

# Genesee County Office for the Aging

2 Bank Street  
Batavia, N.Y. 14020  
Phone: 343-1611

Website:  
[www.co.genesee.ny.us](http://www.co.genesee.ny.us)  
Email: [ofa@co.genesee.ny.us](mailto:ofa@co.genesee.ny.us)



PAMELA WHITMORE  
Director

"INFORMATION FOR  
ADULTS 60 AND  
OVER"

## Gene-Senior

February, 2013

*From the Desk of Pam Whitmore, Director:*

### INCOME TAX PREPARATION ASSISTANCE

The Genesee County Office for the Aging is available to offer free income tax preparation for low to moderate income taxpayers. RSVP Volunteers trained by the IRS and NY State Department of Taxation are available by appointment only for income tax preparation. All returns will be e-filed. This tax assistance program is sponsored by AARP.

#### Income Tax Preparation:

**Genesee County Office for the Aging Senior Center**, (preference given to those age 60 & over), 2 Bank Street, Call 343-1611 for an appointment.

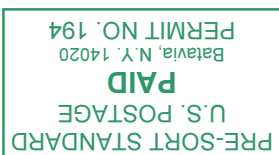
**The Greens of LeRoy**, 1 West Avenue, LeRoy, NY, Call 768-2740 for an appointment.

**Community Action Center**, 5073 Clinton Street Road, Batavia, NY, Call 343-7798 for an appointment.

#### Income Tax Information:

Forms will be available for the clients scheduled for appointments. Forms are also available at local banks, libraries, and post offices. State forms can also be obtained from the NYS Department of Taxation and Finance by calling 1-800-462-8100. Federal Forms can be obtained from the Internal Revenue Service by calling 1-800-829-3676.

Or Current Resident



GENESEE COUNTY OFFICE FOR THE AGING  
Batavia - Genesee Senior Center  
2 Bank St.  
Batavia, New York 14020

This Newsletter is funded through grants from the New York State Office for the Aging, the Older American's Act, and the generous support of the Genesee County Legislature. SUGGESTED CONTRIBUTION - \$4.00

**ITEMS OF SPECIAL INTEREST**

By: Barbara A. Matarazzo, Clerk/Typist  
MEETINGS

Disabled American Veterans - Chapter 15

**No Meeting in February, 2013**

Doehler-Jarvis

Monday, February 11th..... 12:00 p.m.  
To Be Announced

Graham Retirees

Wednesday, February 13th ..... 12:00 p.m.  
To Be Announced

N.A.R.F.E. Meeting

**No Meeting in February, 2013**

**BATAVIA - GENESEE SENIOR CENTER ACTIVITIES**

By: Kim Wurthman, Recreation Program Assistant  
**BLOOD PRESSURE MORNINGS**

Bethany - East Bethany Church

Wednesday, February 6th  
..... 11:15 a.m. - 12:00 p.m.

Gillam Grant Community Center

Blood Pressure Screenings are held two (2) times during  
the month..... Call 494-1621 for dates.  
..... 10:00 a.m. - 12:00 p.m.

**"Gene-Senior" Newsletter is collated by RSVP Volunteers**

**NEWSLETTER SUGGESTED CONTRIBUTION**

By: Pamela Whitmore, Director

**O**ur suggested annual contribution for this "Gene-Senior" newsletter is \$5.00. It is costly to mail the newsletter and your contribution will help to ensure that we will be able to provide the information included in a timely and cost effective manner. This is only a suggested contribution amount. We appreciate any donation that you can make.

Please return the form provided below with your contribution to: Office for the Aging, 2 Bank Street, Batavia, New York 14020.

**Newsletter Contribution**

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone # \_\_\_\_\_

Amount of Contribution \$ \_\_\_\_\_

**Thank You For Your Support!!**

**ADVISORY COUNCILS**

(Meet at the Senior Center)

Office for the Aging

Wednesday, February 6th..... 1:00 p.m.

Genesee Senior Foundation, Inc.

Thursday, February 14th..... 2:00 p.m.

R.S.V.P. Advisory

Monday, February 4th..... 12:30 p.m.

**WEEKLY PROGRAMS**Mondays.

Arthritis Foundation Exercise Class (\$1.50).... 9:30 a.m.

Bridge..... 12:30 p.m.

Pinochle..... 1:00 p.m.

