

Threescore

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

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Penny Shockley, Director

Summer 2016

I have reported in prior Threescore articles that a substantial amount of government funding has been made available to provide services to Medicaid clients in order to reduce the mounting costs of hospital admissions, re-admissions and emergency room visits.

For clarification Medicaid and Medicare are two federal entitlement insurance programs that have different eligibility requirements and provide different benefits.

- **Medicaid** –eligibility for Medicaid is based on a person’s **income** that must fall below 100% of the federal poverty level (FPL). In 2016, 100% FPL is \$11,700. Medicaid coverage can provide free transportation to medical appointments, a care manager (case worker) to assist clients with follow up doctor appointments, prescription coverage, doctor visits, hospital coverage, medication management and nursing home care for chronic care patients.
- **Medicare**- eligibility is based on **age**, (not income) 65 years old or older. Medicare provides coverage for a percentage of medical appointments, hospital admissions and prescription coverage. Medicare requires the participant to pay a monthly premium. It does not provide coverage for transportation, case management, medication management or chronic nursing home care.

The vast majority of our agency’s clients receive **Medicare** not Medicaid. However, more than half of the case managed clients that our agency serves have incomes at or below 150% of the federal pov-

erty level (\$17,655) and often cannot afford to pay privately for transportation, personal care aid services, personal emergency units, case management, home delivered meals and other supportive services.

Below is a census snapshot of the senior demographics over the past 10 years in Wayne County:

- the 60 and over population has jumped 28% and comprises 21% of the county’s population
- the 85 and older population has increased by 17%
- 19% of these seniors are low income, an increase of 57%
- 27% are classified as frail and disabled
- 24% live alone

It is no secret, given the census statistics above, that the population we serve has limited resources but are just over the Medicaid eligibility threshold. Our population frequently has chronic health care conditions, are frail, disabled, elderly and have limited supports to assist with keeping them safely at home. Seniors often need additional supports to stay healthy and out of the hospital. That’s where our Department comes in.

In 2015, the Department of Aging and Youth provided the services listed below for either a suggested contribution or small cost share:

- 121 seniors received 11,359 hours of Aide services, just a few hours per week to assist with

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personal care needs and housekeeping duties they can no longer perform

- 423 seniors were provided case management services. An essential part of our services is case management. Case managers not only assist the client, but also their families. Case management includes an in-home assessment, care plan development, arrangement of services, information and referral, client monitoring and follow up. Many seniors are cared for at home by informal caregivers – family, friends and neighbors. Our services support these individuals, either by complementing or supplementing the care they provide or by providing them with respite from their care giving responsibilities. By giving caregivers a break from these responsibilities, we support their ability to continue their care giving role.
- 179 seniors were provided Personal Emergency response units.
- 82 seniors were provided 3057 rides to attend our lunch programs and medical and pharmacy appointments.
- 730 seniors received information and assistance regarding long term care options and services
- 208 seniors received 31,012 home delivered meals.

Approximately 40% of our referred clients have been recently discharged from a hospital setting. Some referrals come to us directly from the hospital but most referrals come from the Home Health Care (HHC) provider (nurse or other medical care provider) and family members. By the time the HHC provider is involved and has contacted our agency for services, several critical weeks could have lapsed for the vulnerable adult.

To obtain our Department's in home services, a referral comes into the office, a caseworker is assigned, a home-visit assessment is completed and a care plan developed. Based on the assessment the caseworker can assign a Personal Care Aide, Home Delivered Meals, Person Emergency Response Units and additional services to assist the client's recovery. As you can easily predict, several more weeks could have lapsed before the

services are actually in place. In the meantime, families of loved ones are frantic because they don't know who to call and are unaware what services are available or how to negotiate the system.

NYS Office for Aging recognizes the disparity and has procured 100% sustainable funding to develop and enhance programs/services to keep Medicare seniors in their homes for as long as possible and reduce the need for hospital or nursing home care.

I am very happy to announce that our department has utilized this State funding to address this crucial gap in care by creating a new Transitional Care Coordinator position to assist a senior from the hospital to home. The Transitional Care Coordinator will assess senior needs prior to their hospital discharge and will work with the hospital discharge planner and hospital care team to ensure that the patient is connected to appropriate services, follow up medical appointments, medical equipment, pharmacy assistance, insurance counseling and other preventive measures to maximize their success of staying at home. Hospital readmissions, 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.

