

# Threescore

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

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Lyons, NY 14489  
(315) 946-5624

Penny Shockley, Director

Fall 2016

## WHAT'S NEW AT AGING AND YOUTH

A new **Transitional Care Coordinator** has been hired and will start September 26. The goal of this new position is to assess patient's needs prior to their hospital discharge. The Transitional Care Coordinator will work with the hospital discharge planners and hospital care team to ensure that the patients are connected to appropriate services once they return home. Hospital readmissions, repeat ER visits and nursing home placements are much more likely if the senior does not have the necessary supports in place when they return home. The service may include follow up transportation to medical appointments, medical equipment, pharmacy assistance, insurance counseling, home delivered meals, personal emergency response units, Personal Care Aides (PCA) and other preventive services to maximize the patient's success of staying at home.

**Expansion of available Personal Care Aides (PCA) vendors/hours:** We now have two additional PCA contracts in addition to Lifetime Care Home Health Agency that can provide aide service. Eligibility is based on the participant's inability to perform certain household or daily living tasks and the need for additional support services to assist senior's ability to live independently and safely at home.

The two new vendors are:

- **Home Instead, Inc.** is a Home Health Agency that provides their own trained PCA Level 1 staff to assist seniors by providing services, such as light cleaning, meal prep and laundry services.
- **Medical Solutions, Inc.** is a consumer directed aide service program. What that means is that the senior requesting services is assessed by our agency. If the participant is eligible, the number of aide hours and care plan is assigned based on the client's needs. The participant and/or their caregiver, can select, hire and train an individual of their choosing to provide the necessary services indicated in the care plan for the assessed number of hours. The client/caregiver will need to sign off on the aides time sheet to confirm they have worked for the agreed upon number of hours and that the correct services were performed by the aide. Medical Solutions, Inc. acts as the fiscal intermediary and handles the payroll, benefits and administrative tasks for the client/aide.

With both programs, as well as with Lifetime Care PCA services, the participant receiving the service will need to be assessed first by our agency to determine eligibility and available service provision.

**Caregiver Services.** Our agency, in conjunction with Wayne ARC, applied and was awarded the Balancing Incentive Caregiver Grant. We are

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contracting with Wayne ARC to provide respite hours for caregivers. A respite worker will be assigned to provide care for a client that cannot be safely left home alone, in order to allow the caregiver a break to perform errands or to just relax.

**Health Insurance Counseling.** Aging and Youth is gearing up to provide health insurance counseling during the open enrollment period (October-December). We are expanding the hours of our part-time services assistant to better accommodate the number of senior's requests for this assistance. We have heard that several insurance companies are increasing their rates and/or reducing their coverage. Make sure you make your appointments early. Appointments are on a first come first serve basis.

**Farmer Market Coupons-** Our Nutrition Coordinator as well as our other frontline staff accomplished a heroic task by distributing 760 Farmer Market booklets to income eligible seniors in Wayne County. This was the first year we were able to provide both partners of a couple with a booklet if they were deemed eligible.

It has been a busy summer and we predict a busier fall. Please let us know how we can help address your needs. That is what we are here for!!!!

Thanks,

*Penny Shockley*

Director



## Living Healthy Peer Leader Class Scheduled

Are you looking for a meaningful way to spend your free time? Do you like leading a class or group discussion? We have an opportunity for you! Our Living Healthy Class uses an Evidence-Based curriculum designed and tested by Stanford University Medical School. It has been shown to decrease hospitalizations, emergency room visits, and increase people's ability to navigate the healthcare system and to advocate for themselves. The classes do not focus on any particular illness, but on the SYMPTOMS that chronic illnesses (like cancer, heart disease, depression, etc.) have in common. Participants learn different tools that can assist them in better managing their symptoms.

We hold these classes throughout the year, typically in March, June, and September. The classes run once a week for 6 weeks. Each session is different, focusing on different tools and symptoms. All the sessions last for 2 1/2 hours. The classes require two people to lead each session which is why we need additional leaders to be able to deliver the material. All of the curriculum and supplies are provided to the leaders.

Training to become a leader requires full attendance at 4 days of training. Our next peer leader class is scheduled for October 3rd, 6th, 11th, and 12th from 9-4. The trainings are free and will be held in our office in Lyons.

If you enjoy helping others; if you have a chronic health condition yourself; if you are comfortable talking in front of a group; if you might have a few hours a week for a few weeks throughout the year, give us a call about this training opportunity (Ask for Lisa Z). Hopefully we will see you in October!



### Try Our “Express Service”

Open Enrollment for Medicare is upon us. In an effort to assist as many Medicare beneficiaries as possible in the most efficient, convenient way possible, we are offering the opportunity to get all the plan information without coming all the way to our office for an appointment. This may be a particularly good option for people who have met with us in the past to discuss plan and enrollment options. We will send you a form (or you can get it from our county webpage) to update us with your current medication list and any preferences you have regarding insurance companies or types of plans. Once you have given us that information, we can gather all of the information together for you and mail it out for you to review. You can always come in for an appointment if you wish, or can speak with an insurance counselor over the phone regarding your options. Once you have made your enrollment decision, you can let us know that over the phone or through the mail as well and we can still assist you with the enrollment.

### Medicare 101

We are continuing to offer our monthly “Medicare 101” classes for those of you new to Medicare or soon to be new to Medicare. These classes provide general information about what Medicare is, how to sign up, what your coverage options are, and where you can get some assistance with your Medicare issues. Call our office for class dates and times.

### Your Medicare Number May Be Changing

For many of you, your Medicare number contains your Social Security Number. Congress passed a law this past April that will change that. This law requires Medicare to replace current Medicare Claim numbers with randomly generated “Medicare Beneficiary Numbers” that will not include your SSN or any other identifying information. This is hoped to decrease incidents of fraud and identity theft. The process may start as early as 2016. Stay Tuned.



Wayne County

(800) 342-9871 315-946-5624

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.**



### **Care Transitions**

We are excited to announce that we have hired a new Care Transitions Coordinator who will be able to work with hospitals, families, and doctors' offices to assist people who are transitioning home to be sure they understand the follow-up instructions, have their doctor's appointments scheduled, understand any medication changes, and get linked with the needed services to help them recover and remain safely at home. Referrals to the program will come through our NY Connects program and can come from family as well as professionals.

