

Threescore

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

www.co.wayne.ny.us
aging@co.wayne.ny.us
youth@co.wayne.ny.us



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

Penny Shockley, Director

Spring 2016

AGING ADVOCACY

I went to Albany this February to meet with State Lawmakers to discuss the Governor’s proposed budget. My concern is that, while there are slight increases in some Office for the Aging (OFA) programs, the overall budget for aging has decreased. How can we meet the demands of a growing senior population when our state and federal budget is not keeping up with the growing needs of our senior population?

There are over 9,700 people across NY State on waiting lists for OFA services. These are people who do not qualify for Medicaid or VA benefits. They are living on fixed incomes and certainly are **not** independently wealthy. The fact is that many seniors waiting for OFA services are living just above the poverty level and are dealing with multiple chronic conditions that make everyday tasks difficult. We are not talking about the young healthy seniors in their 60s or 70s. The average age in our programs is 80+, and many people receiving OFA services are in their 90s and 100s.

Seniors that receive personal care aide (PCA) services through OFA’s help to pay for these services through a cost sharing mechanism. They pay a cost share percentage according to their income. Most seniors pay between 0% and 30% of the actual PCA service cost. Most of our other programs (personal emergency response units, home delivered meals, senior center meals, long term care information/assistance and health insurance counseling, etc.) have only suggested voluntary donations

requested. However, if there is not enough state and federal base funding to subsidize the total cost, OFA’s will not be able to offer these valuable programs to the degree needed to keep seniors safely in their homes.

What is their alternative? Elderly/frail individuals can lean on friends/family/church to get the help they need, but as they start having more trouble with bathing, dressing, cooking, driving, keeping house etc. it gets more and more difficult for the caregivers to address the needs. Many of these caregivers are still working and raising children. Without the benefit of OFA supportive services, caregivers are more likely to get burned out and start considering assisted living and nursing home care as the only option for their loved ones. Once in a nursing home or assisted living facility, Mom or Dad must spend all of their life savings before Medicaid will start paying the costs. With the cost of nursing homes at over \$10,000 per month, it doesn’t take long to exhaust all their resources!

NY State and the federal government aren’t increasing spending on senior programs despite numerous studies that have shown investment in these programs decreases overall healthcare spending and keeps people off of Medicaid which is bankrupting our country and our state. Significant federal funding is being reinvested in healthcare systems to change their service delivery methods to evidence based models that demonstrate the best

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care at the lowest cost. The government should follow their own lead by supporting the provision of cost effective preventive services for seniors to delay or prevent institutional care.

In 2009, the journal of Health Affairs released a study of all 50 states showing that those states that invest more in home and community based services (like those provided by OFA) spend less on overall healthcare cost. A federal study by the Administration on Aging (POMP) also showed the cost savings in the millions for each county investing in senior programs and how giving three OFA services could delay nursing home placement by close to three years. A 2012 study by Brown University confirmed that investment in senior programs like home delivered meals prevents people from going into nursing homes. In 2014, AARP and the SCAN foundation released a report rating the level of investment states are making with in-home and community based services. According to that study, NY is lagging far behind.

It is very difficult to understand why more investment is not being made at the state and federal levels when it has been repeatedly demonstrated that these cost effective home based preventive services are not only keeping older adults living healthier and in their home longer, but are also **extremely** cost effective when it comes to lowering emergency room, hospital, and nursing home admissions. Our office recently calculated for a senior to receive four of our core services costs approximately \$13,000 per year as opposed to \$130,000 per year for nursing home care. The majority of that cost is covered by our tax dollars. Call me crazy but it seems like a win-win situation to invest \$13,000 annually for our seniors living in their homes as long as possible as opposed to \$130,000 for nursing home care!

Since 2006, the federal government has been giving incentives to states to invest more in home and community based services. For every \$1.00 spent on senior programs, the federal government will provide \$0.50 in matching funds to the state. Federal Medical Assistance Percentages (**FMAP**) is used to determine the matching funds **allocated annually** to certain medical and social service programs in the United States. However, the

state budget does not reflect that any of the FMAP preventive dollars are being funneled down to senior programs.

This year the Association on Aging in NY and our partners at LiveOn NY and Lifespan of Greater Rochester, Inc. are requesting a **long overdue investment of \$177 million for OFA programs** over the next 3 years to modernize the service network, and increase capacity to meet the needs of our exploding senior population and their families. Again, according to the Association, more than 9,700 older New Yorker's are on waiting lists for services.

Based on the Governor's 2016-17 Budget request of \$105 million dollars in a select OFA programs (EISEP, CSE and WIN), the state can draw down over **\$52 million in additional matching federal funds!** This money needs to be reinvested in OFA services to ensure that NY seniors get the help they need to stay in their homes through the end of life. It's the right thing to do for our seniors!

Please reach out to the Governor's Office and ask why the federal match isn't being drawn down for Aging programs? If NY is getting these funds, why aren't they reinvesting the federal match in programs that specifically help seniors? Our local legislators, Senator Nozzolio and Assemblyman Oaks have been very supportive of Aging programs, however, they need to hear from those of you who are getting our services and those that are waiting for our help. Let them know how these services are helping you and ask them to look into matching federal funds for senior services. Ask them to make sure that NY is reinvesting the **federal match** in Aging programs proven to help seniors stay in their own homes as long as possible.

