



GENE-SENIOR

GENESEE COUNTY OFFICE FOR THE AGING

August 2026

ADDRESS

2 Bank Street, Batavia, NY 14020

PHONE

585-343-1611

EMAIL

ofa.dept@geneseeny.gov

FACEBOOK

[GCOfficeFortheAging/](https://www.facebook.com/GCOfficeFortheAging/)

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An OFA staff member says her
Orange Hibiscus always brings the sunshine.

It is the mission of the Genesee County Office for the Aging to provide information, support and advocacy to our residents 60 years of age and older, their caregivers and persons with disabilities of all ages. Our aim is to promote their independence and improve their quality of life.

The focus of our programs are for Genesee County residents age 60+ and their caregivers. To learn more about our programs and services, please call (585) 343-1611.

For individuals with disabilities or language interpretation needs, requests for reasonable accommodations should be made with at least five days' notice.

If you have a situation that you would like to discuss; a private, confidential appointment with a trained staff member can be arranged at your convenience. Should you be unable to come into the office, a worker can visit you in your home.



MESSAGE FROM OUR DIRECTOR Jessica Riley

As healthcare providers increasingly recognize the impact of social factors on health outcomes, it is clear that social care (opportunities for connection, engagement, support, and belonging) is just as important as medical care in helping people age well and thrive in their communities.

Social isolation continues to be a growing concern for older adults and families across our community. People can become isolated for many reasons, including health challenges, retirement, transportation barriers, living alone, caregiving responsibilities, or the loss of a spouse, family member, or close friend. Whatever the reason, staying connected to others plays a vital role in maintaining physical health, emotional well-being, and independence.

Here in Genesee County, we are fortunate to have a unique resource that helps combat isolation and supports older adults in meaningful ways, the Muriel H. Marshall Fund for the Aging.

Established through a generous estate gift from Roxanne Marshall in honor of her mother, Muriel H. Marshall, the fund was created to enhance the quality of life for older adults throughout Genesee County. Roxanne envisioned a community where older adults could access services that help them remain independent, engaged, and connected.

Today, that vision continues through a dedicated planning team that identifies local needs, establishes funding priorities, and supports programs that improve the lives of older adults. The Rochester Area Community Foundation provides administrative oversight to ensure the fund remains effective for generations to come.

The impact of the Marshall Fund can be seen every day through programs and services that provide practical assistance while also offering something equally valuable, a caring human connection. Current Marshall Fund-supported programs include:

- Home Visitation through Catholic Charities of Buffalo
- Library Visit Services through Richmond Memorial Library
- Financial Management Assistance through Lifespan of Greater Rochester
- Handyman Services through PathStone
- Transportation Assistance through Community Action Transportation Services (CATS)
- Recreation Mini Grants and Social Transportation through the Genesee Senior Foundation
- Centralized Intake, Case Management, and Marketing Coordination through OFA

Together, these programs provide the support older adults need to live safely and independently in their own homes, maintain meaningful connections within their communities, and enhance their overall quality of life. Because these services are available without income eligibility requirements, they are accessible to all Genesee County adults aged 60+ who may benefit from them.

To learn more about Marshall Fund programs available through the Office for the Aging, call us at 585-343-1611, visit www.askmarshall.net, or contact **ask marshall** at 585-815-7979



**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.



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



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



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/times.
Please call the office at
585-343-1611 for more
information**

MONTHLY PROGRAMS

BUNCO

4th Monday of the month
2pm - 4pm

CRAFTS & COFFEE

1st Wednesday of the month
10am - 12pm

BOOK CLUB

1st Wednesday of the month
11am - 12pm

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
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

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.

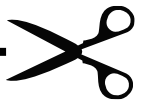
Please designate contribution:

☐ 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



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.



INTERGENERATIONAL FISHING:

Join us at DeWitt Recreation Area on Thursday, August 20th from 10:00am - 1pm for our annual Intergenerational Fishing Event, hosted with Genesee County Parks, Recreation and Forestry. Older adults are welcome to participate solo or bring along a child for a morning of connection, learning, and outdoor fun.

This year's excitement is already building — one of our staff members recently reeled in an impressive carp, a reminder of the fun (and surprises) waiting beneath the surface. Whether you're a seasoned angler or brand-new to fishing, you'll enjoy time by the water, learn or share skills, and make memories that last long after the bobber settles.



UPCOMING EVENTS!

At the time of this article, the Senior Center remains temporarily closed, which means our calendar looks a little quieter than usual. Trust us, we miss the activities just as much as you do. But don't worry! Once we're officially back in the building, we'll be hitting the ground running. You can expect a full lineup of events and activities, and plenty of opportunities to reconnect.