Community members have always been able to access long term care support services through our NY Connects program. The new Transitional Care Coordinator will enhance and streamline the service delivery earlier when the senior is in the greatest need of additional support.

Our goal is to have the Transitional Care Coordinator position filled in July and will be collaborating very closely with Newark Wayne Community Hospital and associated medical offices to ensure this program succeeds.

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, July 11 and Monday, September 12** 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.

ANNUAL SCAC PICNIC

The Wayne County Senior Citizen Action Council (SCAC) will hold its annual picnic on **Tuesday, July 12 at NOON** at B. Forman Park, 4507 Lake Rd., Pultneyville. A 2016 SCAC membership card is required to attend, but cards will be available to purchase for \$2 if you don't already have one. 2017 membership cards will also be available.

Bring a dish-to-pass and a place setting. Hots/hamburgs/refreshments provided. Meet your county and town supervisors.

Please RSVP by July 1 to Fran Storm 315-502-4998; Donna Hudson 315-524-4430 or Jim Drew at 315-986-1351. Club presidents please call Jim with number of attendees.

HOLIDAY OBSERVANCE—CLOSED

- * Monday, July 4 INDEPENDENCE DAY
- * Monday, September 5 - LABOR DAY

2016 AARP SAFE DRIVING CLASSES

July 19 (Tuesday)

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 (Friday)

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

September 20 (Tuesday)

8:30 am to 3:30 pm (Bring a lunch)
3rd United Methodist Church
58 W. Main St, Sodus
To register call 946-5624

Our agency is also aware of classes in Macedon, Ontario and Walworth. Call for details.

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



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.

Calling All Volunteers!

At some recent meetings on Aging Services, it was stressed by more than one person that as the population grows and ages, the demand for services also grows. Here at Aging and Youth, we are always looking for ways to juggle our limited resources to be more efficient and provide as many services as possible with what we have available. We have also been asked in the past how volunteers may be able to help us spread the word about services and provide services to our clients. Volunteering not only feels good but helps us stay sharp as well. If you have some spare time and are looking for a way to help provide services to people who really need them, we have (or can create) an opening for you!

Outreach: Do you love talking to people? Do you have a knack for sharing and presenting information to groups or individuals? You could help us out by participating in health fairs or speaking with community groups about our services. Perhaps you would like to be trained to help people develop tools they can use to manage chronic health conditions – become a peer leader. Not a people person, but still think it is important to get the word out about the Department’s services? Maybe you would be willing/able to keep some local community locations stocked with our latest brochures.

Transportation: This is one of the greatest barriers for some of our seniors. Maybe you are still blessed to be able to drive, but for many, just going to the store for some bananas is a virtual impossibility. Our local WayneCAP organization has a volunteer driver corps that will take seniors to medical appointments (315-665-0131) and they are always looking for volunteers. Our Department is also currently requesting permission from the board to have volunteers authorized to drive our county vehicles to transport clients. This will enable us to also be able to provide transportation options to people to get to out of county medical appointments or to be able to run local errands. It might also allow us to offer transportation to people if our one paid driver gets sick or wants to take a vacation. Home Meal Service (315-946-5622) is also always looking for drivers willing (even one day a month) to deliver meals-on-

wheels to clients in the county.

Insurance Counseling: Medicare is very complex and overwhelming. We have some really great people on staff to explain options and trouble shoot problems. If you are good at learning complex information and would like to help people look at their insurance options, we could always use some extra help in the fall. There are also some simpler aspects of insurance counseling, including answering the phone and doing intakes to just following up with people to see if they are all set or even helping people to do their enrollments on-line that would be very helpful and allow us to ensure that no one who needs help with their Medicare gets turned away.

Hands-on Help: We get calls throughout the year from seniors who need help moving, or have a plumbing problem, or need their sidewalk shoveled. We have people who may need someone to run errands for them. There is also a big push statewide for volunteer respite programs to have someone sit with a loved one while a caregiver gets a much needed break. There are a lot of training programs that our office can access to ensure volunteers are properly trained to provide respite. We also have a lot of seniors with no “caregivers” who are living alone and might appreciate someone stopping by just to check on them from time to time.

