpler, more predictable, and more consistent across the Medicare program, which means better quality of life for seniors and better value across the health care system."

The Medicare GLP-1 Bridge operates under the Secretary's authority to test new approaches to care delivery under Medicare and is supported by CMS, including centralized processes for claims adjudication and payment to pharmacies. This structure allows CMS to expand access while working closely with providers, pharmacies, and other partners to support a consistent and coordinated experience for patients.

Beginning July 1, Medicare beneficiaries with Part D coverage may be eligible to access certain GLP-1 medications at \$50 for a monthly supply. Beneficiaries can talk to their doctor to determine whether a GLP-1 medication is right for them. CMS will share additional information for beneficiaries as the program begins.

In addition, CMS continues to work with stakeholders—including providers, pharmacies, and manufacturers—to support implementation and ensure all partners have the information they need ahead of launch.

The Medicare GLP-1 Bridge builds on CMS' broader efforts to improve access to innovative therapies and support healthier outcomes for Medicare beneficiaries. For additional demonstration details, visit: <https://www.cms.gov/medicare/coverage/prescription-drug-coverage/medicare-glp-1-bridge>

SAVE THE DATE!

Wednesday, October 14 – "Looking Ahead: Key Changes to Know for This Year's Medicare Open Enrollment." This session will be held in conjunction with our Public Hearing at the Town of East Bethany Community Center, 10510 Bethany Ctr. Rd., Bethany, NY. More information to follow!

08 VOLUNTEERING

Senior Volunteer Program (SVP) Ambassador Quarterly Meeting

Thursday, September 17, 2026 10:30am - 12:30pm

Holland Land Office Museum (HLOM) 131 West Main Street, Batavia, NY

The Senior Volunteer Program (SVP) and HLOM have been partners in service for 40 years!
Come discover all the Holland Land Office Museum (HLOM)
has to offer at this informal get-together.

Your dedication continues to make a difference in the lives of older adults
across Genesee County. RSVPs are appreciated by calling
Office for the Aging at 585-343-1611 or OFA.Dept@geneseeny.gov

Program Outline:

- Hear highlights from the Office for the Aging Director, Jessica, and share your thoughts.
- Museum Director, Ryan Duffy, will provide a tour of the museum and current exhibits.
- Hear how volunteers make a difference at the museum through a number of opportunities.

OVER **100** UNIQUE VOLUNTEER OPPORTUNITIES AVAILABLE!

Have you checked out the Senior Volunteer Program page at www.geneseeny.gov?

There's so many ways people are coming together to create the good all around us!

Find a volunteer opportunity that speaks to you and give it try!

Call or email today to set-up a one-on-one meeting with our Volunteer Coordinator:

(585) 343-1611 or OFA.dept@geneseeny.gov

“There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.” —Mandy Hale

ADVISORY MEETINGS

Office for the Aging Advisory

Wednesday,
September 2nd at 2:30pm

Genesee Senior Foundation

Thursdays,
July 16th and September 17th at 2pm



NY CONNECTS OF GENESEE COUNTY



NY Connects
Your Link to Long Term
Services and Supports

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

NY Connects of Genesee County is here to help you. Whether you are an older adult, person with a disability, or caregiver, we have a fair and easy way for you to get connected to the long term care help you need. We make the hard choices simpler for you. Call us or reach us on the web at: www.nyconnects.ny.gov

Prescreen for programs you may be eligible for at: www.mybenefits.ny.gov

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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

**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.

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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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Contact Chris Reeves

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



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- ★ When can I enroll or change plans?

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CONTACT ABBY FOR ANSWERS

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

medicareoptionsmadesimple.com

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Michele Hrichan
Regional Medicare Consultant

(716) 572-8315

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michele.hrichan@univerahealthcare.com



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Genesee County Office for the Aging - Batavia, NY

14-0475

12 FINANCIAL MANAGEMENT

REVIEWING AUTOMATIC PAYMENTS TO SAVE MONEY

Submitted by: David Dodge, Lifespan Informal Money Management Coordinator

Automatic payments and online banking can be convenient tools for older adults, but it is important to review accounts regularly to make sure everything is working correctly. Many people sign up for automatic payments for utilities, streaming services, memberships, or subscriptions and later forget they are being charged each month. Reviewing bank and credit card statements carefully can help identify duplicate charges, services no longer being used, or unexpected increases in monthly bills.

One helpful strategy is to create a simple list of all automatic payments, including the amount, due date, and which account the payment comes from. Older adults may also benefit from setting calendar reminders to review accounts monthly and monitor balances. Using strong passwords, avoiding public Wi-Fi for banking, and enabling fraud alerts through a bank or credit card company can also improve financial security.

The Financial Management Volunteer Program through Lifespan can assist individuals age 60 and older with budgeting, bill paying including automatic payment review, and balancing bank statements. Volunteers work alongside participants to help them stay organized and maintain independence with their finances.

For more information about the Financial Management Volunteer Program, contact **ask marshall** at 585-815-7979.



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HYDRATION AND HEAT STRESS

Submitted by: Jennifer Klein, RD, CDN, WNY Integrated Care Collaborative, Inc.

Summer is finally here! With hotter temperatures on the rise, it is important to protect ourselves from heat stress and dehydration. Adults aged sixty-five and older are at a higher risk of heat-related illnesses due to reduced physiological ability to regulate body temperature, lowered sweat rates, and a decreased sense of thirst. Additionally, many medications may affect the body's cooling mechanisms. By knowing the symptoms of heat stress and dehydration, you will be able to act quickly to regulate your body temperature and avoid life-threatening conditions including heat stroke.

