

# Threescore

A Quarterly Newsletter from the Wayne County Department of Aging and Youth

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Health Services Building  
1519 Nye Road, Suite 300  
Lyons, NY 14489  
(315) 946-5624

Penny Shockley, Director

Fall 2015

## Wayne County Department of Aging and Youth Needs Your Help

Every fall all the Area Agencies on Aging (AAA) submit a plan to the NY State Office of Aging called the Annual Implementation Plan (AIP). The AIP explains which services and resources we plan to provide with the state, federal and local resources available to us. Every fourth year, the Older Americans Act requires AAA to assess and re-evaluate the county's needs based on demographic and census data, an analysis of available resources, identification of service gaps and input from agencies and older adults to create a **Four Year Plan**.

The Four Year Plan is due in 2016. That being said, the time has come when we need to do some serious thinking about the best way our agency can meet the changing needs of the older adult residents living in Wayne County. There are various issues that impact the quality of life for seniors, be it adequate health care, the cost of medication, transportation, adequate income, good nutrition, housing renovations and services that allow seniors to remain in their homes and close to their community support system.

Wayne County Department of Aging and Youth wants to be sure we are being responsive to the particular needs of the older population in our rural community. Funding and resources are limited, so we need to make the best use of the money we receive in order to provide needed quality ser-

vices to benefit as many seniors as possible. The best source for information regarding concerns and recommendations for the senior population, are the people that are effected the most: **YOU**.

A Needs Assessment Survey is included on the second page of the *Three Score*. Please tear off that page, complete the survey, and return it to our office by November 1, 2015. Please be sure to include your name and phone number on the bottom of the page. We will have a drawing from all of the submitted surveys on November 1<sup>st</sup>. The person on the selected survey will win a \$25 gift certificate to Wal-Mart.

Another way you can help is The Department of Aging and Youth and Rural Health Network holds an annual educational and fun Senior Event that includes a Public Hearing to discuss senior issues. For details about the Senior Expo, please see page 3. I hope to see you there!

*Penny Shockley, Director*



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# Wayne County Baby Boomers and Senior Expo

***Come to the Fifth Annual Senior Health and Wellness Expo***

***Wednesday, October 14, 2015***

***2:00PM—5:00PM***

***Lyons Community Center***

***4 Manhattan Street, Lyons, NY***

***If you need transportation, let us know when you call to register!***

***Educational Presentations / Exhibits***

***Give-A-ways***

***Schedule of Events:***



**2:00PM—5:00PM** - Exhibits Open

**2:00PM-2:30PM-** Public Hearing

**2:30PM—3:15PM** - Keynote Speaker: “Welcome to the Insurance Marketplace”

**3:15PM—3:30PM**—Bone Builders demonstration courtesy of Wayne CAP

**3:30PM**—Exhibitor Reception—Refreshments—Exhibit Hall

**3:15PM-4:00PM**—Break-out Sessions: “Tax planning, policies and avoiding penalties”  
“Caregivers—guide to support services”

**4:00PM—4:45PM**—Break-out Sessions: “Alcohol & Drugs-How we get Hooked/Help”  
“Legal aspects of healthcare services/POA/wills”

**4:45PM-**Door Prizes (MUST BE PRESENT)

**FREE Admission with Pre-registration**

**To register call: 315/946-5624 by Oct. 9,2015**

\$5.00 at the door without pre-registration



**Sponsored by Wayne County Rural Health Network and Wayne County Dept. of Aging and Youth**

**To exhibit call: 315/483-3200**

## HOLIDAY CLOSINGS

The office will be closed for celebration of the following holidays:

Monday, October 12	Columbus Day
Wednesday, November 11	Veterans Day
Thursday, November 26	Thanksgiving
Friday November 27	day after Thanksgiving
Friday, December 25	Christmas
Friday, January 1, 2016	New Years Day

## Public Health Flu Clinic Schedule

### Lyons

Thursday September 17, 2015  
9AM-11AM  
Wayne County Public Health  
1519 Nye Road Suite 200  
Lyons NY 14489

### Lyons

Thursday September 24, 2015  
1PM-3PM  
Wayne County Public Health  
1519 Nye Road Suite 200  
Lyons NY 14489

### Clyde

Thursday, October 1, 2015  
12:30 – 3:00 PM  
St. John's School  
Dezeng Street  
Clyde, NY 14433

### Palmyra

Thursday, October 8, 2015  
2:00 - 4:00 PM  
Palmyra Town Hall  
1180 Canandaigua Road (Route 21 South)  
Palmyra, NY 14522

### Sodus

Thursday, October 15, 2015  
1:00 – 3:00 PM  
Sodus Church of the Epiphany  
Activity Building, 105 West Main Street  
Sodus, NY 14551

When you come to clinic, please bring **ALL** your insurance cards. The cost of the flu vaccine is \$40.00; however, they are able to bill most major insurances. The pneumonia vaccine will be also be available upon request. Please call Wayne County Public Health if you need further information at 946-5749 or 1-800-724-1170.

## AARP SMART DRIVING CLASSES

The AARP Smart Driving six-hour refresher course is available to all licensed drivers. It is designed to address the specific needs of older drivers, including age-related physical changes, declining perceptual skills, rules of the road, local driving problems, and license renewal requirements.

Participants are eligible to receive a discount on their car insurance premiums. The course needs to be taken every three years to keep the discount in effect.

Plan to bring your driver's license, membership card, something to write with, and \$20 check payable to AARP (\$25 for non-members).

Please contact the Department of Aging and Youth with any questions or to check on other classes.