- To contact Senator Nozzolio call 315-568-9816 or email nozzolio@senate.state.ny.
- To contact Assemblyman Oaks call 315-946-5166 or email oaksr@assembly.state.ny.us
- To contact Governor Andrew Cuomo call (518) 474-8390 or www.governor.ny.gov/ contact

*Penny Shockley,
Director*

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, May 9 and Monday, July 11** 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 if you have any questions or if your senior group or club is interested in hosting a meeting.

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.

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.



HOLIDAY OBSERVANCE— CLOSED

Monday, May 30 -
MEMORIAL DAY

2016 AARP SAFE DRIVING CLASSES

April 5 & 6 (Tues/Wed)

8:30 am to noon

Walworth Town Hall

3600 Lorraine Dr., Walworth

To register call Frank Russell 986-1400

April 29 (Fri)

8:30 am to 3:30 pm (Bring a lunch)

1519 Nye Rd., Lyons

1st Floor Conference Room

To register call 315-946-5624

June 7 (Tues)

8:30 am to 3:30 pm (Bring a lunch)

1519 Nye Rd., Lyons

1st Floor Conference Room

To register call 315-946-5624

July 19 (Tues)

8:30 am to 3:30 pm (Bring a lunch)

3rd United Methodist Church

58 W. Main St, Sodus

To register call 946-5624

August 5 (Fri)

8:30 am to 3:30 pm (Bring a lunch)

1519 Nye Rd., Lyons

1st Floor Conference Room

To register call 946-5624

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



BREAKING NEWS!

We are very excited to report on some changes in services that we hope will better meet your needs!

Caregiver Groups—After several years we are able to once again offer groups for caregivers. They will be starting in April and will be offered once a month. We will be at the Walworth Library on the first Saturday of each month @10:00 am and at the Clyde Library on the second Wednesday of each month @ 5:30pm. We are planning to have a presentation for about 45 minutes and a time for sharing and networking afterward. Some of the topics we are planning include: benefits, insurance, stress relief, community services, legal issues, disease specific information, communicating with medical professionals, staying organized, etc. These groups are open to anyone providing care to a spouse, relative, neighbor or friend.

Lunch Dinner Club 60—Also starting in April, our congregate meal program that sponsors the 6 Lunch Club 60's around the county will be offering a monthly evening meal at the Palmyra and Clyde locations. These programs will offer a presentation or activity at 4:30 followed by a meal at 5:30. Some topics or activities may include available services, gardening, herbs, soap making, legal issues, historical presentations, etc. Clyde will be the 3rd Tues and Palmyra the 3rd Weds. We are asking that you RSVP by the 2nd Monday of the month so that we can let the kitchen know how many meals will be needed and let the presenters know how many to expect. As with the Lunch Clubs, anyone 60+ will not have to pay for their meal (but will have a chance to contribute if they wish) and anyone under 60 will be charged \$4.10 which is our meal cost.

Menu Mailing List—We will no longer be printing the menus in the Threescore newsletter, but will be offering people a chance to sign up for our menu mailing list. Menus will be mailed bi-monthly to anyone on the list. We are hoping to make the font more readable and maybe to also include information between newsletters about things that are going on. Menus will be mailed out in June for July and August. Give us a call if you would like a menu mailed to your house.

Additional Bus Day Added—As many of you know, we offer rides to Wayne County appointments for anyone 60+ on a first come first served basis on Wednesdays. Starting April 1st, we will also offer that service on Fridays. We will still provide service as previously scheduled to the Palmyra (Mon), Clyde (Tues), and Wolcott (Thurs) Lunch Club 60's. Our driver is also available on those days to transport people to do local errands in the areas mentioned above. If you would like to schedule transportation, give us a call and we will do our best to accommodate you!

Chronic Disease Self Management—We are almost done with a super successful 6-week course that started in March at the hospital. Our next one will be at the fire training facility here at the County Complex in Lyons starting May 31st. We are excited to offer this one in the evening from 5:30-8! Ask for Lisa Z when you call to register!

Social Media—Coming soon to a computer near you—the Wayne County Department of Aging and Youth Facebook page! We will be able to keep our on-line seniors more up to date about services and other happenings. We also plan to try an on-line caregiver support group so stay tuned!

Consumer Directed Aide Service—In addition to the traditional aide service that our office currently offers, we will be adding a “consumer directed” option. This option will enable clients to have more control over who their aide is and the scheduling of these services. You will be able to hire family, friends, or neighbors to assist you as an attendant. They will be able to sign up to be reimbursed for providing services and you will have someone you know working with you at a time that is convenient and may better meet your needs.

Ads in the Newsletter— Starting with our next issue, we will be accepting requests for paid advertisements for events and services that we feel may be of interest or benefit to our readers. This will enable us to generate some revenue to support this publication while bringing you information about relevant services that you may need or be interested in. Any one interested in possibly placing an ad may contact our office.

Medicare 101 Classes Offered

If you are new to Medicare or getting close to age 65 (or trying to help someone who is) we hope to see you at our next Medicare 101 class. We will cover what Medicare is, how you get it, what your options are, and what help is available to you. There will be time for questions and answers and an opportunity to sign up for a Medicare 102 class if you want to learn more. These classes are held about once a month at our office in Lyons. There is no cost to attend, but we ask that you call to register so we can have enough materials for everyone. The next classes are scheduled for April 5th @ 10am, May 2 @ 2pm, June 8 @ 2pm, and July 5 @ 10am.

