

# Threescore

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

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Penny Shockley, Director

SPRING 2015



## 2015 White House Conference on Aging

The first White House Conference on Aging (WHCoA) was held in 1961, with subsequent conferences in 1971, 1981, 1995, and 2005. These conferences have been viewed as catalysts for development of aging policy over the past 50 years. The conferences generated ideas and momentum prompting the establishment of and/or key improvements in many of the programs that represent America’s commitment to older Americans including: Medicare, Medicaid, Social Security, and the Older Americans Act.

This year marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an op-

portunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans for the next decade.

The WHCoA has identified four priory issues for recommendations:

**Retirement Security**-A secure financial foundation for retirement was historically envisioned as a three-legged stool with support from Social Security, pensions, and savings or investments. Determining when to retire often depends on whether you have enough money saved or become eligible for retirement benefits.

Protecting Social Security is critical to helping ensure that all older Americans can retire with dignity. Many retirees and near-retirees saw their earnings, savings, and investments fall due to the recession, and although the economy has improved, these sources of retirement income are still recovering. In addition, currently over 75 million working Americans, about half of the workforce, do not have access to retirement plans through their employers. Improving wages and benefits for all American workers—especially older workers—and ensuring opportunities for older Americans who choose to remain in the workforce, can provide additional avenues for income security in retirement.

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**Healthy Aging-**While we cannot stop the passage of time; we can make healthy choices that shape how we age. Exercising, eating well, regular health screenings and immunizations provide the foundations of staying healthy throughout life. Adopting these healthy habits and stopping negative habits, such as smoking, can have a positive effect on quality of life as a person ages.

As a result of the Affordable Care Act, Medicare now provides coverage without cost-sharing for many preventive screenings to help older Americans stay healthy. By enhancing health insurance coverage among people under 65, the Affordable Care Act will help future retirees be healthier by ensuring access to preventive care and treatment for chronic conditions.

**Long Term Services and Supports-** Despite efforts to stay healthy and prevent disease, many older adults will eventually develop some limitations and need some paid or unpaid help with basic daily living activities. Long-term services and supports help older adults and people with disabilities accomplish everyday tasks such as bathing, dressing, preparing a meal, or balancing a checkbook. In many cases, assistance with just a few of these tasks help older adults remain independent in their own home in the community, which a majority of older Americans prefer. These supports are overwhelmingly provided at home by family and friends and other caregivers, but may be provided in settings such as assisted living or nursing facilities as well.

While most people get help from family and friends with no money changing hands, almost 35% of older people pay for services, raising issues of access, affordability, and quality. Private services in the home cost an average of \$1,800 a month, and nursing homes cost anywhere from \$70,000 to \$130,000 a year. Medicare does not cover most long-term care and since Medicaid pays only for services for people with limited financial means, individuals often only qualify after depleting all their resources. The Affordable Care Act provides incentives for states to rebalance their long-term services and support systems towards community based services that are more

user friendly and more cost effective than institutional care.

Long-term care planning should be part of comprehensive retirement planning. There are opportunities to explore new options to assist Americans in preparing for these needs as they age.

**Elder Justice-** As Americans live longer and technology becomes increasingly sophisticated, older Americans can be vulnerable to scam artists and others seeking to exploit them for financial gain. They also can be vulnerable to abuse and neglect. Elder abuse increases the risk of premature death and causes unnecessary illness, injury, and suffering and can threaten the economic security of older Americans. People living with dementia are at higher risk for abuse, neglect, and exploitation. Cognitive impairment increases the risk of financial exploitation.

The Elder Justice Act, enacted as part of the Affordable Care Act, recognizes the nation's need to address this issue. Since 2012, the federal Elder Justice Coordinating Council, authorized by the Elder Justice Act, has brought together federal agencies to build the federal capacity to address elder abuse.

**More Information-** The majority of my article came directly from the WHCoA website. If you would like to read more on the conference or give your valued input on the identified topics go to [www.whitehouseconferenceonaging.gov](http://www.whitehouseconferenceonaging.gov).

*Penny Shockey,*

Director

## HOLIDAY CLOSINGS

Monday, May 25 Memorial Day



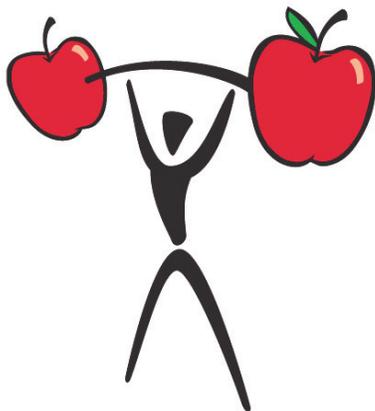


Spring is upon us! And with Spring comes Spring Cleaning. The internet is abound with Spring Cleaning Tips. Be on the lookout for some ideas wherever you see the broom. (Thanks to [www.listotic.com](http://www.listotic.com) for some of these)

## Living Healthy Groups are Forming! Join one today!

Living Healthy is a 6-week course for adults of any age with a chronic health or mental health condition or a caregiver for someone (of any age) with a chronic condition who wants to take back some control over their lives that the illness may seem to have stolen. A class started in March and two more are scheduled for this year (June 1-July 6, Mondays from 2-4:30; and September 2-October 7, Wednesdays from 2-4:30) at the Aging and Youth Office on Nye Road. Any one who would like more information or would like to join up for a 6-week session can call our office at 315-946-5624.

