



# GENE-SENIOR

## GENESEE COUNTY OFFICE FOR THE AGING

### September 2026

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

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Labor Day pays tribute to the contributions and achievements of American workers and is observed on the first Monday in September.

**LABOR DAY:** The Genesee County Office for the Aging will be closed on Monday, September 7<sup>th</sup> for Labor Day.

Mission of the Genesee County Office for the Aging: 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.



### MESSAGE FROM OUR DIRECTOR

**Jessica Riley**

#### **Healthy Aging Through Connection: Choosing Courage Over Comfort**

One of the greatest strengths many of us develop throughout life is independence. We learn to solve problems, care for our families, manage challenges, and keep moving forward even when life becomes difficult. As we age, that determination and resilience often remain a source of pride.

I know this tendency well. For much of my life, I have preferred to handle things myself. Some of that comes from being encouraged to be independent, and some from life experiences that taught me to rely on myself rather than others. While independence is important, there can be a hidden cost when we become so accustomed to handling everything ourselves that we stop asking for help when we need it. The result can be isolation, stress, and the feeling that we must carry every challenge alone.

For many years, I have appreciated the work of researcher and author Brené Brown, who studies vulnerability, courage, and connection. One of her most powerful messages is that vulnerability is not weakness, it is courage. Asking for help can be one of the hardest things we do, whether it means calling a friend, scheduling the appointment we've been putting off, or reaching out for support during a difficult time. Yet when we choose courage over comfort, we often discover connection, hope, solutions, and the realization that we are not alone.

At the Genesee County Office for the Aging, we see every day how meaningful that first phone call can be. Whether someone needs information, support, transportation, in-home services, help navigating available resources, or someone to talk to about their new unplanned role as an informal caregiver, reaching out is often the beginning of a positive change.

As we enter September, I encourage you to think about your own connections. Healthy aging happens not only through nutrition, exercise, and preventive care, but also through relationships, community, and the willingness to ask for help when we need it. Independence remains an important part of aging well, but true strength is not found in doing everything alone. Sometimes the strongest thing we can do is connect with others and allow them to walk alongside us.

#### **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](http://www.nyconnects.ny.gov)

Prescreen for programs you may be eligible for at:  
[www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)

#### **ADVISORY MEETINGS**

##### **Office for the Aging Advisory**

Wednesday,  
September 2<sup>nd</sup> at 2:30pm

##### **Genesee Senior Foundation**

Thursday,  
September 17<sup>th</sup> at 2pm



## 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!



**While the building at 2 Bank Street, Batavia is closed, activities will be at alternate locations/times.**

Please call  
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

## 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



### SAVE THE DATE

**LIVE MUSIC, DANCING, DINNER AND MEMORIES!**

**Wednesday, October 21st at Batavia Downs Event Center**

Genesee County residents age 55+ are invited to join us for the October Harvest Ball. Enjoy live music, a delicious dinner, dancing and memories!

Don't worry about what to wear—there's no official dress code. If you're comfortable, we're delighted. Whether you show up in your Sunday best or your favorite "I'm-retired-and-loving-it" outfit, you'll fit right in!

Tickets go on sale **Monday, September 14th!**

Call 585-343-1611 for more information.



**"Do you remember these? Co-hosts Connie & Charlie**

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

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**Sponsored by: Genesee Senior Foundation**



### UPCOMING EVENTS!

At the time of this article, the Senior Center remains temporarily closed, so some programs have been cancelled. We hope to reschedule the programs in the near future.

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

- Crafts and Coffee: Wednesday, September 2<sup>nd</sup>, 10am-noon, YMCA, 211 East Main St., Batavia
- Retirement Seminar: Tuesday, September 15<sup>th</sup>, 3-5pm, Genesee County First Training Center, 7690 State Street Road, Batavia
- Powerful Tools for Caregivers: 6 week class starting Wednesday, September 16<sup>th</sup>, 2 - 3:30pm each week. Genesee County First Training Center, 7690 State Street Road, Batavia
- Supporting Brain Health, presented by the Alzheimer's Association: Thursday, September 17<sup>th</sup> at 10am - Large Conference Room at County Building 2, 3837 West Main St. Rd.
- Arm Chair Travel to Poland: Wednesday, September 30<sup>th</sup>, 10am - 12pm - YMCA, 211 East Main St., Batavia
- Public Hearing and Medicare Open Enrollment Overview of Changes: Wednesday, October 14<sup>th</sup> at 11am. Town of Bethany Community Center, 10510 Bethany Center Rd., Bethany. Lunch will be provided.
- October Harvest Ball (Dinner Dance) Sponsored by the Genesee Senior Foundation, Inc.: Wednesday, October 21<sup>st</sup>, doors open at 4:30pm - Batavia Downs Event Center. Tickets are scheduled to go on sale September 14th.