### Lyons

October 26, 8:30 am to 3:30 pm  
Wayne County Health Services Building  
1519 Nye Rd., first floor  
Call 315-946-5624 to register

### Macedon

October 19 & 20, 5 to 8 pm  
Parkwood Heights  
1340 Parkwood Dr. Macedon  
Call 315-986-9100 to register

### Walworth

October 5 & 6, 8:30 till noon  
Walworth Town Hall  
3600 Lorraine Dr.  
Call 315-986-1400 to register

## ATTENTION SENIOR CLUBS!

If your senior club would like to announce upcoming club meetings or events in the *Threescore*, please contact Pam Marsteiner of the Department of Aging and Youth by phone at 946-5624 or by e-mail at [pmarsteiner@co.wayne.ny.us](mailto:pmarsteiner@co.wayne.ny.us).

The *Threescore* is published four times per year (January, April, July, and October) and our deadline for articles is the first Friday of the month prior to the month of issue.

## PERS Units Available

PERS (Personal Emergency Response Service) Units can be a great tool to use for peace of mind for seniors who are alone for a large part of the day. These units come with pendants that can either be worn as a “necklace” or on a wristband. Help can be summoned at the push of a button.

Our Department has contracted with an outside vendor for the installation and monitoring of the PERS units. Currently units are hooked up through a land line phone at a person’s residence. When the button on the pendant is pressed, someone from the call center will be able to speak to the person through the unit and will stay on the line until help arrives. The call center will have information on how to contact anyone identified as a responder as well as the local ambulance.

To qualify for a unit funded through our office, the person must be over 60 and be alone for eight or more hours a day. An assessment is done by Department staff to determine need and risk level. No financial screen is done. There are currently units available with no waiting list. The service is free for anyone determined eligible, although recipients (or identified family members) are offered the opportunity to contribute toward the program if they wish. If you don’t qualify for one through our office, private rental options are available from several different companies.

If you would like more information about PERS or would like to be assessed for a unit, give our office a call and ask for the NY Connects program who can make that referral for you.

## Register to Vote



In case you hadn’t heard, next year is another Presidential election year. Medicare and Social Security as well as many other important topics will be the center of debate. Be sure your voice is heard and don’t wait until the last minute to register to

vote or change your address if you have recently moved. The Department of Aging and Youth is a voter registration site. We can help you with the registration process if you need assistance. If you want to vote in this year’s general election, the deadline is October 9th.



**Department of Aging and Youth**

**(315) 946-5624**

**[nyconnects@co.wayne.ny.us](mailto:nyconnects@co.wayne.ny.us)**

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

### We serve individuals of:

- ▶ All ages
- ▶ All needs
- ▶ All income levels

### We provide:

- ▶ Screening for social and medical needs
- ▶ Assistance with applying for programs and benefits
- ▶ Comprehensive and unbiased information about long-term care services and supports:
  - Aide service
  - Home delivered meals
  - Transportation
  - Medical alarm units
  - Nursing homes
  - ...and much more

**There are no fees or eligibility requirements for NY Connects information and consultation services.**

## Saving Money!!!!

How would you like to save \$104.90 every month?

How would you like to save money on your prescription costs and your Part D premium?

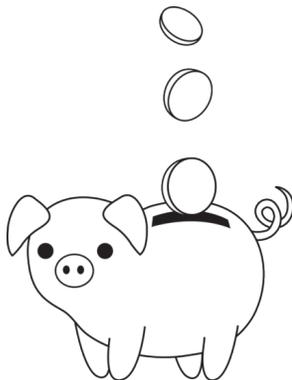
**You might be eligible for some money-saving programs.**

If your gross monthly **income** is less than \$1345/month for a single person or \$1813/month for a couple you may qualify for the **Medicare Savings Program**. This will put your Part B premium back into your pocket each month. **That's a savings of \$1258.80 a year!!** (Sometimes deductions are allowed so call for a screening if you are slightly over this limit but have expenses for health insurance premiums.)

If your gross monthly **income** is less than \$1471/month and your **assets** are less than \$13,640 for a single person or your **income** is less than \$1991/month and **assets** are less than \$27,250 for a couple you may qualify for **Extra Help**. This benefit will pick up the cost of your Part D premium up to \$36.94/month. **That's a savings of \$443.28 a year!!** Your drug co-pays will also be reduced. (If you are financially responsible for others in your household, other income limits may apply. Please call for a screening.)

**To better serve you please bring proof of income, resources, your Medicare card, proof of any other health insurance premiums and proof of residency.**

Staff are generally available to assist you with applications from 9:00-12:30 Monday-Friday. Appointments are not necessary, but would be appreciated to ensure staff are available to meet with you. Please contact our office at 315-946-5624 and ask to speak with the HIICAP intake worker.



## APPOINTMENTS ENCOURAGED

Nothing is more frustrating than driving all the way to our office for help with a problem only to find that the employees you need to see are busy assisting other customers.



Given the number and complexity of issues we help with, we want you to meet with the employees best able to assist you.

**Please remember to call ahead and make an appointment.** This will guarantee that you'll be able to meet with someone experienced in the topics you're asking about. It will also reduce your wait time and increase our ability to see everyone in a timely manner.

## Medicare 101 Classes Offered

If you or someone you love is due to turn 65 soon (or has been disabled for 2 years) and is looking into Medicare insurance options, call to sign up for a Medicare 101 class. If you have questions like: "What is Medicare?" "When am I eligible and how do I sign up?" "What does it cover?" "Do I have to take it if I have other insurance?" "What are the costs?" then this is definitely the class for you.

Classes are offered several times a year at the Department of Aging and Youth office at 1519 Nye Road in Lyons. The next two classes will be October 14th and December 2nd, both at 2:00 pm. The classes are generally an hour to an hour and a half long. The classes are free, but seating is limited so call now to sign up 315-946-5624.

If you have more specific questions about your particular, current Medicare coverage or want to sign up for an appointment to review your options for this year's "Open Enrollment" period, call the office to schedule an individual appointment.