If you have been through the class and loved it or enjoy training/facilitating and are looking for an area where your skills could really make a difference, you may want to consider becoming a Peer Leader. Peer Leader training for the Living Healthy course is being offered by WayneCap in April. The training will be held at the Seneca County Offices on DiPronio drive (between Wal-Mart and the Fairgrounds) from 9-4 on April 6, 7, 13, & 14. Contact Kim Bumpus at 315-665-0131ext.170 or [kimerly.bumpus@waynecap.org](mailto:kimerly.bumpus@waynecap.org) for more information.



## AARP SMART DRIVING CLASSES

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

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

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

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

### Walworth

April 6 & 7, 8:30 a.m. to noon  
Walworth Town Hall  
3600 Lorraine Dr.  
Call 315-986-1400 to register

### Lyons

April 14, 8:30 am to 3:30 pm  
May 18, 8:30 am to 3:30 pm  
June 3, 8:30 am to 3:30 pm  
June 30, 8:30 am to 3:30 pm  
Wayne County Health Services Building  
1519 Nye Rd., first floor  
Call 315-946-5624 to register

### Marion

April 7 & 8, 5:30 to 8:30 pm  
Marion American Legion  
4141 Witherden Rd.,  
Call 315-926-5571 to register

### Ontario

May 16, 8:30 am to 3:30 pm  
Ontario Recreation Center  
6551 Knickerbocker Rd.  
Call 315-524-7447 to register

### Macedon

May 28 & 29, 1 to 4 pm  
Macedon Public Library  
Main St.  
Call 315-946-5624 to register



## ATTENTION SENIOR CLUBS!

If your senior club would like to announce upcoming club meetings or events in the *Threescore*, please contact Pam Marsteiner of the Department of Aging and Youth by phone at 315-946-5624 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.



To get that greasy burned on gunk off your stove burner covers try sealing them in a Ziploc bag with about 1/4 Cup of Ammonia over night. The fumes should do most of the work while you sleep and in the morning, those burner covers should come clean with minimal effort!

Dusty fan blades can be easily cleaned with an old pillow case. The pillow case will catch all the dust before it hits anything below.

## Extra Help Program 2015 Income and Asset Limits

If your income is below \$1,471 (individual) or \$1,991 (couples) per month in 2015 and your assets are up to \$13,640 (individual) or \$27,250 (couples), you might be eligible for financial assistance (“Extra Help”) for your Medicare prescription premiums and co-pays.

Depending on your income, you could be eligible for:

	Full Extra Help	Partial Extra Help
<b>Premium</b>	\$0 premium	Premium depends on your income.
<b>Deductible</b>	\$0 deductible	\$66 deductible or the plan’s standard deductible, whichever is less.
<b>Co-pays</b>	\$2.65 generic \$6.60 brand name	15% co-insurance or your plan’s co-pay (whichever is less).
<b>Catastrophic Coverage co-pays (after \$4,700 in total drug costs)</b>	\$0 co-pays	Co-pays of \$2.65 generic and \$6.60 brand name or 5% of the drug cost (whichever is greater) after \$4,700 in total drug costs.

## Cornell Master Gardeners

Master Gardeners answer consumers' questions on lawn care, trees, veggies & fruits, insect id/control, plant disease diagnosis/control, weeds, pond weed management, perennial & annual plants, soil pH testing, techniques to help reduce work while creating more sustainable plantings, invasive species and more.

Master Gardeners are in the office from 9am to noon on Tuesdays and Fridays April through October. Other times please leave them a detailed message 315-331-8415 ext. 107 and include a day-time number where they can reach you. If you need to drop off a plant, insect, or soil sample you can do so from 8:30 to 4:30 Monday through Friday. The office is located at 1581 Route 88 North in Newark. You can also email questions to [mgwayne@cornell.edu](mailto:mgwayne@cornell.edu)

Master Gardeners respond to voicemail messages throughout the year and look forward to speaking with you soon!

Master Gardener's 24<sup>th</sup> Annual Plant Sale is Saturday, May 9<sup>th</sup> from 8-11:30am at the extension office in Newark (1581 Route 88 North).

Cornell Cooperative Extension's annual "Great Gardens Tour" is on Wednesday, June 24<sup>th</sup> from 4-8pm. This year the 5 featured gardens will be in the Williamson area. The tour is self-guided (meaning that you can go to the sites in any order you please).