Office Help: We have a dedicated group of people already who help to put the address labels on our newsletter. Other people are always welcome to join in that or help with other things around the office: putting together the newsletter, maintaining the website or Facebook page, helping us with marketing, tallying surveys, filing, thank you notes, spreadsheets to analyze data – the possibilities are endless.



HEALTH INSURANCE

HICAP

INFORMATION, COUNSELING & ASSISTANCE PROGRAM

OPEN ENROLLMENT

It's that time of year again! Festivals and BBQ's; pool parties and reunions. Before we know it, the leaves will be turning and the mail-boxes will be full of Medicare information for 2017.

Every fall Medicare beneficiaries are able to make changes to their current Medicare insurance coverage. These changes go into effect in January 2017. Do you have a drug plan, but want a Medicare advantage plan? Thinking of switching your HMO out for a PPO or even a Medi-Gap plan? Have NO IDEA what any of this means?

Don't let all this Medicare stuff ruin your fall. Call our office to meet with one of our trained Medicare insurance counselors. They can screen you for available benefit programs (Did you know that there are programs that will pay that Part B premium for you, leaving you with over \$100 more a month in income? Are you aware of the different programs that can help lower your drug expenses?), go over applications for benefits if you are eligible, review your current policy, discuss the changes in that policy for next year, help you to look at all the other policies available to Wayne County residents for 2017, and even assist with enrollment.

Appointments start in October, but you can call as early as September to schedule yours. The Open Enrollment period runs from October 15th to December 7th for most people. You may have a special circumstance that allows you to make your decision after the 7th and our insurance counselors can explain that to you as well.

We do not have any ties with any of the insurance companies, so you can be assured that our information is unbiased and not a sales pitch. We won't tell you which insurance to pick, but we will try to give you as much information as you need to make an informed decision that you are comfortable with.



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 Paul Jonas, Dorothy DeMay, Frank Clark, Linda Clark and Karen Hall for helping with the mailing of the Spring 2016 issue of the *Threescore*.

Our next get-together will be **Tuesday, September 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:

Agnes Williams/Cindy Heck
Ann C. Stevens (*In memory of Doris Stevens*)
Arlyss Austin
Betty DeLeo
Beverly Finch (*In memory of Beulah Yates*)
Carl Valvano
Carol Kearns (*In memory of Shawn Kearns*)
Carol Mourey
Carole Mangos
Catherine Lewis
Cecelia Deane
Coleda Weeks
Conrada Morales
Danielle Duboule
Delores Malchoff
Diane S. Rice
Donnald Cummings
Dorothy Marvin
Dorothy Mauser
Doug Meisch (*In memory of Douglas William Meisch*)
E. Nortier
Earl Strohm
Elizabeth McFarland
Elizabeth Spencer
Ellis Briggs
Elma Fyles

Elmer Semmler (*In memory of Arlene Semmler*)
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Gale/Cynthia Anthony
Gloria Sensenbach (*In memory of Phillip Sensenbach*)
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Hazel Washburn
Howard Burghdurf
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Jane Humphries
Jean Shirtz
Jeanette Bramante
John Becker
Judy Wahl
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Kathly Ellis
Marcia Verstraete
Margaret Montemorano
Marian DeWolf
Marion Seniors Club
Mary Backus
Owen Hughes (*In memory of Virginia Hughes*)
Richard Carney
Rosemarie Wright
Ruth Sorensen
Samuel Rivera Santos
Shirley Graham
Shirley Hyman
Susan Guse
Tina Triarico
Vivian Stein (*In memory of Bob Stein*)
William Oad.

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



2016 FAIR INFORMATION

The Wayne County Fair is August 15 to 20 in Palmyra. Senior Day is Tuesday, August 16 and all seniors are admitted free until 5 pm. Single day admission is \$5 Adults 17 and older; Youth \$3 (6-16) and under 6 free. Youth and 4H day is Wednesday August 17 and Youth Day is Saturday, August 20 so youth 16 and under are admitted free until 5 pm.

The New York State Fair is August 25 to September 5 in Geddes. There is no cost for seniors age 60 and up on Monday, August 29 and Tuesday, August 30. On Friday, September 2 students 18 years old and younger will be admitted free. Children age 12 and under are admitted free every day. Thursday, September 1 is Armed Forces Day and all active duty and veteran military will receive free admission with military ID.



Reminder: Menus no longer appear in our newsletter, but we would be more than happy to mail them directly to you. Call our office to be added to the menu mailing list.