### **Consumer Directed Aide Service**

We are also excited to report that a program we told you about a few months ago is finally here. Seniors who are receiving services through our EISEP In-Home Services program will now have another option for aide service. We currently contract with two aide service agencies that provide the traditional aide service. Now we are able to offer a "consumer-directed" option which allows folks who are willing and able to select their own aides from among family or friends. They can schedule and train people they already know and are comfortable with to provide the in home services the senior needs to be able to stay home safely. If the senior does not feel comfortable with the paperwork or responsibility of managing the services, a friend or family member can do it for them. As always, our case managers will be available as well to support the senior and family members through the process and check in with them to see how things are going.

### **Computer Overhaul**

Our computerized client database is getting an upgrade. The state Office for Aging decided to go with a state-wide database so that all the counties are recording, tracking, and reporting the same data in the same way. As with any big system change, you,

the client, may see some changes when you call our office.

We will begin with the new system in mid-September, so it may take us a little time to get used to navigating it and we ask for your patience with us during that process. If we had you in our old database, we will have you in our new one. However, if you are calling us for the first time, we are now required to ask your permission to enter your information in the database so that we can track your services and make referrals to our internal office programs or maybe even programs outside of the office. The database is very secure and no one will be able to access your information without your permission (including us!). We will also be asking permission to share your information if we need to call someone on your behalf to help you access services or resolve a problem. If we have to send your information to another agency to refer you for services, we will discuss that with you and request consent for us to share your information via a referral as well. We have always taken care to protect any personal information you have provided to us and will continue to do so. We apologize if the new process seems confusing or overwhelming. We just want to make sure that you are aware of how your personal information is being handled and to offer you the opportunity to exercise control over if, when, or how that information is shared. Feel free to call us with any questions or concerns. Whoever you are working with in our office can discuss it with you in greater detail.

### **Red Kettle On-Line**

Our office has been working with the Salvation Army to set up on-line red kettles for each of the service areas in our county. Whatever money a service area raises, 90% of that is used to assist residents in that specific area with emergency needs. See page 19 for more details or call Kim if you are interested in volunteering 315-382-1451 .

# Winds of Change: Office Updates

## Change in Transportation Services

Our regular bus route in and around Palmyra area taking seniors for lunch at the local Lunch Club 60 and other various errands will no longer be on Mondays starting October 1. We will now be in the Palmyra area every Wednesday. This means the medical transportation days will now be Mondays and Fridays for anyone 60+ who needs to get to an in-county medical appointment. Don't forget that we have a wonderful new bus that is now almost a year old. It is handicapped accessible with a lift and wheelchair spots if you need those kind of accommodations. Just give our office a call to schedule transportation. The new transportation schedule is as follows:

**MONDAY:** Open for medical appointments and errands on a first come first served basis

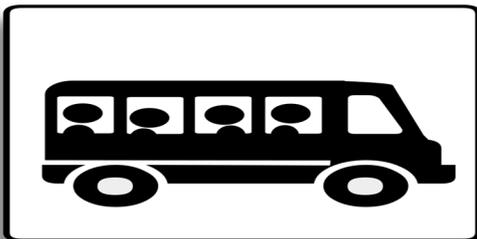
**TUESDAY:** Transportation to the Clyde Lunch Club 60 and around Clyde and surrounding areas for errands.

**WEDNESDAY:** Transportation to the Palmyra Lunch Club 60 and around Palmyra and surrounding areas for errands.

**THURSDAY:** Transportation to the Wolcott Lunch Club 60 and around Wolcott and surrounding areas for errands.

**FRIDAY:** Open for medical appointments and errands on a first come first served basis

Also, we were approved to allow volunteers to assist us in providing transportation for county residents by driving our county vehicles. You do need to be board approved, but you do not need to have or use your own car. Let us know if you might be interested in volunteering.



## Some Services Taking a Winter Break

In April, we started up two new services—Caregiver Support Groups and Dinner Club 60's. Both of these services were offered in towns at each end of our county and at non-traditional hours. Those two services will be on hiatus until the Spring.

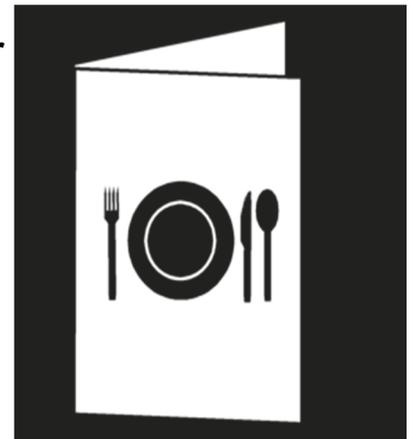
The Caregiver Support groups were held at the Clyde and Walworth Library, evening and weekend hours, once a month and included a presentation on a topic relevant to caregivers—legal issues, insurance issues, services available, etc. as well as time to network with any other caregivers in attendance. Because the evenings are getting darker earlier and winter driving is no fun, we are holding off on these groups until Spring.

The Dinner Club 60 groups met at the Clyde and Palmyra Lunch Club sites once a month for a meal and a presentation as well. The Dinner Clubs were intended to offer folks who were working or otherwise unable to attend a Lunch Club group the opportunity to have an evening meal and a presentation. Again due to the shortened daylight hours and impending winter weather, the last of the Dinner Clubs will be in October for this year. Stay tuned to future editions for next year's plans for the Dinner Club programs.

## Back By Popular Demand

As you will see with this issue, the menus are back by popular demand. The message was overwhelmingly that you, the readers, wanted the menus back in the Three-Score and we heard

your requests. By taking the menus out and creating a separate mailing list, we had hoped to make them more readable and to send them to just people who wanted the menus. We print over 3000 ThreeScores and do not have 3000 people that attend the Lunch Clubs. However, we want the newsletter to contain the information that you, the readers, want so they are back—and bigger than ever.



# Thank You

The Wayne County Department of Aging and Youth would like to thank Karen Hall for helping with the mailing of the Summer 2016 issue of the *Threescore*.