Medicare Extra Help

There are several programs that can help you pay for some of your Medicare out of pocket expenses. As you might imagine, these are income-based based programs. The Medicare Savings Program (MSP) is a program that can pay for your Part B premium. If your income as a single person is around \$1350 (or \$1800 for a couple/month), you may be eligible for this benefit. Even if your income is a little higher than that but you pay for health insurance in addition to Medicare Part B, you may still be eligible for this program. If you qualify for MSP, you will automatically be signed up for another program that helps with prescription costs.

The Low-Income Subsidy (LIS) or “Extra Help” is a program through the Social Security Administration that can assist in lowering deductibles, premiums, and copays for prescriptions. This program can also lessen the impact of falling into the “donut hole” (aka -coverage gap). The income limits for this program are a little higher than for MSP, but unlike MSP which does not look at your resources, the LIS program does look at the value of certain assets.

Save money! Call us for more information or for assistance with an application.



NY Connects
Your Link to Long Term
Services and Supports

Wayne County

(800) 342-9871 315-946-5624

Department of Aging and Youth

(315) 946-5624

nyconnects@co.wayne.ny.us

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.**

Thank You

The Wayne County Department of Aging and Youth would like to thank Sarah Morgan, Chuck Bacon, Dorothy DeMay, Frank Clark, Linda Clark and Karen Hall for helping with the mailing of the Winter 2015 issue of the *Threescore*.

Our next get-together will be **Tuesday, June 21, 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.

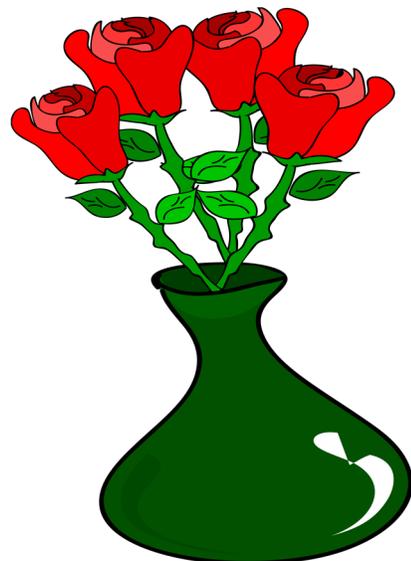
A SPECIAL THANKS TO OUR GENEROUS DONORS

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:

Karin Young
June & David MacDougal
Catherine Lewis
Jeanette Bramante
Elma Fyles
Shirley Heslor
Betty DeLeo
Mary Albright
Ida Israel
Ernest & Nancy Mori
Jeffrey & Joan Schwenk
Carol Kearns (*In memory of Shawn Kearns*)
Maariana Lewis
Marcia Verstraete
Linda Tuffy (*In honor of Mr. & Mrs. Harlan Lester*)
Howard Burghdurf
Richard Carney
Leslie Adriaansen
Gloria Sensenbach (*In memory of Philip Sensenbach*)
James Harding
Sue Darling
Ellis Briggs
Coleda Weeks
Emmagene Powell
Pauline Olmstead
Marilyn Hesse

Charles Harper (*In memory of Helen Harper*)
Lela Langdon
Jeanne Surber
Marie DiMartino
Dennis DeWespelaer
Elizabeth Tyner
Mr. & Mrs. Richard Kenville (*In honor of our grandchildren*)
Mary Bushart (*In Memory of Anthony J Pizzutos*)
Linda Gruber
Easter Reddick
Carol Bailey
Catherine Walters
Betty Loder
Thomas & Kam Duysen
Elizabeth Wiegartz
Richard Carney
Rosemary Wright & Tina Nasholts
Tina Tricarico
Carl Valvano
Shirley Graham
Conrada Morales
Elizabeth Spencer
Cecelia Deane
Owen Hughes (*In memory of L. Virginia Hughes*)
John Becker
Dorothy Marvin
Marian DeWolf
Danielle Duboule
Earl Strohm
Godfrey Malchoff

*Thank you also to all of the donors who chose to remain nameless!



DEAR MAN: Communicating Assertively

Do you find you have trouble expressing yourself in a way that allows you to get your point across? Do you sometimes have a hard time saying no? Many of us struggle with how to be assertive and get our needs met, but not be mean at the same time. The “DEAR MAN” method is an effective tool to use to help you better express yourself and be more assertive.

Describe
Express
Assert
Reinforce

Stay Mindful
Appear confident
Negotiate

You will start by **describing** the situation when it is necessary to do so. You want to be sure to give details that really clarify and show you understand. An example of this would go like this. “I wonder if you have noticed that in the parking lot, there is a single spot assigned to each apartment. I’m the newest resident and I have noticed that everyone seems to park wherever they want. Sometimes I have to park my car in the street or in the next apartment building parking lot.”

Express will be the next step in asserting yourself. You will express what your opinion is, and what the perspective is you have or how the situation is affecting you. “I have been feeling very disappointed and annoyed that the parking spot assigned to my apartment number is frequently full.”