The cost is \$10.00 per person. Tour tickets will go on sale May 1<sup>st</sup>.



## Department of Aging and Youth

(315) 946-5624

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

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

### We serve individuals of:

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

### We provide:

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

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

## FREE PROGRAM WILL REVIEW COMMON LEGAL DOCUMENTS

The Elder Law Section of the New York State Bar Association, in cooperation with the Wayne County Department of Aging and Youth, is sponsoring the twenty-first annual statewide Mitchell Rabbino Decision Making Day on Friday, April 17th.

Through this public service project, attorneys volunteer their time to give free presentations to explain legal procedures and documents to help people make better, more informed healthcare and financial decisions. The topics for this year's program will include a legal checklist and an overview of legal documents every New Yorker should be aware of.

The program will be held in the Department of Aging and Youth conference room on the second floor of the Health Services Building at 1519 Nye Road in Lyons. It begins at 9:00 a.m. and will last approximately two hours.

**Please note that seating is limited and registration is required.** Sign up by calling the Department of Aging and Youth at 315-946-5624 by April 10th.



Want to rid your sponges of the germs that are lurking in them? Try microwaving a damp sponge for 2 minutes and "Nuke" those germs away.

## 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.



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



## 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:

Ruth Dumas (*In Honor of Kenneth F. Dumas*)  
Mary Smart  
Mary Albright  
Carol Kearns  
Sharon Peets  
Sylvia Davis  
Phyllis & Steven Davis (*In Memory of David K. Lundy*)  
Margaret Montemarano (*In Memory of Louis Montemarano*)  
Leslie & Phylilis Adriaansen  
Jean Welch  
James & Judy Nortier  
Kathryn Gobeyn  
Jeannette Bremante  
Joseph Monahan  
First Baptist Church  
Julie Beideck  
Bob & Gail Reynolds  
Richard & Shirley Forsythe  
Linda Bushart  
John Becker (*In Memory of Gloria Becker*)  
Sheryl & Clay Hardy & Family, Karen Allen, Paul Johnson, Doug, Mary, & Pat Allen Family (*In Honor of Alvin & Marilyn Allen*)  
Joan A. Beman (*In Memory of Mr. & Mrs. Maurice D. Beman*)  
Sharon Noble  
Louis Prahler  
Carol Kearns  
Susan Warburton  
Kim Reithel  
Elizabeth Loder  
Joseph Burgio  
Carmella DeSain  
Sharon Lockemeyer  
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Eileen VanNorman  
Mary Piekunka  
Barbara Marvin  
Kenneth Blondell

John Braal  
Kathleen Wren  
Robert & Theresa Gifford  
EK. Nortier  
Mildred Griswold  
Mabel Risley (*In Memory of Mildred Lewis*)  
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Kathryn Gobeyn  
Edwin Johnson  
Kathleen Hunt  
Rose Renzi  
Robert & Pamela Iocco  
Carol Kearns  
Thomas & Laura Berry  
Beverly Ingutti  
Evelyn Nudd  
Shirley Graham  
Rodney & Patricia Delorm  
Mabel Pitts  
Dana Andrews  
Jane Crosby  
Margaret Bornheimer  
Wayne Noble  
Myrna Lawler  
Ronald & Carol Williams (*In Memory of Madolyn Tierson*)  
Fern Collward  
Mary Ellen Fagner  
Kenneth & Alta Anstee  
Elma Gyles  
Joan Schwenk (*In Memory of Albert Schwenk*)  
Gloria Sensenbach  
June MacDougall  
Richard Kenville  
Danielle Dubru  
Deborah Santo  
Carl & Esther Warn  
William & Marian DeWolf  
Cecelia Deane  
Laverne W. Libbert  
Betty Deleo  
Kathryn Gobeyn  
Ellis & Faye Briggs  
Deborah Forjone  
Dominic Muto  
Myrna Lawler (*In Honor of Sears Blair*)  
Michelle Phelps  
Betty Schulmerich  
Sylvia Rosello

## June is Alzheimer's & Brain Awareness Month

Did you know:

- \* There are over 15 million caregivers providing over 17 billion (unpaid) hours of care to the over 5 million Americans living with Alzheimer's Disease?
- \* It is the 6th leading cause of death in the US?
- \* Every 67 seconds, someone develops Alzheimer's in the US?

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

1. Memory loss that disrupts daily life
  2. Challenges in planning or solving problems
  3. Difficulty completing familiar tasks at home, business, or leisure
  4. Confusion with time or place
  5. Trouble understanding visual images and spatial relationships
  6. New problems with words in speaking or writing
  7. Misplacing things and losing the ability to retrace steps
  8. Decreased or poor judgment
  9. Withdrawal from work or social activities
  10. Changes in mood or personality
- (For more information go to [alz.org/10signs](http://alz.org/10signs) or call 800-272-3900)



### Support is Available

The Alzheimer's Association offers many support groups and educational session for individuals living with Alzheimer's and their caregivers.

