Livable Communities

In September, 2009, the Office for the Aging’s Public Hearing forums ended with brainstorming sessions with county residents about the “Livable Communities” concept. According to AARP, “A Livable Community is a place where all residents can live and participate in their community, no matter their age, health, or physical ability; where citizens can grow up and grow old with maximum independence, safety, and well-being”

Although much of the information below pertains to older adults, it certainly applies to disabled persons of all ages, as well as the community as a whole.

The following information was retrieved from “Sustainable Strategies to Build Support for Aging-in-Place and Community Projects”, a November 13, 2008 presentation made by AARP of New York State and Intergenerational Strategies. Information was retrieved from http://www.empoweringnycommunities.org/workshops/43Sustainable%20Strategies%20for%20Aging%20in%20Place/43PaulArfin-%20sustainablestrategieshousing.ppt#9

“According to a 2006 Brookings Institution Report -One-Fifth of America: A Comprehensive Guide to America’s First Suburbs:

‘The aging of the population will require a continuum of housing responses ranging from helping seniors age in place to the production of new single-family home communities, service-enriched apartments, and continuing care retirement communities.’

‘All but the most fortunate seniors will confront an array of constraints on their household budgets even as they continue to seek an active community life.’”

Article Continues on Page #3
ITEMS OF SPECIAL INTEREST
By: Barbara A. Matarazzo, Clerk/Typist
MEETINGS

Disabled American Veterans
Monday, March 1st & April 5th.......................... 7:00 p.m.
VAMC Recreation Hall

Doehler-Jarvis
Monday, March 8th & April 12th ......................... 12:00 p.m.
To Be Announced

Graham Retirees
Wednesday, March 10th & April 14th............... 12:00 p.m.
To Be Announced

I.A.R.P. Board Meeting (Contact: Anne Burns - 343-2905)
Wednesday, March 10th ................................. 12:30 p.m.
Senior Center

I.A.R.P. Regular Meeting (Contact: Anne Burns - 343-2905)
Wednesday, March 10th ................................. 1:00 p.m.
Wednesday, April 14th (Tureen Supper)............ 6:00 p.m.
Senior Center

N.A.R.F.E. Meeting
Tuesday, March 30th & April 27th .................. 11:45 a.m. (Lunch)
Bohn’s ................................................... 1:00 p.m. (Meeting)
For more information, call 343-2479 or 591-1044

Us Too Prostate Cancer Support Group (Batavia Chapter)

NO MEETING IN MARCH, 2010
Monday, April 21st ......................................... 7:00 p.m.
United Memorial Medical Center Board Room - North Street

TRIAD/SALT (Seniors & Law Officials Together)
Wednesday, March 3rd ................................. 1:00 p.m.
Senior Center

BATAVIA - GENESEE SENIOR CENTER ACTIVITIES
By: Kim Wurthman, Recreation Program Assistant
BLOOD PRESSURE MORNINGS
Senior Center - 2 Bank Street
Wednesday, March 10th & April 14th ............. 11:00 a.m. - 12:30 p.m.

Bethany - East Bethany Church
Wednesday, March 3rd & April 7th ................. 11:15 a.m. - 12:00 p.m.

Corfu - Corfu Presbyterian Church
Thursday, March 4th & April 1st .................. 11:00 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.

Genesee Senior Foundation, Inc. Donations
William Perkins
Maybelle Dickinson
Matilda Syracuse
Shirley Winters

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.
Line Dancing ........................................ 9:30 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 ................................ 1:00 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.
Open Pool Table ..................................... 2:00 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

3rd Wednesdays
Alzheimer’s/Dementia Information & Discussion Group,
Richmond Memorial Library, Gallery Room
19 Ross Street, Batavia
For Information Call the OFA at 343-1611........ 6:00 pm - 7:30 pm.

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

Cribbage Results
January, 2010
1st Place - Joe Guppenberger
2nd Place - Dave Donnelly
3rd Place - Jane Laesser
As part of expanding housing choices, AARP supports:

- Removal of zoning barriers to accessory apartments and shared housing.
- Assure that state and local development strategies address the housing needs of persons who are low-income, disabled or older;
- Acquire funding for affordable housing through Consolidated Planning Process.

In the coming months (and hopefully in the years ahead) many agencies, local government, and citizens in Genesee County will be working together, in a variety of ways, to strive to make Genesee County a more Livable Community.