# Thank You

The Wayne County Department of Aging and Youth would like to thank the staff for helping with the mailing of the summer issue of the *Three-score*.

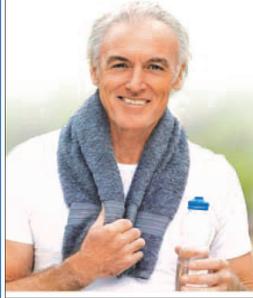
If you are interested in becoming a newsletter volunteer, please call 315-665-0131 and ask for the Retired Senior Volunteer Program.

Our next get-together will be **Tuesday, December 22, 2015** from **9:30 a.m. to 11:30 a.m.** We meet in the Department of Aging and Youth conference room, on the second floor of the Wayne County Health Services Building at 1519 Nye Road, Lyons.

## A SPECIAL THANKS TO OUR GENEROUS DONORS

The Department of Aging and Youth would like to thank the following individuals and organizations for their generous contributions toward enhancing programs and services for Wayne County's older adults:

Marcia Verstratete  
Margaret Hoot  
Melinda Barber  
Jeannette Caves  
Ernest Mori  
Eva Leach  
Tonya Finn  
Shirley Stewart  
Louis Jasper  
Katina Nortier  
David Stern  
James Fisher & Ruth Martin  
Douglas Wessie  
Carole Mangos  
John Braal  
Eugene & Shirley VandeWalle  
Vickie Harter  
Bob & Gail Reynolds (*In Memory of Alvin Allen*)  
Juan Santell  
Susan Epstein  
Ella Neverless



**MEN -- Get in the game & get screened for colorectal cancer!**

**FREE colorectal cancer screening kits to UNINSURED men 50 & older.**

The kit can be done in the privacy of your own home and it only takes a few minutes.

**CALL TODAY to get your FREE kit in the mail!**  
315-332-2255 or  
800-854-8439

Wayne County  
**Cancer Services Program**  
Your partner for cancer screening, support and information

## Job Well Done

Congratulations go out to our Nutrition Department for the diligent efforts to distribute Farmer's Market Coupons. Our Nutrition Services Coordinator, Lisa, handed out over 530 in under 2 weeks at different sites around the county. When the dust settled 680 Seniors had received Farmer's Market Coupons this year. Great Job!



You take care of them.  
We'll take care of you.

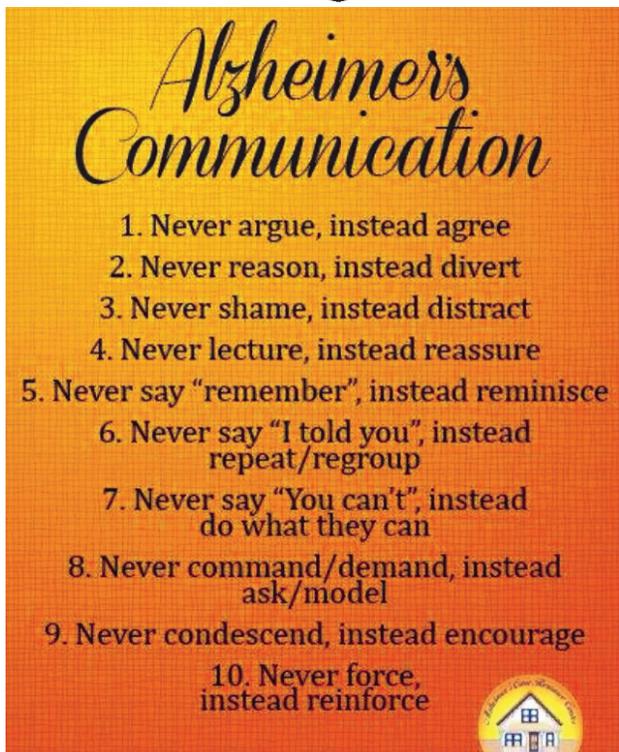
**FREE MAMMOGRAMS, PAP TESTS, AND AT-HOME COLORECTAL CANCER TESTS\***

Don't let a lack of health insurance stand in the way of your good health. If you're age 40 to 64, we can help you get the **FREE** breast and cervical cancer screenings you need.

\*At-home colorectal cancer kits available to men and women 50 to 64 years old.

**Early detection can save lives.  
Call us today at (315) 332-2255 .  
No insurance? No problem.**

Wayne County  
**Cancer Services Program**  
Your partner for cancer screening, support and information



*Alzheimer's Communication*

1. Never argue, instead agree
2. Never reason, instead divert
3. Never shame, instead distract
4. Never lecture, instead reassure
5. Never say "remember", instead reminisce
6. Never say "I told you", instead repeat/regroup
7. Never say "You can't", instead do what they can
8. Never command/demand, instead ask/model
9. Never condescend, instead encourage
10. Never force, instead reinforce



*New for residents in*  
**WAYNE COUNTY**

## COUNSELING SERVICES

offered in partnership with the  
Department of Aging and Youth

An Alzheimer's Association masters-level social worker delivers short-term counseling for people with early stage Alzheimer's disease, family members, and caregivers of anyone living with dementia.

The goal of this counseling is to improve the quality of life, and:

- decrease the stressful impact of care-giving
- identify areas of need
- provide assistance and psychosocial support
- deliver education about the disease and symptom management
- facilitate problem solving and planning for future needs
- refer to other resources when appropriate

To make an appointment call the Department of Aging and Youth (315) 946-5624.

## Community Education

The Alzheimer's Association offers a variety of classes to educate people about different issues related to dementia. Respite can be arranged for your loved one for you to attend the classes so you don't have to leave them alone. In the upcoming months classes will be offered at different Wayne County locations that cover topics like "Family Dynamics and Conflicts," "Managing Grief and Guilt," "Caregiving at the Holidays," "Being a Healthy Caregiver," and "Communication Through the Stages." Call 800-272-3900 for more information, to register, or to arrange respite. A full schedule of activities and educational events is available at [www.alz.org/rochesterny](http://www.alz.org/rochesterny).