Our next get-together will be **Tuesday, December 27, 2016** 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:

Donna Rice  
Carol Kearns (*In Memory of Dorothy Hendricks*)  
Linda Tuffy (*In Memory of Ruby Lester*)  
Dana Andrews  
Paul Baran  
Douglas & Jeanette Wessie  
Virginia Bentley  
Marilyn Kriel

Elizabeth Tyner  
Richard Carney  
Sylvia Davis  
Jeanette Bramante  
Ernest Mori  
Alice Dingy  
Samuel Rivera Santo  
Marie DiMartino  
Kay Bonetti  
Nancy Burt (*In Memory of Margaret Colasurdo*)  
Elizabeth Spencer  
Virginia Waite (*In Memory of Lawrence Waite*)  
Mary Ellen Fagner  
Sharon Roberts  
Arlyss Austin  
Cecelia Deane  
Mary Gushone  
Betty Deleo  
Coleda Weeks  
Iva Knataitis  
Ruth Sorensen  
Rosalie Palmater  
Elma Fyles  
Richard Kanabroski  
Jan Matthys  
June MacDougall  
Larry & Denise Arliss  
Ramona Yusko  
Earl Strohm  
Marcia Verstrate

**The Good Side of Life:** Jesus often taught the people using parables; stories or illustrations containing deeper or hidden spiritual meaning (read Matthew, Chapter 13). To understand or not understand Jesus' parables, He stated, reveals the spiritual condition of the heart of the hearer. To illustrate: An early morning riser awaits the first rays from the sun's light to reveal what the night had hidden. The rising of the sun brings both the qualities of light and of darkness into view. With its appearing, does it reflect upon us as a day of promise, or toil?

Likewise, the Son of God was sent to declare the whole world lies in spiritual darkness, but that He was, and is, "...the Light of the world" (John 8:12). To all given spiritual eyes to see and ears to understand, Jesus' words bring clearly into view the spiritual qualities of light and darkness. We respond from the heart.

Although referring to a particular day, Psalm 118:24, contains a formula for each day to become a prosperous one: "This is the day the Lord has made: we will rejoice and be glad in it."

**Sponsored by: SENECA MEMORIALS, 3815 Route 31, Palmyra, N.Y. (315)597-2748;  
Cemetery Memorial Sales and Service**

## A New Area Code is Coming

In case you haven't heard, the 315 area will be adding another area code—680. So now local calls in our area may have either 315 or 680 to start us off. Your existing area code/phone number will NOT change, but you will have to start using 10-digit dialing to get to all of your local calls. You can practice the 10-digit dialing now. No need for a "1" in front of the number. Starting in February of next year, the 10 digit dialing will be mandatory.

So if you call our office by dialing 946-5624 after February 11, 2017, the call will not be connected. You will have to dial 315-946-5624. If you dial 1-315-946-5624, you will not be connected. If you have a 585 number right now, nothing will change for you. Starting March 11, new numbers may be given the new area code.

Your phone number will not change. Your phone company will not change. Your phone bill should not change. 911, 711, 411, 211, etc. will not change. If you start to see 680 on your caller ID after March, just know that it is a local number from somewhere in the 315 area code region. If you have any pre-programmed numbers on your home phone, you will have to change them to add the area code and can do that anytime between now and February 11th.

## Congratulations to Kyra

We at the Department of Aging and Youth want to wish Kyra Smith a very happy retirement. Many of you who have called the office may have spoken with Kyra either for help with Medicare or information about in-home services through the New York Connects Program. Her knowledge of both of those programs will be missed, but we wish her many happy years in retirement.

## Hospice Volunteer Training

Lifetime Care is hosting a Hospice Volunteer Training at their offices in Newark on November 12th 8:30-4:30. Breakfast and Lunch will be served. Call Erin or Rose for more information: 315-332-4020.

## 711-NYS Relay Service

New York Relay Service is a statewide service that connects standard (voice) telephone us-

ers with deaf, hard-of-hearing, deaf-blind, speech-disabled, or late-deafened people who use text telephones (TTYs) or voice carry-over (VCO) phones.

This service allows TTY or VCO users to communicate with standard telephone users through specially trained relay operators. Calls can be made to anywhere in the world, 24 hours a day, 365 days a year with no restrictions on the number, length, or type of calls.

All calls are strictly confidential and no records of any conversations are maintained. Anyone wishing to use New York Relay simply dials the relay number to connect with a relay operator. The relay operator will dial the requested number and relay the conversation between the two callers.

Dialing 711 is easy and fast. It automatically connects to a relay operator, without having to remember and dial a ten-digit access number.

New York was one of the first states that offered 711 to relay users, even before the Federal Communications Commission (FCC) mandate took effect. All states now have 711.

Follow these simple steps:

1. Dial 711 (or the New York Relay toll-free number appropriate for you specific call. [Click here](#))
2. A specially trained New York relay operator will answer and identify themselves by their operator number.
3. Give the operator the phone number of the person you are calling.
4. The operator will connect you with the person you are calling and assist you with communication.

It really is that easy! NOTE: If the phone from which you are calling does not accept 711, just call 1-800-421-1220 for the same great results.

## Advertising

If your organization has a product, service, or event that you would like our readers to know about, you can contact our office about purchasing advertising space in an upcoming newsletter or menu mailing. Paid **advertisements will have this frame around them and should not be considered an endorsement by our office of any organization/event/product/service.**

## About Dementia

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

**Alzheimer's disease** -Most common type of dementia; accounts for an estimated 60 to 80 percent of cases.

*Symptoms:* Difficulty remembering recent conversations, names or events is often an early clinical symptom; apathy and depression are also often early symptoms. Later symptoms include impaired communication, poor judgment, disorientation, confusion, behavior changes and difficulty speaking, swallowing and walking.

**Vascular dementia** - Previously known as multi-infarct or post-stroke dementia, vascular dementia is less common as a sole cause of dementia than Alzheimer's, accounting for about 10 percent of dementia cases.

*Symptoms:* Impaired judgment or ability to make decisions, plan or organize is more likely to be the initial symptom, as opposed to the memory loss often associated with the initial symptoms of Alzheimer's. Occurs from blood vessel blockage or damage leading to infarcts (strokes) or bleeding in the brain. The location, number and size of the brain injury determines how the individual's thinking and physical functioning are affected.