This year’s issues of the Gene-Senior will feature Livable Community Models for Consideration. Each month, we will focus on one of the models noted below and will offer detailed information about each model. Out in the community, we will begin having discussions with decision makers and private citizens about these models. We invite you to work with us to explore how Genesee County can become a more Livable Community.

Livable Communities Models for Consideration:
- Beacon Hill Village
- Community-Without-Walls Model
- Partners in Care Village
- HomeShare Long Island
- Shared Housing
- The “Golden Girls” Model
- Home Modification Programs (the Office for the Aging has a list of programs and eligibility criteria available upon request)
- Home and Community Services (the Office for the Aging has a list of programs and eligibility criteria available upon request)

Look for the Livable Community Series in the Gene-Senior issues ahead!

UPCOMING CAREGIVER PROGRAM:
Submitted by: Jill Yasses, Specialist, Aging Services

Neurological Movement Disorders including Parkinson’s Disease
Dr. Andrew McGarry from the University of Rochester Medical Center will be presenting this program. This program may benefit individuals who suffer from movement disorders and caregivers of individuals who suffer from movement disorders.

This program will be taking place at the Genesee County Office for the Aging on Tuesday, April 27, 2010 from 12pm – 1:30pm

A light lunch will be provided.

This program is free but registration is necessary. If you have any questions or would like to register for this program, please call the Genesee County Office for the Aging at 343-1611.

This program is in collaboration with: The Genesee County Office for the Aging, NY Connects, University of Rochester and Memorial Funds from the Genesee Senior Foundation

Stone’s Seniors Fall Trip
October 5 - 7, 2010

Three (3) days and 2 nights. Sight and sound performance of the new musical for 2010 of JOSEPH. A dinner theater performance will also be included along with 2 breakfasts, 2 dinners, and shopping.

For more information, call Catherine Stone at 768-2055.
Hi everyone! This is Sue Hawley coming to you from the Prevention Floor of GCASA and as the leader of our Senior Spice Committee. Last month we talked about “Why Keep a Drug Card With You At All Times.”

Today I want to talk to you about creating a “drug free community.” What does that mean? What does it take to have a “drug free community?” Who is responsible in a community to make sure the community is actively working on decreasing the use of alcohol, tobacco and other drugs (ATOD)? Is it up to parents, schools, law enforcement, businesses, churches, government, civic & volunteer groups, youth groups, healthcare professionals, individuals?

Of course, the answer is “all of the above!” There is an ancient African proverb that teaches what we all know as the truth: “It takes a village to raise a child.”

As Hillary Clinton said in her speech Aug. 27, 1996: Right now there are parents questioning a popular culture that glamorizes sex and violence, smoking and drinking, and teaches children that the logos on their clothes are more valued than the generosity in their hearts.

Of course, parents, first and foremost, are responsible for their children.

But we are all responsible for ensuring that children are raised in a nation that doesn't just talk about family values, but acts in ways that values families.

Progress depends on the choices we make today for tomorrow, and on whether we meet our challenges and protect our values. We can start by doing more to support parents and the job they have to do. Issues affecting children and families are some of the hardest we face, as parents, as citizens, as a nation.

And we have learned that to raise a happy, healthy and hopeful child, it takes a family, it takes teachers, it takes clergy, it takes business people, it takes community leaders, it takes those who protect our health and safety, it takes all of us.

Yes, it takes a village.

Clinton went on to say in her book, It Takes a Village to Raise a Child:

No family is immune to the influences of the larger society. No matter what we do to protect and prepare our children, their future will be affected by how other children are being raised. The way we work together for common purposes, our challenge is to arrive at a consensus of values and a common vision of what we can do, individually and collectively, to build strong families and communities.

That said, I want to introduce to you a terrific group right here in our very own community that is dedicated to creating a drug free community: I am happy to introduce: “Drug Free Communities Coalition.” The mission statement for the Coalition is: “To assist people in working together to create a community where all youth can develop into caring, healthy and productive adults without the problems created by substance abuse.” The Coalition includes all facets of our community who agree with this mission statement, including: schools, law enforcement agencies, faith-based groups, youth and youth serving organizations, human services & healthcare individuals, the business community, local media (WBTA and Daily News), parents, government officials, civic and volunteer groups (Senior Spice!).

