

Threescore

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

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



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

Penny Shockley, Director

SUMMER 2015

In-Home Services

The greatest desire for most seniors is to be able to stay at home and not be placed in institutional care. As we all know, as adults age they may become incapable of or need assistance with performing some of the basic activities of daily living. However, many of their limitations are non-medical in nature so are not covered by traditional insurance. In addition, Medicare insurance (for individuals 65 and over) does not provide coverage for non-medical in-home services. Medicaid can cover some of these non-medical services but only if the individual is assessed eligible by income level and need.

In 1987, New York State created the Expanded In-Home Services for the Elderly Program (EISEP) to address the needs of seniors who are not financially eligible to receive in-home supportive services provided through the Medicaid program. The Office of Aging assesses and provides EISEP services to assist individuals with non-medical needs in order for these individuals to live with dignity and respect in the comfort of familiar surroundings and in their communities.

EISEP Eligibility Requirements:

- * At least 60 years old
- * Functionally impaired, in at least one Activities of Daily Living (ADL). ADL are self-care tasks such as bathing, dressing, toileting, continence, transferring and eating or two Instrumental Activities of Daily Living (IADL) includes house-keeping, shopping, preparing meals, managing money, laundry, using transportation, telephoning and getting outside of the home.
- * Not be eligible for the same or similar services

under other public programs

- * Able to be maintained safely at home
- * For non-institutional respite, have one or more informal caregivers who provide continuing care
- * For those who appear eligible for Medicaid, a Medicaid application is required. Services may be provided while the application is pending.

Services provided under EISEP are non-medical services in the home:

Aide Service

Personal Care Level 1 services include assistance with: light housekeeping, laundering, and meal preparation, escort assistance, doing errands and shopping.

Personal Care Level 2 services include assistance with: all tasks listed under Personal Care Level 1 plus bathing, grooming, dressing, toileting, transferring and ambulation, feeding, eating and the self-administration of medication.

Case Management

An essential part of the EISEP program is case management. Case managers not only assist the client, but also their families. Case management includes an in-home assessment, care plan development, arrangement of services, information and referral, client monitoring and follow up.

Respite

Many seniors are cared for at home by informal caregivers – family, friends and neighbors. EISEP supports these individuals, either by complementing or supplementing the care they provide or by providing them with respite from their care giving responsibilities. By giving caregivers a break from these re-

(Continued on page 2)

IN THIS ISSUE...

Farmers Market Coupons.....	3
Medicare Answers.....	6
Money Saving Programs	9
Menus	12

(Continued from page 1)

sponsibilities, we support their ability to continue their care giving role.

Ancillary Services

An individual may have unique needs that should be addressed in order for the person to remain at home safely. Personal Emergency Response Systems (PERS) are considered as an ancillary service.

In New York State, the largest age group receiving EISEP personal care services are 85 and plus years of age. The 75 – 84 age bracket is not far behind. As the aging population's life spans increase, in home services will need to increase to keep the pace. EISEP is designed to serve those who are not eligible for Medicaid with the goal of preventing or delaying seniors' savings meeting the Medicaid resource limit. More than half of the EISEP clients have incomes at or below 150% of the federal poverty level. EISEP services are provided on a cost share/sliding scale based on income. Many participants pay little or no cost share for these services.

Case management and Personal Care Aide services are an integral part of the services we offer to keep seniors safely in their homes. Over the past ten years the number of case management participants has increased from 65 to 149 annually and Personal Care hours have increased from 6,700 to just shy of 12,000. I am very pleased to report that additional state funding has allowed the Department of Aging and Youth to increase the part-time case manager to a full-time position and in January 2015, we were able to fill the Senior Caseworker position that has remained vacant for two years. This increased staffing level is critical to help us keep up with the growing demand.

The office currently has a waiting list for EISEP services. The goal of the additional funding is to reduce the waiting time by providing adequate staffing to assess and the provision of additional aide service hours.