## Help is Available 24-7

Since dementia is not a 9 to 5 illness, the Alzheimer's Association is available 24-7 to answer any of your questions. Just call 800-272-3900 to speak to someone who can help you with your issue. There is also an online, social networking community for people with Alzheimer's and their caregivers and friends at [alzconnected.org](http://alzconnected.org).



Have you done your  
**Yearly Medicare Plan Review?**

Medicare  
Open Enrollment  
October 15– December 7



## Money Management

Do you look at your bank account at the end of the month and feel anxiety? You are not alone. According to a survey by the Employee Benefit Research Institute, 65.4% of families whose head of household was 55 or older carried some load of debt. 9.2 percent of older Americans are paying out at least 40% of their income every month to debt. This is can be very devastating when you are living on a fixed monthly income. You can take some steps to help you with this.

A budget would be the first place to start. Many people may not be fully aware of where their money is going every month. You can start by simply writing down on a piece of paper how much your income is and what you have to pay out every month on all of your expenses. If you would feel better doing it on the computer, there are many different websites and software that can assist you. Once you are aware of where your money is going you can take steps toward managing your money more effectively.

One system that has been suggested by a few financial experts is the envelope system. When you are paid every month, you start by paying your housing bill, then utilities, car payments, etc.. Next you would fill envelopes with the amount you have budgeted for things.

For example: Bill spends 200 a month on groceries, 50 a month on gas, 40 a month on eating out, 50 on entertainment, and 30 on clothes. So, after paying his bills, Bill would take five envelopes and label them groceries, gas, restaurant, entertainment, and clothes. He would then put the appropriate amount in each envelope. The key is to only use each envelope for its intended purpose and not to borrow from it for anything else. This is a simple way to better control your spending. If you have money left over, then feel free to celebrate a little or save it in an envelope for “emergencies.”

This is just a start to help you feel like you have more control of your money. If you would like more information, you can check out several different websites that have all kinds of free information and tips.

daveramsey.com  
clarkhoward.com  
rachelcruze.com

manvsdebt.com  
everydollar.com

## Department of Aging and Youth Welcomes New Staff Members!

Change is inevitable and our Department has seen a lot of it in the past few months. Between last December and this past April, four long time staff members left the agency. Then from April to July, four new faces came on board and one familiar face was given new job responsibilities.

These changes have given us the opportunity to look at what we are doing and how we are doing it to be sure we are providing the best services possible and most efficiently. This is an exciting time around the office and our new members have hit the ground running. We are so happy to have them with us.

Stephanie Wilson joined us as our Principal Account Clerk. She quickly learned all of the different funds and accounts that keep our office going and has made huge strides toward implementing efficiencies in our financial systems.

Brad Barrigar filled a long time vacancy that we had at our Senior Caseworker position. Brad is now carrying a small caseload as well as supervising our other caseworkers and our PERS program. He was also tasked with overseeing the information calls and health fairs as well as establishing caregiver support services.

Kendra Payne and Evonne Pomerantz joined the team to work with the Medicare insurance counseling and New York Connects programs. They both have a background in human services and have immersed themselves in the world of Medicare to be poised and ready for Open Enrollment to start on October 15th.

The Medicare insurance counseling position used to be filled by Amy Haskins who is now the Coordinator of Aging Services . Amy comes from a background of contract management and program administration. She has been doing a great job with supervision of the Aging team, coordination of services and keeping up with reporting requirements.

These changes came at an opportune time as we work to develop our next four-year plan for services. We hope that you will join us in welcoming our new members aboard, and if you have any concerns about or ideas for services, please let us know. Our office is open Monday through Friday from 8-5.

## SENIOR CITIZEN ACTION COUNCIL

Senior Citizen Action Council (S.C.A.C.) is an organization that is dedicated to helping retirees live in honor, dignity, and usefulness. The next S.C.A.C. meeting is scheduled for **Monday, November 9, 2015** at the Alex Eligh Community Center in Newark. All S.C.A.C. cardholders are welcome and are encouraged to attend.

The 2016 S.C.A.C. membership card (cost is \$2) is available at S.C.A.C. meetings and at the Department of Aging and Youth. Cards are valid through December 31, 2016. For those wishing to renew by mail, just send in your old S.C.A.C. card along with \$2 and a self-addressed, stamped envelope to: Department of Aging and Youth, 1519 Nye Road, Suite 300, Lyons, NY 14489. **Please make checks payable to S.C.A.C.**

If you are not currently a member and would like to be, please send the following information: name, address, phone number, date of birth, two dollars, and a self-addressed, stamped envelope to the address above.

Please contact Fran Storm, S.C.A.C. President, at 315-502-4998 or [franastorm@gmail.com](mailto:franastorm@gmail.com) if you have any questions or if your senior group or club is interested in hosting a meeting.

### Expanded Transportation Services

The Department of Aging and Youth is excited to announce that transportation services have expanded! We have one driver who brings people to our Lunch Club 60 (Senior congregate lunch sites) and on Wednesdays is available to assist with medical appointments. We are adding local runs to the grocery, pharmacy, banks, post office, medical center etc. to assist people in running errands and providing an extra day for some people to be able to schedule medical appointments. These runs will be in the towns where the driver brings people to the Lunch Club 60 on the days that transportation is provided. We started providing this service in Clyde on September 1st (Tuesdays) with the hopes of expanding it to Wolcott, Palmyra and Sodus before the snow flies. If you have any questions, or want to take advantage of this new, expanded service, give the office a call!



