

# Genesee County Office for the Aging

2 Bank Street  
Batavia, N.Y. 14020  
Phone: 585- 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

September, 2014

## The PAST, PRESENT and FUTURE Genesee County Office for the Aging

Guest Speaker

**Greg Olsen, MSW**

Executive Deputy Director, NYS Office for the Aging



**TUESDAY, OCTOBER 7, 2014**

12:00 — 2:00 p.m.

Ascension Parish Center

(formerly known as Sacred Heart Social Center)

17 Sumner Street, Batavia

**WEDNESDAY, OCTOBER 8, 2014**

12:00 — 2:00 p.m.

Elba Fire Dept. Recreation Hall

7143 Oak Orchard Road (Rt. 98), Elba

Please select one date to attend. *Reservations greatly appreciated, as luncheon seating is limited.* Call Office for the Aging at **343-1611** by September 26th. Transportation assistance may be available.

FOR INDIVIDUALS WITH DISABILITIES, REQUESTS FOR REASONABLE ACCOMMODATIONS SHOULD BE MADE WITH AT LEAST FIVE DAYS' NOTICE.

### LIVABLE COMMUNITY EVENT HIGHLIGHTS

- Public Hearing—Proposed 2015 Office for the Aging Plan for Senior Services
- Results of 2014 Needs Assessment Survey
- Celebration—40 years of the Office for the Aging in Genesee County
- Tribute to RSVP Older Adult Volunteers

\*A LIGHT LUNCH WILL BE SERVED\*

This program is funded through grants from the NYS Office for the Aging/NY Connects, the Older Americans Act, Corporation for National & Community Service, and the generous support of the Genesee County Legislature.

**ITEMS OF SPECIAL INTEREST**

By: Barbara A. Matarazzo, Clerk/Typist  
MEETINGS

Disabled American Veterans - Chapter 15

Tuesday, 9/2/14 ..... 11:30 a.m.  
VAMC - Building #2, Room 102

Doehler-Jarvis

**No Meeting in September**

Graham Retirees

Wednesday, 9/10/14 ..... 12:00 p.m.  
To Be Announced

N.A.R.F.E. Meeting

Tuesday, 9/30/14..... 12:00 p.m. (Lunch)  
T.F. Brown's, Batavia ..... 1:00 p.m. (Meeting)  
For more information, call 591-1878 or 591-1044

**BATAVIA - GENESEE SENIOR CENTER ACTIVITIES**

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

Bethany - East Bethany Church

Wednesday, 9/3/14 ..... 11:15 a.m. - 12:00 p.m.

**ADVISORY COUNCILS**

(Meet at the Senior Center)

Office for the Aging

Wednesday, 9/3/14..... 1:00 p.m.

Genesee Senior Foundation, Inc.

**No Meetings in September**

RSVP Advisory

Monday, 9/8/14 ..... 12:30 p.m.

**WEEKLY PROGRAMS**Mondays

Arthritis 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

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.

**OTHER PROGRAM OFFERINGS:**2nd Tuesdays

Adult Diabetes Support Group  
VA Medical Center - Ambulatory Care Area - 222  
Richmond Avenue. For Information call Michele  
Gaylord, CDE at 297-1000, ext. 72555. This is open to  
the public ..... 7:00 p.m.

3rd Tuesdays

Caregivers Support Group  
Sponsored by LeRoy Christian Community Project  
For information call 768-7540  
Scooters Restaurant, 3711 West Main Street,  
LeRoy ..... 12:30 p.m.

3rd Wednesdays

Alzheimer's/Dementia Related Information & Discussion  
Group, Richmond Memorial Library, Gallery Room  
19 Ross Street, Batavia  
For information call the Alzheimer's Association of WNY  
at 1-800-272-3900 ..... 7:00 p.m. - 8:30 p.m.