Penny Shockley,
Director

HOLIDAY CLOSINGS

Friday, July 3 Independence Day
Monday, September 7 Labor Day

DON COMBES RECEIVED STATE RECOGNITION FOR VOLUNTEER ACTIVITIES

Wayne County Department of Aging and Youth's own Don Combes was honored on May 5 at the 2015 Senior Citizen's Day event in Albany. Sponsored by the New York State Office for Aging, this award honors the contributions that older New Yorkers make through volunteering.

Don was nominated by our Senior Advisory Council member, Dorothy DeMay for all of his community involvement now and over the years. Don regularly visits people in the area hospitals and nursing homes. At church he sings in the choir and serves as historian. He is a part of a men's group that helps seniors with repairs, does lawn work, wash windows, etc. He sets up for and cleans up after rummage sales. He annually participates in the C.R.O.P. (Communities Responding to Overcome Poverty) walk. Don volunteers for the Arcadia Historical Society and belongs to the Wayne Drumlin Antique car club. He enjoys taking people for rides in his antique cars.

Don credits his Christian faith and the great example his parents showed him in their daily lives to reach out and help other people and, in return, be willing to accept help from others when you are the one in need.

Congratulations Don! WCDAY is very proud of all your accomplishments!

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.

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.

2015 SENIOR FARMERS MARKET COUPON PROGRAM BEGINS

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

Booklets are offered on a first-come, first-serve basis, to Wayne County seniors **60 years of age** or over and allowed **one booklet per household**. Seniors must qualify in **ONE** of the following categories:

1. **60 years** of age or older and **a gross monthly income at or below:**

\$1,815/month for a one-person household

\$2,456/month for a two-person household

\$3,098/month for a three-person household

Income levels increase by \$642/month based on the number of persons in the applicant's household

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

Each Senior must sign for his/her own coupon booklet

Barring any unforeseen delays at the state level, a representative from the Wayne County Department of Aging & Youth will be distributing booklets according to the following schedule:

Monday, July 20	9:30 - 11:30 AM	Palmyra Lunch Club 60- Park & Club Rooms, Main St.
	12:30 – 2:00 PM	Palmyra- Towpath Apartments- Community Room, Canal St.
Tuesday, July 21	9:30 - 11:30 AM	Clyde Lunch Club 60 – St. John's Catholic Hall, DeZeng St.
	12:30 – 2:00 PM	Clyde- Midtown Square Apartments- Community Room, Lock St.
Thursday, July 23	9:30 - 11:30 AM	Wolcott Lunch Club 60 – Faith United Methodist Church, Oswego St.
	12:30 – 2:00 PM	Wolcott Meadows- Community Room, Alport St.
	2:30 – 4:00 PM	Wolcott Estates- Community Room, New Hartford St.
Friday, July 24	9:30 - 11:30 AM	Newark Lunch Club 60 – Alex Eligh Community Center
	2:30 – 4:00 PM	Marion- Drumlin Estates- Community Room, Sunset Dr.
Monday, July 27	9:30 - 11:30 AM	Ontario Lunch Club 60- Brown Square Apartments
	12:30 – 2:00 PM	Macedon- The Gardens-Community Room, Canandaigua Rd.
Tuesday, July 28	9:30 - 11:30 AM	Sodus Lunch Club 60- Church of the Epiphany Parish Hall, W. Main St.
	12:30 – 2:00 PM	Sodus Estates- Community Room, Newark St.
	2:45 - 4:15 PM	Williamson-Orchard Estates- Building C, Arrowbend Dr.
Wednesday, July 29	9:30 - 11:00 AM	Lyons Manor Apartments- Community Room, Pearl St.
	11:30 - 1:00 PM	Lyons- CanalView Apartments-Community Room, Canalview Dr.
	1:45 – 3:15 PM	Savannah- Spring Valley Apartments- Community Room, Lopez Ln.
Monday , August 3 -until gone	9 AM till 5 PM	Department of Aging & Youth, 1519 Nye Rd., 2 nd floor, Lyons

Keep an eye out at your chosen location for the official posting. If you have any questions, or want to confirm the schedule closer to the date, please call the Wayne County Department of Aging & Youth at 315-946-5624.