### REGULAR FARES

Adults: \$1 each way  
Seniors 60+: 50¢ each way  
Disabled persons: 50¢ each way  
Children (5-11 years): 50¢ each way  
Children (under 5): free

### GROCERY SHOPPING SPONSORED BY WEGMANS

**Free** shuttle to Newark Wegmans every Tuesday from Lyons Manor and several Newark senior apartment complexes.

Pick-up between 9:00 am and 10:00 am  
Return between 12:00 pm and 1:00 pm

**Free** shuttle to Newark Wegmans every Thursday from several Palmyra and Macedon senior apartment complexes.

Pick-up between 9:25 am and 10:30 am  
Return between 12:30 pm and 1:30 pm

### MEDICAL APPOINTMENTS

**Wayne County:** RTS Wayne offers transportation (medical and other) to anywhere in Wayne County for \$1.50 each way to seniors and individuals with disabilities.

**Rochester area:** Monday through Friday. \$10 each way.

**Canandaigua:** Monday through Friday. \$10 each way. Rides to the Canandaigua VA are free for veterans on Mondays and Wednesdays.

**Other:** Clifton Springs Hospital and Geneva General Hospital route has been canceled due to low utilization.

***Call RTS Wayne at 946-5617 for exact pick-up/return times and locations. Please give 24 hours' notice.***

# Youth News



## Sodus Point Park Lifeguards Save Three People

On July 7, 2015 at approximately 6:45pm three individuals experienced problems returning to shore from the bayside sandbar due to a storm front that came through several hours earlier than predicted. Head Guard Raben Osborne was the first guard to reach the victims that were about 50 yards beyond the roped off swimming area. He was able to keep two adolescent girls and a 52-year old man afloat until Head Guard Sarah Gulino arrived to assist. Raben and Sarah safely got the victims to shore.

One of the girls had stopped breathing so Director Jake Kehoe administered rescue breathing with assistance from Assistant Director Ben Furber. While all of this was going on Lifeguard Conner Pendleton was bringing equipment to the scene and Head Guard Amber Lamar contacted 911.

All the victims survived. One young lady was taken to the hospital but was released shortly after arrival. The lifeguards did a great job and handled the emergency in textbook fashion.

The Department of Aging and Youth oversees the lifeguard team at Sodus Point. The Department would like to congratulate the guards for handling the situation with the utmost professionalism. Take a bow for a job well done heroes!

## RUNAWAY YOUTH: WHO CAN HELP?

The Wayne County Department of Aging and Youth is now providing services to runaway youth. A runaway youth is defined as a youth between the ages of twelve and seventeen who refuses to stay at home for a variety of reasons.

Services provided to runaway youth may include case management, family mediation, resource referral information, educational support and advocacy. **If you are a runaway or you are a person who would like to help a runaway please call (866)343-8808 for assistance.**

For further information about the Wayne County Runaway Program please contact Kathy McGonigal, Deputy Director for Youth at 946-5624.

## Kinship Care

Kinship care refers to grandparents, other relatives, and even family friends who are caring for children. While some relatives are foster parents, most kinship caregivers are not and privately provide full time care for children.

For all kinship families in New York State, the Kinship Navigator provides information, referrals, and assistance via its website and toll free telephone line (877-454-6463 or [nysnavigator.org](http://nysnavigator.org)). The Kinship Navigator provides information on a wide range of kinship topics, including:

- National, State, and Local Resources and Services for Kinship Families
- Federal and State Laws about Kinship Care
- Financial Assistance Grants for Kinship Families

The **Kinship Guardianship Assistance Program (KinGAP)** is designed for a foster child to achieve a permanent placement with a relative who had been the child's foster parent for at least six months. This program provides financial support and in most cases medical coverage for the child, beginning with the child's discharge from foster care to the guardian. The level of financial support is similar to the maintenance payments received while the child was in foster care.

## LUNCH CLUB 60 MENUS

List includes entrée, vegetable, and dessert. Milk is served with each meal. Menu is subject to change. **Meals must be ordered one day in advance.**