### **Dementia with Lewy bodies (DLB)**

*Symptoms:* People with dementia with Lewy bodies often have memory loss and thinking problems common in Alzheimer's, but are more likely than people with Alzheimer's to have initial or early symptoms such as sleep disturbances, well-formed visual hallucinations, and slowness, gait imbalance or other parkinsonian movement features.

**Mixed dementia** -In mixed dementia abnormalities linked to more than one cause of dementia occur simultaneously in the brain. Recent studies suggest that mixed dementia is more common than previously thought.

**Parkinson's disease** -As Parkinson's disease progresses, it often results in a progressive dementia similar to dementia with Lewy bodies or Alzheimer's.

*Symptoms:* Problems with movement are common symptoms of the disease. If dementia develops, symptoms are often similar to dementia with Lewy bodies.

**Frontotemporal dementia** -Includes dementias such as behavioral variant FTD (bvFTD), primary progressive aphasia, Pick's disease, corticobasal degeneration and progressive supranuclear palsy.

*Symptoms:* Typical symptoms include changes in personality and behavior and difficulty with language. Nerve cells in the front and side regions of the brain are especially affected.

**Creutzfeldt-Jakob disease** -CJD is the most common human form of a group of rare, fatal brain disorders affecting people and certain other mammals. Variant CJD ("mad cow disease") occurs in cattle, and has been transmitted to people under certain circumstances.

*Symptoms:* Rapidly fatal disorder that impairs memory and coordination and causes behavior changes.

### **Normal pressure hydrocephalus** -

*Symptoms:* Symptoms include difficulty walking, memory loss and inability to control urination.

**Huntington's Disease** -Huntington's disease is a progressive brain disorder caused by a single defective gene on chromosome 4.

*Symptoms:* Include abnormal involuntary movements, a severe decline in thinking and reasoning skills, and irritability, depression and other mood changes.

**Wernicke-Korsakoff Syndrome** -Korsakoff syndrome is a chronic memory disorder caused by severe deficiency of thiamine (vitamin B-1). The most common cause is alcohol misuse.

*Symptoms:* Memory problems may be strikingly severe while other thinking and social skills seem relatively unaffected.

## Dementia Counseling has a New Face

The Alzheimer's Association and our department have partnered over the past year to bring counseling to family members and caregivers of people with Dementia. The Counselor could discuss disease progression, what to expect, how to handle changes and behaviors, what resources are available, etc. Roseann, who has been with us for the past year, has now passed the torch to Karin who will be working with us and meeting with people on the 2nd and 4th Fridays of each month.

# Caregiver Corner



## Caregiver Support

Since our Support Groups will be on hold through the winter, we wanted to share some information about other ways to access information and support.

Call our office: You can always call our office 8-5 M-F year round to speak with someone about any caregiving issue you might have. Our staff is ready to listen to your problems and offer suggestions on possible solutions for you. If the situation requires a visit or appointment, those options are also available. 315-946-5624.

### Other phone numbers:

- Alzheimer Association 24 hour hotline—1.800.272.3900 ;
- 211—staffed 24 hours a day, can talk with a counselor and get referrals for services or help;
- CPEP—for people in Mental Health crisis—315-462-1080

Websites: The internet can be a good way to get information and to connect with others who share your concerns and experiences. Some websites with online resources and support for caregivers include:

- [www.alzconnected.org](http://www.alzconnected.org) (Alzheimer's Association);
- [www.caregiver.org](http://www.caregiver.org) (Family Caregiver Alliance);
- [www.caring.com](http://www.caring.com) (has good information, but is a commercial site with ads and "special offers");
- [www.agingcare.com](http://www.agingcare.com) (also has ads, but good information);
- [www.aarp.org/home-family/caregiving](http://www.aarp.org/home-family/caregiving) (AARP)

These are by no means exhaustive lists or endorsements of these particular organizations. Rather, we know that caregiving can be stressful and busy. These resources can be accessed according to your schedule and can offer sources of information and/or support in your very important caregiving role.

## Take Care of Yourself First

Many caregivers find themselves running around taking care of all the needs of the people they care for. They often do not take the time to take care of themselves first. This could end hurting how much you can help. When you are on an airplane they tell you in case of emergency put your air mask on first then help those around you. They tell you this because if you are

sick or hurt you can't help anyone. What are some ways to take care of yourself?

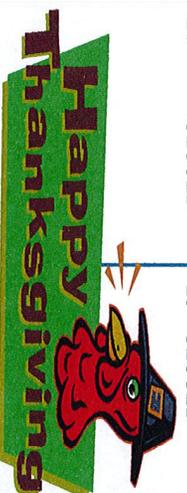
1. Find some time to sit in a nice quiet space and just take some deep breaths. Perhaps try your hand at some simple meditation. Start by closing your eyes and picturing a scene you find relaxing. Then slowly breathe in through your nose and out through your mouth. Only a few minutes a day can help.
2. Don't Neglect Your Own Health. Many caregivers neglect their health and end up getting sick or injured. If you feel you are run-down or catching a virus, it's best to rest. Plus, you don't want to risk spreading something contagious to the loved one you are caring for. Also, learn the proper techniques for assisting your loved one from bed or a wheelchair. If you injure yourself, get the proper care and ask someone to take over any physical duties that may impede your recovery.
3. Stay Connected With Friends. Caregivers can sometimes isolate themselves from their friends. Even though you may feel tired or sad at times, it's important to stay connected to friends who support you. Having a support network is scientifically proven to improve your outlook and your health. That's because, when you connect with friends, your brain produces oxytocin—a hormone that calms your nerves and prevents surges in stress hormones. Even if you can't get out with friends every day, take time to send e-mail or phone friends to catch up.
4. Laugh Often. It's important to hang onto your sense of humor when your days are otherwise pretty intense. To get your daily dose of humor, read something funny or watch a funny movie. Social media is great for getting some daily humor – you can watch funny videos on Facebook, or look at cute animals doing funny things on Pinterest. In addition, try looking for some levity in your situation and maybe even share some of that humor with the loved one you are caring for. Laughter really is the best medicine.
5. Watch For Signs of Burnout. Many caregivers delay asking for help and support because they feel that they should be able to care for their loved ones on their own. Everyone needs help and support, especially when caring for sick or elderly loved ones. Some signs of burnout include feeling like you are on an emotional rollercoaster, getting sick often, not being able to find time to care for yourself, feeling numb or over-reacting to things that others say and do, or not remembering the last time you went out or did something fun. If this describes you, start with any one of my suggestions for caring for yourself.