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

- 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
- Retirement Seminar: Tuesday, September 15th - Genesee County First Training Center, 7690 State Street Road, Batavia
- Disaster Preparedness Training presented by the NYS Citizen Corps; September 22nd at 4pm
- Public Hearing and Medicare Open Enrollment Overview of Changes: Wednesday, October 14th at 11am. Food will be provided.

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

ADVISORY MEETINGS

Office for the Aging Advisory

Wednesday,
September 2nd at 2:30pm

Genesee Senior Foundation

Thursday,
September 17th at 2pm

06 ASK MARSHALL

HOME VISITATION

Hello! From the Home Visitation Program and Catholic Charities. Our Home Visitation Program was created by the Muriel H. Marshall Fund, and the generosity of Batavia native Roxanne Marshall, as a way to bring friendship and reduce loneliness among older adults in Genesee County. If you, or someone you know, is 60+, resides in Genesee County, can no longer easily leave home, and would benefit from a friendly in-person visit or telephone call from one of our trained volunteers, please call and ask about The Home Visitation Program. This free program matches trained volunteers who can provide regular visits/telephone calls, with the goal being to provide increased social connection. Joining is easy! Call the **ask marshall** Helpline located at the Genesee County Office for the Aging at 585- 815-7979 and ask for a referral to The Home Visitation Program.

If you're a person who has always enjoyed conversation and are looking for an easy and fun way to give back, The Home Visitation Program is always in need of new volunteers. Our volunteers complete a short application process, background and reference check, and a 1.5-hour training prior to a visit placement. Volunteers choose the distance they wish to travel for visits and visits are arranged between you and the person you visit. This is an amazing social program which provides an opportunity for friendships to blossom as it is a social visit only. Our volunteers do not provide direct care, housecleaning, medical care or transportation. To volunteer, please call Lisa at (585-341-6751).

AVOIDING SCAMS

Unfortunately, older adults are frequently targeted by scams, fraud, and financial exploitation. Scammers often use phone calls, emails, text messages, or even social media to impersonate government agencies, banks, utility companies, or family members in distress. They may pressure individuals to act quickly, purchase gift cards, provide banking information, or send money immediately. One of the most important ways to protect yourself is to slow down and verify information before responding to unexpected requests involving money or personal information.

It is also important to regularly review bank and credit card statements for unfamiliar charges and to avoid sharing personal or financial information over the phone unless you initiated the call. Discussing suspicious situations with a trusted family member, friend, or professional can help prevent costly mistakes. Remember legitimate organizations will not pressure you to act immediately or threaten you for taking time to verify information.

The Financial Management Volunteer Program through Lifespan can assist individuals age 60 and older with avoiding scams, budgeting, bill paying, 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.

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.

QUARTERLY VOLUNTEER AMBASSADOR MEETING

The Quarterly Volunteer Ambassador Meeting is a gathering for current volunteers and anyone curious about getting involved.

The June Quarterly Volunteer Ambassador Meeting was held at the Outdoor Learning Center at Genesee County Park Interpretive Center, bringing together dedicated volunteers and welcoming new faces interested in volunteering. The session focused on strengthening community connections, sharing updates on upcoming outreach events, and highlighting the impact volunteers continue to make.



June 2026
Genesee County Park Interpretive Center

The next Quarterly Volunteer Ambassador Meeting will be Thursday, September 17th 10:30am - 12:30pm at the Holland Land Office Museum (HLOM), 131 West Main Street, Batavia, NY.

- 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.

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

VOLUNTEER! BY HELPING OTHERS, YOU ALSO HELP YOURSELF.

Isn't it a great feeling when you're looking forward to something exciting? Wouldn't it be great to feel that way more often? A fulfilling role in helping the community may just be that thing! Volunteering offers a fun way to learn, keeping us challenged and engaged. It's a great way to meet people with similar interests and fosters a sense of belonging. Sharing your talents can bring a renewed sense of purpose and accomplishment. Maybe it's a smile when you walk in the room or sharing a hearty laugh, giving of your time and talents through service pays back 10-fold. Research shows those who serve 100 hours a year have a significantly lower mortality rate and it is linked to a 40% decrease in the risk of high blood pressure. Give service a try and enjoy ALL the benefits it brings. Genesee County's Office for the Aging AmeriCorps Seniors program partners with 20 non-profits and government agencies who rely on helping hands to meet their mission. Discuss opportunities with a dedicated Volunteer Specialist, who will help you find a great match! Call today at (585) 343-1611.

"A candle loses nothing of its light when lighting another."

~Kahlil Gibran



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Older

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

08 AGENCY SPOTLIGHT - THE FRONT DESK TEAM

MEET THE FRIENDLY FACES OF OUR FRONT DESK: MEGAN AND HILARY



The front desk is the heartbeat of the Office for the Aging, and two people keep that heartbeat steady, warm, and welcoming every single day are Megan and Hilary.