BABY BOOMER AND SENIOR EXPO

**When: Wednesday, August 17, 2016
8:00 AM—11:30AM**

Where: Sodus Elementary School

Breakfast provided by El Rincon Mexican Restaurant

For reservation call 483-3220

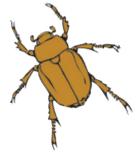
Sponsored by Wayne Co. Rural Health Network, Wayne Co. Dept. of Aging, Newark Wayne Community Hospital and funded by a grant from NYSDOH, Office of Rural Health

FIGHT THE BITE!

Protect yourself!

Ticks can spread Lyme and other disease. Mosquitoes can spread West Nile and Eastern Equine Encephalitis Viruses.

The best way to protect your family from illness caused by mosquitoes or ticks is by keeping them from biting you!



When outdoors...

- ◇ Wear long sleeves and pants to reduce bites
- ◇ Consider using tick and mosquito repellents; follow label directions
- ◇ Wear light colored clothing to easily spot ticks and remove them
- ◇ Do daily tick checks on your family
- ◇ Remove ticks promptly with tweezers

Eliminate mosquito breeding sites around your home.....

- ◇ Repair/replace all window and door screens to keep mosquitoes outside
- ◇ Reduce or eliminate all standing water:
 - Empty water holding containers.
 - Turn over wheel barrows and wading pools when not in use.
- ◇ Clean and chlorinate swimming pools, outdoor saunas, hot tubs and drain pool covers.
- ◇ Clear roof gutters, leaf debris from yards, gardens and pond edges.
- ◇ Change birdbath water and horse troughs twice a week.
- ◇ Dispose properly of old tires.



For more information, contact
Wayne County Public Health
315-946-5749



Public Health
Prevent. Promote. Protect.
Wayne County, NY

How Dementia Affects Safety

People with Alzheimer's can live in their homes, as long as safety measures are in place. As Alzheimer's progresses, a person's abilities change. But with some creativity and problem solving, you can adapt the home environment to support these changes.

Alzheimer's disease causes a number of changes in the brain and body that may affect safety. Depending on the stage of the disease, these can include:

Judgment: forgetting how to use household appliances

Sense of time and place: getting lost on one's own street; being unable to recognize or find familiar areas in the home

Behavior: becoming easily confused, suspicious or fearful

Physical ability: having trouble with balance; depending upon a walker or wheelchair to get around

Senses: experiencing changes in vision, hearing, sensitivity to temperatures or depth perception

Assess your home. Look at your home through the eyes of a person with dementia. What objects could injure the person? Identify possible areas of danger. Is it easy to get outside or to other dangerous areas like the kitchen, garage or basement?

Lock or disguise hazardous areas. Cover doors and locks with a painted mural or cloth. Use "Dutch" (half) doors, swinging doors or folding doors to hide entrances to the kitchen, stairwell, workroom and storage areas.

Be prepared for emergencies. Keep a list of emergency phone numbers and addresses for local police and fire departments, hospitals and poison control helplines.

Make sure safety devices are in working order. Have working fire extinguishers, smoke detectors and carbon monoxide detectors.

Install locks out of sight. Place deadbolts either high or low on exterior doors to make it difficult for the person to wander out of the house. Keep an extra set of keys hidden near the door for easy access. Remove locks in bathrooms

or bedrooms so the person cannot get locked inside.

Keep walkways well-lit. Add extra lights to entries, doorways, stairways, areas between rooms, and bathrooms. Use night lights in hallways, bedrooms and bathrooms to prevent accidents and reduce disorientation.

Remove and disable guns or other weapons. The presence of a weapon in the home of a person with dementia may lead to unexpected danger. Dementia can cause a person to mistakenly believe that a familiar caregiver is an intruder.

Place medications in a locked drawer or cabinet. To help ensure that medications are taken safely, use a pill box organizer or keep a daily list and check off each medication as it is taken.

Remove tripping hazards. Keep floors and other surfaces clutter-free. Remove objects such as magazine racks, coffee tables and floor lamps.

Watch the temperature of water and food. It may be difficult for the person with dementia to tell the difference between hot and cold. Set water temperature at 120 degrees or less to prevent scalding.

Support the person's needs. Try not to create a home that feels too restrictive. The home should encourage independence and social interaction. Clear areas for activities.