### Educational Sessions in April

April 2—Webster Public Library 6:30-8:00  
“Personal Care”

April 16—Victor Public Library 5:30-7:00  
“Driving and Dementia”

April 20—Seneca Falls Library 6:30-8:00 “Driving and Dementia”

April 21—Wood Library (Canandaigua) 6:30-8:00  
“Communication”

April 22—Newark Library 6:30-7:30 “Managing Challenging Behaviors”

### Caregiver Support Groups

#### Fairport 1–2 p.m.

Church of the Assumption  
20 East Ave., Fairport, NY  
1st Tuesday of the month

#### Canandaigua 1–2:30 p.m.

Canandaigua VA Medical Center  
Building 8, Room 236  
400 Fort Hill Ave., Canandaigua, NY  
1st Thursday of the month

#### Pittsford 1:30–2:30 p.m.

United Church of Pittsford  
123 S. Main St., Pittsford, NY  
2nd Wednesday of the month

#### Webster 3–4 p.m.

Cherry Ridge  
900 Cherry Ridge Blvd., Webster, NY  
2nd Wednesday of the month

#### Seneca Falls 5–6 p.m.

Seneca Falls Public Library  
47 Cayuga St., Seneca Falls, NY  
2nd Wednesday of the month

#### Newark 6–7 p.m.

Terrace of Newark  
208 Route 88 South, Newark, NY  
3rd Tuesday of the month

#### Penfield 7–8 p.m.

First Baptist Church  
1862 Penfield Road, Penfield, NY  
3rd Wednesday of the month

### WORKSHOPS

A full schedule of activities and educational events is available at [www.alz.org/rochesterny](http://www.alz.org/rochesterny)

# Thank You

The Wayne County Department of Aging and Youth would like to thank Linda Clark, Frank Clark, Donna Hudson, Bruce Hudson, Jake Lasher, Paige Lasher, Karen Hall for helping with the mailing of the Winter 2015 issue of the *Three-score*.

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

Our next get-together will be Tuesday, **June 23, 2014** 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.

## Lifetime Care Bereavement and Cancer Support Groups Available

### Bereavement Groups:

*Newark*—1st and 3rd Thursdays 7-8:30pm at the Newark Lifetime Care Office 800 W Miller St.

*Ontario*—2nd and 4th Thursdays 6-8pm at St. Maximilian Kolbe Parish of St. Mary's on the Lake 5823 Ontario-Walworth Rd.

*Waterloo*—2nd and 4th Mondays 7-8:30pm at Seneca County Office for Aging 1 DiPronio Drive (South Entrance)

### Cancer Support Groups:

*Sodus*—1st and 3rd Thursdays 6:30-8pm at Father Cavannaugh Parish Center, Church of the Epiphany, 105 W Main Street

*Macedon*—2nd and 4th Thursdays 1-3pm at Parkwood Heights, 1340 Parkwood Drive

### Caregivers Support Group:

*Canandaigua*—3rd Friday 10-11:30am at Sands Cancer Center, 360 Parrish Street

Other Groups are also available in the Rochester area. For more information, contact Lifetime Care at 315-332-2563.

## Survey Says...

The 2014 United States of Aging Survey finds Americans 60 and older report they are more motivated than the past two years to improve their health by exercising regularly and setting health goals – two simple steps which also relate to reported increases in optimism among seniors.

According to the third annual survey, more than one-third of seniors (37 percent) say they exercise every day, compared with 26 percent in 2013. For many seniors, high activity levels correspond to a positive perspective on life: seniors who exercise daily are much more likely than those who never exercise to say the past year of their life has been better than normal rather than worse (28 percent compared with 15 percent).

More than half of seniors (53 percent) report setting health goals in 2014, compared with 47 percent in 2013. Seniors who set health goals are more than twice as likely to think their overall quality of life will improve compared with those who did not set health goals (38 percent vs. 16 percent), and more than three times as likely to be confident their health will be better in future years (28 percent vs. 9 percent). The top three health goals set by seniors this year are eating healthier (37 percent), losing weight (30 percent), and living a more physically active lifestyle (24 percent).

More than half of seniors (54 percent) feel their community is doing enough to prepare for the needs of a growing senior population, but younger seniors are less likely to agree: only 48 percent of seniors 60-64 feel their communities are doing enough.

The top services seniors say they will need help with as they age are home maintenance (40 percent), transportation (39 percent), and long-term care (36 percent); however, some seniors say their communities are not currently fulfilling these needs. While more than half of seniors (59 percent) say transportation support currently provided by their community is adequate, only 22 percent feel home maintenance help meets seniors needs. Home maintenance support could be critical for some seniors, since more than 3 in 4 (77 percent) say they intend to stay in their current home for the rest of their lives, and more than half (53 percent) say they would prefer to live independently for the remainder of their senior years.