Insurance Counseling

Insurance counseling offered on an appointment basis  
ONLY ..... Call 343-1611

For a complete list of Support Groups available, go to  
[http://www.co.genesee.ny.us/docs/OfficefortheAging/  
Support Groups Updated 7 2 13.pdf](http://www.co.genesee.ny.us/docs/OfficefortheAging/Support%20Groups%20Updated%207%2013.pdf)

**QUILTERS CLUB****Come & Join Us**

If you have quilting experience or  
would like to learn more about  
quilting, you are perfect to be part of  
the Quilters Club that meets every



Wednesday morning here at the Genesee County  
Office for the Aging beginning at 9:00 a.m. No need to  
sign up. Just walk in and join the ladies for a morning  
of fun and conversation.

**Walk to End Alzheimer's® Western New York Chapter**

Submitted by: Jill Yasses, Specialist, Aging Services

The Alzheimer's Association  
Walk to End Alzheimer's® is  
the world's largest event to  
raise awareness and funds  
for Alzheimer's care, support and  
research. Held annually in more than  
600 communities nationwide and 6  
locations in the Western New York  
Chapter region, this inspiring event calls on  
participants of all ages and abilities to reclaim the  
future for millions.



The Genesee County Walk will take place in the City  
of Batavia on Saturday, September 27, 2014. For  
more information or to register visit [www.alz.org/WNY](http://www.alz.org/WNY)  
or call 1-800-272-3900.

**Website Address for the Genesee County  
Office for the Aging**  
[www.co.genesee.ny.us](http://www.co.genesee.ny.us)

**"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/year. 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!!****VETERANS ONLY  
SOCIAL CLUB**

In response to many requests GVSN will be hosting a once-a-month  
**Veterans Only Social Club.**

**Second Saturday of each month from  
7pm to 8:30pm at Scooters  
Family Restaurant, 3711 W. Main Street  
Road, Batavia.**

Coffee and snacks available  
available.

***New groups forming*****GENESEE VETERANS SUPPORT NETWORK**

**KEVIN L. LAWSON, DIRECTOR**  
3837 WEST MAIN STREET ROAD  
P.O. BOX 541, BATAVIA NY 14021  
P: 585-815-7823 F: 585-302-0826  
EMAIL: DIRECTOR@GVS.NET

*Social Club funded by a grant from GCASA Foundation*

**Fall 2014 Live Performances at the  
Stuart Steiner Theatre  
Genesee Center for the Arts at  
Genesee Community College  
One College Road, Batavia, NY**

**Vampire Lesbians of Sodom**

Thursday, Friday & Saturday, October 16<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup> at  
7:30 p.m. and Sunday, October 19<sup>th</sup> at 2:00 p.m.

**A Supernatural Evening with Jeff Belanger**  
Friday, November 7<sup>th</sup>, 2014 at 7:30 p.m.

**Cello Fury**

Thursday, November 20<sup>th</sup>, 2014 at 7:30 p.m.

**Tickets:** Adults \$8, Seniors (55+), Students (16+), &  
GCC Faculty/Staff \$5, GCC Students with ID \$3, GCC  
Alumni with ID \$2 Discount

For ticket reservation or general information, contact  
the Genesee Center for the Arts Box Office at  
585/345-6814,  
or email [boxoffice@genesee.edu](mailto:boxoffice@genesee.edu).

**Alzheimer's Association Care Consultation**

**T**he Alzheimer's Association - Western New York Chapter, is available to meet privately with Genesee County families caring for a loved one with dementia. This service takes place at the Genesee County Office for the Aging, every 2<sup>nd</sup> Tuesday morning of the month. There is only a limited number of time slots available each month, so calling for an appointment is highly recommended.



To make an appointment with the Alzheimer's Association Care Consultant, please contact the Genesee County Office for the Aging at 343-1611.