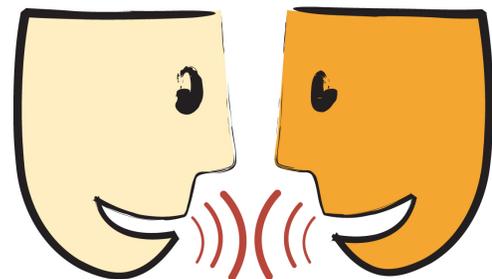
Now that you have made it clear what your position is, you want to **assert** yourself. This is when you ask for what it is you want. “I would like it if you could avoid parking in my allotted spot.”

When you **reinforce** yourself, you are showing what benefits go with the solution you have proposed. “I think we could all get along better and avoid misunderstandings by following the posted parking rules.”

When you stay **mindful**, you stay focused so that you can keep on point and not get distracted. If the party you are speaking to attempts to take the conversation in another direction, you will work to bring the subject back to the resolution. Resolve yourself to stay focused on the subject if the other person steers away from the topic. For example, if they say, “Well everyone parks in my spot as well.” You could say, “Isn’t that irritating? I’m planning to talk to each resident about the situation. Are you willing to comply with the posted parking number?”

Appearing confident is very crucial. You may be nervous but you want to make your point with a confident tone of voice, maintain eye contact, and use positive body language. This can take practice for many people. Try a Superman or Wonder Woman pose, with elbows bent, hands resting on hips, and head held high.

The last step of the method is to **negotiate**. You may not be able to fully get the person to agree to what you want. You want to work on meeting them in the middle with compromise. In the case of saying no to a request that asks you to go beyond your boundaries or against your values, negotiating doesn’t mean giving in – it means offering consolation with something that you are willing to give. Negotiation may sound like this: “I understand that someone with more seniority is in line for the management position, but perhaps there’s still something that the company can do to expand my role. Surely I’d be an excellent fit for assistant manager.”



Myths

1: Memory loss is a natural part of aging.

Reality: As people age, it's normal to have occasional memory problems, such as forgetting the name of a person you've recently met. However, Alzheimer's is more than occasional memory loss. It's a disease that causes brain cells to malfunction and ultimately die. When this happens, an individual may forget the name of a longtime friend or what roads to take to return to a home they've lived in for decades.

It can be difficult to tell normal memory problems from memory problems that should be a cause for concern. The Alzheimer's Association has developed information to help you tell the difference. If you or a loved one has memory problems or other problems with thinking and learning that concern you, contact a physician. Sometimes the problems are caused by medication side effects, vitamin deficiencies or other conditions and can be reversed with treatment. The memory and thinking problems may also be caused by another type of dementia.

2: Alzheimer's disease is not fatal.

Reality: Alzheimer's disease has no survivors. It destroys brain cells and causes memory changes, erratic behaviors and loss of body functions. It slowly and painfully takes away a person's identity, ability to connect with others, think, eat, talk, walk and find his or her way home.

3: Only older people can get Alzheimer's

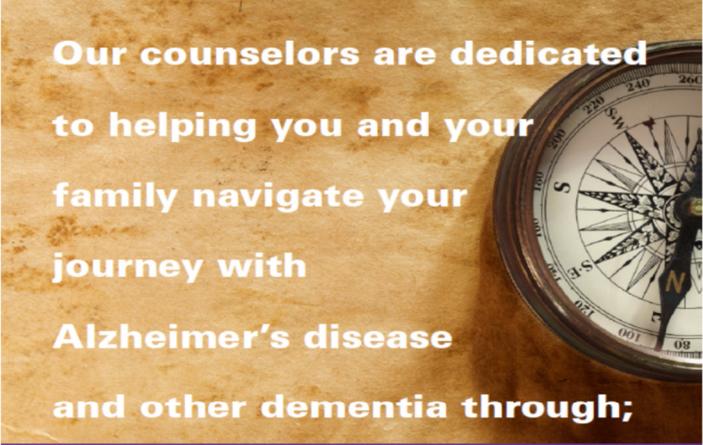
Reality: Alzheimer's can strike people in their 30s, 40s and even 50s. This is called younger-onset Alzheimer's. It is estimated that there are more than 5 million people living with Alzheimer's disease in the United States. This includes 5.2 million people age 65 and older and 200,000 people younger than age 65 with younger-onset Alzheimer's disease.

If you are concerned that you may have signs or symptoms of dementia or are concerned about a loved one who has or may have dementia, call

our office (315-946-5624) to schedule a 1 on 1 meeting with a Master's level counselor from the Alzheimer's Association about your concerns.

COUNSELING SERVICES

Offered in Partnership with
New York State Office for the Aging



Our counselors are dedicated to helping you and your family navigate your journey with Alzheimer's disease and other dementia through;

Identifying areas of need and providing assistance

Decreasing the stressful impact of caregiving

Delivering education about the disease and symptom management

Facilitating problem solving and planning for future needs

Referring to helpful resources when appropriate

Dementia Services Expanding

Thanks to a large multi-year, multi-county grant received by Lifespan and the Alzheimer's Association, Wayne County residents will have access to expanded services for individuals with dementia and their caregivers. Over the next two years, we will see healthcare coordination for individuals with dementia, care coordination for individuals and families, end of life planning services, caregiver support, respite, social and wellness programs, and outreach. Stay tuned for more information on how and when these services are rolling out and how to access them.