Tuesdays

Cribbage..... 1:00 p.m.

Wednesdays

Quilters..... 9:00 a.m.

Euchre..... 1:00 p.m.

Thursdays

Strong Bones..... 10:00 a.m.

Bridge..... 1:00 p.m.

Cribbage..... 1:00 p.m.

Keyboard Music Lessons..... 2:15 p.m.

Fridays

Line Dancing..... 9:45 a.m.

Art Class..... 10:00 a.m.

Board Games..... 11:00 a.m.

Card Group..... 1:00 p.m.

**OTHER PROGRAM OFFERINGS:**2nd Tuesdays

Adult Diabetes Support Group

VA Medical Center - Ambulatory Care Area

For Information call Michele Gaylord, CDE at 297-1000,  
ext. 72555. This is Open to the Public..... 6:30 p.m.

3rd Tuesdays

Caregivers Support Group

Sponsored by LeRoy Christian Community Project

For Information Call 768-7540

Garden View - 124 East Main Street,

LeRoy, NY..... 7:00 p.m.

3rd Wednesdays

Alzheimer's/Dementia Information & Discussion Group,

Richmond Memorial Library, Gallery Room

19 Ross Street, Batavia

For Information Call the Alzheimers Association of WNY  
at 1-800-272-3900..... 7:00 pm - 8:30 pm

Insurance Counseling

Insurance Counseling Offered on an Appointment Basis  
ONLY..... Call 343-1611

**Cribbage Results  
December, 2012**

1st Place - Fran Harmon

2nd Place - Mary Innes

3rd Place - Joan Staats

4th Place - Ken Dehm

5th Place - Dave Donnelly

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**G**enesee Veterans Support Network (GVSN) is a community based nonprofit to help determine the needs of area veterans, provide programs to meet those needs, and to educate the community on pertinent veteran issues. GVSN acts as a referral agency assisting veterans in making community connections with local agencies for counseling, assistance with education and VA benefits, financial management, job development, mental health and substance abuse issues for themselves or family members.

GVSN provides support to *all* veterans and their family members with programs including:

- Veterans Advocacy
- Veteran focused AA meetings
- Legal Lend-A-Hand Program (2013)
- FREE Counseling for veterans & family members (2013)
- Holiday Helping Hands
- GVSN Volunteer Program
- Community/Professional Education Programs

#### **GENESEE VETERANS SUPPORT NETWORK**

PO Box 541 Batavia NY 14021  
P: 585-302-0825 F: 585-302-0826  
www. GVSN.net

*"Providing a Welcome Home that Lasts a Lifetime"*

#### **Call Ahead to Make Sure the Worker You Need to See is Available!**

PLEASE CALL AHEAD FOR AN APPOINTMENT:  
343-1611

**D**ue to the increased need for the services provided by the Office for the Aging, we ask that you call ahead before coming to the office for specific information and/or personal assistance related to health insurance, HEAP, power of attorney, health care proxy, transportation, in-home care, caregiver counseling, handyman, home repairs and other more detailed services. Some services such as Health Insurance Counseling and Legal Service are done by appointment only, and it will save you a trip to call in advance.

**Calling ahead will insure that the worker you need to see is available to provide the assistance you need.**

*Thank you for your anticipated cooperation.*

#### **WANTED!! Your Memories, Your Photos**

Submitted by: Pam Whitmore, Director  
Dorian Ely, RSVP Coordinator

**A**s we approach the 15th anniversary of the inception of the Muriel H. Marshall Fund for the Aging in Genesee County, we are planning activities to tell the Marshall Fund Story to the community, the state, and hopefully the nation, through activities of The Community Foundation in Rochester (the organization responsible for administration of the funds) and the Marshall Fund Planning Team.

We would greatly appreciate if you would share your memories and photos of Roxanne or Muriel Marshall.

#### **MEMORIES**

If you have a little story you'd like to share about Roxanne or Muriel, please send it to us at:

Genesee County Office for the Aging  
Attn: Dorian Ely  
2 Bank Street  
Batavia NY 14020  
or via e-mail at [ofa@co.genesee.ny.us](mailto:ofa@co.genesee.ny.us)

#### **PHOTOS**

If you have photos of Roxanne or Muriel tucked away in shoe boxes under your bed, in your closet, or neatly cataloged in a photo album, please let us know. We'll make copies of them.

