

# Threescore

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

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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

Winter 2016

## Four-Year Plan

We would like to thank everyone who helped us to develop our 2016-2020 four year plan by attending our Public Hearing in October or completing our Community Needs Assessment survey. We had a great response with approximately 150 returned needs assessment surveys. Your feedback was very valuable to us in planning services over the next four years. In addition to your direct participation, we looked at usage of our services, questions that come through our information program and our NY Connects program, population trends, and some input from other agencies that we work with in the community.

The surveys indicated that transportation, affordable housing and housing repairs, understanding insurance options and benefits, managing chronic conditions, and financial concerns (making ends meet, affording food, etc.) were key concerns. A review of NY Connects calls showed that people are calling for information about housing, benefits, and home based services. A review of our information calls shows that people are calling for information about our department's core programs and also about DSS services and benefits most frequently. They are also asking about housing related issues (affordable repairs, landlord issues, etc.), financial related issues (bills, utilities, food pantries, etc), medical issues (linking to a doctor, securing equipment or supplies, managing chronic conditions, coordinating with MLTC's etc.) and assis-

tance with social security related concerns. The public hearing focus groups identified transportation, assistance with home repairs and chores, finances, and communicating with doctors (either getting through all the menu prompts on the phone or getting the doctor to listen to them) as key concerns.

As a result of all this information, we will be looking to provide you with as much information as possible regarding programs for home repairs and looking to see if there is anything we can do further to leverage resources to address this issue.

We will continue to offer counseling and assistance regarding Medicare insurance and Long Term Care insurance options. We have staff available to assist in screening for benefits and with applications.

We now offer transportation for local errands during the week – Palmyra area on Mondays, Clyde area on Tuesdays, Wolcott area on Thursdays, and Sodus area on Fridays. If you need to run to the bank or mail a package, give us a call. And if you would like lunch on those days, you are always welcome to stop by our Lunch Club 60 sites in those towns for a meal. Wednesdays we will continue our usual “first come first served” county wide transportation requests.

We will continue our case management , PERS, and aide services and are looking to add an additional option for people to be able to select and

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schedule their own aides to increase the program's ability to meet everyone's needs.

We will look to join the 21<sup>st</sup> century this year by joining Facebook to be more available to those of you and your families who are online.

We have filled some positions recently and will be working to provide more information and support to informal caregivers who are caring for a loved one.

Our information and NY Connects programs will continue to provide information to anyone who calls regarding community resources.

We will be trying some different things with our congregate meal program including offering evening meals and special programming at a couple of our centers.

We regularly offer Chronic Disease Self Management classes and will be working on getting information to you about those classes through your doctor's offices. We are also exploring ways to work closer with doctors, hospitals, and nursing homes to see how we can help people stay home, healthier as long as possible.

Thank you again for all your valuable input for our Wayne County Four Year Plan. We plan to start implementing the changes in 2016. Please keep us posted if you have any additional suggestions or concerns.

Happy Holidays,

*Penny Shockley*

Director

## HOLIDAY CLOSINGS

**Friday, January 1**  
New Year's Day



**Monday, January 18**  
Martin Luther King, Jr. Day

**Monday, February 15**  
Presidents' Day



## 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, January 11 and March 14 at the Alex Eligh Community Center in Newark. All S.C.A.C. cardholders are welcome and are encouraged to attend.

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

### **Please make checks payable to S.C.A.C.**

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

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



## ATTENTION SENIOR CLUBS!

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

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

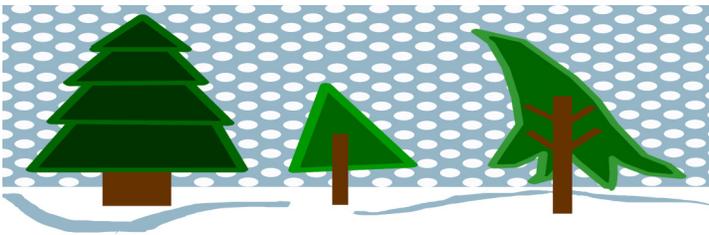
## TAX COUNSELING FOR THE ELDERLY

The Tax Counseling for the Elderly (TCE) Program offers free tax assistance to senior citizens 60 and older. Seniors can have their taxes done during the months of February, March, and April by IRS-certified, volunteer tax counselors.

If you would like additional information about the TCE program or you would like to schedule an appointment to have your taxes done, please call Wayne County Action Program at 665-0131. Confidentiality is strictly upheld.

If you are interested in assisting seniors with their taxes, please call the Retired and Senior Volunteer Program (RSVP) and ask for Kim Lucianovic at (315) 665-0131 x170.

RSVP is administered by Wayne County Action Program and funding is provided by Corporation for National and Community Service and the New York State Office for the Aging.