The good news is that since the Coalition began in 2000, per the latest survey in Genesee County, 30-day usage rates for alcohol, tobacco and other drugs among our youth are decreasing. Check these numbers out:

- 30-day use of alcohol has decreased 32% among 7th graders, 36% among 9th graders, and 32% among 11th graders
- 30-day use of cigarettes has decreased 73% among 7th graders, 50% among 9th graders and 63% among 11th graders
- 30-day use of marijuana has decreased 65% among 7th graders, 43% among 9th graders and 40% among 11th graders

The important positive way to understand these trends is to know that:

- 90-98.9% of 7th graders, 75-90% of 9th graders and 64.5-87% of 11th graders DON'T use alcohol, smoke cigarettes or marijuana!

These numbers are the positive result of our whole community deciding that use of drugs and alcohol by our children is unacceptable. They prove that education and prevention work! And they also support the efforts of the Coalition, GCASA Prevention and the education they are receiving in their schools. Well done all!
I found this comment about the power of working as a community on the internet website www.justpeace.org/village:

“Life is easier when you are part of a network of friends and family, a neighborhood, a community. It does take a village, to work with the family, to raise a child and weather the storms of life. If we want that kind of support, the place to begin is with ourselves. Community, like charity, begins at home. You start building a good neighborhood when you yourself decide that you will be a good neighbor. Make your neighborhood your village and find the truth that humans have learned the hard way. United we stand, divided we fall.”

Come join us at our next Drug Free Communities Coalition meeting: Tuesday, March 2, 6-7:30pm, Richmond Memorial Library, Fireside chat will include hot cocoa, hot cider and light snacks.

For more information or suggestions contact: Sue Hawley, Senior Prevention Educator, GCASA, 430 E. Main St, Batavia, 14020, phone: 815-1872, email: shawley@gcasa.org

THANK YOU & WELCOME SPRING! RSVP of Genesee County Submitted by: Dorian Ely, RSVP Coordinator

Thank you to the tax volunteers who are just wrapping up another season! By the time they are done, they will have helped over 500 individuals complete over 1,000 tax returns. Great job! Thank you!

Spring will be here soon and with it come many ways to help others in our community. With the nicer weather people will be going to local parks. What a great volunteer assignment – patrolling park trails or leading groups on nature hikes. There are dogs that need to be walked at the Animal Shelter, yard work to be done at the YWCA, Crossroads House and the Holland Land Office Museum. Or, you could roll down your car windows, let the fresh air roll in, and deliver flowers for HomeCare & Hospice’s Spring Bouquet sale, take a meal to a homebound individual or drive someone to a doctor’s appointment. Perhaps you’d enjoy helping with the seasonal change-over at one of our community thrift stores. There is so much that needs to be done, please consider helping. For these and other volunteer opportunities call RSVP at 343-1611.

“IT TAKES A VILLAGE TO RAISE A CHILD.” Submitted by Sue Hawley, Senior Prevention Educator, GCASA

Sue Hawley of GCASA’s Drug Free Communities Coalition invites you to take part in becoming an informed member of our community that agrees, “It Takes a Village to Raise a Child.”

The following seminar series is open to the entire community and will help educate you on what is happening in our youth culture in Genesee County: Michael Nerney presents “Kids in the Candy Store” (Household Items with Substance Abuse Potential) and “Is There a Bully in the Classroom?” on April 23, 2010.


Eric Perry presents “Methamphetamines and Meth Labs: A New Ice Age?” on June 3rd, 2010. (Note: 2 methamphetamine labs discovered in Genesee County since end of 2009)

ALL TRAININGS ARE HELD AT GCC IN ROOM T-102 AND RUN FROM 8:00 am – 4:00 pm CONTINENTAL BREAKFAST AND LUNCH WILL BE PROVIDED

FEE: $20.00 PER SEMINAR or $50.00 FOR ALL THREE SEMINARS

Please join us by calling or emailing Lisa Fickel to confirm your attendance at 815-1852 or lfickel@gcasa.org.

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.

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Thank You For Your Support!!
"If I Can’t Speak, How Will You Know?"
Submitted by: Leanne Rorick, Ombudsman Program Coordinator, Genesee County

One of the most challenging tasks for advocates of nursing home residents who are unable to speak for themselves is determining if residents are receiving good care. Some diseases and conditions such as stroke, Parkinson’s and Alzheimer’s disease can rob the ones we love of the ability to tell us when they are uncomfortable, when they are hungry, when they especially like something, or, tragically, that something awful has happened to them. Often, I am asked, “how does an Ombudsman advocate for those without a voice?”