If you find some photos, contact Dorian Ely or Ruth Spink at 343-1611 to arrange for copies to be made from your originals.

We look forward to hearing from you and hope you enjoy traveling back into your own history to pull up these memories!

#### **SUICIDE IS NEVER THE ANSWER.**



#### **THERE IS ALWAYS HOPE!**

This card was created with funding provided by the NYS Office of Mental Health for the:

#### **SUICIDE PREVENTION COALITION OF GENESEE COUNTY**

whose mission is dedicated to providing suicide awareness, training, prevention, and postvention strategies for individuals, families, schools, and organizations in Genesee County.

## In-Home Bill Paying & Budgeting Assistance for Older Adults

Submitted by: Karen Hall, Genesee County Coordinator

### Lifespan's Financial Management Assistance Program

Lifespan of Greater Rochester Inc. provides in-home bill paying and budgeting assistance for Genesee County residents 60 and older. Trained, bonded staff and volunteers help with the three "B's" - planning a budget, bill paying tasks, balancing a checking account, completing insurance forms and applying for benefits. This program is for individuals who are overwhelmed with financial difficulties, who do not have experience with finances, who have health problems, or for caregivers who need assistance handling a family member's finances. There is no fee for this service.

Lifespan is a non-profit agency providing information, guidance and services that help older adults take on the challenges and opportunities of longer life. The organization has provided the Financial Management program of Monroe County for more than 20 years. Lifespan is leasing office space at Genesee County Office for the Aging (OFA). Lifespan along with community members, and other agencies have identified a strong need for financial management services for older adults in Genesee County. Financial management is a critical element in helping older adults age in place of their choice, maintaining their independence in the community.

To learn more about the Financial Management program, please call Karen Hall at (585) 259-2781. Volunteers (RSVP or otherwise) are welcome to participate in this new program. This service is made possible by the Rochester Area Community Foundation's Muriel H. Marshall Fund for the Aging in Genesee County.

#### OFA Disclaimer

The Genesee County Office for the Aging denies no person access to service or employment based upon age, race, national origin, sexual orientation, and/or handicapped condition. Funding for the programs of the Genesee County Office for the Aging is provided by the County of Genesee, the New York State Office for the Aging, the United States Administration on Aging, private foundations, and local contributions.

Your questions and comments regarding Office for the Aging services are welcome. Please visit us at 2 Bank Street, Batavia, New York 14020. Visit our website at [www.co.genesee.ny.us](http://www.co.genesee.ny.us), e-mail us at [ofa@co.genesee.ny.us](mailto:ofa@co.genesee.ny.us), or call us at (585) 343-1611.

## AGING IN PLACE

Submitted by: Dorian Ely, Specialist, Aging Services

For information on programs and services available at no cost or low cost for Genesee County residents who are 60 years of age and older, listen to WBTA AM 1490 radio on the third Wednesday of the month, February through October, at 9:10 a.m.

Get important information on:

- \* Financial Management
- \* Handyman Services
- \* Home Visitation
- \* Library Services (SAGE)
- \* Recreation
- \* Transportation
  - Transportation Coordination
  - Assisted Transportation
  - Social Transportation

For information contact the Genesee County Office for the Aging at 585-343-1611. These programs and services are made possible by Rochester Area Community Foundation's Muriel H. Marshall Fund for the Aging in Genesee County.

### "Everybody can be great, because everybody can serve." - Dr. Martin Luther King, Jr.

Submitted by: Dorian Ely, Specialist, Aging Services

Initiated by Congress in 1994, King Day of Service transforms the federal holiday into a national day of community service grounded in the nonviolence and social justice teaching of Dr. Martin Luther King, Jr. On January 21<sup>st</sup>, thousands of Americans remembered Dr. King by serving in their communities and making the holiday "a day on," not "a day off."

Locally, RSVP and AmeriCorps, two national service programs, joined forces to host a service project. Volunteers of all ages worked together to make fleece blankets for the Batavia VA PTSD Treatment Program and cards for the Batavia VA, and collect food for local food pantries.

Thank you to the many individuals, businesses and organizations in the community who have provided and continue to provide service on Martin Luther King Day, Mondays, Tuesdays, Make a Difference Day, Wednesdays, National RSVP Day, Thursdays, 9/11 Day of Service and Remembrance, Fridays, National Volunteer Week, Saturdays, Earth Day, Sundays, or whatever time and day works for you!