## BECOME A FOSTER GRANDPARENT AND CHANGE A CHILD'S LIFE

The Foster Grandparent Program is looking for volunteers who would like to be a companion to a child in a school setting, Head Start centers, or day care facilities. Foster Grandparents provide individual attention and unhurried help to children who have special needs.

If you are 55 years of age or older, have a limited income, and are interested in making a difference in a child's life, please call Kim Lucianovic, Senior Service Volunteer Coordinator at 315-665-0131 x170. In return for 20 hours of service per week, volunteers receive a tax-free stipend, travel reimbursement, and many other benefits.

The Foster Grandparent Program is administered by the Wayne County Action Program, Inc. and funded by the Corporation for National Service and the New York State Office for the Aging. Visit our web site at [www.waynecap.org](http://www.waynecap.org) for further information.

## PHONE SCAM ALERT

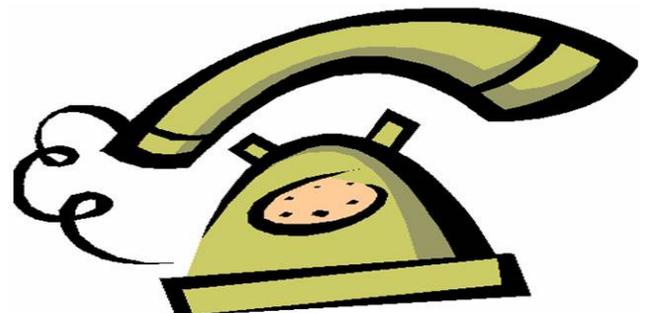
Did you get the phone call? I have received two phone calls from two different numbers in two different states directing me to call two different numbers to find out why the IRS is starting a lawsuit against me.

This is very disturbing, even though you and I know that the IRS ***will never***.

- The IRS ***will never*** Call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill.
  - The IRS ***will never*** Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
  - The IRS ***will never*** Require you to use a specific payment method for your taxes, such as a prepaid debit card.
  - The IRS ***will never*** Ask for credit or debit card numbers over the phone.
- The IRS ***will never*** Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

Scammers are able to alter caller ID numbers to make it look like the IRS is calling. They use fake names and bogus IRS badge numbers. They often leave "urgent" callback requests. They prey on the most vulnerable people, such as the elderly, newly arrived immigrants and those whose first language is not English. Scammers have been known to impersonate agents from IRS Criminal Investigation as well.

These criminals try to scare and shock you into providing personal financial information on the spot while you are off guard. Don't be taken in and don't engage these people over the phone.



## MEDICARE GENERAL ENROLLMENT

January 1 through March 31 is the General Enrollment Period for those people who did not sign up for Medicare Part B benefits when they first became Medicare-eligible. You may contact Social Security at (800) 772-1213 or visit your local office to begin this process. Your Part B benefits will begin July 1 of the year you sign up.

You may also face a penalty for late enrollment. The penalty is based on each 12-month period you delayed enrollment in Medicare Part B. The penalty amount is 10% of the current Part B premium for that year.

When Social Security has determined that your Part B benefit will begin in July, you then have the opportunity to sign up for a Medicare Advantage plan between April 1 and June 30. Your coverage with that plan will begin on July 1.



## Medicare Advantage Disenrollment Period

The Medicare Advantage Disenrollment Period will begin on January 1 and end on February 14. You will be able to make the following changes with your insurance:

### If you have...

### You can switch to...

a Medicare private health plan with or without drug coverage (Medicare Advantage)

Original Medicare **and** a prescription drug plan **or**  
Original Medicare **without**  
a prescription drug plan

A Medicare Private Fee-For-Service (PFFS) plan that does not have prescription drug coverage **and** a stand-alone prescription drug plan (MA and PDP)

Original Medicare, **but you must keep your current** prescription drug plan

Original Medicare or Original Medicare and a prescription drug plan

You cannot switch your plan during this time

**Please note: If you have a Medicare Advantage plan and a separate stand alone drug plan (PDP), then you can switch to Original Medicare but cannot change stand alone drug plans. Information provided by Medicare Rights Center.**

## TAX BREAKS

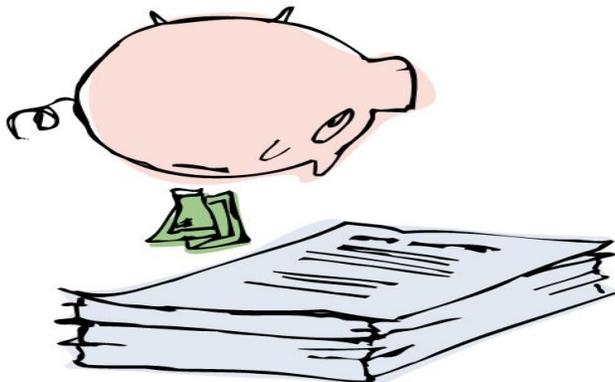
The STAR and Enhanced STAR exemptions give homeowners a break on their local school taxes for homes which are their primary residence. Applications can be done online or through the local property assessor. Applications are typically due by March.