Read more: <http://www.alz.org/care/alzheimers-dementia-home-safety.asp>

Caregiver Counseling: Now Available IN-HOME

For several months now, the Wayne County Department of Aging and Youth has teamed up with the local chapter of the Alzheimer's Association to provide Caregiver Counseling at our office, free of charge, to any caregiver who had questions about dementia.

We are excited to announce that service is now also available as an in-home visit for caregiver who cannot travel to our office to meet with someone. The same Master's level counselor can come to your home to meet with you and any other family members or friends that are assisting with care of a person with dementia who have questions or need supports. Call our office for more information or to schedule either an office

Caregiver Corner



CARE ACT goes into effect in New York: The Importance of Caregivers' Role Now in Law

Governor Cuomo signed the CARE ACT (Caregiver Advise, Record and Enable Act) into law on October 27, 2015. The law went into effect this past April. The CARE Act ensures that caregivers of loved ones who are hospitalized will be given the support and education that they need to provide quality "After Care" at home and reduce the risk of repeat admissions to a hospital.

Very often when patients are discharged from a hospital, they require After Care that is provided by family or friends. Caregivers are asked to provide basic assistance as well as many other complex tasks including operation of medical equipment, wound care and medication administration and management.

The new law provides the following:

- * allows a patient (over 18) an opportunity to designate upon admission to a hospital, a caregiver;
- * requires a hospital to notify and offer to meet with the designated caregiver to discuss the patient's plan of care prior to the patient's discharge or transfer to another facility;
- * As soon as possible and not later than twenty-four hours prior to a patient's discharge from a hospital, the hospital must consult with the identified caregiver along with the patient regarding the caregiver's capabilities and limitations and issue a discharge plan that describes a patient's after-care needs at his or her residence; and
- * The hospital issuing the discharge plan must offer caregivers with instruction in all after-care tasks described in the discharge plan.

If you have questions about available services or planning for a hospital discharge, feel free to contact our office and one of our staff members will gladly assist you.

Six Important Legal Documents

Important documents for managing medical care

- **HIPAA Authorization:** The Health Information Portability and Accountability Act (HIPAA) aims to protect medical record privacy. This law prevents doctors and other medical professionals from discussing an individual's health information with anyone but that person. Even caregivers can't access a loved one's medical records, or talk to their doctor, until they sign a HIPAA form.
- **Healthcare Power of Attorney (POA):** This important legal document allows a person to grant legal authority to a trusted relative or friend to make health care decisions on their behalf. A person with healthcare POA can determine (among other things) where an elder lives, what they eat, who bathes them, and what medical care they receive.
- **Advance Healthcare Directive:** An advance healthcare directive combines a healthcare POA with a living will. A living will outlines how an elder wishes their end-of-life care to be managed (i.e. aggressive medical care versus hospice care), and may also include a Do Not Resuscitate (DNR) order, or instruction not to insert a feeding tube if they become incapable of eating on their own.

Important documents for managing finances

- **Financial Power of Attorney (POA):** A financial POA gives a trusted relative or friend the ability to make legally-binding decisions about a person's financial assets. An individual with financial POA has the authority to manage an elder's finances, which may include paying bills, liquidating assets to cover expenses, or making other investment decisions.
- **Trust:** Trusts—essential estate planning documents that specify how a person wants certain assets to be disbursed—come in several different varieties. Each type of trust has its own rules and requirements that affect how funds are distributed after a person passes away. The main difference between a will and a trust is that a trust can be enacted while the individual is still alive, or after they have died. A will only goes into effect after a person has passed on.
- **Will:** There are many different kinds of wills, each with different stipulations regarding how assets and property are to be doled out after a person dies. As previously mentioned, a will can only be activated by the death of the individual.

Living Healthy

If you or a loved one is struggling with a chronic health condition and you are feeling overwhelmed, the LIVING HEALTHY class may be just the thing for you!

This class was developed by Stanford Medical Center to help people with any kind of chronic condition develop and hone tools for managing the illness. Research on this class shows a decrease in hospital days, ER visits and increase in a sense of well-being. We meet once a week for 6 weeks. The sessions are 2.5 hours each and every week we look at different tools and skills you can use to take back control of you life that your illness may seem to have stolen from you. We talk about healthy eating and physical activity, of course, but also problem solving and decision-making. We practice planning and talk about how to communicate with you loved ones and your doctors. We discuss ways to use your mind and breathing to help deal with pain and fatigue. Not all of the tools will work for everybody, but everybody will find something that can work for them to help them start "Living Healthy."