Caregiver Corner



A Caregiver's Pledge

- ◆ I will understand that I can't care for anyone else if I also don't care for myself. I will keep an image in my mind of putting the oxygen mask on myself first.
- ◆ I will remember that the only person I can change is myself. I cannot change my loved one who is ill, nor my family members.
- ◆ I will find opportunities to laugh, daily. These might come in movies, jokes, television, or with friends who can see the humor in my situation and remind me to do the same.
- ◆ I will get away from my caregiving duties on a regular basis, even if it is just to walk around the block. But I will also find ways to have lunch with a friend, go to a movie, window shop, breathe in fresh air, watch the sunset, or eat a hot fudge sundae.
- ◆ I will visit a support group, either online or in person in my community, so that I know that I am not alone. If a support group isn't right for me, I will find a friend to talk to, call my family consultant, or attend a workshop.
- ◆ I will learn as much as I can about my loved one's illness so I can better care for him or her with understanding. I will learn techniques that will make caregiving easier for both of us.
- ◆ I will say "yes" when people offer to help. I will make a list of things they can do and post it on the refrigerator, so that when those offers come, I'll be ready. When there are not offers, I will ask for help, even though it might be hard to do so.
- ◆ I will use community resources—such as Meals on Wheels, paratransit, day care programs, and volunteer respite programs—to help make my caregiving duties easier.
- ◆ I will find something I really like to do and make sure I find time to do it on a regular basis. Just because I am a caregiver, doesn't mean I have to give up everything that is meaningful to me. I will read, knit, garden, scrapbook, do genealogy or woodworking for

a designated period of time every week.

- ◆ I will remember that I am loved and appreciated, even when my loved one can't tell me that. I will honor the nurturing, responsibility, caring and support that I provide to my loved one as a gift I give.

-from www.caregiver.org

Caregiver Support

For those of you who are caring for a loved one, we hope you will take time to come to our newly forming caregiver support groups. We are working to bring you information on relevant topics and give you a chance to network with other caregivers.

The first 45 minutes or so will be a presentation on a topic we hope you will find helpful and the rest of the time will be to share and network with other caregivers. Not interested in attending a presentation, but want to meet other caregivers? Come a little late. Interested in hearing the presentation, but not the networking type? Leave a little early. These services are here to help and support you in your important role of caregiver.

These groups are open to all Wayne County residents who are caregivers, or any caregiver of a Wayne County resident. We are running two groups a month in different ends of the county. We are planning, as much as possible, to have the same programming at each group. In the east, on the second Wednesday of the month, we will be meeting at the Clyde library at 5:30 pm. In the West, we will be meeting on the first Saturday of the month at 10 am at the Walworth Library.

The April presentation will be on services, resources, and benefits that are available to area residents. What is your loved one eligible for? Who can you call with questions? What types of services are available? Come and bring your questions.





You take
care of them.

We'll take
care of you.

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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

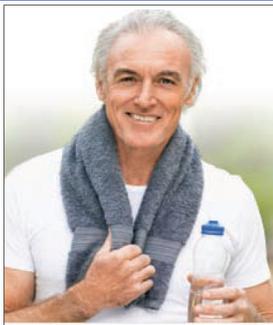
Cancer Services Program

Your partner for cancer screening, support and information



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 be so labeled and should not be considered an endorsement by our office of any organization/event/product/service.



**MEN -- Get in the game
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**FREE colorectal cancer
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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



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

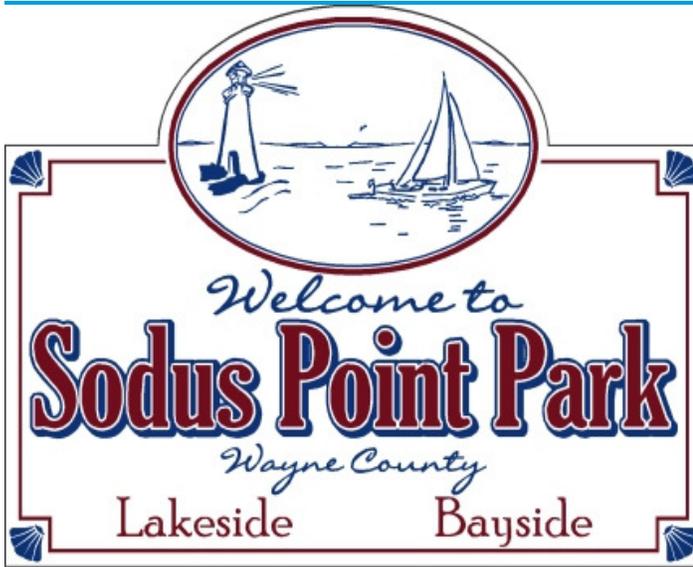
Wayne County: RTS Wayne offers transportation (medical and other) to anywhere in Wayne County for \$1.50 each way to seniors and individuals with disabilities.

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.

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

Youth News



SODUS POINT PARK OPENS

TUESDAY JUNE 28, 2016

Another winter in Wayne County is almost over! Thankfully, summer is right around the corner and Lake Ontario is close by. Wayne County is home to beautiful Sodus Point Park where you can spend time enjoying the delightful weather while picnicking, swimming, and relaxing by the water.