An Ombudsman will first look at how well the staff knows the resident. The best way to serve someone who is unable to speak or to communicate their wishes is to get to know them. Loved ones can help the most by telling staff about the person – what are/were her hobbies, what are her favorite foods, does she like hot showers or sponge baths, which pictures would she like to be surrounded by? These specifics help staff to treat her as an individual with likes and dislikes, even though she may be unable to communicate them.

The best tools that Ombudsmen have for advocacy are the five senses. We look around the room, and at the resident - does he look comfortable, is he well groomed, are his nails trimmed, is he properly dressed for the time of day and the season, does he look happy or does his body language tell us that he may be in pain, is he licking his lips to indicate he may be thirsty and how is his oral hygiene? We watch caregivers – are they treating residents in a dignified manner, calling by name, and are they pleasant? We use the sense of touch – is the room a comfortable temperature? The sense of smell tells us if the resident is clean or if the room is clean. We listen. Is the television too loud, is a roommate calling out, is the radio set to a station the resident enjoys, can we hear repeated emergency call bells and personal alarms? If we visit during a meal, does the meal look appetizing, are residents eating or refusing to eat, does their body language indicate that they are enjoying their dining experience and are staff and caregivers engaging the residents?

Like a loved one would, we talk with residents and with staff during our visits. We visit regularly so that we get to know the residents and they get to know us. For those without loved ones who visit regularly, the Ombudsman’s visit may be the only watchful eyes and ears some residents have. We are friends who care.

Volunteer long-term care Ombudsmen serve at every nursing home and adult care facility in Genesee County. They are trained professionals who assist with and investigate resident concerns, and advocate for the rights of residents in long-term care facilities. If you believe that the rights of your loved one have been violated, or if you would like advice or assistance, call Lifespan at 585.244.8400 x114. The Ombudsman assigned to the facility can assist you with your concern.

Volunteer Ombudsmen are needed in Genesee County. Certification is free, and includes a 36-hour training course provided by Lifespan of Rochester, where experts cover topics such as the aging process, levels of care, the inner workings of long-term care facilities, advocacy strategies, and more. The next annual training program will be held May 12-19. If you are interested in learning more about the Ombudsman Program, or about becoming a volunteer, please contact Leanne Rorick, Ombudsman Program Coordinator for Livingston, Genesee & Wyoming Counties at (585) 402-8480 or lrorick@lifespan-roch.org or Marie Frey, Program Manager, at (585) 244-8400 x114 or mfrey@lifespan-roch.org.

FLOOD SAFETY CHECKLIST
Submitted by: Genesee Region Citizen Corps Council

Floods are among the most frequent and costly natural disasters. Conditions that cause floods include heavy or steady rain for several hours or days that saturates the ground. Flash floods occur suddenly due to rapidly rising water along a stream or low-lying area.

Know the Difference:
- Flood/Flash Flood Watch – flooding or flash flooding is possible in your area.
- Flood/Flash Flood Warning – flooding or flash flooding is already occurring or will occur in your area.

Listen to area radio and television stations and a NOAA Weather Radio for possible flood warnings. Be prepared to evacuate at a moment’s notice.

When a flood or flash flood warning is issued for your area, head for higher ground and stay there. Stay away from floodwaters. If you come upon a flooded road while driving, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly and move to higher ground. Most cars can be swept away by less than two feet of moving water.

This information courtesy of RedCross.org. If you wish to volunteer to help with disaster and emergency preparedness, please contact RSVP of Genesee County at 585-343-1611.
March, 2010

Saturday, March 6th - Riverdance
A Small Motorcoach is scheduled to leave the Senior Center at 10:45 am and return approximately 5:30 pm for the Farewell Performance of Riverdance at Shea’s Theatre. A luncheon will be served at Chef’s Restaurant with a dinner choice of Lasagna/Meatball, Chicken Cacciatore & Spaghetti, or Small Spaghetti Parmesan. Cost of this trip is $77.00 to be paid at time of sign up. Deadline for sign-up is February 22nd.

Walking Level: L

Wednesday, March 17th - “Wearing of the Green”
Celebrate St. Patrick’s Day with the “Wearing of the Green” at our annual celebration that includes the chance to win a prize at “Bingo”.

Monday, March 22nd - Celebrate Spring!
Entertainment by the Choral Group, “Bluebells” will be here for our annual “Spring” Celebration.

Friday, March 26th - March Birthdays
What a better way to celebrate the birthdays of our friends born in the month of March, but with cake and good cheer following our noontime luncheon.