	Basic STAR	Enhanced STAR
<b>Residency</b>	You must own your home and it must be your primary residence.*	
<b>Age</b>	No age restriction	65 or older  For jointly owned property, only one spouse or sibling must be at least 65 by December 31 of the year when the exemption will begin.
<b>Income**</b>	\$500,000 or less The income limit applies to the combined incomes of only the owners and owners' spouses who reside at the property.	\$84,550 or less.  The income limit applies to all owners, and any owner's spouse who resides at the property.

Eligibility in 2016 is based on income information from the 2014 tax year. Income means federal "adjusted gross income" minus the "taxable amount" of total distributions from individual retirement accounts or individual retirement annuities (IRA's).

If you file income taxes, NYS also allows for a Real Property Tax Credit (form IT-214). The real property tax credit may be available to New York State residents who have household gross income of \$18,000 or less, and pay either real property taxes or rent for their residences. If all members of your household are under age 65, the credit can be as much as \$75. If at least one member of your household is age 65 or older, the credit can be as much as \$375.

Veterans may also be eligible for additional property tax exemptions or credits.



**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, Pam Taylor and Karen Hall for helping with the mailing of the Fall 2015 issue of the *Threescore*.

Our next get-together will be **Tuesday, March 22, 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:

Maariana Lewis  
Esther Warn  
Jeanette Bramante  
Julie Biedeck  
Mary Lou Thompson  
Susan VanLare  
Robert & Gail Reynolds  
Richard Carney  
Glen & Sandra Bastian  
Jeanne B. Frey  
Laurence Mercer (in memory of Cherie Mercier)  
Judy Humphrey  
Margaret Harris  
Gordon & Evelyn Schrader  
Alfred & Susan Lipke  
Bonnie Reynolds  
Marilyn Burke  
Mary Wilck  
Carl Valvano  
Betty Schulmerich  
Elizabeth Spencer  
Karin Young  
June & David MacDougall  
Catherine Lewis  
Elma Fyles  
Shirley Heslor  
Betty DeLeo



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

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

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

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

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

Wayne County

**Cancer Services Program**

Your partner for cancer screening, support and information



## APPOINTMENTS ENCOURAGED

Nothing is more frustrating than driving all the way to our office for help with a problem only to find that the employees you need to see are busy assisting other customers. Given the number and complexity of issues we help with, we want you to meet with the employees best able to assist you.

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



## Have a Safe New Year—Prevent Falls

Falls can happen anytime, anywhere to people of any age. However, as people get older, the number of falls and the severity of injury from falls increases. The Center for Disease Control estimates that every year one out of every three people over 65 falls. The CDC also reports that falls are the leading cause of fatal and non fatal injuries in people 65 and older. Fortunately, many falls can be prevented with healthy lifestyle choices and safety modifications in the home.

### (1) Understand your health and medications

- Get an annual physical (covered by most Medicare plans) including an eye test and evaluation for cardiac and blood pressure problems
- Be sure to get Calcium and Vitamin D
- Do not smoke and avoid excessive alcohol—both weaken bones and alcohol can cause unsteadiness
- Keep a med list and update it regularly so all of your doctors are aware of what you are taking and won't prescribe something that interacts with another med you are on
- Store and take meds as instructed, know the side effects of your medications

### (2) Exercise

- Talk to your doctor about an exercise program—Lack of exercise leads to decreased balance, coordination, and bone and muscle strength
- If possible, participate in an exercise program that aids agility, strength, balance, and coordination
- Participate in active pastimes (like gardening)
- Drink water for more strength and energy

### (3) Footwear

- Wear properly fitting shoes (and slippers and boots) with non-skid soles
- Be sure to tie your shoes and never walk around in your stocking feet

### (4) Home Safety

- Reduce clutter
- Arrange furniture so there is a clear walking path from room to room
- Tack down any throw rugs
- Beware of cords or wires
- Ensure rooms are well lit and you do not

have to walk into a dark room to turn a light on, use night lights at night, keep a light in your bedroom within easy reach of the bed

- Keep items in the kitchen that you use most frequently on the shelves that are within reach, be sure your step tool is steady and has a bar to hold on to (never use a chair!)
- If you have to use steps, be sure they are in good repair, well lit and clear from clutter with no trip hazards; use the rail and consider installing non-slip treads or using color contrast so that you can see each step more easily.
- Clean up any spills immediately
- Place flashlights in each room in the event of a power outage (be sure you check the batteries regularly)
- Consider using non-slip mats or treads in the bathroom and have handrails installed

### (5) Other tips

- When getting up from sitting or lying down, be sure to move slowly
- Do exercises to improve your balance
- Try not to sit on something that you won't be able to get up from
- Carry a cell/cordless phone or a med alert button
- Salt your steps and driveway in the winter
- Use a cane or walker if you need to

### (6) If you DO fall

- Try not to panic—assess the situation to determine if you are hurt
- If someone else is home, yell out for help
- If you carry a phone or med-alert button, use it to call for help
- Slide or crawl along the floor to the nearest couch or chair to try to get up, or crawl to a phone to call for help



## Don't Just Hope for a Cure, Help Us Find One

Alzheimer's Disease and other dementias are not just inconvenient periods of memory loss, they are terminal illnesses. Alzheimer's Disease is the 6<sup>th</sup> leading cause of death in the United States. Today, 5.3 Million Americans are living with Alzheimer's disease and the number is projected to skyrocket to 16 million by 2050.