# OCTOBER 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>LOCATIONS:</b>								
<b>Ontario</b> Brown Square Apts 2100 Brown Square 315-524-3034							1 	
<b>Palmyra</b> Village Pk&Club Rms 149 East Main St 315-597-4015	3 Tangy Ranch Chicken Potato Wedges Beets Mandarin Oranges	4 Cranberry Apple Pork Mashed Potatoes Winter Squash Peaches	5 Philly Steak Sandwich w/Peppers & Onions Baked Potato Chowder Pumpkin Crisp	6 Goulash Brussels Sprouts Topical Fruit Mix	7 Pot Roast w.Gravy Boiled Potatoes Carrots & Cabbage Strawberry Shortcake	8 		
<b>Newark</b> Alex Eligh Corn Ctr 303 East Ave 315-331-2532	10 CLOSED 	11 Swiss Quiche Coleslaw Cinnamon Applesauce	12 Tuna Melt Pasta Fagioli Peach Shortcake	13 Chicken Pasta Primavera Tossed Salad Mandarin Oranges	14 Beef Burgundy Noodles Spinach Glazed Berry Pie	15 		
<b>Clyde</b> St. John's Church Hall W. DeZeng Street 315-923-7216	17 Swiss Steak Mashed Potatoes Corn Peaches	18 Chicken Patty on Bun Potato Wedges Broccoli Salad Apricots	19 Chili Cornbread Casserole Copper Penny Salad Grapes	20 Spaghetti & Meatballs Tossed Salad Garlic Bread Oranges	21 New England Clam Chowder Coleslaw Cottage Cheese Apple Crisp	22 		
<b>Wolcott</b> Faith United Methodist 12223 Oswego St 315-594-1644	24 Lemon Herb Baked Chicken Scalloped Potatoes Glazed Carrots Pineapple	25 Pulled Pork on Bun Vegetable Blend Oranges	26 Cranberry Chicken Wrap Chunky Corn Chowder Grapes	27 Pork Marsala Rice Broccoli Tropical Fruit Mix	28 Sheperd's Pie Winter Squash Spicy Pears Vanilla Ice Cream	29 		
<b>Sodus</b> Church of Epiphany 105 West Main St 315-483-6111	31 Cabbage Rolls Corn Mandarin Oranges Halloween Cupcake						<b>MEAL COST</b>	
							\$3.00 <u>Suggested Contribution</u> for Seniors 60+	
							\$4.10 <u>Actual Cost</u> for people under 60 *	
							*Excluding Spouses and Volunteers*	
							<b>Menu &amp; Activities are subject to change</b>	

# NOVEMBER 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cabbage Rolls Corn Mandarin Oranges Halloween Cupcake	2 Chicken Pot Pie Tossed Salad Peaches	3 French Toast Casserole Hash Browns Yogurt Parfait	4 Fish w/Dill Sauce Roasted Sweet Potatoes Green Beans Mixed Berry Pound Cake	5
6 Daylight Saving	7 Tangy Ranch Chicken Potato Wedges Beets Mandarin Oranges	8 <b>VOTE!</b> Cranberry Apple Pork Mashed Potatoes Winter Squash Peaches	9 Philly Steak Sandwich w/Peppers & Onions Baked Potato Chowder Pumpkin Crisp	10 Goulash Brussels Sprouts Topical Fruit Mix	11  CLOSED	12	
13	14 Swiss Quiche Coleslaw Cinnamon Applesauce	15 Escalloped Turkey Winter Squash Jello	16 Tuna Melt Pasta Fagioli Peach Shortcake	17 Thanksgiving Dinner Turkey w/Gravy Mashed Potatoes, Stuffing Squash, Cranberry Sauce Pie	18 Beef Burgundy Noodles Spinach Fruit Cocktail	19	
20	21 Swiss Steak Mashed Potatoes Corn Peaches	22 Chicken Patty on Bun Potato Wedges Broccoli Salad Apricots	23 Chili Cornbread Casserole Copper Penny Salad Grapes	24 CLOSED	25 CLOSED	26	
27	28 Lemon Herb Baked Chicken Scalloped Potatoes Glazed Carrots Pineapple	29 Pulled Pork on Bun Vegetable Blend Oranges	30 Cranberry Chicken Wrap Chuncky Corn Chowder Grapes				
<b>Lunch Club</b> 60 Locations	<b>Palmyra</b> Village Pk&Club Rms 149 East Main St 315-597-4015	<b>Newark</b> Alex Eligh Com Ctr 303 East Ave 315-331-2532	<b>Clyde</b> St. John's Church Hall W. DeZeng Street 315-923-7216	<b>Wolcott</b> Faith United Methodist 12223 Oswego St 315-594-1644	<b>Sodus</b> Church of Epiphany 105 West Main St 315-483-6111	<b>Ontario</b> Brown Square Apts 2100 Brown Square 315-524-3034	



# DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pork Marsala Rice Broccoli Tropical Fruit Mix	2 Shepherd's Pie Winter Squash Spicy Pears Vanilla Ice Cream	3
4	5 Cabbage Rolls Corn Mandarin Oranges	6 Chicken Pot Pie Tossed Salad Peaches	7 French Toast Casserole Hash Browns Yogurt Parfait	8 Turkey Divan Peas Pears	9 Fish w/Dill Sauce Roasted Sweet Potatoes Green Beans Mixed Berry Pound Cake	10
11	12 Tangy Ranch Chicken Potato Wedges Beets Mandarin Oranges	13 Cranberry Apple Pork Mashed Potatoes Winter Squash Peaches	14 Philly Steak Sandwich w/Peppers & Onions Baked Potato Chowder Pears	15 <u>Christmas Dinner</u> Ham w/Raisin Sauce Sweet Potatoes, Mixed Vegetables, Fruit Salad Rolls, Pie	16 Hot Roast Beef Sandwich Carrots & Cabbage Fruit Cocktail	17
18	19 Swiss Quiche Coleslaw Cinnamon Applesauce	20 Escalloped Turkey Winter Squash Jello	21 Tuna Melt Pasta Fagioli Peach Shortcake	22 Chicken Pasta Primavera Tossed Salad Mandarin Oranges	23 <b>CLOSED</b> 	24
25	26 <b>CLOSED</b> 	27 Swiss Steak Mashed Potatoes Corn Peaches	28 Chili Cornbread Casserole Copper Penny Salad Grapes	29 Spaghetti & Meatballs Tossed Salad Garlic Bread Oranges	30 New England Clam Chowder Coleslaw Cottage Cheese Apple Crisp	31
<b>Lunch Club 60</b>	<b>Palmyra</b> Village Pk&Club Rms 149 East Main St 315-597-4015	<b>Newark</b> Alex Eligh Com Ctr 303 East Ave 315-331-2532	<b>Clyde</b> St. John's Church Hall W. DeZeng Street 315-923-7216	<b>Wolcott</b> Faith United Methodist 12223 Oswego St 315-594-1644	<b>Sodus</b> Church of Epiphany 105 West Main St 315-483-6111	<b>Ontario</b> Brown Square Apts 2100 Brown Square 315-524-3034
<b>Locations</b>						

## 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 voluntary contribution is \$3 per meal. Contributions 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, 9:45 a.m. - 1:15 p.m.  
Lunch at 11:45. Transportation on Tuesdays\*

---

**NEWARK** Tom Muscolino, Manager  
Alex Eligh Community Center, 303 East Avenue  
Phone: 331-2532  
Open Monday - Friday, 10:00 a.m. - 1:00 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

---

**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 Wednesdays  
**note change\***

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**SODUS** Caryl Carne-Coe, Manager  
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

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**WOLCOTT** Melissa Martinez, Manager  
Faith United Methodist Church  
12223 Oswego Street  
Phone: 594-1644  
Open Monday - Friday, 9:15 a.m. - 12:45 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.

---

**CLYDE** St. John's Church Hall  
10/5; 11/2; **1st Wednesday** of the month  
12/7 10:30 a.m. to noon

---

**NEWARK** Highrise Community Room  
10/19; 11/16; **3rd Wednesday** of the month  
12/21 10:00 a.m. to noon

---

**ONTARIO** Senior Center/Browns Square  
10/11; 11/8; **2nd Tuesday** of the month  
12/13 Begins at 10:30 a.m.  
(Provided by Ontario Parks and Recreation)

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**PALMYRA** Palmyra Park and Club Rooms  
10/12; 12/14 10:30 a.m. to noon

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**SODUS** Church of the Epiphany  
10/20; 12/16 Parish Hall  
10:00 a.m. to 11:30 a.m.

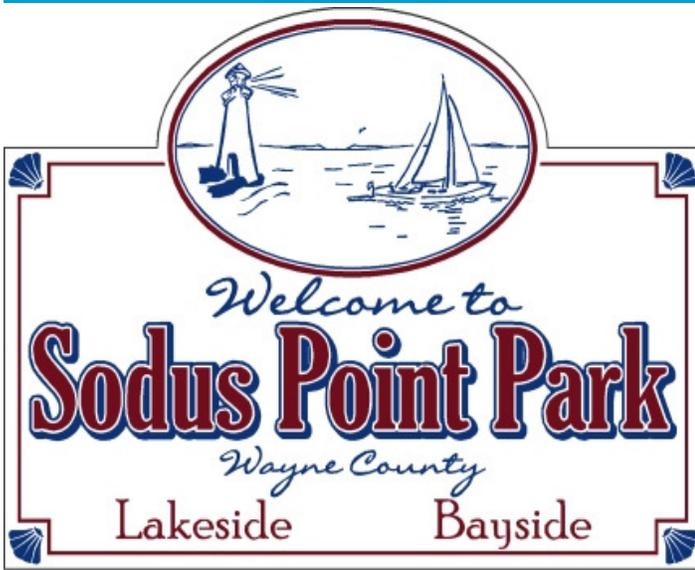
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**WOLCOTT** Faith United Methodist Church  
10/27; 12/15\* 11:00 a.m. to noon

## Dinner Club 60

Date	Presentation @ 4:30	Food @ 5:30
Oct. 18th & 19th	Haunted History (RSVP by 10/11/16)	Swiss Steak, corn, mashed potatoes, bread
	Dinner Club 60 will be on hold for the winter!	
First date is Clyde, Second is Palmyra, call to RSVP		

# Youth News



## Wayne Co. Career Carnival a Success

On August 23, 2016 at the Wayne Co. Fairgrounds over 150 students entering 8<sup>th</sup> grade from nine school districts took part in a Career Carnival. Local businesses, school districts and agencies put together an opportunity for students to talk with people about numerous career paths.

The Career Carnival had professionals from various types of jobs (Arts & Humanities, Business & Information, Engineering & Technology, Health Services, Natural & Agricultural Sciences and Human & Public Services)

The students had a chance to rotate to all of the “zones”. In doing so, the students were able to do hands on activities that represented over forty different types of professions.

The students also had the opportunity to have fun at the end of the day at a carnival that included a martial arts demonstration, a bounce house, several inflatable fun yard games, volleyball, board games and all the popcorn and cotton candy you could eat.

The idea of a Career Carnival emerged because the Wayne Co. Partnership for Strengthening Families (WCPSF) was looking for ways to reduce the school drop-out rate and make students more career ready. Studies indicate students exposed to career options in middle school are more likely to tailor their high school studies to support their career interest. As a result, a student’s commitment to school increases. Collaboration with Assemblyman Robert Oaks, Wayne County school districts, agencies and

businesses made the Career Carnival a success.

A special thank you goes out to all the businesses and agencies that took time out of their busy schedule to educate the next generation of employees. You all made an impact on the future of the participating students.