***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 - \$5.00/year.***

**Annual Community Banquet**  
**Batavia First United Methodist Church Senior Fellowship**



**Monday, September 8, 2014**

Swiss Steak Dinner: 6:00 pm

Cost: \$10.00 per person

Location: Batavia First United Methodist Church  
 8221 Lewiston Road  
 Batavia, NY 14020  
 (585) 343-4708



Your reservation & check for the evening are to be sent no later than Tuesday, September 2, 2014 to:  
 Joyce Kuehl, 6 Elm Street, Batavia, NY 14020

Make checks payable to:

"Batavia First United Methodist Church"  
 memo "Sr. Banquet"

**Cribbage Results**  
**June, 2014**

1st Place - Jane Laesser  
 2nd Place - Helen Johnson  
 3rd Place - Eleanor Johnson  
 4th Place - Janet McHardy

**WE NEED YOUR SUPPORT**

**B**ecause needs are always greater than the funds available to meet them, the Genesee County Office for the Aging encourages monetary donations to our not-for-profit foundation called the **Genesee Senior Foundation, Inc.**



Name \_\_\_\_\_

(May we publish your name?  Yes  No)

Address \_\_\_\_\_

All donations are greatly appreciated.

All contributions are tax deductible to the extent of the law

I designate my contribution of \$ \_\_\_\_\_ to be used where most needed.

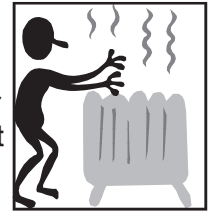
Funds received will be used to support Office for the Aging Programs such as: Recreation, Transportation, Home Delivered Meals, Caregiver Support, In-Home Care, and Health Insurance Counseling

**Please make checks payable and send to:**  
**Genesee Senior Foundation, Inc.**  
**2 Bank Street, Batavia, NY 14020**

**HEAP 2014-2015**

Submitted by: Courtney Ihuri, Specialist, Aging Services

**E**very year the Office for the Aging processes HEAP applications for households with individuals 60 and older or younger people with disabilities. At the time this article was written, the opening date and the income guidelines for the HEAP 2014-2015 season have not been released.



If you processed your last year's HEAP application through our office, then you will receive this year's application in the mail towards the end of August or early September. When you receive your application, please complete it to the best of your ability and submit the application at our office. If you have had any changes to your income or household, documentation of the changes will be necessary for processing. Please note - you may have to wait a few minutes to be seen by a trained HEAP worker, should our workers be assisting someone else when you arrive.

If you receive Food Stamps/SNAP, you most likely will receive a HEAP benefit automatically and do not need to apply. Check with your food stamp worker if you are unsure.

If you did not receive HEAP last season and would like to apply this year, you can pick up an application at our office after the season opens this November. You can also apply on-line at [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov) after the season opens.

The HEAP benefit is a one-time supplement to your annual energy costs and will not replace your personal payments. You should continue to pay your energy bill as scheduled. HEAP benefits are paid directly to your vendor and it may take up to three months to see a HEAP credit to your account.

Being eligible for HEAP oftentimes makes you eligible for other programs including the Weatherization and Empower Programs, which focus on energy savings, and the Life Line Telephone Discount Program, which provides a discount on your land line telephone bill or access to 200 free cellular minutes per month and a free cellular phone. Feel free to contact our office for more information about any of these programs.





## 10 Early Signs of Parkinson's Disease That Doctors Often Miss

Submitted by: Jill Yasses, Specialist, Aging Services  
By: Melanie Haiken, Caring.com Senior Editor

Let's be honest: A diagnosis of Parkinson's disease can be pretty unnerving. In fact, an April 2011 survey by the National Parkinson's Foundation revealed that people will avoid visiting the doctor to discuss Parkinson's even when experiencing worrisome symptoms, such as a tremor.

The problem, however, is that waiting prevents you from beginning treatment that -- although it can't cure Parkinson's -- can buy you time. "We now have medications with the potential to slow progression of the disease, and you want to get those on board as soon as possible," says Illinois neurologist Michael Rezak, M.D., who directs the American Parkinson's Disease Association National Young Onset Center.