<u>OCT</u>	<u>NOV</u>	<u>DEC</u>
1 Taco Pie w/toppings, Warm Spiced Pears w/ Vanilla Ice Cream	2 Cubed Beef w/gravy, Mashed Potatoes, Peas, Orange Wedges	1 Pulled Pork, Prince Edward Blend Vegetables, Orange Wedges
2 Turkey Rice Casserole, Green Beans, Cranberry Juice, Dump Cake	3 Turkey Divan, Carrots, Pears	2 Cranberry Chicken Wrap, Chunky Corn Chowder, Pineapple Tidbits
5 Tangy Ranch Chicken, Potato Wedges, Beets, Mandarin Oranges	4 Cabbage Rolls w/tomato sauce, Corn, Mandarin Oranges	3 Sheppard's Pie, Winter Squash, Vanilla Ice Cream, Hot Spicy Pears
6 Cranberry Apple Pork, Mashed Potatoes, Winter Squash, Peaches	5 Chicken Pot Pie, Toss Salad, Peaches	4 Sweet & Sour Pork over Brown Rice, Broccoli, Tropical Fruit Mix
7 Philly Steak w/peppers & onions, Hearty Baked Potato Chowder, Pumpkin Crisp	6 White Fish w/dill sauce, Roasted Sweet Potatoes, Green Beans, Mixed Berry Shortcake	7 Cubed Beef w/gravy, Mashed Potatoes, Peas, Orange Wedges
8 Goulash, Brussels Sprouts, Tropical Fruit Mix	9 Tangy Ranch Chicken, Potato Wedges, Beets, Mandarin Oranges	8 Turkey Divan, Carrots, Pears
9 Pot Roast, Boiled Potatoes w/gravy, Carrots & Cabbage, Strawberry Shortcake	10 Cranberry Apple Pork, Mashed Potatoes, Winter Squash, Peaches	9 Cabbage Rolls w/tomato sauce, Corn, Mandarin Oranges
12 <b>Closed Columbus Day</b>	11 <b>Closed Veterans Day</b>	10 Chicken Pot Pie, Toss Salad, Peaches
13 Hot Dog on bun, Cheesy Potatoes, Coleslaw, Warm Cinnamon Applesauce	12 Philly Steak w/peppers & onions, Hearty Baked Potato Chowder, Pumpkin Crisp	11 White Fish w/dill sauce, Roasted Sweet Potatoes, Green Beans, Mixed Berry Shortcake
14 Tuna Melt, Pasta Fagioli, Apple Juice, Strawberry-Pineapple Jello	13 Pot Roast, Boiled Potatoes w/gravy, Carrots & Cabbage, Strawberry Shortcake	14 Tangy Ranch Chicken, Potato Wedges, Beets, Mandarin Oranges
15 Chicken Pasta Primavera, Toss Salad, Italian Bread, Mandarin Oranges	16 Hot Dog on bun, Cheesy Potatoes, Coleslaw, Warm Cinnamon Applesauce	15 Cranberry Apple Pork, Mashed Potatoes, Winter Squash, Peaches
16 Turkey w/gravy, Mashed Potatoes, Roasted Diced Squash, Pears	17 Beef Burgundy over noodles, Spinach, Glazed Berry Pie	16 Philly Steak w/peppers & onions, Hearty Baked Potato Chowder, Pumpkin Crisp
19 Swiss Steak w/sauce, Mashed Potatoes, Chuck Wagon Corn, Italian Bread, Peaches	18 Tuna Melt, Pasta Fagioli, Apple Juice, Strawberry-Pineapple Jello	17 <b>Christmas Dinner</b> Glazed Sliced Ham, Cheesy Potatoes, Green Bean Medley, 5 Cup Salad, Roll, Blueberry Pie
20 Breaded Chicken Patty on bun, Potato Wedges, Broccoli Salad, Apricots Halves	19 <b>Thanksgiving Dinner</b> Turkey w/gravy, Mashed Potatoes, Stuffing, Cranberry Sauce, Roasted Diced Squash, Roll, Apple Pie	18 Pot Roast, Boiled Potatoes w/gravy, Carrots & Cabbage, Strawberry Shortcake
21 White Chili, Coleslaw, Cornbread, Grapes	20 Chicken Pasta Primavera, Toss Salad, Italian Bread, Mandarin Oranges	21 Hot Dog on bun, Cheesy Potatoes, Coleslaw, Warm Cinnamon Applesauce
22 Spaghetti & Meatballs, Toss Salad, Garlic Bread, Apple Crisp	23 Swiss Steak w/sauce, Mashed Potatoes, Chuck Wagon Corn, Italian Bread, Peaches	22 Beef Burgundy over noodles, Spinach, Glazed Berry Pie
23 Breaded Fish on bun, Italian Vegetable Soup, Orange Wedges	24 Breaded Chicken Patty on bun, Potato Wedges, Broccoli Salad, Apricots Halves	23 Tuna Melt, Pasta Fagioli, Apple Juice, Strawberry-Pineapple Jello
26 Lemon Herb Baked Chicken, Scalloped Potatoes, Glazed Carrots, Seedless Grapes	25 White Chili, Coleslaw, Cornbread, Grapes	24 <b>Closed Christmas Holiday</b>
27 Pulled Pork, Prince Edward Blend Vegetables, Orange Wedges	26 <b>Closed Thanksgiving Holiday</b>	25 <b>Closed Christmas Holiday</b>
28 Cranberry Chicken Wrap, Chunky Corn Chowder, Pineapple Tidbits	27 <b>Closed Thanksgiving Holiday</b>	28 Swiss Steak w/sauce, Mashed Potatoes, Chuck Wagon Corn, Italian Bread, Peaches
29 Sheppard's Pie, Winter Squash, Vanilla Ice Cream, Hot Spicy Pears	30 Lemon Herb Baked Chicken, Scalloped Potatoes, Glazed Carrots, Seedless Grapes	29 Breaded Chicken Patty on bun, Potato Wedges, Broccoli Salad, Apricots Halves
30 Sweet & Sour Pork over Brown Rice, Broccoli, Halloween Cookies		30 White Chili, Coleslaw, Cornbread, Grapes
		31 Spaghetti & Meatballs, Toss Salad, Garlic Bread, Apple Crisp



## LUNCH CLUB 60 LOCATIONS

There are six Lunch Club 60 locations in Wayne County. Each location provides a delicious hot meal and varied activities. Anyone over the age of 60 is welcome (and spouses, if under 60).

Our suggested donation is \$3 per meal. Donations are confidential and no one will be refused a meal due to an inability or decision not to donate.

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**CLYDE** Brenda Smith, Manager  
St. John's Church Hall, West DeZeng Street  
Phone: 923-7216  
Open Monday - Friday, 10:00 a.m. - 1:30 p.m.  
Lunch at 11:45. Transportation on Tuesdays\*

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**NEWARK** Pat Cowles, Manager  
Alex Eligh Community Center, 303 East Avenue  
Phone: 331-2532  
Open Monday - Friday, 10:00 a.m. - 1:30 p.m.  
Lunch at noon

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**ONTARIO** Vivian Taylor-Kalinowski, Mgr.  
Brown Square Village Apartments  
2100 Brown Square  
Phone: 524-3034  
Open Monday - Friday, 9:30 a.m. - 1:30 p.m.  
Lunch at noon

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**PALMYRA** Sharon Morano, Manager  
Village Park and Club Rooms  
149 East Main Street (by the park)  
Phone: 597-4015  
Open Monday - Friday, 9:00 a.m. - 1:00 p.m.  
Lunch at 11:45. Transportation on Mondays\*