There are many ways to serve, please contact RSVP at 343-1611 for information.

## Going to the Movies Lifelong Learning Corner

Submitted by: **Betsy Dexheimer, Livable  
Communities Vision Team Member**  
A series of articles about exciting learning  
opportunities

**D**o you have memories, when growing up, of going out to the local movie theater? Entering the darkened theater? Seeing the large screen? Looking around for your friends? Perhaps you went with a grandparent or older sibling.

I used to go to the movies on Saturday afternoon, sit in the children's section (the front row!) and see a double feature for fourteen cents. The movie experience transported us to foreign places. The story was acted by handsome cowboys, glamorous singers, clever detectives, and brave dogs all having amazing adventures. Sometimes we stayed and saw the movies twice.

Monthly, our Richmond Memorial Library in Batavia turns down the lights and is transformed into a movie theater presenting "Reel Discussions". Rita McCormack, the Reference Media Services Librarian, is in charge. She shares her love of movies by previewing and selecting movies for our enjoyment. A lively discussion, led by a chosen leader, follows each movie. Viewers are encouraged to share their feelings concerning the movie experience. Various views of the movie are discussed: perhaps the use of lighting – the director's interpretation of the script – unusual acting – etc.

"Reel Discussions" have been part of the Richmond Memorial Library since 2007. Rita selects a variety hoping to appeal to all audiences. Some of the movies seen and discussed this year were: Hugo, Moneyball, To Kill a Mockingbird, Midnight in Paris, and American Graffiti. Lincoln will be featured this spring ... A Golden Globe winner.

The Price: **Free.** Snacks are served  
The Time: 6:00 pm  
The Dates: Third Thursday of each month

Call 343-9550 to find out about the next show

See you at the movies!

For more information about these learning opportunities, go to Office for the Aging website at [www.co.genesee.ny.us](http://www.co.genesee.ny.us) and look for the "Document Library" link and click on the "Lifelong Learning Resource Directory" under the "Livable Communities" section or stop by the Office for the Aging and ask for a copy.

## GENESEE VETERANS SUPPORT NETWORK

FOURTH QUARTER NEWSLETTER  
2013

### New in 2013!

**G**VSN will be hosting a Family Support Group for veterans and their loved ones. This group will meet monthly and there is no fee for this program. The group will be facilitated by a veteran who has an MSW.

Meeting will be held at 25 Liberty Street in the MHA Building from **7pm to 8:30pm** on the following dates:

**Wednesday, January 16, 2013 &  
Wednesday, February 13, 2013**

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Meeting will be held at 25 Liberty Street in the MHA Building from **7pm to 8:30pm** on the following dates:

**Wednesday, January 16, 2013  
Wednesday, February 13, 2013**

### **GVSN & Bob Evans Community Support Night January 22, 2013 5-8pm**

Mention to your server that you're dining to support GVSN and we will receive a portion of proceeds for that evening.

*Hope to see you there!*

**GENESEE VETERANS SUPPORT NETWORK**  
PO BOX 541, Batavia NY 14021  
Phone 585-302-0825 Fax 585-302-0826  
[www.GVSN.NET](http://www.GVSN.NET)

*"Providing a Welcome Home that Lasts a  
Lifetime"*

## Food Safety – Food Product Dating

Submitted by: **Ellen Foster, Registered Dietitian**

**E**ver wonder about the “use by”, “best if used by”, or “sell by” means on a package of food? What about the date found on a package of meat? Is that the date it was packaged? Or is it the date to take it off the shelf?

First, product dating is not generally required by Federal regulations except for infant formula. And there is **no uniform or universally accepted system** used for food dating in the United States. Although **dating of some foods is required by more than 20 states, there are areas of the country where much of the food supply has some type of open date and other areas where almost no food is dated.**

Now let's look at what is called **Open Dating**. That is the use of a calendar date on a food product to help the store decide how long to display the product for sale. It's most often done on meat and poultry packaging but is also seen on milk and some other dairy products. So it is the date the store should take it off the shelf. This is called a **sell by** date.

However, it is not a safety date! in the sense that it is still good to prepare at home. The store assumes you will not eat the meat or drink all the milk the day you purchase it, so they take it off the shelf three or four days earlier. Even though it may not be the highest quality, if you keep it in your refrigerator a few days before you eat or drink it, it will still be good.