People with Alzheimer's, caregivers and healthy volunteers are needed today to participate in Alzheimer's and dementia research. When you join a clinical trial, you have an opportunity to participate in vital research that could change the course of Alzheimer's disease and improve the lives of all those it affects. Alzheimer's Association TrialMatch is a free, easy-to-use clinical studies matching service that connects individuals with Alzheimer's, caregivers, healthy volunteers and physicians with current studies. Our continuously updated database of Alzheimer's clinical trials includes more than 225 promising clinical studies being conducted at nearly 700 trials sites across the country.

### Find potential studies in four easy steps

<b>Step 1</b>	Access <u><a href="#">TrialMatch</a></u> online. For additional assistance, email <u><a href="mailto:trialmatch@alz.org">trialmatch@alz.org</a></u> or call 800.272.3900.
<b>Step 2</b>	Complete a brief questionnaire to create a profile.
<b>Step 3</b>	The Alzheimer's Association will compare your unique profile to its comprehensive, continually updated clinical study database.
<b>Step 4</b>	You will receive information about studies for which you might be a good fit based on your preferences, location and personal characteristics.

## Early Diagnosis is important

It is estimated that only half of the people living with Alzheimer's disease have ever been formally diagnosed and less than half of those people (or their caregivers) are aware that an official diagnosis has been given. It is not a cheery prospect to think that you may have a form of dementia knowing that dementias are terminal and have no known cure.

However, knowing what the problem is allows you to plan for it. Thanks to some advances in research, there are medications that can greatly help with symptoms. There is a lot of information available to help people understand the disease and how it progresses. There are resources to support individuals with dementias and their caregivers through the process.

If you are worried that you or a loved one may have dementia or if you are caring for someone who has been diagnosed with dementia, free help is available. Call 946-5624 to schedule:

## 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

# Caregiver Corner



## BE MINDFUL

Did you find yourself stressed out during the holidays? Was holiday cheer replaced with holiday jeers? Holidays can be a stressful time for everyone. That is why it is important to take care of yourself so that you can enjoy the holidays. One way you can help to reduce some of the stress is with a wonderful technique called mindfulness.

Mindfulness is to start paying attention on purpose. You start to become more aware of your daily activities and surroundings. While mindfulness draws from many aspects of Buddhism, it is *not* a belief system, but an outlook and way of being. In short, it's a "be here now" approach to existence that is fostered through practicing meditation. Mindfulness is practiced by Christians, Buddhists, atheists and everyone in between. It helps practitioners develop a more aware outlook in every aspect of their lives. People who practice mindfulness meditation report that they feel happier, less anxious and more spontaneous.

Jon Kabat-Zinn is one of the leading teachers of mindfulness and he defines it well. ***"Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally."*** Right now you may be thinking is he nuts? How is paying attention going to help me relax?

Well, paying attention on purpose is a wonderful way to meditate in your daily routine. For example, keeping with the holiday theme, imagine you are making Christmas cookies with your grandchildren. How would you do this in a mindful way? You do that by paying attention to all of the actions you are performing. How do all of the ingredients smell? What kind of sounds are you hearing? Perhaps you hear the laughter of children. What do you see in front of you in this present moment? What does it feel like as you spread out the dough mix with that rolling pin that you have owned for 25 years? This is paying attention on purpose.

Here is where the stress reduction comes in: While you were focusing on all of that, you were fully enjoying the experience. You were not stressing

about if you would be able to get enough presents, or about all the medical appointments you have to attend. You were having a "fully-in-the present-moment" moment with your grandchildren. Do you see how that can be helpful in reducing some stress? As we take the time to enjoy these moments in a mindful manner more and more, it becomes second nature to practice mindfulness. You can apply it to almost anything that you are doing.

Studies show that mindfulness and meditation have some benefits, particularly for Seniors. Here are seven of them (found on [aplaceformom.com](http://aplaceformom.com)):

### 1. Improved Longevity

A study published in the *Journal of Personality and Social Psychology* suggests that there is evidence that elderly practitioners of mindfulness meditation and its cousin, transcendental meditation, experience improved longevity. The study followed a large number of seniors and found a significant decrease in mortality rates among those who meditate. Another way that meditation may improve longevity is through preventing cellular aging, a mechanism suggested in a [National Institutes of Health study](#).

