

Genesee County Office for the Aging

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

Website:
www.co.genesee.ny.us
Email: ofa@co.genesee.ny.us



PAMELA WHITMORE
Director

"INFORMATION FOR
ADULTS 60 AND
OVER"

Gene-Senior

December 2012

Helping Future Health Care

Submitted by: Jill Yasses, Specialist, Aging Services

The Genesee County Long Term Care Task Force and Genesee Community College are working together for future health care through the Geriatric Clinical Rotation. This program is an integral part of the N210 Lifespan course for second year GCC nursing students. The goal of this program is to prepare an elder-friendly aging-sensitive nursing workforce.

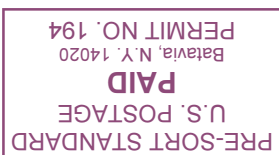
We currently have several Genesee County Seniors assisting our program. Many of these seniors indicated they enjoy the individual attention of the GCC Nursing Students. We are very thankful for all of their support and we are looking for additional seniors to participate. There is no cost to the seniors to take part in this program. Are you interested in learning more and possibly participating in the GCC Geriatric Clinical Rotation? If so, please call Jill Yasses at the Genesee County Office for the Aging at 343-1611 or complete the below coupon and mail it to: Genesee County Office for the Aging, Attn. Jill Yasses, 2 Bank Street, Batavia, NY 14020

Yes, I am interested in learning more and possibly participating in the GCC Geriatric Clinical Rotation. Please complete this information and mail to: Genesee County OFA, Attn. Jill Yasses, 2 Bank St., Batavia, NY 14020

Name: _____

Phone Number: _____

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

Tuesday, December 4th 11:30 a.m.
VAMC - Building #2, Room 102

Doehler-Jarvis

Monday, December 10th 12:00 p.m.
To Be Announced

Graham Retirees

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

N.A.R.F.E. Meeting

Tuesday, December 18th 12:00 p.m. (Lunch)
Bohn's 1:00 p.m. (Meeting)
For more information, call 343-2479 or 591-1044

BATAVIA - GENESEE SENIOR CENTER ACTIVITIES

By: Kim Wurthman, Recreation Program Assistant
BLOOD PRESSURE MORNINGS

Bethany - East Bethany Church

Wednesday, December 5th
..... 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.

Cribbage Results
October, 2012

1st Place - David Guile
2nd Place - David Donnelly
3rd Place - Ken Dehm
4th Place - Jane Laesser
5th Place - Fran Harmon

Keyboard Lessons

Keyboards 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!

ADVISORY COUNCILS

(Meet at the Senior Center)

Office for the Aging

Wednesday, December 5th 1:00 p.m.

Genesee Senior Foundation, Inc.

Thursday, December 13th 2:00 p.m.

R.S.V.P. Advisory

Monday, December 3rd 12:30 p.m.

WEEKLY PROGRAMSMondays.

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

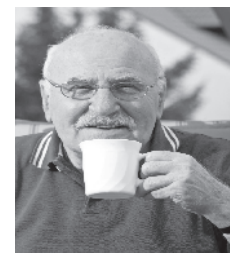
Caregivers Support Group
Sponsored by LeRoy Christian Community Project
For Information Call 768-7540
Garden View - 124 East Main Street,
LeRoy, NY 7:00 p.m.

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

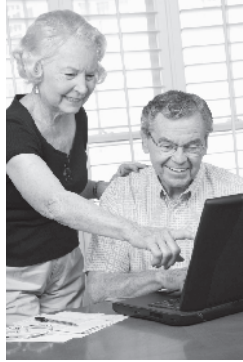
Insurance Counseling Offered on an Appointment Basis
ONLY Call 343-1611



Lifelong Learning Corner
Submitted by: Betsy Dexheimer, Livable
Communities Vision Team Member
A Series of Articles About Exciting Learning
Opportunities
Your computer and you

Whoever said,
 "You can't teach old dogs new tricks"?
 Or
 "You can't pour new wine into old bottles"?

Probably some young fellow said those things who did not know Genesee County Seniors! Isn't it amazing how many of us have learned to be comfortable using computers in such a short time? (Thanks to the library, YWCA, and other learning centers in our county who patiently instructed us in the fundamentals...Actually we already knew that keyboard from our days on the typewriter. Remember: Remington, Underwood, Smith-Corona, and Royal?)