Parkinson's disease (PD) occurs when nerve cells in the brain that produce the neurotransmitter dopamine begin to die off. When early signs go unnoticed, people don't discover they have Parkinson's until the disease has progressed. "By the time you experience the main symptoms of Parkinson's, such as tremor and stiffness, you've already lost 40 to 50 percent of your dopamine-producing neurons. Starting medication early allows you to preserve the greatest possible number of them," Rezak explains.

Here, 10 often-missed signs that can help you identify and get early treatment for Parkinson's.

### 1. Loss of sense of smell

This is one of the oddest, least-known, and often earliest signs of Parkinson's disease, but it almost always goes unrecognized until later. "Patients say they were at a party and everyone was remarking on how strong a woman's perfume was, and they couldn't smell it," says Rezak.

Along with loss of smell may come loss of taste, because the two senses overlap so much. "Patients notice that their favorite foods don't taste right," Rezak says.

Dopamine is a chemical messenger that carries signals between the brain and muscles and nerves throughout the body. As dopamine-producing cells die off, the sense of smell becomes impaired, and messages such as odor cues don't get through. Some researchers consider this change so revealing that they're working to develop a screening test for smell function.

### 2. Trouble Sleeping

Neurologists stay on the alert for a sleep condition known as rapid eye-movement behavior disorder

(RBD), in which people essentially act out their dreams during REM sleep, the deepest stage of sleep. People with RBD may shout, kick, or grind their teeth. They may even attack their bed partners. As many as 40 percent of people who have RBD eventually develop Parkinson's, Rezak says, often as much as ten years later, making this a warning sign worth taking seriously.

Two other sleep problems commonly associated with Parkinson's are restless leg syndrome (a tingling or prickling sensation in the legs and the feeling that you have to move them) and sleep apnea (the sudden momentary halt of breathing during sleep). Not all patients with these conditions have Parkinson's, of course, but a significant number of Parkinson's patients -- up to 40 percent in the case of sleep apnea -- have these conditions. So they can provide a tip-off to be alert for other signs and symptoms.

### 3. Constipation and other bowel and bladder problems

One of the most common early signs of Parkinson's -- and most overlooked, since there are many possible causes -- is constipation and gas. This results because Parkinson's can affect the autonomic nervous system, which regulates the activity of smooth muscles such as those that work the bowels and bladder. Both bowel and bladder can become less sensitive and efficient, slowing down the entire digestive process.

One way to recognize the difference between ordinary constipation and constipation caused by Parkinson's is that the latter is often accompanied by a feeling of fullness, even after eating very little, and it can last over a long period of time. When the urinary tract is affected, some people have trouble urinating while others begin having episodes of incontinence. The medications used to treat Parkinson's are effective for this and other symptoms.

### 4. Lack of facial expression

Loss of dopamine can affect the facial muscles, making them stiff and slow and resulting in a characteristic lack of expression. "Some people refer to it as 'stone face' or 'poker face,'" says neurologist Pam Santamaria, a Parkinson's expert at the Nebraska Medical Center in Omaha. "But it's really more like a flattening -- the face isn't expressing the emotions the person's feeling."

The term "Parkinson's mask" is used to describe the extreme form of this condition, but that doesn't come until later. As an early symptom, the changes are subtle: It's easiest to recognize by a slowness to smile or frown, or staring off into the distance, Santamaria says. Another sign is less frequent blinking.

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10 Early Signs of Parkinson's Disease That Doctors Often Miss  
Article Continued from Page #5

### 5. Persistent neck pain

This sign is particularly common in women, who have reported it as the third most-common warning sign they noticed (after tremor and stiffness) in surveys about how they first became aware of the disease. Parkinson's-related neck pain differs from common neck pain mainly in that it persists, unlike a pulled muscle or cramp, which should go away after a day or two. In some people, this symptom shows up less as pain and more as numbness and tingling. Or it might feel like an achiness or discomfort that reaches down the shoulder and arm and leads to frequent attempts to stretch the neck.