A **Best If Used By** or **Best If Used Before** date is the date after which the food will lose some of its quality. In other words, the food quality will be “best if used by” the date on the package. It is not a purchase by date nor a safety date, and most foods can be eaten several months after the “best if used by” date as long as they have been stored correctly in the meantime.

If you've stored your food properly, the “best if used by” date can also be a guarantee that food should remain at peak quality. If you open up a package of crackers with a best if used by date that has not yet passed and they are stale, there's no reason why you can't return them to the grocery store. From time to time, poor packaging or incorrect dating yields food that goes bad before the date on the label. Since food manufacturers must stand by these dates, returning food that is not in best condition prior to the date is both acceptable and reasonable.

On the other hand, a **Use By** date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product. There is a significant

difference between this date and the “best if used by” date. **Use by** is not a freshness indicator but a recommendation regarding food safety. Any foods that have a specific use by date should be discarded after the date. If you freeze these foods before the use by date, their life can be extended. Don't freeze them the day of or after the date since they may have spoiled.

### Dates on Cans

Canned products must have a packing code so they can be tracked during interstate commerce. This allows manufacturers to rotate stock and also to know where specific product is in case of a recall.

These packing codes are usually a series of letters and/or numbers which tell the manufacturer the date or time the product was packed or the packing plant used. There is no way for a consumer to interpret these. They are not “use by” or “sell by” dates.

How long can you keep a canned food? In general, high-acid canned foods such as tomatoes, grapefruit, and pineapple will retain best quality on the shelf for 12 to 18 months. Low-acid canned foods such as meat (Spam), poultry, (canned chicken), fish (tuna, salmon) and most vegetables will retain best quality on the shelf for 2 to 5 years – **IF** the can remains in good condition and has been stored in a cool, clean, dry place.



## HELP WANTED

If you are 55 or over, have very low income and need to work, you may be eligible for training and job assistance with Experience Works. The Senior Service Employment Program is funded by the Older Americans Act and operated in this area by Experience Works.

**For more information  
Call 1-800-854-1578 or 716-282-0264**

**Visit our web site at:  
[www.experienceworks.org](http://www.experienceworks.org)  
OE/AA**

## UPCOMING EVENTS

**Luncheon activities take place at our 2 Bank Street location. Please call us at 343-1611 to RSVP for lunch 2 days prior. To secure a seat on one of our trips, you will need to prepay for the desired trip in person.**

### February, 2013

#### Monday, February 11th - Mardi Gras Celebration

Our Annual Mardi Gras Celebration is scheduled to take place during our noontime luncheon. Entertainment will be part of the celebration.

#### Friday, February 15th - Bingo

Bingo! It's a great way to win a prize. Join us for our noontime luncheon and take an opportunity to win a prize or two!

#### Wednesday, February 20th - February Birthdays

As part of our noontime luncheon, we will be celebrating the birthdays of our friends born in the month of February.

#### Wednesday, February 27th - Extra Bingo

Bingo is scheduled to take place following our noontime luncheon. Come on over and join in the game.

### Upcoming Trips

More information on the following trips will be made available in future issues of the Gene-Senior Newsletter

#### Thursday, April 4th - Wicked

A **Small Motorcoach** is scheduled to leave the Senior Center at 11:30 a.m. and return approximately 5:30 p.m. Your first stop will be the production of "Wicked" at 1:00 p.m. Following the show, you will head to Agatina's Restaurant for a delicious family style consisting of Chicken French/Eggplant Parmigiano. Cost of this trip is \$90.00 to be paid at time of sign up. Deadline for trip is March 15th.

***Walking Level: L***

#### Thursday, May 16th - Jersey Boys

A **Small Motorcoach** has been reserved for a trip to the Auditorium Theatre located in Rochester, NY, and the musical production of "Jersey Boys". Full details, including cost, on this trip will be in the next issue of the Gene-Senior Newsletter.

### Day Trip Bus Types

**Submitted by: Kim Wurthman, Recreation Assistant**

**W**e use several types of buses for our Day Trips, depending on the size of the group, the distance of the trip, time of year, and the destination.

A regular "**School Bus**" is generally used for short distance trips (up to one hour from the Senior Center). These hold from 40-43 passengers. There are no restrooms or air conditioning.