Tuesday, June 28, 2016 is the official start of the swimming season for Sodus Point Park. Red Cross-certified lifeguards will be manning the chairs at both the bayside and lakeside beaches between the hours of 11:00 a.m. and 7:00 p.m., seven days a week. The Department of Aging and Youth is currently looking for qualified staff to work as lifeguards at Sodus Point Park. Interested Red Cross-certified lifeguards should call Kathy McGonigal at 946-5624.

Come join the fun and enjoy the beautiful waters of Sodus Point. Be sure to set a day aside and schedule some time to enjoy a long, sunny day at the park.

There is no fee to enter Sodus Point Park. Supervised swimming is funded by Wayne County and the New York State Office of Children and Family Services.

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 1-800-216-5693 during business hours Monday – Friday. After business hours, weekends and holidays call 1-866-343-8808.* For further information about the Wayne County Runaway Program please contact Kathy McGonigal, Deputy Director for Youth at 946-5624.

2016 Summer Career Carnival for Youth at the Wayne Co. Fairgrounds

The Education Workgroup, a subcommittee of the countywide collaboration, the **Wayne County Partnership for Strengthening Families**, is planning a career day for middle school youth on August 23, 2016. Co-chairs Kathy McGonigal, Deputy Director for Youth from Aging & Youth and Jay Roscup, Grant Administrator for the Lyons School District are partnering with NYS Assemblyman Robert Oaks to provide this day long event that will be held at the Wayne County Fairgrounds. The Education Workgroup, with the help of area businesses and services are working together to develop a “hands-on” career day.

Studies and survey results indicate that a child’s commitment to education increases when he/she is able to correlate learning with job skills. The *Career Carnival* will be held for students entering 8th grade and the following areas will be demonstrated:

- Arts & Humanities
- Business
- Engineering & Technology
- Health Services
- Agricultural Sciences
- Human & Public Services

For more information about the Career Carnival contact Kathy McGonigal at 315-946-5624.

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>APRIL</u>	<u>MAY</u>	<u>JUNE</u>
1 Tuna Casserole, Broccoli, Yogurt Parfait	2 Hot Meat Ball Sub, Mixed Vegetables, Mandarin Oranges	1 Hamburgers, Toppings, Potato Salad, Baked Beans, Mixed Melon
4 Swedish Meatballs over Noodles, Chuck Wagon Corn, Cranberry Applesauce	3 Honey Roasted Chicken, O'Brien Potatoes, Green Beans, Cantaloupe	2 Macaroni & Cheese, Escalloped Tomatoes, Strawberry Rhubarb Crisp
5 Herb Baked Chicken, Sweet Potatoes, Broccoli, Chocolate Pudding	4 Broccoli & Feta Chicken Salad w/ Roll Marinated beet Salad, Cottage Cheese, Fruit Cocktail	3 Meat Loaf w/Gravy, Lyonnaise Potatoes, Winter Squash, Fruit Cocktail
6 Turkey & Cheese Sandwich, Cream of Mushroom Soup, Dump Cake	5 Sweet & Sour Pork, Brown Rice, Broccoli Slaw, Peach Ginger Crumble	6 Hot Meat Ball Sub, Mixed Vegetables, Mandarin Oranges
7 Beef Stew, Tossed Salad, Cornbread, Applesauce	6 Sweet Green Pepper Casserole, Mixed vegetables, Mixed Berry Pound Cake	7 Honey Roasted Chicken, O'Brien Potatoes, Green beans, Cantaloupe
8 Creamed Cod, Baked Potato, Peas, Mandarin Oranges	9 Ginger Pork, Scalloped Potatoes, Spinach, Pears	8 Broccoli & Feta Chicken Salad, Marinated Beet Salad, Cottage Cheese, Fruit Cocktail
11 Ham, Boiled Potatoes, Cabbage & Carrots, Peaches	10 Mini Turkey & Cheese Sub, Coleslaw, Mandarin Oranges	9 Sweet & Sour Pork, Brown Rice, Broccoli Slaw, Peach Ginger Crumble
12 Turkey Tetrizzini, Winter Squash, Waldorf Salad	11 Meatballs w/Mango Salsa, Brown Rice, Fresh Zucchini, Strawberry Shortcake	10 Sweet Green Pepper Casserole, Mixed vegetables, Mixed Berry Pound cake
13 Chili, Tossed Salad, Cornbread, Fruited Jello	12 Turkey w/Gravy, Mashed Potatoes, Mixed Vegetables, Mixed Fresh Fruit	13 Ginger Pork, Scalloped Potatoes, Spinach, Pears
14 Cuban Chicken, Yellow Rice, Green Beans, Mandarin Oranges	13 Italian Chicken, Penne Pasta, Tuscan Blend Vegetables, Italian Bread, Pineapple	14 Mini Turkey & Cheese Sub, Coleslaw, Mandarin Oranges
15 Fish Parmesan, Sour Cream Mashed Potatoes, Mixed Vegetables, Fruit Cocktail	16 Spaghetti & Meatballs, Tossed Salad, Cookie	15 Meatballs w/Mango Salsa, Brown Rice, Fresh Zucchini, Strawberry Shortcake
18 Chicken w/Spinach & Apples, Brown Rice, Roasted Brussels Sprouts, Peaches	17 Tuna Sandwich, Marinated Cucumbers, Cantaloupe Salad	16 Turkey w/Gravy, Mashed Potatoes, Mixed Vegetables, Mixed Fresh Fruit
19 Fish Tenders, Seasoned Potato Wedges, Coleslaw w/Pineapple, Tropical Fruit Salad	18 Cajun Chicken, Seasoned Rice, Carrots, Watermelon	17 Italian Chicken, Penne Pasta, Tuscan Blend Vegetables, Italian Bread, Pineapple
20 Chicken Stew, Tossed Salad, Mashed Potatoes, Strawberry Shortcake	19 Taco Pie, Toppings, Warm Spiced Pears, Vanilla Ice Cream	20 Spaghetti & Meatballs, Tossed Salad, Cookie
21 Pot Roast w/Gravy, Boiled Potatoes, Carrots & Onions, Clementine	20 Turkey Rice Casserole, Spinach & Mushrooms, Dump Cake	21 Tuna Sandwich, Marinated Cucumbers, Cantaloupe Salad
22 Macaroni & Cheese, Tuscan Blend Vegetables, Mandarin Orange Dessert	23 Baked Chicken w/Gravy, Mashed Potatoes, Green beans, Fruit Cocktail	22 Cajun Chicken, Seasoned Rice, Carrots, Watermelon
25 Stuffed Shells w/Sauce, Mixed Vegetables, Italian Bread, Pineapple	24 Penne w/Meat Sauce, Vegetable Salad Vinaigrette, Italian Bread, Cookie	23 Taco Pie, Toppings, Warm Spiced Pears, Vanilla Ice Cream
26 Salisbury Steak w/Gravy, Egg Noodles, Roasted Brussels Sprouts, Berry Shortcake	25 Pot Roast w/Gravy, Boiled Potatoes, Carrots & Onions, Summer Citrus Salad	24 Turkey Rice Casserole, Spinach & Mushrooms, Dump Cake
27 Taco Pie, Toppings, Winter Citrus Salad	26 Seafood Salad w/Roll, Broccoli Salad, Cantaloupe	27 Baked Chicken w/Gravy, Mashed Potatoes, Green Beans, Fruit Cocktail
28 Rosemary Pork, Baked Sweet Potatoes, Peas, Applesauce	27 Italian Sausage w/Peppers & Onions, Marinated Tomatoes, Hot Spiced Peaches	28 Penne w/Meat Sauce, Vegetable Salad Vinaigrette, Italian Bread, Cookie
29 Breaded Fish Sandwich, Home Fries, Coleslaw Vinaigrette, Spicy Peach Whip	30 CLOSED MEMORIAL DAY	29 Pot Roast w/Gravy, Boiled Potatoes, Carrots & Onions, Summer Citrus Salad
	31 Chicken w/Vegetables, Sage Rice Pilaf, Carrots, Diced Pears	30 Seafood Salad w/Roll, Broccoli Salad, Cantaloupe