### 6. Slow, cramped handwriting

One of the symptoms of Parkinson's, known as bradykinesia, is the slowing down and loss of spontaneous and routine movement. Handwriting is one of the most common places bradykinesia shows up. Writing begins to become slower and more labored, and it often looks smaller and tighter than before. "Sometimes a family member will notice that someone's handwriting is becoming very spidery and hard to read," Santamaria says.

Washing and dressing are other areas where bradykinesia appears. Someone may take a long time to get dressed or be unable to deal with zippers and other fasteners.

### 7. Changes in voice and speech

As the brain signals and muscles that control speech are affected by Parkinson's, a person's voice begins to change, often becoming much softer and more monotone. This is frequently one of the first early signs of Parkinson's that family and friends notice, often long before the patient becomes aware of it.

Slurring words is also characteristic of Parkinson's, because as the facial muscles stiffen, it becomes harder to enunciate clearly. "Some patients begin to have trouble opening their mouths as wide, making speech harder to hear and understand," says Rezak. This subtle sign is so characteristic of Parkinson's that researchers are working on a voice analysis technique that might eventually be used as an early screening and diagnostic tool.

### 8. Arm doesn't swing freely

"Reduced arm swing" is how doctors describe this symptom, but that doesn't fully capture what some Parkinson's patients first remember noticing. Instead, think of this sign as a subtle stiffness and reduced range of motion: reaching for a vase on the highest shelf or stretching out to return a serve in tennis and noticing the arm won't extend as far.

"With the onset of Parkinson's, people begin to have what we call increased tone, which means the muscles are stiffer and more limited," says Santamaria. "The arm just won't go where the brain tells it to go." Some people first notice this when walking, as one arm swings less than the other. One way to distinguish this symptom from arthritis or injury: The joints are unaffected and there's no pain.

### 9. Excessive sweating

When Parkinson's affects the autonomic nervous system, it loses its ability to regulate the body, which can cause to changes in the skin and sweat glands. Some people find themselves sweating uncontrollably when there's no apparent reason, such as heat or anxiety. For a woman, these attacks may feel much like the hot flashes of menopause. The official term for this symptom is *hyperhidrosis*.

This condition can also show up in the form of excessively oily skin or an oily scalp resulting in dandruff. Many Parkinson's sufferers also notice a problem with excessive saliva, but this is actually caused by difficulty swallowing rather than producing more saliva.

### 10. Changes in mood and personality

Experts aren't certain why, but there are a variety of related personality changes that come with Parkinson's, including pronounced anxiety in new situations, social withdrawal, and depression. Several studies show that depression, in someone who hadn't previously experienced it, was the first sign many Parkinson's patients and their families noticed, but at the time they weren't able to attribute it to Parkinson's.

**Some people also experience subtle changes in their thinking abilities, particularly in concentration and the so-called "executive functions" that govern planning and executing tasks. The first sign of decline is loss of ability to multitask. "People who used to be able to do three or four things at once perfectly well find that they have to do one thing at a time or they can't keep it all straight," Rezak says. Some experts believe that thinking problems and mood issues go hand in hand -- that the sense of slipping mentally leads to anxiety, feeling overwhelmed, and social withdrawal.**

*Reprinted with permission by <http://www.caring.com>.*

## 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.

## September, 2014

Wednesday, September 17th - Bingo

Do you want to win a prize and have fun at the same time. Join us for our noontime luncheon followed by a game or two of Bingo.

Wednesday, September 24th - Country Western Day

Dennis Dennehy will probably be all decked out in Country Western attire as he entertains for our noontime luncheon and celebration for Country Western Day.

Monday, September 29th - Celebrate Fall

There is no better way to celebrate the seasons, but with our last Ice Cream Social. We will be making our own ice cream sundaes to wave "Good-bye" to Summer and to say "Hello" to Fall as part of our noontime luncheon.