April, 2010

Friday, April 16th - Spring Vegetable Salads
During our noontime luncheon, Sharon Audino, RDCDN, will be providing a food demonstration on Spring Vegetable Salads.

Monday, April 19th - Make Your Own Sundaes
What a way to get into the Spring spirit but with making your own ice cream sundaes. Yum! Yum! Yum!

Wednesday, April 21st - Bingo
“Bingo” is the game and a perfect opportunity to yell out Bingo and win a prize following our noontime luncheon.

Thursday, April 22nd - Jersey Boys
A Motorcoach is scheduled to leave the Senior Center at 9:30 am and return approximately 4:30 pm for the Tony Award winning production of “Jersey Boys at Shea’s Theatre. A luncheon will be served at Sonoma Grille with a dinner choice of Sliced Top Round of Beef or Chicken Picata. Cost of this trip is $75.00 to be paid at time of sign-up. Please be aware that there is some adult content in the show. Deadline for sign-up is April 12th.

Walking Level: L

Friday, April 30th - April Birthdays
April may bring “Spring Showers”, but it is also a great time to sing “Happy Birthday” to our friends born in the month of April. Join us for lunch at our mealsite.

Spring Brings Travel Time For Stone’s Traveling Seniors
Submitted by: Catherine Stone, Trip Coordinator

Join us for a spring tour of Southern New England including several historical sites and a Whale Watch on May 17th through May 20th, 2010.

Itinerary for the trip is as follows:

→ Round trip deluxe Motorcoach transportation (1-56 passenger)
→ 1 night accommodations in Ogunquit, ME - Meadow Mere
→ 2 nights accommodations in Peabody, MA – Holiday Inn
→ Deluxe Continental Breakfast each morning
→ 3 dinners at local restaurants (to include 1 lobster meal)
→ Time to shop in Ogunquit Village and Outlets
→ Admission to American Textile History Museum
→ Ticket for 1 theatrical/musical performance pending schedules ($30 budget)
→ Whale Watch
→ Admission to Salem Witch Museum
→ Visit the House of the Seven Gables Historic Site
→ Ghost Tour in Salem, MA
→ Visit New England Quilt Museum

Cost for this trip is $665/double occupancy; $630/triple occupancy; $815/single occupancy. Stone’s Traveling Senior trips fill up very quickly. If you are interested in holding a seat for this great tour a $50.00 deposit is necessary. For more information call Catherine Stone at 768-2055. A deposit can be sent to Catherine Stone, PO Box 344, LeRoy, NY 14482.

Balance is due April 10, 2010.

Nonrefundable once paid in full: Cancellation insurance available at additional charge.

Prices reflect current fuel prices. Niagara Scenic reserves the right to add a fuel surcharge to the final price if, over the applicable service dates fuel prices have increased significantly from the date of the charter agreement.

IARP Annual Tureen Supper
Wednesday, April 14, 2010

The Annual IARP Tureen Supper is scheduled to take place at the Senior Center on Wednesday, April 14th, at 6:00 pm. Everyone is asked to bring a generous dish to pass along with their own dinner service.
Am I Eligible for EPIC?
By Kimberly Perl; Specialist, Aging Services

Too many times I have had people come into my office that have said, “I thought I wasn’t eligible for EPIC” and they could have been receiving it all along.

EPIC is a New York State “prescription protection for seniors” plan. To qualify, you must be 65 and a NY resident that is not receiving full Medicaid (you can carry it with Medicare) benefits. If single/widowed, your income cannot be over $35,000 a year and, if married, cannot be over $50,000 a year. Income includes any Social Security (minus the Part B deduction), pension, VA benefits, wages, interest, dividends, IRA’s, capital gains, rental property, etc.

Depending upon your income, if qualified, there either will be a fee or deductible to be met. And, EPIC works together with Part D to bring prescription costs even lower! No more “donut hole” to worry about either! Give us a call for more information or for a time when the EPIC representative will be in our office!

CAREGIVERS…
Submitted by: Jill Yasses, Specialist, Aging Services

A caregiver can be anyone!!! You could be caring for your spouse, parent or even the neighbor. This is a reminder that the Genesee County Office for the Aging offers caregiver guidance. It is encouraged that caregivers make an appointment with our caregiver counselor. Caregivers will be made aware of different services and options available in our community.

If you would like to speak with a caregiver counselor, please contact the Genesee County Office for the Aging at 343-1611.