## Hot Fun at Sodus Point Park

The 2016 season at the Sodus Point Beach provided over 8,000 people fun and relief from a very hot summer. The beach provided sixty days of supervised swimming. Forty of those days (67%) had a temperature of 85 degrees or above.

The lifeguard team provided “Beach Dayz” for over 100 youth. Recreation Programs countywide are invited to come to Sodus Point to take part in structured events such as beach games, water safety instruction, a boot camp focusing on lifeguard responsibilities and volleyball. Also, Sodus Recreation used the bayside to provide swim lessons for youth.

On August 7, 150 people participated in the annual triathlon at Sodus Point. This event challenges even the most fit in swimming, running and biking. Supervision and first aid support was provided by the lifeguards. The lifeguards were supported at the event by the US Coast Guard, Wayne Co. Sheriff’s Dept. and Silver Waters Ambulance Corps.

For the 2016 season, the beach never had to be closed due to poor water quality. A few times the beach had to be closed for a few hours due to thunderstorms.

The team of sixteen lifeguards did an excellent job supervising swimmers. There were several minor assists to people struggling in the water and four actual rescues occurred. The lifeguards also assisted the public as needed with first aid and incidents of missing persons. The lifeguard team was an exceptionally responsible, well trained team and the public very much benefitted from their above average abilities.

The Sodus Point Beach ended supervised swimming on Friday, August 28, 2016 despite the continued high temperatures. Most of the lifeguard team had to return to college prior to Labor Day weekend. In addition, the NYS Dept. of Health requires a specific level of lifeguard experience to be present to provide supervised swimming.

## 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. S.C.A.C. meetings are scheduled for **Monday, November 14, 2016** at the Alex Eligh Community Center in Newark. All S.C.A.C. cardholders are welcome and are encouraged to attend.

The 2017 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, 2017.. 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.

## HOLIDAY OBSERVANCE—CLOSED

- \* Monday, October 10 - COLUMBUS DAY
- \* Friday, November 11 - VETERAN'S DAY
- \* Thursday, November 24 - THANKSGIVING
- \* Friday, November 25 - Day after Thanksgiving
- \* Monday, December 26 - CHRISTMAS
- \* Monday, January 2, 2017 - NEW YEAR'S DAY

## 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.

## 2016 AARP SAFE DRIVING CLASSES

October 4 & 5 (Tues/Weds)

8:30 am till noon both days  
Walworth Town Hall  
3600 Lorraine Dr., Walworth  
To register call 315-986-1400

October 22 (Saturday)

8:30 am to 3 pm  
Wolcott American Legion (315-594-2122)  
20675 Ridge Rd., Wolcott  
Bring lunch & snacks

October 28 (Friday)

8:30 am to 3:30 pm (Bring a lunch)  
1519 Nye Rd., Lyons  
1st Floor Conference Room  
Bring lunch & snacks  
To register call 946-5624 (limited seating available)

November 5 (Saturday)

8:30 am to 3 pm  
Ontario Recreation  
6551 Knickerbocker Rd., Ontario  
Bring lunch & snacks  
To register call 315-524-7447

Fee for the class: AARP Members \$20 / non-member \$25 (A licensed driver of any age can take this course).

## Election Day is Approaching!

This year's Presidential Election is proving to be a contentious one. There are some local and state-wide elections of interest as well. **If you want to vote in this year's election, you must have your new voter registrations in by October 14th and changes to an existing one in by October 19th.** If you will need to use an absentee ballot, those applications must be received at the Board of Elections by November 1st and the ballot itself must be postmarked by November 7th. Election Day is November 8th with polls opening at 6am and closing at 9pm. To contact the Board of Elections, call 315-946-7400. If you require transportation to the polls or assistance with registering or completing absentee ballot paperwork, please call our office.

# 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 17, 2016. To reserve a meal, please call the Lunch Club 60 Center you would like to attend **no later** than noon Friday November 4, 2016. The **Sodus** Lunch Club 60 Center is also having their Thanksgiving Dinner on Thursday, November 17, and reservations must be made **no later** than noon Thursday November 10, 2016.

**Christmas Dinner** will be served at **Clyde, Newark, Ontario, Palmyra, and Wolcott** Lunch Club 60 Centers on Thursday December 15, 2016. To reserve a meal, please call the Lunch Club 60 Center you would like to attend **no later** than noon Friday December 2, 2016. The **Sodus** Lunch Club 60 Center will be having their Christmas Dinner on Wednesday, December 21, 2016. Reservations must be made **no later** than noon Monday December 5, 2016.

The **Sodus** Lunch Club 60 center will be closed December 6-16, 2016.

## **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 morning and Thursday afternoon and an exercise program every Wednesday morning. She also has various fun and educational programs scheduled throughout the fall. 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 pro-

grams scheduled throughout the fall. Please call her for more details. The Clyde Center is open Monday-Friday 9:45am-1:15pm. Transportation is available on Tuesdays, so please call ahead to make arrangements.

**Caryl Carne-Coe**, Manager of the **Sodus** center would like you to know that she has BINGO on Fridays and an active Euchre group almost daily. She also has various speakers and fun activities scheduled throughout the fall. Please call her for more details. The Sodus Center is open Monday-Friday 9am-1pm.

**Melissa Martinez**, Manager of the **Wolcott** center would like you to know that she has card games and board games daily. 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 and birthdays are always a reason for a celebration. Please call her for more details. The Wolcott Center is open Monday-Friday 9:15am-12:45pm. 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 almost monthly. She also has various fun and educational programs scheduled throughout the fall. Please call her for more details. The Palmyra Center is open Monday-Friday 9am-1pm. Transportation is now available on Wednesdays, so please call ahead to make arrangements.

**Tom Muscolino**, Manager of the **Newark** center would like you to know that the Newark Center is open Monday-Friday 9am-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*

## Healthy Body Weight

As we age the shape of our body changes. We become shorter, the amount of fat increases, the amount of muscle decreases, and cholesterol levels increase. Loss of height begins at age 40 and for most people averages 1 to 3 inches over the course of their lives. The number of calories required to maintain health decreases with age while nutrient requirements increase, meaning we need to eat less, but healthier foods. Weight maintenance becomes more difficult. Muscles that make up the kidney, liver and other organs lose some of their cells.