This may seem to be a huge time commitment, but you are worth it. Your health and happiness are worth this investment. We very frequently hear from class participants on week 6 that they wish it could continue and they will miss coming. Bring friends and family members with you. If you don't have a chronic condition, but are caring for someone who does, the skills learned in this course can help you as well. We do not discuss any specific disease in this class, but rather the symptoms that all chronic conditions have in common whether it is cancer, depression, diabetes, anxiety, or heart disease.

We are holding the next class on **Thursdays starting August 4th** at the Newark Highrise Apartment building 200 East Miller Street in Newark. Classes will start at 5:30 pm so that working people can feel free to join us as well. Classes are offered free of charge thanks to funding from the State Office for Aging. Participants will be given a book to use during the week that they can return at the conclusion of the class or purchase for \$20. If you have Medicaid Insurance, there may be additional incentives. Call us for more information or to register 315-946-5624.



*Hear Ye,
Hear Ye!*

*The Department
of Aging and
Youth will be
holding two
public hearings to
review and
discuss services
and service needs
for seniors in our
County. Dinner
will be served
afterward. Please
call for reserva-
tions if you plan
to stay for dinner.*

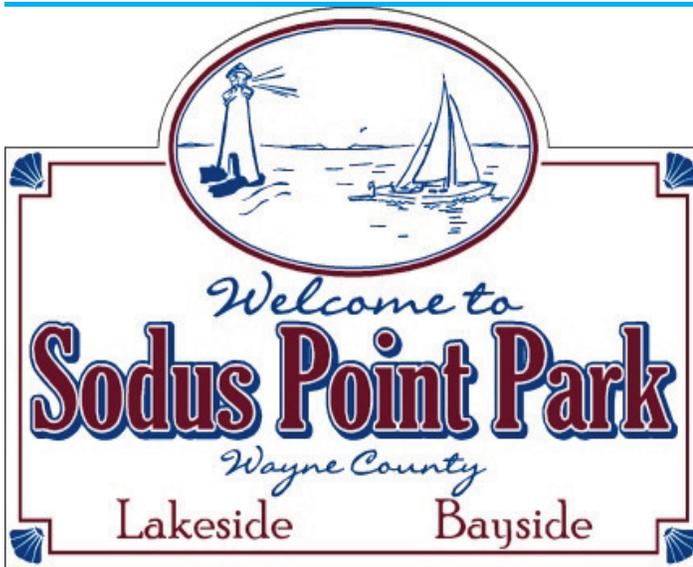
315-946-5624

*August 16 (Clyde) &
August 17 (Palmyra) @
4:30 (Dinner @ 5:30) Call
for location info or to RSVP*

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.

Youth News



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**.

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**.



Mark Your Calendars!

**SODUS POINT PARK
OPENS
TUESDAY JUNE 28, 2016**

Come on down for some fun in the sun!



2016 SENIOR FARMERS MARKET COUPON PROGRAM BEGINS

The Senior Farmers Market Nutrition Program sponsored by NYS Department of Agriculture and Markets, NYS Department of Health, NYS Office for the Aging, Cornell Cooperative Extension and USDA Food and Nutrition Services, give low income senior citizens the opportunity to improve their nutritional health by increasing their consumption of locally grown fresh fruits and vegetables. Each booklet contains five \$4 coupons.

Booklets are offered on a first-come, first-serve basis, to **age** and **income** eligible seniors.

Seniors must qualify in **ONE** of the following categories:

1. **60 years** of age or older and **a gross monthly income at or below:**
 \$1,832/month for a one-person household
 \$2,470/month for a two-person household
 \$3,108/month for a three-person household
 Income levels increase by \$642/month based on the number of persons in the applicant’s household

2. **60 years** of age or older and **currently receiving or eligible to receive:** SSI, public assistance, or Section 8 housing subsidy

New this Year:

Each **eligible** Senior in household can receive a coupon booklet. Each Senior must sign for his/her own coupon booklet.

POA’s may sign for coupon booklet with **proof of POA**.