- See more at: <http://www.ncoa.org/press-room/press-release/older-americans-report-better-health-engagement-outlook.html#sthash.p2YEhAL0.dpuf>

## SENIOR CITIZEN ACTION COUNCIL

Senior Citizen Action Council (S.C.A.C.) is an organization that is dedicated to helping retirees live in honor, dignity, and usefulness. The next S.C.A.C. meeting is scheduled for **Monday, May 11** at the Alex Eligh Community Center in Newark. All S.C.A.C. cardholders are welcome and are encouraged to attend.

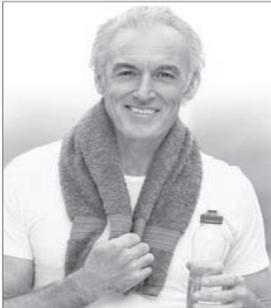
The 2015 S.C.A.C. membership card (cost is \$2) is available at S.C.A.C. meetings and at the Department of Aging and Youth. Cards are valid through December 31, 2015. For those wishing to renew by mail, just send in your old S.C.A.C. card along with \$2 and a self-addressed, stamped envelope to: Department 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.

## New PERS Contractor

We would like to welcome HELPLINK on board as the new PERS contractor. While the Department will continue to assess eligibility and fund the PERS Units, we have chosen to contract the monitoring, installation, and upkeep to Help-Link. We feel confident that this move will better allow us to keep up with technology and assure our customers the best, most reliable service.



**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.

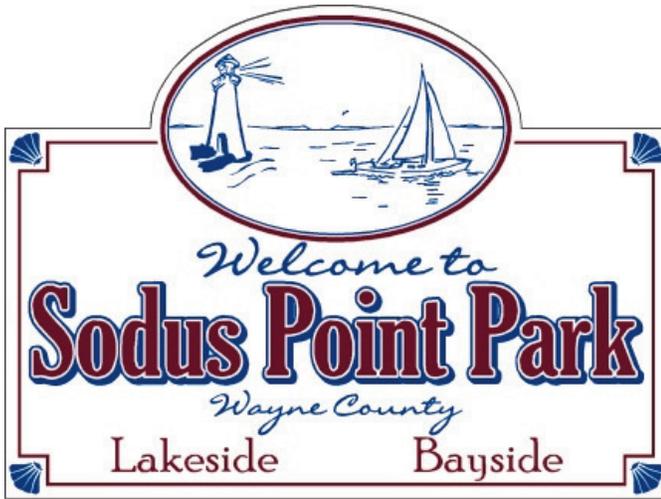
**Rochester area:** Monday through Friday. \$10 each way.

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

**Other:** Clifton Springs Hospital and Geneva General Hospital on Tuesdays and Thursdays. \$10 each way.

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

# Youth News



## SODUS POINT PARK

**OPENS JUNE 30, 2015**

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

Tuesday, June 30, 2015 is the official start of the swimming season for Sodus Point Park. Red Cross-certified lifeguards will be manning the chairs at both the bayside and lakeside beaches between the hours of 11:00 a.m. and 7:00 p.m., seven days a week. The Department of Aging and Youth is currently looking for qualified staff to work as lifeguards at Sodus Point Park. Interested Red Cross-certified lifeguards should call Kathy McGonigal at 315-946-5624.

Come join the fun and enjoy the beautiful waters of Sodus Point. Beaches close to swimmers on Labor Day, September 7, 2015. Be sure to set a day aside and schedule some time to enjoy a long, sunny day at Sodus Point Park.

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

## RUNAWAY YOUTH: WHO CAN HELP?

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

Services provided to runaway youth may include case management, family mediation, resource referral information, educational support and advocacy. **If you are a runaway or you are a person who would like to help a runaway please call (800) 216-5693 for assistance.**

For further information about the Wayne County Runaway Program please contact Kathy McGonigal, Deputy Director for Youth at 315-946-5624.

## National Alliance on Mental Illness (NAMI)

NAMI's Mission is to provide support, education and advocacy to individuals and families of all cultural backgrounds who are living with mental illness. NAMI Rochester is dedicated to educating the community about mental illness, offering resources to those in need and insisting that mental illness become a high national priority.

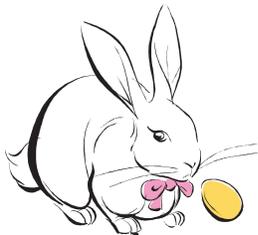
NAMI has a support group for anyone living with a mental illness and/or their loved ones at the First Baptist Church of Williamson (4212 E. Main Street) on the 2nd Thursday of the month from 7:00-8:30pm. Meetings are free and drop-ins are welcome. Entrance to the Fellowship Hall is located in the rear parking lot.

NAMI is also offering their signature "Family-to-Family" course starting in April. This is a free 12 week course for family and friends of adults living with serious mental illnesses. It is facilitated by trained individuals who are also impacted by a friend or family member with mental illness. Course participants gain vital information, insight and understanding of their loved one that many describe as life changing. The next 12 week session starts April 8 @ 6:30 at St. Mary's of the Lake Church in Ontario. Call 315-370-9051 or 585-423-1593 for more information or to register.