Do you need help paying for Medicare?

Contact the Wayne County Department of Aging and Youth at (315) 946-5624 for more information about these programs:

1 QI-1 – Qualifying Individual-1 Program

Pays your Medicare Part B premium.

2 SLMB – Specified Low-Income Medicare Beneficiary Program

Pays your Medicare Part B premium.

3 QMB – Qualified Medicare Beneficiary Program

Pays your Medicare premiums. It will also pay your deductibles and coinsurances if you see providers who participate in Medicare or who are in your Medicare private health plan’s network. Medicare providers cannot charge you anything for Medicare-covered services. You can have both QMB and Medicaid.

4 Medicaid

Pays your Medicare deductibles and coinsurance if you see doctors who participate in Medicare and Medicaid or who are in your Medicare private health plan’s network. These doctors cannot charge you anything for Medicare-covered services.

The government will also pay your premiums if you are enrolled in the QMB program.

Covers additional benefits, such as dental, vision, and long-term care.

If your income seems a little too high, you should still contact your local Medicaid Office.

You may qualify for Medicaid “spend-down.”

Program	2015 New York Gross Monthly Income Limits*		2015 New York Asset Limits**	
	Individuals	Couples	Individuals	Couples
QI-1	\$1,345	\$1,813	No limit	No limit
SLMB	\$1,197	\$1,613	No limit	No limit
QMB	\$1001	\$1,348	No limit	No limit
Medicaid	\$845	\$1,229	\$14,850	\$21,750
	*These limits are based on federal poverty guidelines and include a standard \$20 disregard. You may qualify even if your income is slightly higher. Ask a Medicaid counselor about eligible deductions.		**Asset limits do not include your house or car. For all programs, you and your spouse can each set aside an extra \$1,500 for a burial fund.	

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.

Sodus

July 21, 8:30 am to 3:30 pm
September 29, 8:30 am to 3:30 pm
3rd United Methodist Church
58 W. Main St.
Call 315-946-5624 to register

Ontario

July 23 & 24 5:30 to 9 pm
Ontario Recreation Center
6551 Knickerbocker Rd.
Call 315-524-7447 to register

Lyons

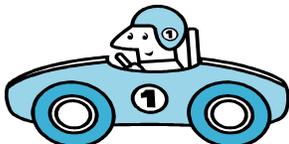
August 20, 8:30 am to 3:30 pm
October 26, 8:30 am to 3:30 pm
Wayne County Health Services Building
1519 Nye Rd., first floor
Call 315-946-5624 to register

Macedon

October 19 & 20, 5 to 8 pm
Parkwood Heights
1340 Parkwood Dr. Macedon
Call 315-986-9100 to register

Walworth

October 5 & 6, 8:30 till noon
Walworth Town Hall
3600 Lorraine Dr.
Call 315-986-1400 to register



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.

INTRODUCTION TO MEDICARE CLASSES OFFERED

Medicare is available to most people at age 65, but may be available earlier than that to individuals who have disabilities. If you're new to Medicare or will be joining in the next few months, sign up for a class and learn more about the Medicare enrollment timeline, an overview of coverage options, Medicare Advantage plans, supplemental insurance policies, Medicare savings programs, and Medicare Part D.

Classes are held at the Department of Aging and Youth, located in the Health Services Building at 1519 Nye Road, Lyons. The next classes are scheduled for Tuesday, July 7 at 10:00 a.m.; Wednesday, August 5 at 2:00 p.m., Wednesday, October 14 at 2:00 p.m. and Wednesday, December 2 at 2:00 p.m.