HEALTH FILE
Submitted by: Jill Yasses, Specialist, Aging Services

You can have quick access to important documents such as the TRIAD Refrigerator Card with your medical information and Health Care Proxy by storing them in the HEALTH FILE. The HEALTH FILE is a clear plastic, magnetized sleeve that can be posted on your refrigerator so your family or emergency medical personnel can access it quickly!

If you would like to obtain a Health File or would like to talk to someone about advance care planning, please call: Office For the Aging at (585) 343-1611 ext. 5931.

MEDICARE FRAUD
By Kimberly Perl; Specialist, Aging Services

Most Medicare payment errors are simple mistakes and are not the result of physicians, providers, or suppliers trying to take advantage of the Medicare system. If you have a question or concern regarding a Medicare claim submitted on your behalf, you should discuss it directly with your physician, provider, or supplier that provided the service.

The vast majority of physicians, providers, and suppliers who serve people with Medicare are committed to providing high quality care to their patients and to billing the program only for the payments they have earned.

However, there are a few individuals who are intent on abusing or defrauding Medicare, cheating the program (and in some cases the people with Medicare who are liable for co-payments) out of millions of dollars annually. Medicare fraud takes a lot of money every year from the Medicare program. People with Medicare pay for it with higher premiums. Medicare is taking strong action to combat fraud and abuse of the system in key areas. Our goal is to make sure Medicare only does business with physicians, providers, and suppliers who will provide people with Medicare with high quality services.

If you ever have any questions or concerns regarding your billing, that you do not feel were properly addressed by your physicians’ office or the hospital where services were preformed, feel free to call the Office for the Aging. We will be more than happy to look into things for you!

Do Not Call Update
Submitted by: Pamela Whitmore, Director

The telephone number that we gave out to seniors in our recent issue of the Gene-Senior Newsletter is no longer the correct number to call. A contact was made to the Attorney General’s Office and were given the new number, which is 1-888-382-1222. The change was made because the state has joined the National Do Not Call Registry, therefore they eliminated the state number.
A PATIENT’S GUIDE TO THE HIPAA PRIVACY RULE:
When Health Care Providers May Communicate About You with Your Family, Friends, or Others Involved In Your Care

Submitted by: Ruth Spink, Services Administrator

U.S. Department of Health and Human Services • Office for Civil Rights The U.S. Department of Health and Human Services (HHS) enforces the Federal privacy regulations commonly known as the HIPAA Privacy Rule (HIPAA). HIPAA requires most doctors, nurses, pharmacies, hospitals, nursing homes, and other health care providers to protect the privacy of your health information. Here is a list of common questions about HIPAA and when health care providers may discuss or share your health information with your family members, friends, or others involved in your care or payment for care.

COMMON QUESTIONS ABOUT HIPAA

1. If I do not object, can my health care provider share or discuss my health information with my family, friends, or others involved in my care or payment for my care? Yes. As long as you do not object, your health care provider is allowed to share or discuss your health information with your family, friends, or others involved in your care or payment for your care. Your provider may ask your permission, may tell you he or she plans to discuss the information and give you an opportunity to object, or may decide, using his or her professional judgment, that you do not object. In any of these cases, your health care provider may discuss only the information that the family member, friend, or other person needs to know about your care or payment for your care. Your provider may ask your permission, may tell you he or she plans to discuss the information and give you an opportunity to object, or may decide, using his or her professional judgment, that you do not object. In any of these cases, your health care provider may discuss only the information that the family member, friend, or other person needs to know about your care or payment for your care.

2. If I am unconscious or not around, can my health care provider still share or discuss my health information with my family, friends, or others involved in my care or payment for my care? Yes. If you are not around or cannot give permission, your health care provider may share or discuss your health information with family, friends, or others involved in your care or payment for your care if he or she believes, in his or her professional judgment, that it is in your best interest. When someone other than a friend or family member is asking about you, your health care provider must be reasonably sure that you asked the person to be involved in your care or payment for your care. Your health care provider may share your information face to face, over the phone, or in writing, but may only share the information that the family member, friend, or other person needs to know about your care or payment for your care. Here are some examples: • A surgeon who did emergency surgery on you may tell your spouse about your condition, either in person or by phone, while you are unconscious. • A pharmacist may give your prescription to a friend you send to pick it up. • A doctor may discuss your drugs with your caregiver who calls your doctor with a question about the right dosage. BUT: • A nurse may not tell your friend about a past medical problem that is unrelated to your current condition.