### ARMCHAIR TRAVEL RETURNS: EXPLORE POLAND WITHOUT LEAVING GENESEE COUNTY!

Pack your curiosity and join us as Armchair Travel returns with an exciting journey to Poland on Wednesday, September 30th, from 10:00 a.m. to 12:00 p.m.

Travel along with Office for the Aging staff, Kimberly Perl as she shares highlights, stories, and photos from her recent trip to Poland. Discover the country's rich history, beautiful landscapes, vibrant culture, and unique traditions.

The program will be held in Community Room A at the YMCA, 211 East Main Street, Batavia. Light refreshments will be provided.

This free program is open to Genesee County residents age 60 and older. Please register by calling the Genesee County Office for the Aging at (585) 343-1611.



### NATIONAL GRANDPARENTS DAY - September 13<sup>th</sup>

National Grandparents Day is celebrated the 1<sup>st</sup> Sunday after Labor Day.

According to the Farmer's Almanac, this special day has an official flower and an official song! The official flower is the Forget-Me-Not and the official song is Johnny Prill's "A Song for Grandma and Grandpa."

### Suicide Awareness Month

September is Suicide Prevention Awareness Month — a time to come together, learn, and take meaningful steps to protect the people we care about. Suicide affects individuals, families, and communities across all backgrounds, and prevention begins with awareness, open conversation, and understanding practical ways to reduce risk. One of the most effective strategies is putting time and space between individuals in crisis and highly lethal means, including firearms.

#### **FIREARM SAFE STORAGE- HOW TO HAVE A CONVERSATION**

##### **\*TRIGGER WARNING: SUICIDE METHODS**

Safe storage of firearms is a critical aspect of suicide prevention. 90% of suicide attempts with a firearm are fatal. Once someone pulls a trigger, there is no turning back. Putting time and space between lethal means, such as firearms, and an individual is one of the few population level interventions that has been shown to reduce suicide risk.

The most common reason individuals own firearms is for protection. While firearm ownership is a right and responsibility, due to a desire to have firearms ready and accessible for protection, many firearm owners have at least one firearm loaded and unlocked in their home. This increases suicide risk for everyone in the household, including youth. There are easily accessible storage options that allow firearm use for personal protection such as biometric safes.

The more information we have, the better we are able to help others make informed decisions about access to firearms in their household. Basic firearm rules include:

- 1) Treat all firearms as if they are loaded, even if they are not
- 2) Never point a firearm at something you are not willing to destroy
- 3) Keep your finger off the trigger until your sights are on the target
- 4) Identify your target and what is behind it

When planning a conversation, it's important to consider if we are the right person- Is our relationship solid? Are we someone the individual trusts? Do we know firearm basics? Do we know about storage options in and out of the home? Will the individual hear/accept what we have to say? We can also identify someone else the individual trusts to have the conversation.

When having a conversation, we want to be clear about why we are concerned- use 'I' statements to identify what you have noticed. We also want to highlight the individual's control in the storage process. Voluntary temporary storage reduces risk during periods of high stress.

The answer may be no. It's important to keep an open mind, to listen and understand why their current firearm storage works for them. By being open, we can gain information from their perspective to consider and revisit the conversation at another time.

Your worry for an individual is your belief in them, you recognize warning signs or pain and want to help them through their tough time.

Please see [worriedaboutaveteran.org](http://worriedaboutaveteran.org) for further information on this topic.



## **FIREARM SAFETY FOR SUICIDE PREVENTION**

**September 8 | 11:00 a.m.–12:30 p.m. | The Generation Center, 15 Center Street, Batavia**

Learn how safe firearm storage and open conversations can help prevent suicide and protect the people you care about. This free educational program is designed for family members, caregivers, friends, and community members who want to better understand how to recognize risk, discuss firearm safety with compassion, and reduce access to lethal means during a mental health crisis.