Classes are free, but registration is required. Please register by calling the Department of Aging and Youth at 946-5624.

Medicare Open Enrollment

The annual enrollment period (AEP) to make changes with your health insurance will soon be upon us. The time to switch your coverage will be from **October 15, 2015 – December 7, 2015**.

Your change will be effective January 1, 2016. **For most people this is your only opportunity to make a change.**

Plans must inform their current members of any upcoming changes with a written notice called an Annual Notice of Change letter (ANOC). These letters are required to be sent out by September 30, 2015. Plan members should carefully review these letters as it will be your only notification of changes. If the changes are not to your liking then this is the time to explore other plan options for 2016.

If you will need assistance in reviewing plans or making a change, please contact our office at 946-5624, **during the month of September**. Please do not wait to contact us, as appointments book up fast and we may run out of available appointment slots and be unable to meet with you. Other sources of help are available at (800) Medicare

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.

(633-4227), reviewing your 2016 Medicare & You handbook or going on-line at www.Medicare.gov to do your own research.

During the AEP Medicare beneficiaries may get numerous requests to enroll in different Medicare Advantage plans or Part D prescription plans. Please be aware that plans must follow strict rules in their marketing efforts. Companies can market their plans through direct mail, radio, television and print advertising. Agents can even visit your home under certain circumstances, but only if you have invited them. Agents cannot call or email you if you did not ask them to do so. If you ever feel that you were contacted inappropriately or pressured by a salesperson you can contact the Department of Aging & Youth.



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:

Deborah Forjone
Cindy Heck
Marie Carr
Carol Kearns
JW Smith
Myrtle Bastian
Burton & Shirley Ford
Barbara Dauphin
Jean Baker
Ernie & Nancy Mori
Peter & Wendy Winnett
Virginia Waite
Evelyn Smith & Deborah Johnson
Carl & Catherine Ormsbee
Alan & Fannie Mallette
Lisa Strauch
Fern Richmond
Richard Carney
Marcia Verstraete
Dorothy Mauser
Joann Debrine
Robert Dorman
Doris Foti
Neil & Kathleen Malone (in memory of Ruth Malone)
Robert J Williams
Arlyss Austin
Mr. & Mrs. Harold Fox
Jeanette Tahou
Eugene & Josephine Naczynski
Richard S. Kelley
Louis & Christina Prahler
Helen Bailey
Anson & Nancy Johnson

Ralph & Shirley Dense
Ruth Baker & Linda Cunningham
Jeanette Bramante
Marilyn & Alvin Allen (in honor of Shirley Shufelt)
Edith Mose
Elma Fyles
Patricia DeRoo
June & David MacDougall
Paul Lockman (in memory of Paul H Lockman)
Cecelia Deane
Gloria Sensenbach (in memory of Philip Sensenbach)
Joan Schwenk
Linda Tuffy (in memory of Richard B Tuffy)
Mary Buttaccio
Tina Tricarico (in memory of Sammy Ruffalo & Mark Calabrese)
Catherine Lewis

A special thank you also goes out to Carol Howell, Roxanne Rowe, and Mary Jane Blakenburg for the work they did making and donating walker bags for our clients.



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



WORKSHOPS

A full schedule of activities and educational events is available at www.alz.org/rochesterny or <http://act.alz.org/site/PageNavigator/programcatalog.html>

Wayne County Caregiver Support Group:

Terrace of Newark, 208 Route 88 South, Newark
3rd Tuesday of the month 6–7 p.m.

Just for TEENS AGES 13-17 six week session support group. Living with a loved one with Alzheimer's or another dementia? Learn more about Just for TEENS. For more information and registration, contact Nanette Friedman at: 585.760.5473 or nfriedman@alz.org

Macedon Public Library 30 W. Main St., Macedon, Being A Healthy Caregiver Thu., Jul 9 2–3 p.m.