### 2. Decreases Loneliness

Mindfulness and meditation have also been found to decrease loneliness, or rather, "promote connectedness." A [UCLA study](#) found that seniors who engaged in a simple eight week meditation program significantly decreased rates of self-reported loneliness. Since isolation is a crucial problem among seniors, this is a promising avenue of research. Researchers went on to hypothesize that, since gene inflammation has been linked to feelings of loneliness, meditation may in fact inhibit gene inflammation.

### 3. Mindfulness Can Be Taught in Senior Communities

It's never too late to learn to practice mindfulness. A study in *Geriatric Nursing* indicated that teaching mindfulness meditation and related techniques in senior communities can help improve resident health and feelings of connectedness.

### 4. Meditation May Slow Alzheimer's

A double-blind study performed at [Beth Israel Deaconess Medical Center](#) indicates that meditation and breathing exercises may slow the progression of Alzheimer's disease. Researchers believe that this may work by protecting the brain against anxiety and stress, which can worsen Alzheimer's symptoms.

*(continued on page 10)*



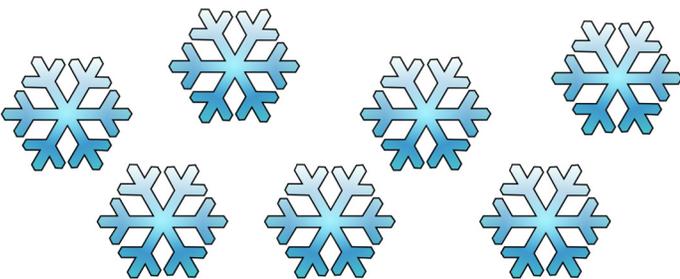
**5. Meditation Reduced Healthcare Costs**  
 A study in *Journal of Social Behavior and Personality* reportedly found that seniors who practiced meditation had significantly fewer hospitalizations. According to the study, the meditation group's "five-year cumulative reduction in payments to physicians was 70% less than the control group's [non-meditating group]."

**6. Improved Mood**

A study conducted in Thailand supplemented walking therapy for seniors with a meditation component. They found that seniors who engaged in the meditation component had significantly better outcomes than seniors who merely were in the walking group: "Walking meditation was effective in reducing depression, improving functional fitness and vascular reactivity, and appears to confer greater overall improvements than walking without meditation."

**7. Their Caregivers Can Benefit Too**

Another UCLA study has looked at caregivers of Alzheimer's and dementia patients and found that caregivers who engage in "in a brief, simple daily meditation reduced the stress levels of people who care for those stricken by Alzheimer's and dementia." Researchers added, "psycho-social interventions like meditation reduce the adverse effects of caregiver stress on physical and mental health."



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

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

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

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

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

**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**

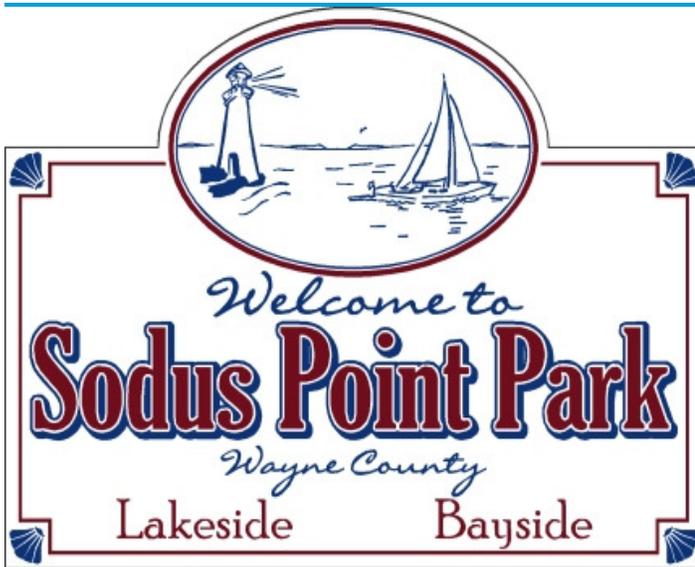
**Wayne County:** RTS Wayne offers transportation (medical and other) to anywhere in Wayne County for \$1.50 each way to seniors and individuals with disabilities.

**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



## Summer of 2015 at Sodus Point Park

Sodus Point Park drew nearly 9,000 people in the summer of 2015. People of all ages enjoyed hanging out on a sandy beach, picnics and swimming. Visitors from nine different states came to the park. People from Brazil, England, France, Italy, Russia, Jamaica, Canada, Germany, and Puerto Rico took in the beauty that Wayne County residents have in their backyard.

Sodus Point Park will open with supervised swimming on June 28, 2016. There is no fee to enter the park. Looking forward to those warm summer days already!