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.

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 Muscalino, 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

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 Mondays*

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. Transportation on Fridays*

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
4/6, 5/4, 6/1 **1st Wednesday** of the month
10:30 a.m. to noon

NEWARK Highrise Community Room
4/20, 5/18, 6/15 **3rd Wednesday** of the month
10:00 a.m. to noon

ONTARIO Senior Center/Brown Square
4/12, 5/10, 6/14 **2nd Tuesday** of the month
Begins at 10:30 a.m.
(Provided by Ontario Parks and Recreation)

PALMYRA Palmyra Park and Club Rooms
4/11, 6/13 10:30 a.m. to noon

SODUS Church of the Epiphany
4/15, 6/17 Parish Hall
10:00 a.m. to 11:30 a.m.

WOLCOTT Faith United Methodist Church
4/28, 6/23 11:00 a.m. to noon

Dinner Club 60

Date	Presentation	Food
April 19 & April 20	Cornell Master Gardeners	Chicken with Spinach and Apple
May 17 & May 18	Live Long and Prosper: Eating to Prevent Chronic Illnesses	Taco Pie
June 15 & June 21	UPDATE: Legal Assistance of Western NY: Consumer Legal Issues	Meatballs w/ Salsa (Palmyra) Ginger Pork (Clyde)

Processed and Red Meat

What are the possible health consequences of eating processed and red meat? Recently the World Health Organization placed processed meat on their list of carcinogenic agents. Red meat is classified as probably a cancer causing agent.

Processed meats refers to meats that have been salted, cured, smoked or undergone a fermenting process. Examples of processed meats are ham, sausage, hot dogs, corn beef, beef jerky, and canned meats. Red meat is meat from mammals, which includes beef, veal, lamb, mutton and pork.

In 2014 the International Agency for Research on Cancer (IARC) was asked to evaluate the risk of eating processed and red meats because some studies indicated that they increased the risk of some cancers. The IARC evaluation included 800 studies and 22 scientists from ten countries. Meat is eaten worldwide and the amount of meat consumed is increasing. World wide it is believed that 34,000 deaths a year are related to eating red and processed meat. The goal of the study and recommendations is to reduce the risk of cancer due to eating processed and red meat. Eating red and processed meats has been linked to colorectal cancer. There is also limited evidence that eating red meat increases the risk of pancreatic and prostate cancer.