On our computers we are now able to send and receive emails; find our classmates and children on Face Book; shop for gifts and clothes; pay bills; write reports; find a date and future marriage partner. Incredible? Yes!

Have you also heard about attending college lectures for FREE at home on your computer? Last night I typed in Google. Then I typed in "Harvard free lectures", and attended an interesting lecture on World War II. Also from Harvard for free are lectures on "The Hero in Ancient Greek Civilization", "On Line Shakespeare", and more.

Notre Dame College is part of "OpenCourseWare" a web-based publication of **course** content. You can find TOP 10 UNIVERSITIES with free courses on line. For example there is UC Berkeley, MIT, Carnegie Mellon, Tufts University, as well as Notre Dame.

Amazing! May not be as exciting as finding a date....but the education is FREE.

For more information about these learning opportunities, go to Office for the Aging website at 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.

To offer potential additions to the directory, contact Ruth Spink at 585-343-1611.



Genesee 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](http://www.GVSN.net)

"Providing a Welcome Home that Lasts a Lifetime"

NEWSLETTER SUGGESTED CONTRIBUTION

By: Pamela Whitmore, Director

Our suggested annual contribution for this "Gene-Senior" newsletter is \$4.00. 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 \$ _____

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.

December, 2012

Monday, December 10th - Bingo

What a way to spend time following our noontime luncheon but with a game or two of "BINGO". Join in on the fun and the chance to win a prize.

Wednesday, December 19th - December Birthdays

Along with the Christmas Holiday, we also need to celebrate the birthdays of our friends born in the month of December. Join us for lunch and celebrate the December birthdays.

Friday, December 28th - New Year's Party Celebration

Plans are being made for our Annual New Year's Party Celebration. Join us for lunch and entertainment as we "Ring" in the New Year.

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** has been reserved for a trip to Shea's Theatre located in Buffalo, NY, and the musical production of "Wicked". Full details, including cost, on this trip will be in the next issue of the Gene-Senior Newsletter.

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 "Wicked". Full details, including cost, on this trip will be in the next issue of the Gene-Senior Newsletter.

Handyman Article

Submitted by: Courtney Ihuri, Specialist, Aging Services

Do you have an older home with electrical outlets that have seen better days? The Handyman Program can replace old sockets with new outlets, increasing your safety and keeping your house in good repair. **Call today for more information about the Handyman Program at (585) 343-1611.** Most Genesee County residents 60 and older are eligible for the program at NO COST thanks to the generosity of the Muriel H. Marshall Fund for the Aging in Genesee County, the NYS Office for the Aging, and the Genesee County Legislature.



10 Tips for Winter Driving

Submitted by: Courtney Ihuri, Specialist, Aging Services

- 1) Know your route and keep abreast of weather conditions.
- 2) Drink plenty of water to reduce fatigue and keep alert.
- 3) Eat enough food. Keep high energy food and water in your car.
- 4) Pack a winter travel safety kit. Go to Genesee County's emergency preparedness website for tips at : www.ReadyGenesee.com
- 5) Slow Down, but don't go too slow. Your car needs momentum to keep moving through snow on different grades.
- 6) Keep hands with a light touch on the controls. Being nervous can lead to a tight grip on the wheel & can result in loss of control.
- 7) Know how to recover from skids. If you need a refresher, take a defensive driving course or [contact AAA of Western NY at \(716\) 630-3243](http://www.AAA.com) for driving evaluations and education geared to meet the needs of older drivers. The goal of these programs is to keep seniors mobile and driving longer.
- 8) Keep your tires in good condition and properly inflated. Cold weather reduces tire pressure, so check and adjust frequently.
- 9) Make rest stops every hour or so on longer trips. Rejuvenate!
- 10) If you get stuck, stay in your vehicle. Carry a cell phone and make sure it is charged before leaving. Make sure your tailpipe is free of obstructions, as CO can build up in your vehicle, if not.

Winter driving isn't a fan favorite of many Western New Yorkers. **If you'd rather leave the driving up to someone else, call our Transportation Coordination Program at 343-1611.** We help seniors and their caregivers understand transportation options available for travel within the county and for medical transportation outside of the county. The program can help seniors find transportation services to meet their needs for medical and dental appointments; pharmacy, grocery store and other personal shopping, banking, errands and social events.

The Transportation Coordination Program is funded by the Muriel H. Marshall Fund for the Aging in Genesee County with additional support from the NYS OFA, the Federal OAA and the Genesee County Legislature.