Megan: A familiar face you know and trust - For many in our community, Megan is the first person they think of when they picture our office. She has become a steady presence—someone who greets you with a genuine smile and makes sure you feel supported from the moment you walk through the door. Megan's experience shows in the way she handles every call and every question with calm confidence. Whether she's helping you schedule your tax appointment or connecting you with the right staff member, she brings a sense of ease and reassurance that our visitors truly appreciate.

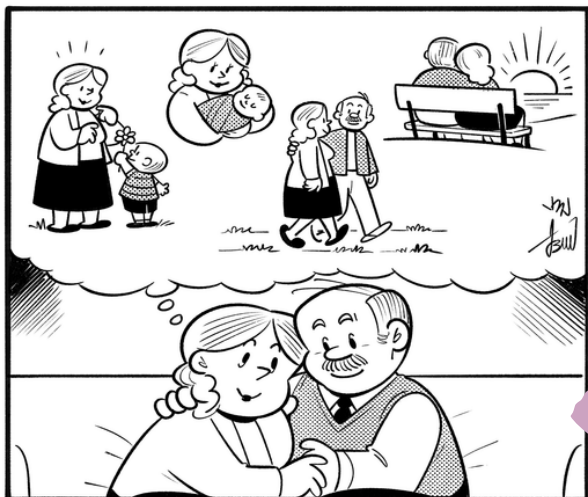
Hilary: We're also excited to introduce Hilary who recently joined the front desk team. Hilary brings fresh energy, kindness, and a natural talent for helping people feel comfortable. Even though she's new to the role, Hilary has quickly become a friendly and reliable point of contact.

Every day, our front desk team plays a vital role in keeping the Office for the Aging running smoothly. They are the ones who:

- Answer your calls — offering quick, accurate information
- Greet you with a smile — creating a welcoming environment
- Connect you with the right staff — so your needs are met without delay

Their work may happen at the front of the office, but its impact reaches every corner of our services. Megan and Hilary embody the spirit of the Office for the Aging—kindness, patience, and dedication to serving our community. Whether you're calling with a question or stopping by in person, you can count on them to make your experience smooth, friendly, and helpful.

"What do you always get on your birthday?"
"Another year of memories!"



SAVE THE DATE! Retirement Seminar

Tuesday, September 15th
Fire Training Center
7690 State Street Road, Batavia

3:00pm - 5:00pm
Call for reservations call 585-343-1611

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We deliver library services
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343-9550 option 6 • LibraryVisits@nioga.org

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Bills...
Bills

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- 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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Newsletter!

Contact Chris Reeves

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Genesee County Office for the Aging - Batavia, NY

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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.

- August 6th: 11am-4pm **Woodward Library**, 7 Wolcott St., Leroy, NY
 - Medicare Specialist available 11am - 1pm
- August 18th: 12pm-4pm **Town of Alexander**, 3350 Church St., Alexander, NY
- August 24th: 8:30am-3:30pm **Town of Elba**, 7133 Oak Orchard Rd., Elba, NY
- September 17th: 8:30am-3:30pm **Village of Oakfield**, 37 Main St., Oakfield, NY
- September 22nd: 11am - 2pm **Leisuretimers Apartments**, 364 Bloomingdale Rd., Akron, NY
- September 24th: 10am-4:30pm **Village of Elba**, 4 South Main St., Elba, NY
 - Medicare Specialist available 2:30pm - 4:30pm
- September 29th: 9am-1pm **Town of Pavilion**, 1 Woodrow Dr., Pavilion, NY
 - 11am Medicare Specialist Presentation

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IMPORTANCE OF EATING BREAKFAST

Jennifer Klein, RD, CDN, WNY Integrated Care Collaborative

The word breakfast literally means “breaking the fast” after a night of sleep. Eating your first meal within two hours of waking can help jump-start your metabolism and provide the energy needed to begin the day. For a balanced breakfast, aim to include a source of protein, fiber, and healthy fat. A nutrient-rich breakfast can contribute to both short-term and long-term health benefits.

Alternatively, skipping breakfast can disrupt your body’s natural ability to burn calories efficiently and regulate blood sugar levels. Missing a morning meal may also cause a spike in cortisol production, placing the body into a heightened stress state that can promote fat storage. Moreover, fasting in the morning can lead to increased hunger and stronger cravings for sugar later in the day. Research has linked the habit of skipping breakfast to a greater risk of weight gain and poorer overall dietary choices.