WALK TO END ALZHEIMER'S

Sep. 26 Monroe Community Hospital, Rochester
Oct. 3 Eldridge Park, Elmira
Oct. 17 Granger Homestead & Carriage Museum
Canandaigua
Oct. 24 The College at Brockport, Brockport
Oct. 24 Village Park, Main Street, Geneseo

Start or join a team today! To register, visit: alz.org/walk. If you have questions, contact Vanessa Pschirrer at: 585.760.5472 or vpschirrer@alz.org.

MUSIC AND ART

Music and art can enrich the lives of people with Alzheimer's disease. Both allow for self-expression and engagement, even after dementia has progressed.

Music can be powerful. Studies have shown music may reduce agitation and improve behavioral issues that are common in the middle-stages of the disease. Even in the late-stages of Alzheimer's, a person may be able to tap a beat or sing lyrics to a song from childhood. Music provides a way to connect, even after verbal communication has become difficult.

Use these tips when selecting music for a person with dementia:

- Identify music that's familiar and enjoyable to the person. If possible, let the person choose the music.
- Choose a source of music that isn't interrupted by commercials, which can cause confusion.
- Use music to create the mood you want. For example, a tranquil piece of music can help create a calm environment, while a faster paced song from someone's childhood may boost spirit and evoke happy memories.
- Encourage movement (clapping, dancing) to add to the enjoyment.
- * Avoid sensory overload; eliminate competing noises by shutting windows and doors and by turning off the television. Make sure the volume of the music is not too loud.

Art projects can create a sense of accomplishment and purpose. They can provide the person with dementia — as well as caregivers — an opportunity for self-expression.

When planning an art activity for someone with middle- to late-stage Alzheimer's, keep these tips in mind:

- * Keep the project on an adult level. Avoid anything that might be demeaning or seem child-like.
- Build conversation into the project. Provide encouragement, discuss what the person is creating or reminiscence.
- Help the person begin the activity. If the person is painting, you may need to start the brush movement. Most other projects should only require basic instruction and assistance.
- Use safe materials. Avoid toxic substances and sharp tools.
- * Allow plenty of time, keeping in mind that the person doesn't have to finish the project in one sitting.

<https://www.alz.org/care/alzheimers-dementia-music-art-therapy.asp>



Thank You

The Wayne County Department of Aging and Youth would like to thank Donna Hudson, Bruce Hudson, Dorothy DeMay, Linda Clark, Frank Clark and Karen Hall for helping with the mailing of the Spring 2015 issue of the *Threescore*.

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, **September 22, 2015** 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.

2015 FAIR INFORMATION

The Wayne County Fair is August 10 to 15 in Palmyra. Senior Day is Tuesday and all seniors are admitted free. Single Day Admission is \$5 for Adults/Seniors; \$3 Ages 6-16; and Under 6 Free. No other special day admission information available at this time.

The New York State Fair is August 27 to September 7 in Geddes. There is no cost to seniors on Monday, August 31 and Tuesday, September 1. Children age 12 and under are admitted free every day. On Friday, September 4, students 16 years old and under will be admitted free. Armed Forces day is Thursday, September 9, and all active duty and veteran military will receive free admission with military ID.



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

Saving Money!!!!

How would you like to save \$104.90 every month?

How would you like to save money on your prescription costs and your Part D premium?

You might be eligible for some money-saving programs.

If your gross monthly **income** is less than \$1345/month for a single person or \$1813/month for a couple you may qualify for the **Medicare Savings Program**. This will put your Part B premium back into your pocket each month. **That's a savings of \$1258.80 a year!!** (Sometimes deductions are allowed so call for a screening if you are slightly over this limit but have expenses for health insurance premiums.)

If your gross monthly **income** is less than \$1471/month and your **assets** are less than \$13,640 for a single person or your **income** is less than \$1991/month and **assets** are less than \$27,250 for a couple you may qualify for **Extra Help**. This benefit will pick up the cost of your Part D premium up to \$36.94/month. **That's a savings of \$443.28 a year!!** Your drug co-pays will also be reduced. (If you are financially responsible for others in your household other income limits may apply. Please call for a screening.)