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**SODUS** Betty Mayou and Sue Buckley, Mgrs  
Church of the Epiphany Parish Hall  
105 West Main Street  
Phone: 483-6111  
Open Monday - Friday, 9:00 a.m. - 1:00 p.m.  
Lunch at 11:30. Transportation on Fridays\*

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**WOLCOTT** Melissa Martinez, Manager  
Faith United Methodist Church  
12223 Oswego Street  
Phone: 594-1644  
Open Monday - Friday, 9:30 a.m. - 1:00 p.m.  
Lunch at 11:45. Transportation on Thursdays\*

\*Call center manager to arrange transportation

## WELLNESS CLINICS

The Department of Aging and Youth, Wayne County Public Health, and Lifetime Care sponsor wellness clinics throughout Wayne County. A nurse checks and records blood pressure, pulse, and weight. Information and counseling are available upon request.

Upcoming clinics are scheduled for the following locations and dates. Clinics are free to anyone over the age of 60. Appointments are not necessary.

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<b>CLYDE</b>	St. John's Church Hall
10/7, 11/4, 12/2	<b>1st Wednesday</b> of the month 10:30 a.m. to noon

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<b>NEWARK</b>	Highrise Community Room
10/21, 11/18, 12/16	<b>3rd Wednesday</b> of the month 10:00 a.m. to noon

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<b>ONTARIO</b>	Senior Center/Brown Square
10/13, 11/10, 12/8	<b>2nd Tuesday</b> of the month Begins at 10:30 a.m. (Provided by Ontario Parks and Recreation)

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<b>PALMYRA</b>	Palmyra Park and Club Rooms
10/19*, 12/14	10:30 a.m. to noon

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<b>SODUS</b>	Church of the Epiphany
10/16, 12/18	Parish Hall 10:00 a.m. to 11:30 a.m.

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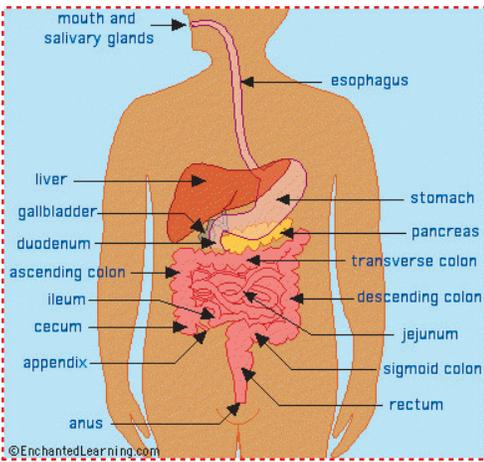
<b>WOLCOTT</b>	Faith United Methodist Church
10/22, 12/17*	11:00 a.m. to noon

\* Indicates change due to holiday

### Do You Need Help Getting to an Appointment OUT of County?

If you have a medical appointment with a provider out of county or an in-county dialysis trip, we might be able to help you get there. Our office has a limited number of vouchers available to help people pay for WATS to take them to out of county appointments. They are given out on a first-come, first-serve basis. Give us a call to request your voucher 315-946-5624. You can also check out page 10 of this newsletter for more information on the county bus service.

## Digestive Health



Sixty to seventy million Americans are affected by digestive diseases. Twenty percent of population suffers from reflux disease; 63 million people suffer from chronic constipation. Seventy five percent of the people over the age of 45 have hemorrhoids. Over two million people have diverticular disease. You should contact your physician if there is a change in bowel habits - this may include having more frequent or less frequent bowel movements, changes in the appearance or consistency of your stool, pain when you are having a bowel movement, blood or mucous in the stool. Be-

low is a list of common digestive diseases, definition of the disease, symptoms and home interventions for you to review with your physician. If symptoms persist or for individualized treatment, see your doctor.

### High Fiber Foods Part of a Healthy Diet

Barley	Baked Beans
Black Beans	Bran Flakes
Broccoli	Brussels sprouts
Carrots	Figs
Lentils	Lima Beans
Oatmeal	Pears with peel
Pecans	Pistachio
Popcorn	Potato with the peel
Raspberries	Rye bread
Split Peas	Strawberries
Sweet Corn	Sweet peas

Disease	Definition	Symptoms	Home Interventions
Constipation	Having difficulty moving stool; generally less than 3 bowel movements a week	Abdominal pain, abdominal distention, blood in stool, hard stool, alternating diarrhea and difficulty moving stool, rectal pain, thin pencil like stools	High fiber diet, adequate fluid intake ~8-8oz. glasses of fluid a day, exercise, do not ignore the urge to have a bowel movement
Diarrhea	Frequent loose watery stools, caused by food passing too quickly through the digestive tract	Loose watery stools, abdominal pain, fever, blood in stool, bloating	Drink plenty of fluids 8 – 10 eight ounce glasses a day, call MD if systems persist for more than 2 days, eat low fiber foods such as crackers, rice and chicken, toast, and try over the counter medications. Persons who have long standing diarrhea may benefit from a high fiber diet
Diverticulosis	Small outward pouches or bulges on the large intestine. Inflamed pouches are called diverticulitis	Some people do not have any symptoms others have cramps, bloating, and constipation	High fiber diet. Short term inflamed pouches are treated with antibiotics and a low fiber diet.
Gastro esophageal reflux disease (GERD) heart burn	When acid from the stomach washes back up into the esophagus	Burning sensation in the esophagus, sour taste in mouth, chest pain, dry cough, hoarseness, difficulty swallowing	Eat small meals, chew food well, eat slow, if you are over weight - lose weight, avoid tight clothes, sit or stand for 2-3 hours after eating, avoid foods that cause heart burn
Hemorrhoids	Swollen or inflamed veins in the lower rectum	Painless bleeding, itching, swelling, discomfort, leaking feces	Over the counter creams, apply a cold pack, don't use dry toilet paper, keep the area clean
Irritable Bowel Syndrome	Disease that affects the large intestine, does not damage the intestine	Cramping, abdominal pain, bloating, gas, diarrhea, constipation, mucous in stool	High fiber diet, eat smaller meals, take care with dairy, exercise, drink plenty of liquids especially water

## *Food for Thought*

The Holidays are fast approaching and I would like to extend an invitation to community seniors who have yet to visit a Lunch Club 60 Center, to join us for our Thanksgiving and Christmas Dinners.