## 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.

## WANTED

# LIFEGUARDS

# RED CROSS CERTIFIED

### PART TIME POSITIONS

### AVAILABLE

**Currently Accepting Applications for the Summer of 2016!**

**WHERE: Sodus Point Park**  
**Wage Starting at \$10.00 per hour**

**Red Cross Certification Requirements:**  
Lifeguarding and Community 1<sup>st</sup> Aid  
Waterfront Lifeguard Module  
CPR for professional rescuers



**FOR MORE INFO CALL:**  
**Wayne County Dept of Aging & Youth**  
**Kathy McGonigal**  
**946-5624**

**Wayne County Residents Only**

## 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>JANUARY</u>	<u>FEBRUARY</u>	<u>MARCH</u>
4 Chicken w/Spinach and Apples, Brown Rice, Roasted Brussels Sprouts, Peaches	1 Ham, Boiled Potatoes, Cabbage & Carrots, Peaches	1 Herb Baked Chicken, Baked Sweet Potatoes, Broccoli, Chocolate Pudding
5 Fish Tenders, Seasoned Potato Wedges, Coleslaw, Tropical Fruit Salad	2 Turkey Tetrizzini, Winter Squash, Dinner Roll, Waldorf Salad	2 Turkey & Cheese on Rye , Cream of Mushroom Soup, Dump Cake
6 Chicken Stew, Tossed Salad, Mashed Potatoes, Strawberry Shortcake	3 Chili, Tossed Salad, Cornbread, Fruited Jello	3 Beef Stew, Tossed Salad, Cornbread, Applesauce
7 Pot Roast w/gravy, Boiled Potatoes, Carrots & Onions, Clementine	4 Cuban Chicken, Yellow Rice, Green Beans, Mandarin Oranges	4 Creamed Cod, Baked Potatoes, Peas, Mandarin Oranges
8 Macaroni and Cheese, Tuscan Blend Vegetables, Mandarin Orange Dessert	5 Fish Parmesan, Sour Cream Mashed Potatoes, California Mixed Vegetables, Fruit Cocktail	7 Ham, Boiled Potatoes, Cabbage & Carrots, Peaches
11 Stuffed Shells, Scandinavian Mixed Vegetables, Italian Bread, Pineapple	8 Chicken w/Spinach and Apples, Brown Rice, Roasted Brussels Sprouts, Peaches	8 Turkey Tetrizzini, Winter Squash, Dinner Roll, Waldorf Salad
12 Salisbury Steak w/gravy, Egg Noodles, Roasted Brussels Sprouts, Berry Short Cake	9 Chicken Stew, Tossed Salad, Mashed Potatoes, Strawberry Shortcake	9 Chili, Tossed Salad, Cornbread, Fruited Jello
13 Taco Pie, Taco Toppings, Winter Citrus Salad	10 Fish Tenders, Seasoned Potato Wedges, Coleslaw, Tropical Fruit Salad	10 Cuban Chicken, Yellow Rice, Green Beans, Mandarin Oranges
14 Rosemary Pork, Baked Sweet Potatoes, Applesauce	11 Pot Roast w/gravy, Boiled Potatoes, Carrots & Onions, Clementine	11 Fish Parmesan, Sour Cream Mashed Potatoes, California Mixed Vegetables, Fruit Cocktail
15 Breaded Fish on Bun, Home Fries, Coleslaw Vinaigrette, Spicy Peach Whip	12 Macaroni and Cheese, Tuscan Blend Vegetables, Cherry Pie	14 Chicken w/Spinach and Apples, Brown Rice, Roasted Brussels Sprouts, Peaches
18 <b>CLOSED Martin Luther King Day</b>	15 <b>CLOSED President's Day</b>	15 Fish Tenders, Seasoned Potato Wedges, Coleslaw, Tropical Fruit Salad
19 Cheese Ziti, Spinach, Dinner Roll, Pears, Cookie	16 Salisbury Steak w/gravy, Egg Noodles, Roasted Brussels Sprouts, Berry Short Cake	16 Chicken Stew, Tossed Salad, Mashed Potatoes, Strawberry Shortcake
20 Chicken Patty on Bun, Barley Vegetable Soup, Citrus Salad	17 Taco Pie, Taco Toppings, Winter Citrus Salad	17 Pot Roast w/gravy, Boiled Potatoes, Carrots & Onions, Mint Pudding
21 Meatloaf w/Gravy, Mashed Potatoes, Peas & Carrots, Raisin Rice Pudding	18 Rosemary Pork, Baked Sweet Potatoes, Applesauce	18 Macaroni and Cheese, Tuscan Blend Vegetables, Mandarin Orange Dessert
22 Tuna Fettuccine Casserole, Broccoli, Yogurt Parfait	19 Breaded Fish on Bun, Home Fries, Coleslaw Vinaigrette, Spicy Peach Whip	21 Stuffed Shells, Scandinavian Mixed Vegetables, Italian bread, Pineapple
25 Swedish Meatballs over Noodles, Chuck Wagon Style Corn, Cranberry Applesauce	22 Beef Strips w/gravy, Egg Noodles, Roasted Brussels Sprouts, Pineapple	22 Salisbury Steak w/gravy, Egg Noodles, Roasted Brussels Sprouts, Berry Short Cake
26 Herb Baked Chicken, Baked Sweet Potatoes, Broccoli, Chocolate Pudding	23 Cheese Ziti, Spinach, Dinner Roll, Pears, Cookie	23 Taco Pie, Taco Toppings, Winter Citrus Salad
27 Turkey & Cheese on Rye, Cream of Mushroom Soup, Dump Cake	24 Chicken Patty on Bun, Barley Vegetable Soup, Citrus Salad	24 Rosemary Pork, Baked Sweet Potatoes, Applesauce
28 Beef Stew, Tossed Salad, Cornbread, Applesauce	25 Meatloaf w/gravy, Mashed Potatoes, Peas & Carrots, Raisin Rice Pudding	25 <b>CLOSED Good Friday</b>
29 Creamed Cod, Baked Potatoes Peas, Clementine	26 Tuna Fettuccine Casserole, Broccoli, Yogurt Parfait	28 Beef Strips w/gravy, Egg Noodles, Roasted Brussels Sprouts, Pineapple
	29 Swedish Meatballs over Noodles, Chuck Wagon Style Corn, Cranberry Applesauce	29 Cheese Ziti, Spinach, Dinner Roll, Pears, Cookie
		30 Chicken Patty on Bun, Barley Vegetable Soup, Citrus Salad
		31 Meatloaf w/gravy, Mashed Potatoes, Peas & Carrots, Raisin Rice Pudding