Please join us for an enrollment event at the Wayne County Department of Aging and Youth on July 29th or August 27th. Staff will be available to assist you with applications from 9:00-3:30. Appointments are not necessary, but would be appreciated. Please contact our office at 315-946-5624 to schedule one. Walk-ins, without an appointment, will be seen as they arrive.

To better serve you, please bring proof of income, resources, your Medicare card, proof of any other health insurance premiums and proof of residency to the event.

If you have any questions about the event, how to enroll or what to bring please contact us before the event.

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. meetings are scheduled for **Monday, July 13 and September 14, 2015** 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 if you have any questions or if your senior group or club is interested in hosting a meeting.

ANNUAL SCAC PICNIC

The Wayne County Senior Citizen Action Council will hold its annual picnic on Tuesday, July 14 at noon at B. Foreman Park, 4507 Lake Rd., Pultneyville. A 2015 SCAC membership card is required to attend, but cards will be available to purchase for \$2 at the picnic if you don't already have one. 2016 membership cards will also be available for \$2.

Bring a dish to pass and a place setting, hots/hamburgs/refreshments provided. Good food, games and fellowship. Meet your county and town supervisors.

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



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



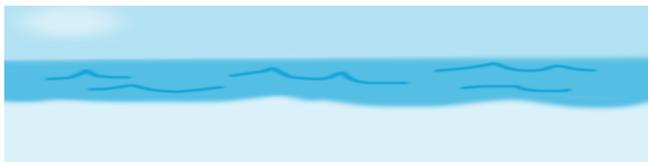
SODUS POINT PARK OPENS JUNE 30

Another harsh and snowy winter in Wayne County is 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. We have 10 weeks this season to take advantage of the beautiful Sodus Point waters!

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 Wayne County Department of Aging and Youth hires and oversees the certified lifeguard team.

Come join the fun and enjoy the beautiful waters of Sodus Point. Plan a day at the beach, but keep in mind 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.

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 provides services to runaway youth. A runaway youth is generally defined as a youth between the ages of twelve and seventeen who refuses to stay at home for a variety of reasons. Situations are reviewed on a case by case basis and services may be provided outside this age bracket in some instances.

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 during business hours or 1-866-343-8808 during non-business hours for assistance.**

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

Thank You WTCC for Your Generosity

The Criminal Justice class at the Wayne Technical & Career Center (WTCC) provided much needed items for children scheduled to attend camp this summer. The Wayne County Department of Aging and Youth's FACT Program (Families and Communities Together) contacted Criminal Justice Instructor Karen Dell and Teaching Assistant Tracy Caper to inquire about a donation for FACT children that would be attending camp this summer. The children participating in this summer's Sheriff's Camp or Salvation Army Camp lack the resources for basic camp supplies. The Junior and Senior Criminal Justice class collected hygiene items, beach towels, flip flops and other items for 26 children. Each of the children will receive a book bag filled with items that will no doubt make for a better stay at camp. The Department of Aging and Youth would like to thank the WTCC Criminal Justice class for all their hard work and generosity. The Criminal Justice class has made a big difference in 26 children's summer.