## LUNCH CLUB 60 MENUS

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

<u>APRIL</u>	<u>MAY</u>	<u>JUNE</u>
1 Chicken on bun, Homemade Barley Vegetable soup, Citrus Salad	1 Baked Fish w/Dill Sauce, Brown Rice, Peas, Fruit Salad	1 Hawaiian Chicken, Sweet Potatoes, Green Beans, Pistachio Pudding
2 Meatloaf w/gravy, Mashed Potatoes, Spinach, Apple Juice, Raisin Rice Pudding	4 BBQ Chicken, Sour Cream Potatoes, Spinach, Cookie	2 Cold Tuna Salad Plate, Copper Penny Salad, Cranberry Juice, Roll, Grapes
3 <b>Closed Good Friday</b>	5 Ham Loaf, Lyonnaise Potatoes, Cream Corn, Mandarin Oranges	3 Chicken Club Wrap, Tomato Bisque, Applesauce, Cookie
6 Pork and Sauerkraut, Roasted Potatoes, Peas & Carrots, Mandarin Oranges	6 Chicken Jambalaya, Rice, Carrots, Melon	4 Vegetable Lasagna, Tossed Salad, Italian Bread, Apple & Cherry Crisp
7 Goulash, Sicilian Mixed Vegetables, Pears	7 Waldorf Tuna Salad, Potato Salad, Roll, Peaches	5 Baked Fish w/Dill Sauce, Brown Rice, Peas, Fruit Salad
8 Grilled or Cold Bologna Cheese Sandwiches, Mixed Vegetable Salad, Cranberry Juice, Tapioca Pudding	8 Escaloped Turkey w/gravy, Tuscan Mixed Vegetables, Cranberry Applesauce, Brownie	8 BBQ Chicken, Sour Cream Potatoes, Spinach, Cookie
9 Pot Roast w/Gravy, Boiled Potatoes, Carrots & Onions, Yogurt Parfait	11 Pork and Sauerkraut, Roasted Potatoes, Peas & Carrots, Mandarin Oranges	9 Ham Loaf, Lyonnaise Potatoes, Cream Corn, Mandarin Oranges
10 Breaded Fish Fillet on bun, Coleslaw, Peaches	12 Goulash, Sicilian Mixed Vegetables, Pears	10 Chicken Jambalaya, Rice, Carrots, Melon
13 Roasted Chicken w/gravy, Stuffing, Carrots, Mandarin Oranges	13 Grilled or Cold Bologna Cheese Sandwiches, Mixed Vegetable Salad, Cranberry Juice, Tapioca Pudding	11 Waldorf Tuna Salad, Potato Salad, Roll, Peaches
14 Spicy Peach Glazed Pork, Brown Rice, Cauliflower, Fruit Pie	14 Pot Roast w/Gravy, Boiled Potatoes, Carrots & Onions, Yogurt Parfait	12 Escaloped Turkey w/gravy, Tuscan Mixed Vegetables, Cranberry Applesauce, Brownie
15 Sloppy Joe, Escarole Mashed Potatoes, Corn, Apple Juice, Fruited Cherry Jell-O	15 Breaded Fish Fillet on bun, Coleslaw, Peaches	15 Pork and Sauerkraut, Roasted Potatoes, Peas & Carrots, Mandarin Oranges
16 Mexican Rice Casserole, Tossed Salad, Warm Cinnamon Applesauce	18 Roasted Chicken w/gravy, Stuffing, Carrots, Mandarin Oranges	16 Goulash, Sicilian Mixed Vegetables, Pears
17 Garden Tuna Salad, Broccoli Salad, Cottage Cheese, Roll, Pears	19 Spicy Peach Glazed Pork, Brown Rice, Cauliflower, Fruit Pie	17 Grilled or Cold Bologna Cheese Sandwiches, Mixed Vegetable Salad, Cranberry Juice, Tapioca Pudding
20 Turkey w/gravy, Mashed Potatoes, Asparagus, Applesauce	20 Sloppy Joe, Escarole Mashed Potatoes, Corn, Apple Juice, Fruited Cherry Jell-O	18 Pot Roast w/Gravy, Boiled Potatoes, Carrots & Onions, Yogurt Parfait
21 Spaghetti & Meatballs, Tossed Salad, Garlic Bread, Pineapple	21 Mexican Rice Casserole, Tossed Salad, Warm Cinnamon Applesauce	19 Breaded Fish Fillet on bun, Coleslaw, Peaches
22 Hot Dog, assorted toppings, Coleslaw, Blueberry Peach Crisp	22 Garden Tuna Salad, Broccoli Salad, Cottage Cheese, Roll, Pears	22 Roasted Chicken w/gravy, Stuffing, Carrots, Mandarin Oranges
23 Chicken Rotini Casserole, Carrots, Strawberry Shortcake	25 <b>Closed Memorial Day</b>	23 Spicy Peach Glazed Pork, Brown Rice, Cauliflower, Fruit Pie
24 Fish Fillet w/Dijon Sauce, O'Brien Potatoes, Harvard Beets, Roll, Mandarin Oranges	26 Spaghetti & Meatballs, Tossed Salad, Garlic Bread, Pineapple	24 Sloppy Joe, Escarole Mashed Potatoes, Corn, Apple Juice, Fruited Cherry Jell-O
27 Hawaiian Chicken, Sweet Potatoes, Green Beans, Pistachio Pudding	27 Hot Dog on bun, assorted toppings, Coleslaw, Blueberry Peach Crisp	25 Mexican Rice Casserole, Tossed Salad, Warm Cinnamon Applesauce
28 Cold Tuna Salad Plate, Copper Penny Salad, Cranberry Juice, Roll, Grapes	28 Chicken Rotini Casserole, Carrots, Strawberry Shortcake	26 Garden Tuna Salad, Broccoli Salad, Cottage Cheese, Roll, Pears
29 Chicken Club Wrap, Tomato Bisque, Applesauce, Cookie	29 Fish Fillet w/Dijon Sauce, O'Brien Potatoes, Harvard Beets, Roll, Mandarin Oranges	29 Turkey w/gravy, Mashed Potatoes, Asparagus, Applesauce
30 Vegetable Lasagna, Tossed Salad, Italian Bread, Apple & Cherry Crisp		30 Spaghetti & Meatballs, Tossed Salad, Garlic Bread, Pineapple