A representative from the Wayne County Department of Aging & Youth will be distributing booklets according to the following schedule (this schedule is tentative and may change; feel free to contact the office to confirm the day and time of your preferred location):

Monday, July 11	9:30 - 11:30 AM	Palmyra Lunch Club 60 - Park & Club Rooms, Main St.
	12:30 – 2:00 PM	Palmyra - Towpath Apartments - Community Room, Canal St.
Tuesday, July 12	9:30 - 11:30 AM	Clyde Lunch Club 60 – St. John’s Catholic Hall, DeZeng St.
	12:30 – 2:00 PM	Clyde - Midtown Square Apartments - Community Room, Lock St.
Wednesday, July 13	9:30 - 11:30 AM	Ontario Lunch Club 60 - 2100 Browns Square Apartments
	1:00 – 2:30 PM	Macedon - The Gardens - Community Room, Canandaigua Rd.
Thursday, July 14	9:30 - 11:30 AM	Wolcott Lunch Club 60 – Faith United Methodist Church, Oswego St.
	12:30 – 2:00 PM	Wolcott Meadows - Community Room, Alport St.
	2:30 – 4:00 PM	Wolcott Estates - Community Room, New Hartford St.
Friday, July 15	9:30 - 11:30 AM	Newark Lunch Club 60 – Alex Eligh Community Center
	2:30 - 4:00 PM	Marion-Drumlin Estates - Community Room, Sunset Dr.
Monday, July 18	10:00 - 11:30 AM	Williamson-Orchard Estates-Building C Community Room, Arrowbend Dr.
Tuesday, July 19	9:30 - 11:30 AM	Sodus Lunch Club 60 - Church of the Epiphany Parish Hall, W. Main St.
	12:30 – 2:00 PM	Sodus Estates - Building A Community Room, Newark St.
Wednesday, July 20	9:30 - 11:00 AM	Lyons Manor Apartments - Community Room, Pearl St.
	11:30 AM - 1:00 PM	Lyons - CanalView Apartments - Community Room, Canalview Dr.
Thursday, July 21	10:00 - 11:30 AM	Savannah - Spring Valley Apartments - Community Room, Lopez Ln.
Friday, July 22	9:00 AM-4:30 PM	Department of Aging & Youth, 1519 Nye Rd., 2 nd floor, Lyons

If you have any questions, please call the Wayne County Department of Aging & Youth at 315-946-5624.

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 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

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

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
7/6, 8/3, 9/7 **1st Wednesday** of the month
10:30 a.m. to noon

NEWARK Highrise Community Room
7/20, 8/17, **3rd Wednesday** of the month
9/21 10:00 a.m. to noon

ONTARIO Senior Center/Brown Square
7/12, 8/9, 9/13 **2nd Tuesday** of the month
Begins at 10:30 a.m.
(Provided by Ontario Parks and Recreation)

PALMYRA Palmyra Park and Club Rooms
8/8 10:30 a.m. to noon

SODUS Church of the Epiphany
8/19 Parish Hall
10:00 a.m. to 11:30 a.m.

WOLCOTT Faith United Methodist Church
8/25 11:00 a.m. to noon

Dinner Club 60

Date	Presentation @ 4:30	Food @ 5:30
July 19th & 20th	Cornell Eat Smart Program Presentation	Seafood Salad
August 16th & 17th	Aging Public Hearing & Discussion of Services	Broccoli & Feta Chicken Salad
Sept. 20th & 21st	Cancer Services	Sweet & Sour Pork

13 First date is Clyde, Second is Palmyra, call to RSVP

EMS Maintains List of People Needing Assistance

If you or a loved one might need extra assistance in the event of an emergency or natural disaster, you can complete this form and return it to EMS (7376 Rt 31, Lyons 14489) to be added to the list. For more forms or additional information, call EMS (315-946-5663) or check out their website. As always, you can also contact our office for information and assistance.

Emergency Assistance Questionnaire

In the event of a public emergency or natural disaster, some residents may need special attention during evacuation and sheltering because of a physical or mental handicap. The Wayne County Emergency Management office maintains a voluntary registration list of those individuals in need of assistance. The purpose of this information is to make various response agencies aware of those with special needs. **THIS INFORMATION WILL BE KEPT CONFIDENTIAL AND WILL BE USED ONLY IN CASE OF AN EMERGENCY OR NATURAL DISASTER.**

It does not guarantee that agencies will be able to provide assistance in every type of emergency. Wayne County shall not be liable for any claim based upon the good faith failure to exercise or perform a function or duty on the part of any officer or employee in carrying out a local disaster preparedness plan. If you no longer live at the address this form was sent to, please indicate your correct address.