**Thanksgiving Dinner** will be served at Clyde, Newark, Ontario, Palmyra, and Wolcott Lunch Club 60 Centers on Thursday, November 19, 2015. To reserve a meal, please call the Lunch Club 60 Center you would like to attend no later than noon Monday November 9, 2015. The Sodus Lunch Club 60 Center is also having their Thanksgiving Dinner on Thursday, November 19, and reservations must be made no later than Friday, November 6, 2015.

**Christmas Dinner** will be served at Clyde, Newark, Ontario, Palmyra, and Wolcott Lunch Club 60 Centers on Thursday, December 17, 2015. To reserve a meal, please call the Lunch Club 60 Center you would like to attend no later than noon Monday, December 7, 2015. The Sodus Lunch Club 60 Center will be having their Christmas Dinner on Tuesday, December 22. Reservations must be made no later than Monday, December 7, 2015. The Sodus Lunch Club 60 center is closed from December 8-18, 2015.

### **News from the 'Lunch Club 60' centers:**

**Vivian Kalinowski**, Manager of the **Ontario** center would like you to know that she has BINGO every Tuesday and an exercise program on Mondays and Wednesdays. She also has various fun and educational programs scheduled throughout the winter. Please call her for more details. The Ontario Center is open Monday-Friday 9:30am-1:30pm.

**Brenda Smith**, Manager of the **Clyde** center would like you to know that she has an active Euchre group that could always use more players. However, all seniors are welcome and playing cards is not a requirement for attending her site! There is a Bone Builders group on Mondays and Wednesdays and BINGO every Tuesday. Canadian BINGO is a favorite at her site so come on in and learn how to play! She also has various fun and educational programs scheduled throughout the winter. Please call her for more details. The Clyde Center is open Monday-Friday 10am-1:30pm. Transportation is available on Tuesdays, so please call ahead to make arrangements.

**Sue Buckley and Betty Mayou**, Managers of the **Sodus** center would like you to know that they have BINGO on Fridays and an active Euchre group almost daily. They also have various speakers

and fun activities scheduled throughout the winter. Please call them for more details. The Sodus Center is open Monday-Friday 9am-1pm. Transportation is available on Fridays, so please call ahead to make arrangements.

**Melissa Martinez**, Manager of the **Wolcott** center would like you to know that her Center has card games and board games daily, but if video games are more your style, there is a Wii system, and bowling is very popular. Her center has educational and musical events every month, birthdays are always a reason for a celebration and, during the summer months, there are always field trips and outings. If you like community service projects, the Wolcott center has a soft spot for animals and collects products throughout the year to donate to the local Humane Society. Please call Melissa for more details. The Wolcott Center is open Monday-Friday 9:30am-1pm. Transportation is available on Thursdays, so please call ahead to make arrangements.

**Sharon Morano**, Manager of the **Palmyra** center would like you to know that she has BINGO on Mondays, Bunko on Wednesdays, and Dominoes on Fridays. Birthday celebrations happen monthly. She also has various fun and educational programs scheduled throughout the winter. Please call her for more details. The Palmyra Center is open Monday-Friday 9am-1pm. Transportation is available on Mondays, so please call ahead to make arrangements.

**Pat Cowles**, Manager of the **Newark** center would like you to know that she has a Bone Builders group and a Silver Sneakers group that meet twice a week at her center. On Mondays and Tuesdays, there are sewing activities, and the completed projects usually are donated to a good cause. Birthdays are celebrated monthly. She also has BINGO, card games and various other fun activities planned throughout the winter. Please call her for more details. The Newark Center is open Monday-Friday 10am-1pm.

Please feel free to join us for lunch at any of our Lunch Club 60 Centers. We have six fun, friendly, and caring Managers waiting to welcome you to their Center. If you have not taken the opportunity to attend one of our Centers, please call the one closest to you, order a meal, and go meet some of the wonderful people who attend. It is as simple as that...a good meal and great company.

*Lisa Zonneville,*

*Nutrition Services Coordinator*

Wayne County Department of Aging and Youth  
1519 Nye Road, Suite 300  
Lyons, NY 14489

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**Volume 40, Issue 4**

**Help us lower our printing and postage costs!  
If you would prefer to receive this letter through e-mail, please let us know.**

The programs and services offered by the Department of Aging and Youth are funded by federal, state, and local governments and through the generous contributions from the people and families the department serves.

Enclosed is my donation of  \$5  \$10  \$25  \$50  Other \_\_\_\_\_

My donation is in memory of \_\_\_\_\_ (optional)

I wish my donation to be used for: (optional)

- |  |   |
|--|---|
| <input type="checkbox"/> Transportation        | <input type="checkbox"/> Personal emergency response system |
| <input type="checkbox"/> Aide service          | <input type="checkbox"/> Newsletter                         |
| <input type="checkbox"/> Senior legal services | <input type="checkbox"/> Nutrition services                 |
| <input type="checkbox"/> Insurance counseling  | <input type="checkbox"/> Other _____                        |

My name and address: \_\_\_\_\_  
\_\_\_\_\_

I would like a written confirmation of my donation.  I wish to remain anonymous.

Wayne County Department of Aging and Youth  
1519 Nye Road, Suite 300 Lyons, NY 14489