Presenters include Investigator Erik Andre from the Genesee County Sheriff's Office and Sara Hults, LCSW, Community Engagement and Partnership Coordinator with the VA WNY Health Care System.

No registration is required. Questions may be directed to Sara Hults at [sara.hults@va.gov](mailto:sara.hults@va.gov).

This program is educational in nature and does not endorse any organization's position on firearms.

## **GET EMPOWERED: EMBRACE YOUR MENTAL WELL-BEING**

Your mental health is just as important as your physical health—and it's never too late to invest in your well-being.

Join Lifespan for “Get Empowered: Embrace Your Mental Well-Being”, a free three-part educational series designed to help adults better understand mental wellness and develop practical strategies for living a healthier, happier life.

Participants will explore the difference between mental health and mental illness, learn how stigma can affect individuals and families, discover simple self-care practices that support emotional well-being, and become familiar with local resources available for support when needed.

**Class Dates: Mondays, September 14, 21, and 28**

**Time: 10:30 am – 12:00 pm**

**Location: RRH/YMCA Healthy Living Campus Genesee County, 211 East Main Street, Batavia**

Whether you're looking to improve your own well-being or gain a better understanding of mental health, this welcoming series offers valuable information, practical tools, and meaningful conversation.

This class is intended for individuals living in Genesee County. Register online at: <https://www.lifespan-roch.org/new-events/getempoweredgeneseecounty>, scan the QR code or contact Anna at Lifespan at 585-498-4022.

**Registration is required.**



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.

## 08 NY CONNECTS 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.

- September 17<sup>th</sup>: 8:30am-3:30pm **Village of Oakfield**, 37 Main St., Oakfield, NY
- September 22<sup>nd</sup>: 11am-2pm **Leisuretimers Apartments**, 364 Bloomingdale Rd., Akron, NY
- September 24<sup>th</sup>: 10am-4:30pm **Village of Elba**, 4 South Main St., Elba, NY
  - Crafts with Karen: 12pm-1:30pm
  - Medicare Specialist available 2:30pm-4:30pm
- September 29<sup>th</sup>: 9am-1pm **Town of Pavilion**, 1 Woodrow Dr., Pavilion, NY
  - 11am Medicare Specialist Presentation
- October 7<sup>th</sup>: 9am-4pm **Village of Bergen**, 11 North Lake Ave., Bergen NY
- October 14<sup>th</sup>: 10am-1:30pm **Town of Bethany**, 10510 Bethany Center Rd., East Bethany NY
  - Office for the Aging Public Hearing will start at 11am
- October 20<sup>th</sup>: 8:30am-4:30pm **Town of Oakfield**, 3219 Drake St., Oakfield NY
- October 26<sup>th</sup>: 9am-3:30pm **Town of Darien**, 10569 Alleghany Rd., Darien Center NY
- November 5<sup>th</sup>: 11am-2pm **400 Towers**, 400 East Main St., Batavia, NY
- November 10<sup>th</sup>: 8:30am-3:30pm **Town of Elba**, 7133 Oak Orchard Rd., Elba NY
- November 18<sup>th</sup>: 11am-4pm **Woodward Library**, 7 Wolcott St., Leroy NY
- December 2<sup>nd</sup>: 12pm-4pm **Town of Alexander**, 3350 Church St., Alexander NY 14005
- December 8<sup>th</sup>: 11am-2pm **Leisuretimers Apartments**, 364 Bloomingdale Rd., Akron, NY
- December 10<sup>th</sup>: 8:30am-3:30pm **Village of Oakfield**, 37 Main St., Oakfield, NY
- December 15<sup>th</sup>: 9am-1pm **Town of Pavilion**, 1 Woodrow Dr., Pavilion, NY

### Word Twist

## In the Classroom

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!



pcabkcak \_\_\_\_\_

elrru \_\_\_\_\_

cnipel \_\_\_\_\_

ksmrear \_\_\_\_\_

paerp \_\_\_\_\_

otonkbeo \_\_\_\_\_

odlerf \_\_\_\_\_

chuln \_\_\_\_\_

ladkcboahr \_\_\_\_\_

csrees \_\_\_\_\_

Answers

Recess

Lunch

Notebook

Paper

Pencil

Ruler

Backpack





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County who are unable to  
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Richmond Memorial Library