The Handyman Can Help Get Your Home Ready for the Holidays!

Submitted by: **Courtney Iburi, Specialist, Aging Services**

Did you know that the Handyman Program helps with small projects like hanging pictures or shelves? Have you been meaning to replace the blind in your bathroom, but keep putting it off? Not only does the Handyman help with small home repairs, the Handyman Program can help reduce your risk of falls in the home through various, quick and easy measures, that you won't regret! He can increase visibility with replacement light fixtures, secure throw rugs or put in bath tub grip strips, in addition to installing grab bars and handrails in your bathroom or other entryways. Do all of your stairways have a handrail? If not, call our office at 343-1611 to have the Handyman help get your house safe and ready for the upcoming holiday season. This service is available at NO COST to most Genesee County residents 60 and older through the generosity of the Muriel H. Marshall Fund for the Aging in Genesee County, the NYS Office for the Aging, the Federal Older Americans Act and the generous support of the Genesee County Legislature.



News From the Dietitian

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

As the winter holidays approach we begin to think of tables loaded with wonderful homemade foods. Some are traditional, having passed from generation to generation. Others have become tradition, being introduced by new family members through marriage.

Whatever the tradition, cranberries generally play a part in a holiday meal. Whether it is homemade cranberry sauce or sauce from a can, homemade cranberry relish or store bought, cranberries are a colorful and nutritional addition to the table.

One cup of raw whole cranberries contains 15% of the Vitamin C needed for the entire day. It also has 12% of the daily allowance of Vitamin A, 4.6 grams of dietary fiber, and small amounts of calcium and potassium. Canned cranberry sauce contains sugar so two tablespoons contain 43 calories and 11 grams of sugar, most of which is added sugar. Cranberry orange relish purchased in a store, has 61 calories in two tablespoons, in part because of added sugar and the natural sugar found in oranges. It also contains more Vitamin C than cranberry sauce.

Cranberries that are sold dried have the most sugar as they are generally "sweetened". The drying process concentrates the small amount of sugar found naturally in cranberries, making them sweeter than the raw or cooked fresh product. However added sugar, often in the form of corn syrup during the drying process to keep the cranberries from spoiling, adds more sugars and therefore sweetness.

Here's an idea for a pie using cranberries with another autumn staple, apples. It could be an addition to the traditional dessert of pumpkin pie (with of course ice cream for the children!)

Cranberry Apple Pie

Ingredients

2 purchased or homemade 9-inch pie crusts (one top, one bottom)
8 apples, peeled, cored, and sliced
½ cup fresh or frozen cranberries
¾ cup granulated sugar
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg



Directions

Place the apple slices in the pie crust.
Blend the cranberries in a blender and spoon over the apples.
Mix sugar, cinnamon and nutmeg and spoon over the apples and cranberries.
Place the top crust on the pie and cut slits in the crust.
Brush the tops with a little milk.
Bake in the oven at 425°F for 50 minutes.

Nutrition Notes Holiday Cranberries

"Due to their high concentration of antioxidants and other related phytochemicals, cranberries provide a variety of health benefits, especially for the heart," says Martin Starr, PhD, who directs research at the Cranberry Institute in East Wareham, Massachusetts. They can also promote HDL (good) cholesterol, help to lower blood pressure, and prevent the formation of blood clots."

Another exciting development is the discovery that cranberry juice is a proven fighter against bad bacteria in the stomach including those contributing to stomach ulcers.

Article Continues on Page #6

Nutrition Notes Article Continued from Page #5

Holiday meals almost always contain some form of "Mama's Sweet Potato Casserole", usually yams with a sweet orange glaze or mashed sweet potatoes topped with miniature marshmallows. For something new and colorful this year, try this easy cranberry topping in place of the marshmallows. The bright casserole also provides good nutrition in the form of vitamins and minerals.

Cranberry Topping

(makes enough to lightly cover a 13x9 casserole)

2 tablespoons butter
1 shallot very thinly sliced
1 cup orange juice
1 cup brown sugar
1½ cups dried cranberries*
4 teaspoons ground cinnamon
½ cup chopped pecans

In a small saucepan, melt the butter over medium heat. Add the shallot slices and cook for 2-3 minutes, until tender. Add orange juice, brown sugar, and the cranberries and cook for 5 minutes (until most of the liquid has been absorbed.) Stir in the ground cinnamon. Spread mashed sweet potatoes in a 13x9 casserole and spoon the cranberry mixture over. Bake according to your recipe for Sweet Potato Casserole. Just before serving, sprinkle the chopped pecans over the topping and return the casserole to the oven for about 5 minutes.