Eating approximately 1 ½ oz. of processed meat daily increases the risk of colorectal cancer by about 18%. The association between red meat and cancer risk is not as strong, but eating 3 oz. of red meat a day is thought to possibly increase cancer risk by 17%. Carcinogenic chemicals are formed when meat is cooked or processed. Cooking meat at a high temperature, on a hot surface or with an open flame produces more of the carcinogenic substances. There is not enough data to recommend a cooking method. Some of suspected carcinogens are polycyclic aromatic hydrocarbons, N-nitroso compound, and polycyclic aromatic hydrocarbons.

The IARC recommended that consumption of red and processed meat should be moderate. The American Institute of Cancer Research (AICR) recommends limiting intake of red meat to less than 18 ounces a week or six portions the size of a deck of cards. AICR also recommends that processed meats should be avoided.

References:

<http://www.who.int/featrues/qa/cancer-red-meat>

http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/recommendations_05_red_meat.html
<http://www.aicr.org/assets/docs/pdf/brochures/red-processed-meats.pdf>



Wayne County Department of Aging and Youth does not partner with or endorse Chick-fil-A., we just thought the cows' message went along with the information presented.

Are You Nutritionally At-Risk?

Do you eat at least 5 servings of fruits and/or vegetables every day? Do you eat alone? How many times a day do you eat? Do you drink enough milk and water? Your answers to these and other questions can help to determine if you are nutritionally at risk. If you are 60 or over, concerned about your nutrition status and would like to speak to a dietician for advice or suggestions on how to be healthier or how to adjust your eating due to a medical concern, give our office a call for a nutrition counseling referral. We contract with a dietician who can meet with you or speak with you over the phone to discuss your concerns.

Help With SNAP Benefits

Wayne County residents of all ages can call our office to apply for, recertify for or to get help with their SNAP (food stamp) benefits. A representative from Legal Assistance of Western New York will be available twice a month to meet with people to offer assistance.

Food for Thought

I want to take this opportunity to tell you about the wonderful collaboration between the Wayne County Department of Aging and Youth and Wayne County ARC/Key Industries. Wayne County ARC/ Key Industries prepares the delicious food that is served at our six Lunch Club 60 Senior Centers. Key Industries employs many dedicated staff who show up to work every morning, before most of us are even out of bed, to start preparing the many meals served to the seniors who attend our LC 60 Centers.

Chris is the Food Service Manger. He oversees the kitchen and staff and ensures recipes are being followed and food safety is being practiced. Chris attended college for Business Management and has a long history in restaurant and banquet services. Prior to his employment at Wayne ARC, Chris was the Food Service Manager at a local nursing home for 20 years. In his spare time, Chris enjoys culinary arts, home remodeling, camping, and fishing.

Diana is the Senior Food Service Aide. She assists with the preparation and packaging of the meals served at our LC 60 Centers. She helps to ensure that the correct amount of food is sent to each center so no senior goes hungry. Diana has worked at Wayne ARC/Key Industries for 16 years and enjoys serving the people she works with and those who attend our LC 60 Centers.

Deb is a Food Service Aide/Contract Meals. She is in charge of taking the meal orders when the LC 60 Managers call in the meal counts for the next day, assisting in the meal preparation, and packing of hot and cold foods for transport to the LC 60 Centers. She also helps to ensure that the correct amount of food is sent to each center so no senior goes hungry. Deb enjoys providing great customer service and has worked for Wayne ARC/Key Industries for 5 years.

Steve is the Cook Trainer. With the help of other staff, he prepares all of the food that is served at the six LC 60 Centers in Wayne County. Steve hopes that the seniors enjoy the meals and he wishes them a Happy Spring!

Christine is a Food Service Aide/Deli. She oversees the deli and assists with the food prepara-

tion for the LC 60 Center meals. Prior to her employment at WARC/KI, Christine worked for Wegman's in the meat department, and was a Deli Trainer for 19 years. She also worked for her father's meat company.

Necola is a Food Service Aide. She enjoys helping package the cold foods and anything else that is asked of her. She just wants the seniors who attend our LC 60 centers to be happy. When Necola is not working, she is busy raising her two little girls ages 2 years and 11 months. She loves being a part of the Wayne ARC family.

James is a Food Service Aide. He helps to prepare and package the meals sent to our LC 60 Centers. When he's not hard at work, he enjoys wood working in his spare time.

News from the "Lunch Club 60" Centers:

I would like to take this opportunity to welcome Tom Muscolino as the new Manager of the Newark Lunch Club 60.

I would also like to invite you to come out for our new evening meal offered monthly in Clyde and Palmyra. In Clyde it will be the 3rd Tuesday of the month and in Palmyra it will be the 3rd Wednesday of the month. We are planning to have a program at 4:30 and a meal at 5:30. Anyone 60 and over (or with a spouse who is 60+) there is no cost, just a suggested contribution of \$3 for the meal. Anyone under 60 is welcome, but the cost of the meal will be \$4.10. You can call the center directly or our office to let us know you plan on attending so we can be sure to have enough food for everyone.

Please also 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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Title III-B of the Older Americans Act

Volume 41, Issue 2

**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)

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| <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