## LUNCH CLUB 60 LOCATIONS

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

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

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**CLYDE** Brenda Smith, Manager  
St. John's Church Hall, West DeZeng Street  
Phone: 923-7216  
Open Monday - Friday, 9:45 a.m. - 1:15 p.m.  
Lunch at 11:45. Transportation on Tuesdays\*

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

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

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

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**SODUS** 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\*

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**WOLCOTT** Melissa Martinez, Manager  
Faith United Methodist Church  
12223 Oswego Street  
Phone: 594-1644  
Open Monday - Friday, 9:15 a.m. - 12:45 p.m.  
Lunch at 11:45. Transportation on Thursdays\*

\*Call center manager to arrange transportation

## WELLNESS CLINICS

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

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

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<b>CLYDE</b> 1/6, 2/3, 3/2	St. John's Church Hall <b>1st Wednesday</b> of the month 10:30 a.m. to noon
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<b>NEWARK</b> 1/20, 2/17, 3/16	Highrise Community Room <b>3rd Wednesday</b> of the month 10:00 a.m. to noon
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<b>ONTARIO</b> 1/12, 2/9, 3/8	Senior Center/Brown Square <b>2nd Tuesday</b> of the month Begins at 10:30 a.m. (Provided by Ontario Parks and Recreation)
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<b>PALMYRA</b> 2/8	Palmyra Park and Club Rooms 10:30 a.m. to noon
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<b>SODUS</b> 2/19	Church of the Epiphany Parish Hall 10:00 a.m. to 11:30 a.m.
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<b>WOLCOTT</b> 2/25	Faith United Methodist Church 11:00 a.m. to noon
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### Senior Citizens Audit Courses

FLCC permits persons sixty years of age or over to audit courses without tuition, examination, grading or credit on a space-available basis. This auditing privilege is restricted to courses that are offered for college credit. Any materials or supplies that are needed for class and that are not covered by normal tuition will be the responsibility of the person auditing the class. (This includes text books, lab supplies or special course related fees). Contact One Stop Center 3325 Marvin Sands Drive, Canandaigua, NY 14424 (Phone: (585)785-1000) for more info.

## Chocolate: To Indulge or Not to Indulge

It does appear that some types of chocolate do have health benefits; but it is unlikely that it will become the next health food craze. The health benefits of chocolate are related to the antioxidant flavonoids.

Chocolate comes from the cacao plant which is very rich in flavonols a kind of flavonoid. Flavonoids are a type of antioxidant that are believed to have anticancer activity and may help prevent heart disease. A couple of squares of dark chocolate can reduce heart attack risk by 50%. It is believed that the flavonoids in chocolate make the blood platelets less sticky so that they are not able to clot. Some research has also shown that flavonoids can improve vascular health by helping to prevent high blood pressure. The role of flavonoids in preventing immunodeficiency viruses is also being studied. People who have immunodeficiency disorder have difficulty recovering from infections and may or may not be more prone to getting yeast infections.