This topping is also good as a filling for baked acorn or butternut squash. Halving the recipe provides enough filling for 6 squash halves. You can use ½ cup Splenda brown sugar mix instead of 1 cup regular brown sugar.

If using fresh cranberries, use 2 cups and increase cooking time so that cranberries "pop".

Senior Spice Corner

**Submitted by: Dick Lawrence, RN
Prevention Educator, GCASA**

Good-Bye, Amen, and Thank You

Greetings! This is Dick Lawrence, Prevention Educator, coming to you from the prevention floor of GCASA. It is with a heavy heart and a slight tear in my eye that I write this, my final article for the *Gene-Senior*. Due to budget restraints, my position has been cut.



We have discussed many topics over this past year and a half. They include proper disposal of medications, mixing prescription and over the counter medicines, "pharm-parties," knowing your pharmacist, and reading medicine labels. Awareness of each of these topics is very important for seniors in our community. Please continue to look for articles relevant to seniors and substance abuse prevention in future editions.

As far as *Senior Spice*, *Medication Education* and *Time out for Grandparents*, things will run a little differently. However, seniors will continue to have opportunities to be connected with the Genesee County Drug Free Communities Coalition, GCASA and drug free events. If you are interested, please contact Carol Nicometo at 815-1873.

If you will allow me a final thought. I have been in the health care field for more than 50 years. One question has been asked of me more than all the others combined, "What is the single, most important aspect of health care?" My answer has always been the same...*laughter*...and lots of it.

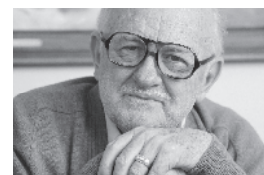
So laugh my friends, laugh often and laugh loud. General of the Army, Douglas McArthur, at his farewell address to the cadets of West Point said, "Old soldiers never die, they just fade away." And this old soldier/nurse will just fade away and laugh. Amen

A Prevention Educator at GCASA, facilitation of three programs for our senior age group.

Medication Education-Presentations are available to discuss how prescription medication may interact with other medications and alcohol. Presentations can be made at your convenience.

Senior Spice-This is a group of dedicated volunteers who plan and participate in substance free outings for seniors. Previous day trips have been to Hidden Valley Animal Adventure, Our lady Of Victory Basilica and "Spring In Bloom" dance.

Time Out For Grandparents-In Western New York as well as other parts of our state and in the nation, grandparents are taking care of their grandchildren as those parents are not available. This support group meets once a month. Grandparents can talk and share their concerns and ideas while helping raise their grandkids.



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

PLEASE CALL AHEAD FOR AN APPOINTMENT:
343-1611

Due 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.



HOLIDAY SAFETY TIPS

Christmas Tree Care

- * Purchase flame retardant metallic or artificial trees.
- * If you have a real tree, make sure that it has fresh, green needles that aren't easily broken. Keep live trees as moist as possible by giving them plenty of water.
- * Use a sturdy tree stand designed not to tip over.
- * Keep trees at least three feet away from heat sources, including fireplaces, portable heaters, radiators, heat vents and candles.
- * Make sure that any light strings or other decorations for the tree are in good condition and follow manufacturer's instructions for their use. Do not use anything with frayed electrical cords.
- * Be careful not to drop or flick cigarette ashes near a tree.
- * Never put tree branches or needles in a fireplace or wood burning stove.
- * Safely dispose of trees as they become dry and needles begin to drop.
- * Dispose of trees through recycling centers or community pick-up services. Dried-out trees should not be left in a house or garage, or placed against the house or garage.



Holiday Lights and Decorations

- * Always unplug tree and holiday lights before leaving home or going to bed.
- * Inspect holiday lights each year for frayed wires, bare spots, broken or cracked sockets, and excessive kinking or wear.
- * Avoid overloading electrical outlets by not linking more than three light strands.
- * Use decorations that are flame-resistant or flame-retardant
- * Place decorations at least three feet away from fireplaces, portable heaters, radiators, heat vents and candles.