Body Mass Index (BMI) is a method of categorizing people's weight compared to their height. Healthy BMI is generally considered to be 19 – 24, but this criteria was established using healthy middle age individuals. Studies of healthy BMI and aging suggest that a healthy BMI for elderly individuals may be higher than that of younger individuals. Studies of individuals over the age of 65 who have a BMI of 25 – 30 indicate that these individuals have the longest life expectancy and can anticipate the healthiest years of life. Individuals who have a BMI of less than 19 have the shortest life expectancy and the least number of healthy years of life.

Studies completed in 2009 found that individuals who had high blood pressure and a BMI greater than 25 were actually at a decreased risk of stroke and all other causes of death when compared to leaner individuals. Another study of 60 – 85 years old found that individuals with a total cholesterol of less than 170 were at higher risk of death from all causes. A study in Hawaii found that people with

higher cholesterol levels had greater muscle strength, which is associated with decreased risk of falls. Yet another study indicated that being inactive is linked to a higher risk of death for both elderly men and women.

The need to eat less begins at age 30 and continues into the late 80's, and is possibly related to changes in the rate at which the body organs use energy and decreased muscle volume. As we age, nutrient requirements increase because our bodies don't absorb the nutrients as well.

When weight loss occurs in the elderly, they lose muscle mass quicker than younger individuals. Loss of muscle mass in the elderly is associated with increased falls and injury. For the elderly, weight loss should only be considered if it will improve quality of life such as decreasing back pain or improving mobility. Weight loss to a BMI of less than 23 increases the risk of death from all health causes.

Healthy BMI for individuals over the age of 65 is 24 – 30. A BMI of less than 23 or over 30 is considered unhealthy. Eating a balanced diet and exercise continue to be important components of living a long and healthy life.

- [https://www.health.qld.gov.au/nutrition/resources/hphe\\_usingbmi.pdf](https://www.health.qld.gov.au/nutrition/resources/hphe_usingbmi.pdf)
- <https://www.hindawi.com/journals/tswj/2012/930139/>
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3096264/>
- <http://www.ncbi.nlm.nih.gov/pubmed/10995081>
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2880224/>
- <http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/healthy-weights-for-healthy-older-adults>
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3865852/pdf/nihms-199283.pdf>

The Body Mass Index Chart	21	22	23	24	25	26	27	28	29	30	31
4'10"	100	105	110	115	119	124	129	134	138	143	148
5'0"	107	112	118	123	128	133	138	143	148	153	158
5'1"	111	116	122	127	132	137	143	148	153	158	164
5'3"	118	124	130	135	141	146	152	158	163	169	175
5'5"	126	132	137	144	150	156	162	168	174	180	186
5'7"	134	140	146	153	159	166	172	178	185	191	198
5'9"	142	149	155	162	169	176	182	189	196	203	209
6'0"	150	157	165	172	179	186	193	200	208	215	222
6'1"	159	166	174	182	189	197	204	212	219	227	235
6'3"	168	176	184	192	200	208	216	224	232	240	248

# Stay Sharp!



D F S R W I D Q U K M Q C S Z  
 M P A B Y R R E B N A R C E W  
 G R E E N B E A N S S U E I U  
 M G P R O L L S B Y H M Z K T  
 A R D G D H M Z E O E M E O S  
 C G E G X W K K F H D I L O D  
 N X Y G Q H R H W A P K S C W  
 C R E B N U A L V N O I M E W  
 H R K J T I D M I L T C Y W S  
 E X C Z R D F K N U A Q I X X  
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 S F L W U M N L U A O I K K K  
 E M B F U R X A N T E C S V V  
 F R N P J A D I N F S Y E L D  
 S N E E R G D R A L L O C L G

BLACKEYED PEAS    COLLARD GREENS  
 COOKIES    CRANBERRY    GREENBEANS  
 HAM    MAC-N-CHEESE    ROLLS  
 MASHED POTATOES    PUMPKIN PIE  
 STUFFING    TURKEY

VEALES    

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**33**

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<b>3</b>		<b>7</b>	<b>3</b>	<b>9</b>	<b>7</b>	<b>34</b>
<b>7</b>			<b>6</b>	<b>9</b>	<b>0</b>	<b>36</b>
<b>7</b>		<b>2</b>	<b>2</b>	<b>2</b>	<b>1</b>	<b>21</b>
		<b>0</b>	<b>2</b>	<b>9</b>	<b>7</b>	<b>28</b>
<b>9</b>	<b>1</b>				<b>3</b>	<b>24</b>
<b>30</b>	<b>32</b>	<b>18</b>	<b>24</b>	<b>32</b>	<b>18</b>	<b>25</b>

The missing numbers are integers between 0 and 9. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.



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THE MOST  
GOOD®

# Online Red Kettle

OUR NEXT STEP TO MAKE A DIFFERENCE  
IN THE LIVES OF THOSE WE SERVE



We are providing a new virtual way for you to ring kettles! Now, anyone who may want to help spread joy to better your community can participate from the comfort of their own home.

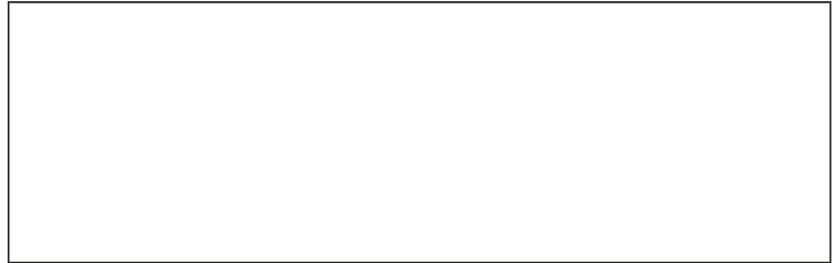
These virtual kettles will have choices for which service units your donation will aid. Additionally, you will have the ability to invite others to join in "Doing the Most Good" during this blessed season of giving.

**For continuing information, please visit: [bit.ly/NewVirtualKettle](http://bit.ly/NewVirtualKettle)**

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

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Newsletter funded by  
Title III-B of the Older Americans Act

**Volume 41, 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.

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