A "**Modified Coach**" is also a school bus, but with more comfortable seats and a bit more leg room. It has air conditioning, but no restrooms. This bus is also used for shorter distance trips, especially in weather when air conditioning is required. This bus holds 47 people.

Our "**Mini Coach**" from Niagara Scenic is a smaller version of a Motorcoach. It has a restroom and air conditioning. We use this for longer trips or small groups in summer weather. This bus holds 29 people.

A "**Small Coach**" is similar to our mini coach, but without a restroom. This holds 32 people.

A "**Coach**" is used with larger groups or at the choice of the tour company. It holds 48-55 people and is air conditioned with a restroom.

### Social Transportation Program

**Submitted by: Kim Wurthman, Recreation Assistant**

This program is made possible by a grant with funds from the Rochester Area Community Foundation's Muriel H. Marshall Fund for the Aging in Genesee County.

Groups in size from 4 to 43 people can receive free transportation by school bus to concerts, museums, plays, restaurants, gardens, etc. within a 120 mile distance, one way. Trips can be up to 10 hours in duration. The group leader is responsible for any tickets, reservations, etc. that may be required. Groups choosing to contract with a motor coach can receive a pro-rated amount towards their transportation cost. Reservations for a bus need to be made three weeks in advance.

This is a wonderful way to enjoy a day out, without worrying about parking, tolls, or even driving; just sit back and enjoy the view!

Shuttle service is also available for groups of seniors to attend congregate meal sites and/or senior group meetings. This service will be allowed two (2) times per grant year for seniors from senior housing complexes, adult care facilities, and from homes for seniors who can no longer drive to the mealsite/group meetings. There must be at least 4 or more seniors using the service in order for the trip to be authorized. OFA/GSF does not assume any coordination of the trip, except for arranging transportation.

For more information, please call Kim Wurthman, Recreation Program Assistant, at 343-1611, ext. 5942

# GENESEE CAREGIVER

## Alzheimer's and Related Dementias- Quick Tip for Caregivers:

### How Should I Handle My Dad When He Curses in Public?

Submitted by: Ruth Spink, Services Administrator

#### Caregiver Question:

"Dad is cursing like crazy and making off-color remarks, too. Should I correct him, apologize for him when we're out in public, or just not worry about it? -- Mom2Girls"

#### What do *you* think?

#### Suggestion from Another Caregiver:

"Dear Mom2girls, I attended a seminar and they gave us business cards that said: 'My companion has Alzheimer's Disease. This is a brain disorder that makes communication difficult. Your patience and understanding is greatly appreciated. Thank You.'

You may want to make some business size cards and have them with you and discreetly use them as needed. God Bless you and your loved one"

Retrieved August 2, 2012 from:  
[http://www.caring.com/polls/caregiver-poll-how-should-i-handle-my-dad-when-he-curses-in-public/results?poll\\_option\\_id=929](http://www.caring.com/polls/caregiver-poll-how-should-i-handle-my-dad-when-he-curses-in-public/results?poll_option_id=929)

## Being 'Observed'

### An excerpt from AARP.org/bulletin October 2012 Issue

"You may think you're an inpatient, but you're not. Hospitals call it being under observation. It's a real problem. Here's how to prevent it.

#### It can cost you plenty "Your money"

"Over the past several years, hospitals throughout the country have increasingly classified Medicare beneficiaries as observation patients instead of admitting them, according to researchers at Brown University, who analyzed Medicare claims. Their results showed that in just three years, 2007 through 2009, the ratio of Medicare observation patients to those admitted as inpatients rose by 34 percent."

"Under Medicare rules, the program picks up the whole tab for the first 20 days of skilled nursing care in a rehab facility, but only if the patient has spent at least three full days in the hospital as an admitted patient. If, however, the patient has been under observation—for all or part of that time—she is responsible for the entire cost of rehab."

#### "Until the issue is resolved, here's what consumer advocates say you can do to help avoid the observation trap:

Ask about your status each day you are in the hospital. It can change from inpatient to observation, or vice versa, at any time.

If you're in observation, ask the hospital doctor to reconsider your case or refer it to the hospital committee that decides status.

Ask your own doctor if observation status is justified. If not, ask him or her to call the hospital to discuss why you should be admitted as an inpatient. Make sure your doctor understands how observation could affect you financially.

If, after discharge, you need rehab but learn that Medicare won't cover your rehab stay, ask your doctor whether you qualify for similar care at home through Medicare's home health care benefit.