Holiday Candles

- * Always extinguish them before leaving the room or going to bed. Do not leave a room before extinguishing candles.
- * Never use lit candles to decorate a tree.
- * Keep them at least three feet away from trees and holiday decorations, and other items that can catch fire like clothing, papers and curtains.
- * Use candle holders that are sturdy, won't tip over easily, are made from a material that cannot burn, and are large enough to collect dripping wax. Remember that even glass holders can shatter and explode from the heat of a candle flame.
- * Place them where they cannot be reached or easily knocked over by children and pets.



For information on safety and emergency preparedness go to www.ReadyGenesee.com.

Information courtesy of American Red Cross.

Telephone Books Must Be Ordered

Verizon is required by the New York State Public Service Commission to make phone

books available to customers, but they would be by request only. In an

effort to reduce waste, the company is no longer required to distribute them to every household.

If a person wishes to request a phone book, they can do so by calling Verizon at 1-800-888-8448.



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

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.chfwcnny.org.

Helping Our Loved Ones

Submitted by: Jill Yasses, Specialist, Aging Services

Are you someone who helps your spouse, parent or other loved one? Do you help your friends or neighbors? The majority of the readers are most likely saying YES! Caregivers are very special individuals and it is very important that they take care themselves. Please call the Office for the Aging to make an appointment with a Caregiver Counselor. A Caregiver Counselor will sit down and discuss your individual situation. The Caregiver Counselor will then provide information, options and referrals, specific to the caregiver's needs as well as the care receiver's needs. To make an appointment with a Caregiver Counselor, please contact the Office for the Aging at 343-1611.



Volunteers Needed: Help Change the Nature of Aging as an Ombudsman

Submitted by: Debra Frink, Ombudsman Coordinator

Lifespan's Long-Term Care Ombudsman Program is in need

of volunteers to join a team of advocates for residents residing in nursing homes, assisted living and adult care facilities in **Genesee County region**.

With just a few volunteer hours each week, you can help ensure quality of care and quality of life for older adults living in long-term care facilities in your community.



Make a difference for the elders in your community by volunteering as an Ombudsman.

We are accepting applications for **Spring 2013** State Mandated Certificate Training. For more information about the application process, times and location of training – please contact the Ombudsman Program at **585-287-6378** or e-mail dfrink@lifespan-roch.org.



RSVP of Genesee County

Submitted by: Dorian Ely, Specialist, Aging Services

During the month of December, be sure to visit the Holland Land Office Museum's *Wonderland of Trees* and **look for RSVP's entry**. The theme for the show this year is, "Home for the Holidays." RSVP has volunteers "at home" at agencies throughout Genesee County!



If you are 55 years of age or older and interested in volunteering, please contact RSVP at 585-343-1611. We serve as a volunteer placement agency, saving you time and energy, and helping you find the perfect volunteer assignment.

Offering Condolences: 10 Things Never to Say to a Grieving Person

Submitted by: Paula Spencer Scott, Caring.com
senior editor

It can be hard to know what to say to grieving friends or family members after the loss of someone close. One risk is that you unwittingly sound like what grief expert Robert Neimeyer of the University of Memphis calls the "grief police" -- well-intentioned but misguided helpers who suggest to the bereaved person that there's a "right" way to grieve. (There isn't.)



If you want to be consoling and compassionate when offering condolence, avoid phrases like the following:

1. **"Stop crying; you're only making it worse."** Expressing emotions, even strongly if so inclined, is a natural, normal, and healthy reaction to death.
2. **"You should let your emotions out or you'll feel worse later."** It's also normal for some people to *not* cry; not showing outward emotions doesn't mean the person is grieving less or will have some kind of "delayed reaction."
3. **"At least he's not suffering any more."** This offers little condolence. Whatever the circumstances of the death, the bereaved person is still suffering.
4. **"You must be strong." (Or "God never gives us more than we can handle.")** Such statements imply that it's wrong to feel bereft, which is a perfectly natural response.
5. **"God must have wanted her."** No mortal can purport to know God's purpose. People who don't believe in God might also bristle at your presumption in attaching a religious significance to the loss.
6. **"Don't dwell on it."** It's normal and natural -- as well as helpful -- to talk about the person who died.
7. **"I know exactly how you feel."** In fact, you can't. Even if you've experienced a similar loss, you're not the bereaved person, and you didn't have the same relationship to the person who died.
8. **"At least he was old enough to live a full life."** How old would old "enough" be?
9. **"You're lucky. At least [you have money, you're young and attractive, he didn't commit suicide, etc.]."** Loss is always horrible. Comparing misfortunes to others' or to alternate scenarios won't make the person feel better.