## Upcoming Senior Center Activities

Thursday, October 23rd - Viva Las Vegas

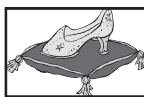
A **Small Motorcoach Bus** is scheduled to leave the Senior Center at 11:00 a.m. and return at approximately 5:00 p.m. for the Rivera Theatre and the show "Viva Las Vegas". Lunch will be served at Pane's Restaurant with a dinner choice of roast beef, chicken marsala or eggplant parmesan. Cost of the trip, to be paid at time of sign-up is \$73. Walking Level: L

Saturday, November 8th - Mamma Mia

A **Small Motorcoach Bus** is scheduled to leave the Senior Center at 11:00 a.m. and return at approximately 5:00 pm for Shea's Theatre and the production of "Mamma Mia". Lunch will be served at Chef's Restaurant with a dinner choice of chicken cacciatore, lasagna or spaghetti parmesan. Cost of the trip, to be paid at time of sign-up is \$85. Walking Level: L

Saturday, December 6th - Cinderella

Cinderella production at Shea's Theatre. Lunch at The Eagle House. More detailed information available in a future issue of the Gene-Senior.



### Nutrition Notes

#### Cooking with Fruit

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

**Y**ou know you should be eating more fruit but somehow it's hard to bring yourself to crunch into one more apple or pear or peel one more orange.



Have you ever thought of cooking with fruit? Of course, rhubarb. But any others?

Cooked fruits can be served as side dishes, desserts, sauces, compotes, or main dish components. Cooking fruit can intensify flavors and create appealing textures, especially when fruit is not quite ripe.

Poaching is a great way to cook pears, apples, peaches, nectarines, plums and apricots. Even figs, grapes, quince and bananas are good poached. When poaching, add fruit juice to the water to add flavor and sweetness. Poached fruit can be used as a dessert – just think of putting a scoop of vanilla ice cream on top of a cold, poached pear or peach. Perfect for a late summer dessert or evening snack.

Almost any fruit can be cooked. Ripe, sweet fruit needs little or no added sugar. Slightly underripe fruits are less sweet, but firmer and perfect for poaching. Some fruits such as berries will not hold their shape after poaching or stewing but they make a good hot fruit sauce.

Use spices to enhance the natural sweetness of cooked fruit dishes. Cinnamon, nutmeg, clove, star anise, ginger, cardamom, black pepper, chillies, vanilla and saffron are commonly paired with fruits.

Herbs also complement many fruits. Rosemary and sage work well with cooked fruits paired with meat, for example sage with apples and chicken. Lemon verbena and lavender are flavorful additions to a poaching liquid, especially with peaches. Other herb and fruit combinations include oranges with thyme, peaches with rosemary, and strawberries with sage.

Cooked fruit goes way beyond dessert today, appearing in salads, side dishes, and main courses. Eat whole-grain pancakes or waffles with fruit compote (several poached fruits) instead of syrup. Compotes like banana-pecan or apple raisin, or a mix of several types of berries.

Cooked fruits also make excellent side dishes on their own – spiced pineapple with chicken or pork, or with ice cream as a dessert! Apples and raisins with cinnamon or nutmeg served with roast pork. There are many ways to incorporate fruit into your diet without always eating the fresh product!



# GENESEE CAREGIVER

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

Submitted by: Debra Frink, Ombudsman Coordinator

**N**ew York State Long-Term Care Ombudsman Program at Lifespan is in need of volunteers to join a team of advocates for older adults residing in nursing homes, adult care and assisted living communities in **Genesee and Wyoming Counties 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. So make a difference and become an Ombudsman volunteer!

We are accepting applications for **April 2015 NYS 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](mailto:dfrink@lifespan-roch.org).



## SAVE THE DATES!

Submitted by: Kimberly Perl, Specialist, Aging Services

**Open Enrollment** is fast approaching for those on Medicare

**October 15<sup>th</sup> - December 7<sup>th</sup>**

**W**e have our Vendor Fair dates set! Please note, due to a continual increase in the numbers of individuals needing services and no increase in our funding for more assistance, we ask that you do your best to attend one of the Vendor Fairs to review your current coverage, as well as to see what other plans have to offer. Staff will be on hand during these times to answer questions and give un-biased information.