If you go to a rehab facility and have to pay for it yourself, you can formally appeal Medicare's decision, following instructions given in your quarterly Medicare Summary Notice. Explain that you want to appeal on the basis that you should have been classified as an inpatient during your hospital stay. If this is denied, you can go to a higher level of appeal, following instructions on the denial letter."

Retrieved November 21, 2012 from:  
[http://pubs.aarp.org/aarpbulletin/201210\\_DC?folio=22#article\\_id=212250](http://pubs.aarp.org/aarpbulletin/201210_DC?folio=22#article_id=212250)

### NY CONNECTS GENESEE CARE OPTIONS in Genesee County



**NY Connects Genesee Care Options is here to help you. Whether you are a senior, disabled person, 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.**

Information is available in printed form  
585-343-1611

or

Reach us on the web at:

[www.co.genesee.ny.us](http://www.co.genesee.ny.us)

From the main menu select:

NY Connects Genesee Care Options

The work of the NY Connects Genesee Care Options is funded through grants from the New York State Office for the Aging, the Older Americans Act, New York State Department of Health, the generous support of the Genesee County Legislature, and private foundations. This information is also supported, in part, by a grant from the Community Health Foundation of Western and Central New York. The Community Health Foundation is a non-profit private foundation. Their mission is to better the health and health care of the people of Western and Central New York. For more information on this foundation contact [www.chfwcn.org](http://www.chfwcn.org).



**“Step Up to Stop Falls in Genesee County”  
Winter Fall Prevention Tips  
Submitted by: Jim Moody, Director  
Independent Living of Genesee Region**

**T**he snow looks pretty but for many older adults, winter can be difficult due to the increased chances of falling on snow or ice. However, there are things you can do to help prevent falls. Here are some items to consider:

**Check the traction on your footwear.** Take a look at your shoes and boots. It may be time for a new pair. Shoes with better traction will grip the ground better.

**Check the sidewalk railings.** If you have stairs with railings leading up to your door, check to make sure they're sturdy.

**Keep salt and your shovel in the house.** Be ready to use these items, so you don't have to walk in the snow or on an icy sidewalk.

**Ask for help.** As an example, if you are walking out of a restaurant and the parking lot has turned icy while you were eating, find a steady arm to guide you. This could be a friend or an employee of the restaurant.

**Have a plan.** Think about where you are going and ask yourself, "If I fell here, what would I do?"

**Slow down.** Don't push the limits of what your balance can handle. Allow for extra time for yourself.

**Strengthen your legs.** One of the best things you can do is strengthen your legs is to use them more. Exercise regularly.

These tips, when used together, can greatly reduce your chances of falling, so you can enjoy the winter!

***The Loan Closet Has Moved!***

The Genesee County Office for the Aging has moved the Medical Equipment Loan Closet to:

Independent Living of Genesee Region (ILGR)  
113 Main Street, Suite #5  
Batavia, NY 14020

Items for loan include walkers, wheelchairs, commodes, bath seats, canes, crutches, and other types of medical equipment.

For more information, please contact ILGR at 585-815-8501, Ext. 400, for more information.

To contact the Genesee County Office for the Aging call 585-343-1611.

Please direct all inquiries about dropping off/picking up or donating equipment to ILGR.

**Offering Condolences:**

**10 Helpful Things to Say to a Grieving Person**

Submitted by: [Paula Spencer Scott](#), Caring.com senior editor

**W**hen offering condolences, there are plenty of things not to say to a grieving person; finding the right words can be harder. The following suggestions offer kindness and compassion. And sometimes you don't have to say anything at all; when it comes to condolences, a hug is often worth a thousand words.