10. **"It's been [six months, one year, etc.]; it's time to move on."** People never stop grieving for a lost loved one. Affixing a deadline to mourning is insensitive and does little to help people learn to live through their loss.

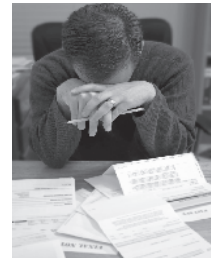
Retrieved August 21, 2012 from:

<http://www.caring.com/articles/10-things-not-to-say-grieving>

Signs That a Client Could Benefit from Lifespan's Financial Management Assistance Program:

If you notice:

- ☆ Overdue bill notices.
- ☆ Client has a home that needs to be maintained or liquidated and has nobody to assist.
- ☆ Mail piling up.
- ☆ Mail or bills scattered in places where the client would not remember to look for it .
- ☆ Literature asking for money that looks like it may be a scam that the client seems to be interested in.
- ☆ The client often misplaces the checkbook and can't remember where it is.
- ☆ The client often complains that the bank and other vendors make a lot of mistakes on their statements.



If you see any of these signs, ask the client if they would be interested in learning more about a service offered through LIFESPAN that could help them straighten out their finances. If you don't feel comfortable asking them, contact us, and we will find a way to approach the client.

Contact:

Karen Hall, Coordinator
Lifespan Financial Management Assistance Program
(585) 259-2781
The Financial Management Assistance Program
office is located within
Genesee County Office for the Aging
at 2 Bank Street Batavia, NY 14020

The Financial Management Program is funded by the Muriel H. Marshall Fund for the Aging in Genesee County and Administered by Lifespan of Rochester.

“Step Up to Stop Falls in Genesee County”

Submitted by: **Jim Moody, Director, Independent Living of Genesee Region**

Falls prevention may not seem like a lively topic, but as you’ve heard over many months it’s important. As you get older, physical changes, health conditions and some medications used to treat those conditions make falls more likely. As you may know, falls are a leading cause of injury among older adults. Still, fear of falling doesn’t need to rule your life. Instead, consider six simple fall-prevention strategies.

1. Make an appointment with your doctor. Talk about: Medications are you taking. Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling.

Previous falls. Write down the details including when, where and how you fell. Be prepared to discuss instances when you almost fell or managed to grab hold of something just in time.

Health conditions that could cause a fall. Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, numbness or shortness of breath when you walk?

2. Keep Moving

Physical activity can go a long way toward fall prevention. Consider activities such as walking or other exercises that improves your balance. These activities reduce the risk of falls by improving strength and coordination.

3. Wear sensible shoes

Consider changing your footwear. High heels, floppy slippers and walking in your stocking feet can cause you to fall. Instead:

Have your feet measured each time you buy shoes. Buy properly fitting, sturdy shoes with nonskid soles. Choose lace-up shoes instead of slip-ons, and keep the laces tied.

4. Remove home hazards

Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. To make your home safer: Remove boxes, electrical cords and phone cords from walkways.

Move coffee tables and plant stands from high-traffic areas.

Remove loose rugs.

Repair loose, wooden floorboards and carpeting. Put clothing, dishes and food within a reachable height.

Immediately clean spilled liquids, grease or food.

Use nonslip mats in your bathtub or shower.

5. Light up your living space

Keep your home brightly lit. Also:

Place night lights in your bedroom, bathroom and hallways.

Place a lamp within reach of your bed.

Make clear paths to light switches.

Turn on the lights before going up or down stairs.

Store flashlights in easy-to-find places.

6. Use Assistive Devices

You may want to use a cane or walker to keep you steady. Other assistive devices can help, too. For example:

Hand rails for both sides of stairways.

Nonslip treads for bare-wood steps.

A raised toilet seat or one with armrests.

Grab bars for the shower or tub.

A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down.

Please don’t be afraid to ask for help. Call the Office for the Aging at 343-1611. Ask for a home safety assessment or a referral for the OTAGO exercise program. You may save your life or the life of someone you love.

SPEAKERS AVAILABLE

Submitted by: **Dorian Ely, Specialist, Aging Services**

Looking for a speaker for your group? Staff and/or volunteers are available at no cost to speak to your group about these programs and others:

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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.

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