Thursday, October 16<sup>th</sup>

Thursday, October 28<sup>th</sup>

Thursday, November 6<sup>th</sup>

Tuesday, November 25<sup>th</sup>

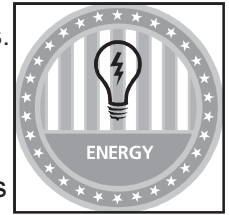
Tuesday, December 2<sup>nd</sup>

**ALL are 10am-4pm**

## Using Energy Efficiently Pays Off

Submitted by: Courtney Iburi, Specialist, Aging Services

**T**he ability to lower your energy bills is in your hands. The following tips and advice can help you use energy wisely.



- Replace incandescent light bulbs with compact fluorescent light bulbs (CFLs). They can cut lighting costs by up to 75% and they last 10 times longer!
- Remember to turn lights off when you're not using them.
- Caulk windows and weather-strip around door frames.
- Lower the thermostat when you will be away from home for two hours or more and turn the temperature down at night.
- Shut off heat to unused rooms and close the fireplace damper.
- Close drapes at night to keep heat in.
- Your refrigerator uses more energy than any other electric appliance. Set the refrigerator between 36-38 degrees F and the freezer between 0-5 degrees F.
- Use microwaves, toaster ovens or crock pots whenever possible.
- Cook with lids on your pans.
- Set your hot water heater at 120 degrees F. Any hotter wastes energy and could be a burn hazard.
- Insulating hot water pipes keeps water hotter and reduces heat loss. For older models, keep heat in by wrapping the water tank in a special blanket available at hardware stores. Do not blanket newer, insulated models.
- Showers require less water than a bath.

Use cold water for washing clothes. Dry clothes in consecutive loads to take advantage of the heat already generated.

*(Reprinted/Permission from National Grid)*

**T**he Handyman Program may be able to help with energy-related improvements such as



caulking and weather stripping. Contact our office today at 343-1611 to find out more about this amazing program made possible by the Muriel H. Marshall Fund for the Aging in Genesee County through the Rochester Area Community Foundation.



## Have You Tried Otago?

Submitted by: **Kristine Voos, CHES Public Health Education**

**E**xercise is key in preventing falls because it builds and maintains strength and balance. There are various ways to exercise that are safe even for the most unsteady and hesitant individuals. Have you heard of Otago?

Otago, formally known as the Otago Exercise Program, is an individually tailored, home-based, balance and strength fall prevention program that is delivered by a physical therapist. Otago originated in New Zealand, where it was developed, tested and demonstrated at the University of Otago.

The program consists at least 4-5 instructional sessions that focus on leg muscle strengthening and balance retraining. An exercise routine will be developed just for you, with consideration for your ability and your safety.

You are not alone after your instructional sessions. You will receive an instructional booklet that will help you do the exercises, as well as phone calls to see how you are doing and to solve any problems that occur.

To be successful with Otago you need to:

- ☞ Exercise 30 minutes a day, three times a week
- ☞ Go for a walk at least twice a week (if this can be done safely)
- ☞ Record your walks and exercises on a calendar or diary

To find out where the Otago Exercise Program is offered in Genesee County please contact Step Up to Stop Falls in Genesee County by calling 585-343-1611.

## SCAM ALERT! Common Telephone Scams Targeting Seniors

Submitted by: **Karen Hall, Lifespan's Financial Management Coordinator**

"A.G. Schneiderman Releases Consumer Alert On Five Common Phone Scams Targeting Senior Citizens" June 24<sup>th</sup>, 2014

**"Grandparent Scam"** – This scam comes in the form of an urgent phone call. While the emergencies vary, the scenario is usually the "grandson" is out of town and needs money fast to pay for automobile repairs or medical expenses and requests to have the grandparent wire money.