## LUNCH CLUB 60 LOCATIONS

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

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

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**CLYDE** Brenda Smith, Manager  
St. John's Church Hall, West DeZeng Street  
Phone: 315-923-7216  
Open Monday - Friday, 10:00 a.m. - 1:30 p.m.  
Lunch at 11:45. Transportation on Tuesdays\*

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**NEWARK** Pat Cowles, Manager  
Alex Eligh Community Center, 303 East Avenue  
Phone: 315-331-2532  
Open Monday - Friday, 10:00 a.m. - 1:30 p.m.  
Lunch at noon

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**ONTARIO** Vivian Taylor-Kalinowski, Mgr.  
Brown Square Village Apartments  
2100 Brown Square  
Phone: 315-524-3034  
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: 315-597-4015  
Open Monday - Friday, 9:00 a.m. - 1:00 p.m.  
Lunch at 11:45. Transportation on Mondays\*

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**SODUS** Donna Almekinder, Manager  
Church of the Epiphany Parish Hall  
105 West Main Street  
Phone: 315-483-6111  
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: 315-594-1644  
Open Monday - Friday, 9:30 a.m. - 1:00 p.m.  
Lunch at 11:45. Transportation on Thursdays\*

\*Call center manager to arrange transportation

## WELLNESS CLINICS

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

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

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<b>CLYDE</b> 4/1, 5/6, 6/3	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> 4/15, 5/20, 6/17	Highrise Community Room <b>3rd Wednesday</b> of the month 10:00 a.m. to noon
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<b>ONTARIO</b> 4/14, 5/12, 6/9	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> 4/13, 6/8	Palmyra Park and Club Rooms 10:30 a.m. to noon
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<b>SODUS</b> 4/17, 6/19	Church of the Epiphany Parish Hall 10:00 a.m. to 11:30 a.m.
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<b>WOLCOTT</b> 4/23, 6/25	Faith United Methodist Church 11:00 a.m. to noon
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If you want your cookie sheets to shine like new, you can cover them with a layer of baking soda, then sprinkle or spray peroxide over the baking soda and cover with another layer of baking soda. Let the paste sit over night then wipe off.

Make clean up easier when grilling out this summer. Try rubbing a cut onion over the heated grate before you throw on the food and you should have much less scrubbing later on.

## Genetically Modified Foods (GMO)

There are many pros and cons regarding the use and labeling of GMO foods. Foods have been genetically modified for thousands of years; therefore, some feel they do not pose a risk to society. The technology that allows people to manipulate the genes of a plant or animal was discovered in the 1990's. About 80 - 70% of the American food supply contains GMO foods.

The practice of selective breeding has been used for thousands of years. The purpose of selective breeding is to enhance desirable traits of certain plants and animals. Sweet corn and pure bred dogs are examples of selective breeding. Genetic enhancement is the transferring of genes between organisms. An example of genetic enhancement would be adding a gene from bacteria to a tomato plant making it resistant to beetles.

The benefit of developing beetle resistant tomatoes is a higher yield and decreased use of pesticides. Genetic modification of plants can also increase the nutrient content of foods. For example rice is a common food that is eaten all around the world. Inadequate intake of beta carotene a form of vitamin A is a common health problem. Scientists have developed "golden rice" which contains beta carotene. Producing and eating "golden rice" could help improve the nutrition status of millions of people.