Which types of chocolate may be most beneficial? Chocolate that has the most nonfat cocoa solids contains the most flavonoids. Cocoa powder that has not been alkalized (Dutch Cocoa) has the most flavonoids. Unsweetened baking chocolate is the second highest in flavonoids. Third is dark chocolate and semi sweet baking chips.

Cocoa may also have some healthy fats. Cocoa butter is the most healthful type of fat. Chocolate that contains other types of fat may not be as healthy. Cocoa butter contains stearic acid, which is a saturated fat that does not increase blood cholesterol levels. The second kind of fat in cocoa butter is a monosaturated fat which helps to reduce bad cholesterol, low density lipoproteins (LDL), levels. LDL is the type of fat that clogs arteries and causes heart disease. Sometimes chocolate can contain milk fat, palm oil, or partially hydrogenated vegetable oil which are not as healthy.

Beware of chocolate chewy caramels and nuts covered in chocolate. The extra ingredients can increase calories that result in weight gain, increased risk of diabetes, cancer, and heart disease. The health benefits of chocolate may disappear if eating it results in excess calorie intake and weight gain.



### Hot Chocolate (Makes 5 cups)

1/4 cup Cocoa powder

Dash salt

1/3 cup hot water

4 cups (1 qt.) milk

3/4 teaspoon vanilla extract

Stir together sugar, cocoa and salt in medium saucepan; stir in water. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil and stir 2 minutes. Add milk; stirring constantly, heat to serving temperature. Do Not Boil. Remove from heat; add vanilla. Beat with rotary beater or whisk until foamy.



# Food for Thought

Happy New Year! With winter here, and the unpredictable weather it brings, I want to take this opportunity to remind the community about the procedure for weather related closings of the Lunch Club 60 Senior Centers.

The decision to close a Lunch Club 60 Center is typically made by 9:00 am, so if the weather is bad, and schools in your area are closed, we urge that you do not head out to the Center you attend until you know for sure that it is open.

## All closing will be reported on:

**TV:** 13WHAM-TV, Fox Rochester, YNN

**Radio: AM:** WHAM 1180, Fox Sports 1280 **FM:** 100.5 The Drive, Kiss 106.7, Sunny 102.3, Radio 95.1, 107.3 The Bull, 92.5 WBEE, 98.9 The Buzz, 96.5 WCMF, 98 PXY, and ESPN Rochester.

**Internet:** 13WHAM.com

Please keep in mind that during weather emergencies when there are many closings at once, the News/Radio Stations give priority to schools and daycare centers when reporting closings. This is beyond our control.

If you are a regular participant, and have signed up for a meal, the Manager of your Center will also do their best to contact you by phone.

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

I would like to take this opportunity to welcome **Caryl Carne-Coe** as the new Manager of the Sodus LC 60. I would also like to welcome **Amy Carroll**, the new Sub-manager for the Clyde, Palmyra, & Wolcott Lunch Clubs.

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

**Brenda Smith**, Manager of the **Clyde** center would like you to know that she has an active Euchre group that could always use more players. However, all seniors are welcome and playing cards is not a requirement for attending her center! There is a Bone Builders group on Mondays and Wednesdays and BINGO every Tuesday. Canadian BINGO is a favorite at her center so come on in and learn how to play! She also has various fun and educational programs

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

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

**Melissa Martinez**, Manager of the **Wolcott** center would like you to know that she has card games and board games daily. If video games are more your style, there is a wii system, and bowling is very popular. Her center has at least two educational and musical events every month and birthdays are always a reason for a celebration. Please call her for more details. The Wolcott Center is open Monday-Friday 9:15am-12:45pm. Transportation is available on Thursdays, so please call ahead to make arrangements.

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

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

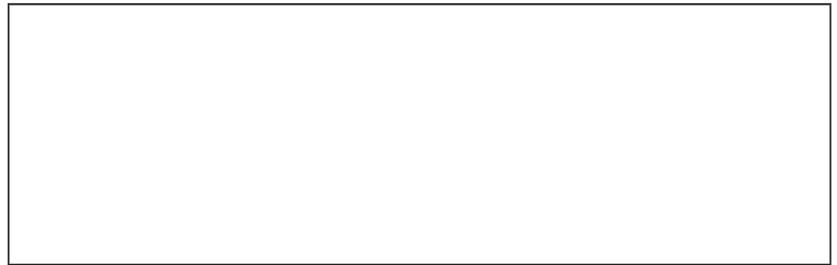
Please feel free to join us for lunch at any of our Lunch Club 60 Centers. We have six fun, friendly, and caring Managers waiting to welcome you to their Center. If you have not taken the opportunity to attend one of our Centers, please call the one closest to you, order a meal, and go meet some of the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

*Lisa Zonneville*  
*Nutrition Services Coordinator*

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

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**Volume 41, Issue 1**

**Help us lower our printing and postage costs!  
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Enclosed is my donation of  \$5  \$10  \$25  \$50  Other \_\_\_\_\_

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