**Jury Duty Scam** – The caller will claim to be an officer of the court and say there's a warrant for the arrest of the victim for failing to report for jury duty...the scammer will request that the "Jury Duty Warrant" be

paid with a Green Dot Money Card or Western Union MoneyGram.

**Lottery Scam** – The caller says you've won a foreign lottery and requests that you, as the "winner", send a check or to wire money to cover taxes and fees.

**IRS Scam** – The caller will claim to be an agent or police officer from the Internal Revenue Service calling about a past due tax balance that is owed.

**Utility Scam** - The caller claims to be a representative of a local utility provider. The scammer will then advise the resident that the utility bill is past due and must be paid immediately to avoid termination of service.

### **Tips for Seniors to Avoid Falling Victim:**

#### **Think of the Telephone as a "One Way Street"**

It's okay to give out information over the phone if you made the call to a number you know and trust. However, never give out personal information when you receive an unsolicited call.

#### **Beware If a Caller Ask to Keep a Conversation a Secret**

A legitimate caller will never request that a conversation remain a secret.

#### **Just Say NO!**

You don't have to be polite when you receive unsolicited phone calls. The safest thing to do is to say "no" and hang up.

Remember the old adage: "If it sounds too good to be true, it probably is."

Attorney General Schneiderman reminds New Yorkers that in addition to being vigilant consumers, they should also report instances of fraud to his office by using the office's website at <http://www.ag.ny.gov> or calling 1-800-771-7755.

## Be Part of the Solution!

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

**T**he Aging in Place Programs and others rely on volunteers to deliver services. *Volunteers are particularly needed for:*

- *Friendly Visiting*
- *Helping individuals with bill paying, etc.*
- *Food Pantry Support*
- *Rides to medical appointments*
- *Substitute drivers for Meals-on-Wheels*



Please consider offering the gift of time to help someone else.

For information, contact the RSVP of Genesee County Volunteer Placement Program at the Office for the Aging at 585-343-1611.

## You and Your Medical Records

Taken from [Mentalhealth.gov](http://Mentalhealth.gov) website

Submitted by: Kimberly Perl, Specialist, Aging Services

**T**he Health Insurance Portability and Accountability Act (HIPAA) gives YOU the right to get your personal health information, make sure it's correct and know who has seen it. With access to your own medical records, you can make decisions with your health care provider, track your medications and dosages, and much more.

HIPAA gives you the right to get your personal health information, make sure it's correct and know who has seen it. With access to your own medical records, you can:

- Make decisions with your health care provider;
- Track your medications and dosages;
- Manage your progress; and
- Do everything you can to be healthy.

### GET IT

You've got the right to see, or to access, your medical records. Sometimes you might not be able to see the full record, but you've always got the right to ask.

For instance, HIPAA does not give you the right to access a provider's psychotherapy notes and they can't be shared with others without your permission.

Psychotherapy notes are notes taken by a mental health professional during a conversation with the patient and kept separate from the patient's medical and billing records.

### CHECK IT

Check to make sure your medical information is correct and complete.

If you think something is wrong, or missing, you can ask your health care provider to fix it. Your health care provider might not agree, but you always have the right to ask, and to have your disagreement added to your medical record.

### USE IT

Having access to your medical record can mean better communication between you and your health care providers, less paperwork and greater control over your health.

Your health care provider can be a great support system for talking about mental health. They will help you make the right decisions and assist you in taking action that will help.

### KNOW WHO HAS SEEN IT

You also have the right to know how your health information is used and shared. Your health care provider is allowed to share your information for certain reasons, such as determining how to best treat your mental health problem.

But your doctors can't give your information to an employer, for example, without your permission. If you'd like to know how your health information has been shared, you have the right to get a report. That's called an accounting of disclosures.



## Social Transportation Program

Submitted by: Dorian Ely, Specialist, Aging Services

**T**his 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 40 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 at least 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. Office for the Aging/Genesee Senior Foundation does not assume any coordination of the trip, except for arranging transportation.

For more information, please call 343-1611.

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