Potential cons include how will this gene effect other plants? As plants cross pollinate is it possible to develop a super weed? Another concern is the increased risk of allergic reaction as the genetic material is transferred from one plant to another and it may cause some individuals to be allergic to the modified plant. To determine the long term effects of GMO foods, studies lasting up to 30 years will have to be completed. Some feel it is possible that GMO foods could negatively affect the kidney, liver, and heart. Currently most of the studies on GMO foods are short term under five years. Growing GMO varieties of plants could lead to a loss of old varieties of plants and genetic diversity which could result in other plant related diseases and pest infestations.

Labeling of genetically modified food also has some points of controversy. The current federal labeling law requires a food to be labeled GMO if

the food contains a protein that is not expected to be in the food, i.e. if a soybean has a peanut protein added to it. Under USDA guidelines a food that is labeled Organic is not genetically modified.

Surveys indicate that most American's favor mandatory labeling. Mandatory labeling would allow consumers to make an informed decision about the product they are purchasing. For religious and ethical reasons some people may wish to avoid certain products that have been genetically modified. Some people feel that a GMO label implies a warning about the product and the food is to be avoided. Others argue that current regulations already require labeling of a product if it is changed enough to be an allergy risk or be nutritionally different. The cost of completing the analysis of a product to determine its GMO content would have to be borne by the consumers, therefore, increasing food cost. Current food production and delivery systems are not large enough to allow separation of GMO and non GMO products.

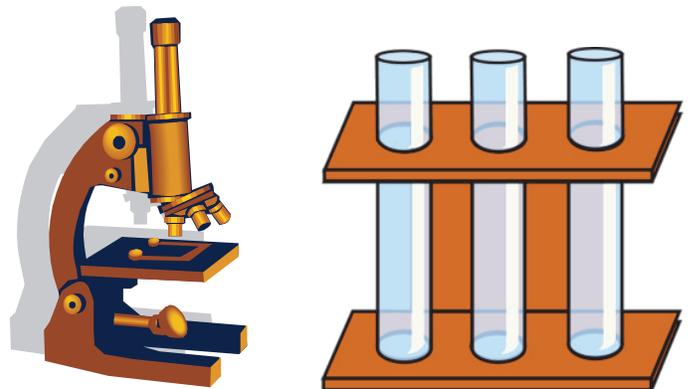
Growing and using GMO foods has the potential to reduce pesticide use, increase nutrient content of foods and increase crop production. Potential risks of GMO foods include increased food allergies, development of unwanted super plants and weeds, and decreased variety of products. GMO labeling would provide consumers with information about the product they are using, but may increase food cost and increased worry about the safety of a food.

### Sources

Colorado State University Extension – Labeling of Genetically Modified Foods

Genetically Modified Foods – University of Utah

<http://www.webmd.com/food-recipes/truth-about-gmos?page=2>



## *Food for Thought*

Volunteerism is the act of selflessly giving your time to something you believe in free of pay. A person who volunteers may not earn money, but it can produce a feeling of self-worth and give them an opportunity to change lives, including their own. Volunteering is a wonderful way to help others when they need it most. The Department of Aging and Youth has two important programs in need of volunteers. These programs provide nutritious meals to the senior population in Wayne County, and research has shown that good nutrition plays a vital role in seniors living longer healthier lives in their own homes.

Our Lunch Club 60 Centers are looking for volunteers to assist the Managers with the daily operations of the Centers. Volunteers would be trained on all aspects of what it takes to run the center and, if needed, would be asked to run the center in the Manager's absence. We are also always looking for fun and educational programs to offer at our Lunch Club 60 Centers, so if you have a special skill you would like to share, call one of our Managers and set up a visit.

The Home Delivered Meals program, also known as Meals on Wheels, is looking for drivers to deliver meals in all areas of Wayne County. We have established routes in need of a little extra help, and we have areas that are currently not receiving daily hot meals due to lack of drivers.

If these volunteer opportunities sound like something you might be interested in, please do not hesitate to call us. We would be happy to answer any questions you might have.

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

We would like to welcome **Christine Nerney-Zapetis** as the new Per-Diem Sub-Manager for the Clyde, Palmyra, and Wolcott Centers.

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

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

throughout the spring. Please call her for more details. The Clyde Center is open Monday-Friday 10am-1:30pm. Transportation is available on Tuesdays, so please call ahead to make arrangements.

**Donna Almekinder**, 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 spring. 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 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 9:30am-1pm. Transportation is available on Thursdays, so please call ahead to make arrangements.

**Sharon Morano**, Manager of the **Palmyra** center would like you to know that she has BINGO on Mondays, Bunko on Wednesdays, and Dominoes on Fridays. Birthday celebrations happen almost monthly. She also has various fun and educational programs scheduled throughout the spring. 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 spring. 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*

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

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

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