1. **"I'm so sorry for your loss."** It's short, sweet, heartfelt, and always welcomed.
2. **"Please know that I'm here for you."** It never hurts to remind someone in pain of your friendship, no matter how close you are.
3. **"You're in my thoughts and prayers."** Even people who aren't religious are unlikely to be offended if they know you're sincere (or leave off the "prayers" if you think they might be).
4. **"Remember you can call me at any hour."** Alternately, be specific: "You know I'm always up till midnight." Or, "It's never too early in the morning to call."
5. **"She was such a wonderful person."** Don't worry that you'll make the bereaved person think about the loved one by bringing up positive reminiscences; you can rest assured he or she is always in mind already.
6. **"I don't know what to say."** Admitting you're tongue-tied about offering condolences is better than falling back on a platitude.
7. **"I can't imagine what you're going through."** Candor when you give condolence beats comparing the death with your own stories of loss.
8. **"Would you like to talk about it? I'm listening."** Provide a gentle opening for the person to share turbulent emotions, if desired.
9. **"How are you feeling -- really?"** A more pointed invitation to unload may be welcomed by some; just don't press.
10. **"I've brought you a meal to eat or freeze; it's in disposable containers so you don't have to return anything."** Better than asking, "How can I help?" is to step in with concrete help: bringing a meal, a quart of milk, a carton of eggs picked up when you do your own grocery shopping; or showing up to mow the lawn. Offering condolences is an act of kindness; actionable acts of kindness give both condolence and practical support.

Retrieved August 21, 2012 from:  
<http://www.caring.com/articles/condolences>

## Aging in Place Often Means Help is Needed

Submitted by: Dorian Ely, Specialist, Aging Services

**A** recent AARP study showed that upwards of 90% of all seniors in America want to remain in their own homes and communities as they age—to age in place.

Many factors play into a person's ability and willingness to hire/accept outside help. Challenges to aging in place include many normal age-related changes such as: hearing impairments, osteoporosis, balance issues, decreased mobility and dexterity, decreased strength and stamina, visual decline, mental process changes as well as the likelihood of diseases such as arthritis, heart disease, diabetes and hypertension.

You can be part of the solution by volunteering to serve in the Healthy Futures Focus Area.

### *Our Focus Areas Beginning April 1*

#### **HEALTHY FUTURES**

Allowable activities include home delivered meals, medical transportation, home visitation, SAGE library materials for the homebound, falls prevention education and assessment, food pantry support, and the new financial management program.

#### **ECONOMIC OPPORTUNITY**

The income tax assistance program for economically disadvantaged individuals falls under this category.

#### **VETERANS & MILITARY FAMILIES**

Activities which serve veterans and their families, especially volunteer service provided at the VA of Western NY Healthcare System and the NYS Veterans Home in Batavia.

#### **ENVIRONMENTAL STEWARDSHIP**

Activities in support of land restoration at the county parks.

#### **DISASTER SERVICES**

Includes emergency preparedness activities such as distribution of information, training, and assisting with disaster drills.

#### **CAPACITY BUILDING**

Currently this covers volunteers serving at blood drives.

### **5 SIMPLE WAYS TO THANK A VETERAN**

~ Bryan Black, ITS.com

Submitted by: Dorian Ely, Specialist, Aging Services

1. Say Thank You – Just the simple act of saying “Thank you for your service” goes a long way with veterans. Throw in a handshake too, you're bound to see a smile on their face, which will make it all worth it.

2. Volunteer – Do something for the veterans in your community. Seriously, what's an hour of your time for the sacrifices they've made?
3. Donate – Make a small donation today to any of the fantastic organizations out there that help veterans each and every day.
4. Pay for Lunch – One of my fondest memories while serving was actually when a complete stranger came up to a group of three of my buddies and I and paid for our lunch. We were in our Dress Blues eating at a Friday's in the airport on our way out to San Diego. He simply walked up, said “We appreciate what you guys are doing (pointing to the table of three other men appearing to be traveling on business), this one's on us.” Offer to pay for a veteran's meal today.
5. Never Forget – One of the biggest things you can do, and I think all my veteran brothers will agree with me here, is to make the most out of the opportunity you've been given. Our freedoms have been paved with the sacrifices of our soldiers and they did so for all of us to enjoy this great country; let's not forget that or take it for granted.

#### **Keyboard Lessons**

**K**eyboards Lessons are available at the Senior Center ...  
Join the fun and be part of the class ...  
No Keyboard Experience Necessary ...  
Lessons are held on Thursday afternoons beginning at 2:15 pm ...  
No registration is required ...  
Come on in and join in on the fun ....  
See you soon!

#### **Mission Statement:**

#### **Genesee County Office for the Aging**

It is the goal of the Genesee County Office for the Aging to enhance, support, and maximize the capabilities of Genesee County residents 60 years of age and older and their caregivers. We aim to improve their quality of life by promoting their independence and self-sufficiency.

#### **Website Address for the Genesee County Office for the Aging**

[www.co.genesee.ny.us](http://www.co.genesee.ny.us)

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