Symptoms of Heat Stress:

- | | | |
|-----------------|--------------------|------------------------|
| -Heavy sweating | -Pale, clammy skin | -Headache |
| -Rapid pulse | -Dizziness | -Muscle cramps |
| -Weakness | -Nausea | -Loss of consciousness |

When heat stress occurs: Stop all activity and rest, move to a cooler place like air-conditioning or shade, drink cool water, and use cold compress to help cool your body. Contact your doctor if symptoms get worse or do not improve in one hour. If someone loses consciousness or has a fever, call 911.

Symptoms of Dehydration:

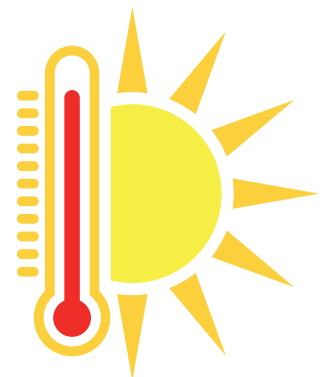
- | | | |
|--------------------|------------------------|---------------------|
| -Headache | -Dizziness/Lightheaded | -Confusion |
| -Reduced Urination | -Dry/cracked lips | -Dark colored urine |
| -Fatigue | | |

When dehydration occurs: Immediately replace lost fluids through water or oral rehydration solutions by taking small, frequent sips. If confusion, dizziness, or no urine output occurs, call 911.

Tips for staying cool this summer:

- Drink water throughout the day, even if you do not feel thirsty
- Consume high water content foods such as watermelon, cucumbers, and strawberries
- Avoid direct sun during peak hours of 10am-4pm
- Wear lightweight, loose fitted clothing
- Rest in air-conditioned buildings or in shaded areas
- Use sunscreen (SPF 30 or up) to prevent sunburn, which impairs your body's ability to cool down
- Limit alcohol and caffeine intake

To learn more about how you can protect yourself from the summer heat, follow up 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 FARMERS' MARKET NUTRITION PROGRAM

GENESEE COUNTY OFFICE FOR THE AGING FARMERS' MARKET COUPON DISTRIBUTION SCHEDULE

If you live in Senior Housing, a flyer will be posted at your location, announcing the date when Office for the Aging will be there. You must be a NYS resident, age 60+ and there are income guidelines (the updated income guidelines had not yet been released when article was prepared.)

Thursday, July 2 nd	Village of Bergen, 11 N. Lake Ave., Bergen	11am-1pm
Friday, July 10 th	Genesee Country Farmers Market, Center and Jackson St., Batavia	10am-12pm
Saturday, July 11 th	LeRoy Farmers Market, Trigon Park, Route 5, LeRoy	9am-11am
Monday, July 13 th	Town of Darien, 10569 Alleghany Rd., Darien Center	12pm-2pm
Tuesday, July 14 th	Bergen Harvest Market, 1 Hickory Way, Bergen	3:30pm-5pm
Wednesday, July 15 th	The Goose, 33 South Main St., Oakfield	10am-11am
Wednesday, July 15 th	Town of Oakfield, 3219 Drake St., Oakfield	1:15pm-2:15pm
Friday, July 17 th	Genesee Country Farmers Market, Center and Jackson St., Batavia	10am-12pm
Monday, July 20 th	Genesee County Fair, Fairgrounds, Route 5, Batavia	1pm-4pm
Friday, July 24 th	Genesee Country Farmers Market, Center and Jackson St., Batavia	10am-12pm
Saturday, July 25 th	LeRoy Farmers Market, Trigon Park, Route 5, LeRoy	10am-12pm
Monday, July 27 th	Corfu Farmers Market, 63 Alleghany Rd., Corfu	4pm-6pm
Thursday, August 6 th	Woodward Memorial Library, 7 Wolcott St., LeRoy	2pm-4pm





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.

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

MUSICAL MEMORY CAFE

A Musical Memory Cafe is a gather place for caregiver and their loved ones to relax, socialize, enjoy a meal and some music. Caregivers and their care partners are invited to join us at the First Presbyterian Church, 300 East Main Street in Batavia. These events are offered at no charge to participants.

- Monday, July 20th at 1pm. Please RSVP by July 13th.
- Wednesday, August 19th at 1pm. Please RSVP by August 12th.



These events are made possible by the Ralph C. Wilson, Jr. Legacy Funds. Please register by calling Office for the Aging at 585-343-1611.

SAVE THE DATES:

Alzheimer's Association Education Programs:

Tuesday, July 14th at 2pm- Supporting Independence held at the YMCA

Thursday, September 17th at 10AM- Supporting Brain Health

Caregiver Day Trip

Caregivers along with their care partner are invited to join us for a Day at the Ballpark. We will be enjoying a Rochester Redwings game. Wednesday, July 29th - 9:30am and return by 3pm

Caregiver Resource Fair Tuesday

August 25th at First Presbyterian Church

Powerful Tools for Caregivers

This is a class series that supports caregivers in taking care of yourself while caring for someone else.

It helps give you the confidence and support to better care for your loved one and yourself.

This 6 week class will begin on Wednesday September 16th. It will be held from 2-3:30 pm each week.

Please call with any questions and to register at 585-343-1611

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!

GENESEE COUNTY OFFICE FOR THE AGING

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

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