3. Do I have to give my health care provider written permission to share or discuss my health information with my family members, friends, or others involved in my care or payment for my care? HIPAA does not require that you give your health care provider written permission. However, your provider may prefer or require that you give written permission. You may want to ask about your provider’s requirements.

4. If my family or friends call my health care provider to ask about my condition, will they have to give my provider proof of who they are? HIPAA does not require proof of identity in these cases. However, your health care provider may have his or her own rules for verifying who is on the phone. You may want to ask about your provider’s rules.

5. Can I have another person pick up my prescription drugs, medical supplies, or X-rays? Yes. HIPAA allows health care providers (such as pharmacists) to give prescription drugs, medical supplies, X-rays, and other health care items to a family member, friend, or other person you send to pick them up.

Article Continues on Page #10
6. Can my health care provider discuss my health information with an interpreter? Yes. HIPAA allows your health care provider to share your health information with an interpreter who works for the provider to help communicate with you or your family, friends, or others involved in your care. If the interpreter is someone who does not work for your health care provider, HIPAA also allows your provider to discuss your health information with the interpreter so long as you do not object.

7. How can I help make sure my health care providers share my health information with my family, friends, or others involved in my care or payment for my care when I want them to? Print a copy of this document and discuss it with your health care provider at your next appointment. You may also want to share this information with your family members, friends, or others involved in your care or payment for your care.

8. Where can I get more information about HIPAA? The HHS Office for Civil Rights Web site at http://www.hhs.gov/ocr/hipaa/ has a variety of resources to help you understand HIPAA.

**White Bean and Turkey Chili**
Submitted by: Sharon Audino, Services Coordinator

Prep Time: 10 Minutes  
Cook Time: 50 Minutes  
Ready In: 1 Hour  

Original Recipe Yield 6 servings  

**Ingredients**  
1 pounds ground lean turkey  
2 medium onions, chopped  
1 1/2 teaspoons dried oregano  
1 (28 ounce) can diced tomatoes, undrained  
3 cups chicken broth  
1 (8 ounce) can tomato sauce  
2 teaspoons chili powder  
1 teaspoon salt  
1 tablespoon chipotle hot pepper sauce  
1 (15 ounce) cans white kidney or cannellini beans, rinsed and drained

**Directions**  
In a Dutch oven or kettle, cook the turkey and onions over medium heat until meat is no longer pink; drain. Add oregano; cook and stir 1 minute longer. Stir in tomatoes, broth, tomato sauce, chili powder, and salt. Bring to a boil. Reduce heat; cover and simmer for 45 minutes. Add beans; heat through.

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**HANDYMAN PROGRAM**
Submitted by: Karen Woods, Senior Client Services Outreach Assistant

Spring will soon be on its way! Now is the time to check your porch steps and handrails to see if they’re in good condition. The Handyman Program can do small home repairs like repairing a fence or changing indoor or outdoor light fixtures. The Handyman can also help change your storm windows to summer screens and windows. Another project you may consider is having handrails and/or grab bars installed. The Handyman can install deadbolts or new locks on your doors for improved safety in your home.

Please note: On a limited basis, the Handyman Program will again be able to cover some of the costs for materials.

Call Karen at the Genesee County Office for the Aging at 343-1611 to request handyman services; or to have a Handyman brochure mailed to you.

This is one of the many wonderful services made possible by the Rochester Area Community Foundation’s Muriel H. Marshall Fund for the Aging in Genesee County.

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**SAVE THE DATE:**
**2010 National Crime Victims’ Rights Week**
April 18-24, 2010
There will be events throughout the week. There will also be a special program regarding Financial Exploitation of Older Adults. Be on the watch for further details!!!

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**Senior Spice Upcoming Events:**
**Drug Free Communities Coalition 1st Quarter - Meeting** - Fireside Chat-Richmond Memorial Library Reading Room, Tuesday, March 2, 6-7:30pm, hot cocoa, cider & light snacks.

**Time Out for Grandparents** - 1st Monday each month, 10-11am or 6-7pm, GCASA, 430 E. Main St, Batavia, 2nd floor, Prevention conference room.

**Senior Spice Monthly Meeting** - 2nd Wednesday each month, 1:30-2:30pm, GCASA, 430 E. Main St, Batavia, 2nd floor, Prevention conference room. **new members are welcome!**
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