Name _____ Phone _____ Street Address _____ Apt. # _____ Town _____ Zip _____ Birthdate _____	Alternate Contact Person _____ Relationship _____ Home Phone _____ Work Phone _____ Cell Phone _____
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Fold Here and Tape Closed

SPECIAL NEEDS

To remain on our list, those with Special Needs must fill out and return, every year, this Emergency Questionnaire.

I have a hearing problem and need to be notified of emergencies by phone.
 I have a TTY or TDD
 My alternate contact person can notify me of emergencies.
 Transportation needs:
 I have my own transportation or can ride with someone
 I require assistance to ride in a car or bus
 I have a medical problem which requires assistance in case of an emergency:
 Wheel Chair Oxygen/Dialysis Vision Other _____
 I leave the state for a portion of each year: From: _____ To: _____
 I have pets: No Yes (# and type): _____ I have a carrier/cage available for transport

I hereby consent and pre-authorize that emergency response personnel shall be able to enter my home during search and rescue operations if necessary to ensure my safety and welfare during an emergency. I also consent to have my name placed in the county voluntary registry of individuals with special needs.

Signature: _____ Date: _____

FOR OFFICE USE ONLY:

ERPA: _____	FD: _____	Town: _____	HI _____ M _____
Records Update: _____			

Detach Card Here

HEAP Cooling Assistance is Open

The Cooling Assistance component provides for the purchase and installation of air conditioners or a fan to eligible households. Whenever possible, window air conditioning units with an Energy Star rating must be installed. The HEAP Cooling Assistance component opens May 2, 2016 and will operate through August 31, 2016, or until funding allocated to this component is exhausted. In circumstances where an air conditioner cannot be safely installed, a fan will be provided.

Only one air conditioner or fan, not to exceed \$800 with installation, will be provided per dwelling. No additional HEAP cash benefits are available.

Your household may be eligible for a Cooling Assistance component benefit if: You and your household members are United States Citizens or qualified aliens, and includes an individual with a documented medical condition that is exacerbated by heat **AND**

- Your household's gross monthly income is at or below the current income guides for your household size as posted in the table below or
- You receive Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamp) benefits or
- You receive Temporary Assistance or
- You receive Code A Supplemental Security Income (SSI Living Alone)

- You received a Regular benefit greater than \$21 in the current heating season
- You currently do not have a working air conditioner or the air conditioner you have is five years old or older.
- You did not receive a HEAP funded air conditioner within the past ten years.

Your household eligibility requirements include filing an application with your local department of social services, providing all necessary documentation, and the household must reside in an eligible living situation.

Getting the air conditioner installed

A participating Heating Ventilation and Air Conditioning (HVAC) vendor list can be obtained at your local department of social services. It will be your responsibility to maintain the air conditioner. This includes the responsibility to remove, cover, store, and/or reinstall the unit or the installation sleeve after vendor installation.

Household Size	Maximum Gross Monthly Income
1	\$2,244
2	\$2,935

The Good Side of Grief:

Upset by his son's belief that God was calling him into Christian missionary work, George's father abruptly withdrew all tuition support for college. Uncertain how he would finish his studies, yet moved by spiritual conviction, George returned to college. It felt odd for George to kneel in prayer and simply ask God to find a way. But one hour later, God's answer arrived in the form of a professor's knock on the door offering George a paid tutoring job. This Lesson of a lifetime became the hallmark of George's life and future ministry work.

George Mueller (1805-1898) began to take God at His word. The many books written about his life document the move of divine hands sustaining the work George was called to do. As Pastor of the same church for 66 years, he never accepted a salary. Rent was always paid. His family never missed a meal. George heard the call to open orphanages. Taking in more than 10,000 children over the next 68 years, he never publicized their constant needs. George went to God. No one went without. To George Mueller, the words of Jesus became a living principle: "...seek ye first the Kingdom of God. ...and all these (earthly) things shall be added unto you." Matt. 6:33. And, to God? George was a vessel of faith through which He could work. Is such faith available today? Oh, yes!

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

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

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RETURN SERVICE REQUESTED



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

Volume 41, Issue 3

**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