Benefits to Eating Breakfast:

- Improved metabolism (help to burn more calories throughout the day)
- Increases energy levels
- Boosts memory and cognitive function
- Improves ability to concentrate
- Stabilizes blood sugar levels
- Reduces risk of obesity, high blood pressure, heart disease, and diabetes

Simple Healthy Breakfast Ideas:

- Old-fashioned oats with low-fat milk, nuts/seeds or nut butter, and fruit
- Greek yogurt with fruit, granola, and chia seeds
- Scrambled eggs with veggies such as peppers, onions, spinach, mushrooms, or tomatoes cooked in olive oil
- Hard-boiled egg with low-fat cottage cheese, tomatoes, and cucumbers
- High fiber cereal such as bran or shredded wheat with milk and a piece of fruit
- Whole wheat toast with peanut butter and banana
- Whole wheat toast with avocado and egg
- Smoothie with low-fat milk, greek yogurt, spinach, berries, and flaxseeds

To learn more about the importance of breakfast and ways that you can incorporate these simple ideas into your diet, 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 GENERAL INTEREST

WELCOME TO THE OFFICE FOR THE AGING TEAM

This month, we're pleased to introduce three new team members who bring fresh energy and support to our mission. We're excited to grow together and continue building momentum across the organization.

We're thrilled to have them on board and look forward to the impact they'll make as part of the Office for the Aging community. Carrie — Aging Services Caseworker, Hilary — Clerk Typist and Tammy — Senior Financial Clerk-Typist.



Word Twist

In the Garden

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. Hint: Each puzzle has a common theme!



Answers

Seed
Bloom

Spade
Glove

Watering
Soil

Tulip
Weeder

Lawn
Rose

esro _____
wnal _____
eedrew _____
ilutp _____
ilso _____
terwgain _____
evlog _____
edaps _____
lombo _____
edse _____

MASTER GARDNER'S HELPLINE

Did you know that Cornell Cooperative Extension - Genesee County has a Master Gardner's Helpline? You can contact the Master Gardeners by calling 585-343-3040 ext. 127 Monday - Friday 10am - noon or email at geneseeemg@cornell.edu (<https://genesee.cce.cornell.edu/gardening>)

REGISTER NOW FOR POWERFUL TOOLS FOR CAREGIVERS CLASS COMING UP IN SEPTEMBER

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 585-343-1611 with any questions or to register.

HEMOCARE & HOSPICE BEREAVEMENT SUPPORT GROUPS: AUGUST - 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: For information or to register: 585-653-5290 | ablack@homecare-hospice.org
· Monday, August 10, September 14 10:30am–Noon at Richmond Memorial Library, Batavia
· Monday, August 24, September 28 5–7 pm at 29 Liberty Street, Batavia

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

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.

MEMORY CAFE

A Memory café is a gathering place for caregivers and their loved one to relax, socialize and enjoy a meal and live music. Caregivers and their care partner are invited to join us at our next Memory Cafe - Wednesday August 19th at 1pm. Please RSVP by August 12th. Please call with any questions or to register at 585-343-1611. The Memory Cafe will be held at the First Presbyterian Church, 300 East Main Street, Batavia.

UPCOMING EVENTS FOR CAREGIVERS

- Memory Cafe - Wednesday, August 19th, at 1pm. First Presbyterian Church, 300 East Main Street, Batavia.
- Caregiver Resource Fair - Tuesday, August 25th, 2pm - 4pm. First Presbyterian Church, 300 East Main Street, Batavia.
- Powerful Tools for Caregivers - A 6 week class starting Wednesday, September 16th, 2pm - 3:30pm each week.
- Supporting Brain Health presented by the Alzheimer's Association - Thursday, September 17th at 10am.

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 STAY CONNECTED

WALKING CLUB FOR MEN

Could you use some light exercise and connection with others? If you're a man over the age of 18, come walk with us the first Saturday of each month.

About Us: MenLiving is a non-profit committed to improving men's lives through connection. We create opportunities for men to gather together to give and get support and build friendship. Through an always growing program of virtual and in-person opportunities, we forge bonds that are key to fulfillment, health and longevity.

MenLiving is a nationwide volunteer driven organization that creates spaces for men to connect, heal, and thrive. We do not align with any political party, religious faith, or sexual orientation. Every man is welcome. More info at <https://menliving.org/>

What is this? Walk and talk for one hour, once per month, with local men.

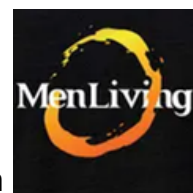
Where is this? Centennial Park, Batavia NY (Meet at the corner of Ellicott Ave and Park Ave).

When is this? First Saturday of each month, 9:15 a.m.

*****There is no need to RSVP but from time to time, the location, time and date has to be changed.** Email Jeff at tressjeff@gmail.com to verify that this month's walk is at the usual location, time, and date.

What happens after each walk? It's up to you. Go for coffee. Stay to connect more deeply. Go home. There's no pressure 😊

Who's the host? Jeff Tress. If you have any questions, please email tressjeff@gmail.com



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Co-hosts Connie & Charlie

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