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An ask marshall program of the Muriel H. Marshall Fund at Rochester Area Community Foundation

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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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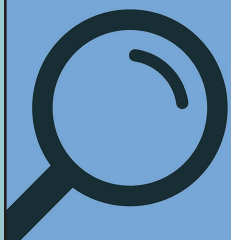
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## 12 AGENCY SPOTLIGHT - NUTRITION

### SUPPORTING OLDER ADULTS THROUGH NUTRITION SERVICES AT THE OFFICE FOR THE AGING

Proper nutrition is essential for maintaining health and independence as we grow older, and the Office for the Aging is proud to offer a variety of nutrition programs. These services rely not only on dedicated staff, but also on the incredible volunteers who play a vital role in delivering meals and assisting at our mealsites each day.

Our Home Delivered Meal Program ensures that older adults who may struggle to prepare their own meals—whether due to an accident, illness, or increasing frailty, and who lack support from others—receive nutritious meals at home. To help keep participants safe during winter storms each individual also receives shelf-stable meals to use on days when deliveries must be canceled due to weather.

For those who are able to enjoy a meal in a community setting, we offer four congregate dining sites across the county, providing a welcoming place for adults age 60 and older to share a meal, socialize, and stay connected. Please see page 3 with the locations and days these meals are offered.

Our programs are guided by Registered Dietitians, who develop all menus and ensure they meet the Dietary Guidelines for Americans. They provide valuable Nutrition Education and Counseling, helping older adults make informed choices to support their health and well-being.

If you are interested in volunteering at a mealsite, deliver meals, or if you are in need of nutrition services, please contact the Office for the Aging at 585-343-1611.

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### PREPARING AN EMERGENCY FOOD SUPPLY

*Jennifer Klein, RD, CDN, WNY Intergrated Care Collaborative*

Living in Western New York, we understand how quickly weather conditions can change. Preparing for emergencies, including power outages caused by high winds, thunderstorms, and severe winter storms, is crucial. Keeping essential supplies on hand can help you stay safe and comfortable during severe weather events. Being prepared ahead of time can also ease stress and provide peace of mind when emergencies arise.

#### **Prepare a Three-Day Food Supply:**

- Water: 3 Gallons of water (per person) to be used for drinking, cooking, and personal hygiene
- Canned Goods: fruits, vegetables, meats (tuna/chicken). These items do not need to be cooked and can be enjoyed right from the can. Note that canned foods must be eaten within 2 hours of opening without refrigeration.
- Dried Foods: Rice, beans, lentils, pasta, oats, cereal, peanut butter
- Staples: Flour, sugar, salt, pepper, coffee, tea
- Shelf-Stable Beverages: Boxed milks and juices
- Non-Perishable Snacks: Granola bars, trail mix, crackers, dried fruits, nuts, jerky

Remember to store your emergency foods off the floor in a cool, dry, dark location such as a pantry or basement. High heat and humidity can lead to food spoilage and reduce shelf life. Inspect your food supply regularly and discard any cans that are rusty, dented, or bulging, as well as any food packages that are leaking or have broken seals. Be sure to check food code dates; keep in mind that the "best-by" date indicates when a product is expected to be at its best quality and flavor. Many foods remain safe to consume for several months beyond that date when stored properly. Replace any items that were used or discarded to ensure your emergency food supply remains stocked and ready when needed.

#### **During a Power Outage:**

- *First*, use perishable foods from the fridge
- *Next*, utilize food items from the freezer.  
Limit number of times you open the freezer.  
Consume foods only if they have ice crystals remaining.
- *Last*, begin utilizing non-perishable foods
- If power remains out for an extended period, perishable foods will need to be discarded if temperatures are above 40 degrees for more than 2 hours.

#### **Disaster Supply Kit:**

- Manual Can Opener
- Candles, Matches/lighters
- Medical supplies/first aid kit
- Flashlights
- Portable Radio
- Extra Batteries
- Personal hygiene items
- Blankets

**To learn more about emergency preparedness and food storage tips,  
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

### HAS ANY OF THE FOLLOWING HAPPENED TO YOU?

- You gave out your Medicare and/or health ID number over the phone or internet to someone offering “free” services such as genetic testing, a “new” Medicare card, or knee/back braces.
- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) charges for medical services or equipment that you did not receive, such as urinary catheters.
- You are contacted by a debt collection company for a provider bill you do not owe.
- You received boxes of braces, testing kits, or other medical supplies in the mail that you did not request.
- Medicare and/or a Medicare Advantage plan denies or limits your coverage or benefits because of a medical condition you do not have.

If any of these situations sound familiar, don't ignore them. They may be signs of Medicare fraud, billing errors, or medical identity theft. The New York Statewide Senior Action Council's Senior Medicare Patrol (SMP) offers free, confidential assistance to help Medicare beneficiaries review suspicious charges, understand their Medicare statements, and report potential fraud or abuse. If you have questions or concerns, contact (SMP) at 1-800-333-4374.

### HEMOCARE & HOSPICE BEREAVEMENT SUPPORT GROUPS: 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](mailto:ablack@homecare-hospice.org)

- Monday, September 14 10:30am–Noon at Richmond Memorial Library, Batavia
- Monday, 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 September 2, 10:30 am–12 pm. For information, call 585-343-7596.

#### Public Hearing and Medicare Open Enrollment

##### Overview of Changes:

Wednesday, October 14<sup>th</sup> at  
11am. Town of Bethany  
Community Center, 10510  
Bethany Center Rd., Bethany.

**SAVE THE DATE!**

### Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 |   |   | 3 | 2 | 8 | 9 |   |   |
|   | 6 | 1 |   |   |   | 8 |   |   |
|   |   |   |   |   | 7 |   |   | 3 |
|   |   | 3 | 7 |   |   |   | 9 |   |
| 9 |   |   |   |   |   | 2 |   | 1 |
|   |   | 8 | 2 | 6 |   |   | 4 |   |
|   |   |   |   | 8 |   | 1 |   |   |
|   |   | 9 |   | 4 |   |   |   |   |
|   |   |   |   |   |   |   |   |   |

### 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:



**Dementia Caregiver Support Group** - a group for individuals caring for a loved one with memory impairment.

**3<sup>rd</sup> Thursday of the month at 1pm.**



Caregiver Program  
Staff:  
Julie and Laurie

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### 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.

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### MEMORY CAFE

A Memory cafe 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.



Our next café will be held at the First Presbyterian Church, 300 East Main Street Batavia

~ Tuesday September 22th at 1pm. Please call with any questions and to register at 585-343-1611

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### BRAIN HEALTH PROGRAM

Supporting Brain Health presented by the Alzheimer's Association - Thursday, September 17th at 10am. County Building 2, 3837 West Main St. Rd., Batavia.

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### 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.

## 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

### MEN'S WALKING CLUB – BATAVIA, NY

Looking for light exercise and friendly connection? MenLiving invites men 18+ to a simple monthly walk-and-talk. Join us the first Saturday of each month at 9:15 a.m. at Centennial Park (corner of Ellicott Ave & Park Ave). We walk for about an hour, and afterward you can grab coffee, chat more, or head out—no pressure.

MenLiving is a nationwide nonprofit creating welcoming spaces for men to connect, support one another, and build community. Every man is welcome. Learn more at [menliving.org](http://menliving.org). No RSVP needed, but details sometimes change, email Jeff at [tressjeff@gmail.com](mailto:tressjeff@gmail.com) to confirm each month or ask questions.



### SIMPLE BUDGETING SAVES MONEY

**Submitted by David Dodge, Financial Management Volunteer Program Coordinator**

As we age, managing day-to-day finances can sometimes become more stressful or overwhelming. Between keeping track of monthly bills, monitoring bank accounts, organizing paperwork, and staying alert to scams and fraud, many older adults find that having a little extra support can make a big difference. Financial organization is not only important for paying bills on time it can also help reduce stress, prevent financial mistakes, and provide greater peace of mind for both older adults and their families.

One helpful step is creating a simple monthly budget that outlines regular income and expenses. Reviewing bank statements and bills each month can also help identify unusual charges, subscription services that are no longer needed, or potential fraud. Setting up a consistent system for organizing important documents, such as insurance information, utility bills, and benefit notices, can make financial tasks much more manageable.

The Financial Management Volunteer Program through Lifespan can assist individuals age 60 and older with 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 or email [askmarshall@geneseeny.gov](mailto:askmarshall@geneseeny.gov)



### 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>

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