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.**

JULY	AUGUST	SEPTEMBER
1 Hot dog on bun w/toppings, Coleslaw, Blueberry Peach Crisp	3 Chicken w/Lemon Pepper Sauce, Mashed Potatoes, Green Beans & Carrots, Diced Pears	1 Penne w/Meat sauce, Green Beans, Italian Bread, Pears
2 Chicken Rotini Casserole, Carrots, Strawberry Shortcake	4 Pork Loin w/gravy, Roasted Sweet Potatoes, Broccoli, Applesauce	2 Pot Roast w/gravy, Boiled Potatoes, Carrots & Onions, Pumpkin Mousse
6 Honey Roasted Chicken, O'Brien Potatoes, Green Beans, Mandarin Orange Slices	5 Burger Bar w/toppings, Potato Salad, Baked Beans, Mixed Melon	3 Seafood Salad, Broccoli Salad, Roll, Melon & Grapes
7 Hot Meatball Sub w/ Mozzarella Cheese, Sicilian Blend, Warm Cinnamon Applesauce	6 Macaroni & Cheese, Escalloped Tomatoes, Peach Shortcake w/ topping	4 Italian Sausage w/peppers & Onions, Marinated Tomatoes, Hot Spiced Peaches
8 Broccoli & Feta Chicken Salad, Marinated Beets, Cottage Cheese, Roll, Fruit Cocktail	7 Meatloaf w/gravy, Lyonnaise Potatoes, Carrots, Fruit Cocktail	7 Closed Labor Day
9 Sweet & Sour Pork, Brown Rice, Brussels sprouts, Peach Ginger Crumble	10 Honey Roasted Chicken, O'Brien Potatoes, Green Beans, Mandarin Orange Slices	8 Chicken w/Lemon Pepper Sauce, Mashed Potatoes, Green Beans & Carrots, Diced Pears
10 Sweet Green Pepper Casserole, Capri blend, Orange Wedges	11 Hot Meatball Sub w/ Mozzarella Cheese, Sicilian Blend, Warm Cinnamon Applesauce	9 Burger Bar w/toppings, Potato Salad, Baked Beans, Mixed Melon
13 Meatballs w/ Mango Salsa, Brown Rice, Peas, Pears	12 Broccoli & Feta Chicken Salad, Marinated Beets, Cottage Cheese, Roll, Fruit Cocktail	10 Macaroni & Cheese, Escalloped Tomatoes, Peach Shortcake w/ topping
14 Mini Turkey Sub w/Assorted Toppings, Coleslaw, Mandarin Oranges	13 Sweet & Sour Pork, Brown Rice, Brussels sprouts, Peach Ginger Crumble	11 Meatloaf w/gravy, Lyonnaise Potatoes, Carrots, Fruit Cocktail
15 Ginger Pork, Scalloped Potatoes, Spinach, Strawberry Shortcake	14 Sweet Green Pepper Casserole, Capri blend, Orange Wedges	14 Honey Roasted Chicken, O'Brien Potatoes, Green Beans, Mandarin Orange Slices
16 Turkey w/gravy, Mashed Potatoes, Caribbean Blend, Mixed Fresh Fruit	17 Meatballs w/ Mango Salsa, Brown Rice, Peas	15 Hot Meatball Sub w/ Mozzarella Cheese, Sicilian Blend, Warm Cinnamon Applesauce
17 Italian Chicken, Penne Pasta, Tuscany Blend, Italian Bread, Pineapple Chunks	18 Mini Turkey Sub w/Assorted Toppings, Coleslaw, Mandarin Oranges	16 Broccoli & Feta Chicken Salad, Marinated Beets, Cottage Cheese, Roll, Fruit Cocktail
20 Spaghetti & Meatballs, Spinach, Roll, Cookie	19 Ginger Pork, Scalloped Potatoes, Spinach, Strawberry Shortcake	17 Sweet & Sour Pork, Brown Rice, Brussels sprouts, Peach Ginger Crumble
21 Tuna Salad Sandwich, Marinated Cucumbers, Peaches	20 Turkey w/gravy, Mashed Potatoes, Caribbean Blend, Mixed Fresh Fruit	18 Sweet Green Pepper Casserole, Capri blend, Orange Wedges
22 Cajun Chicken, Seasoned Rice, Carrots, Roll, Melon & Grapes	21 Italian Chicken, Penne Pasta, Tuscany Blend, Italian Bread, Pineapple Chunks	21 Meatballs w/ Mango Salsa, Brown Rice, Peas, Pears
23 Taco Pie w/Toppings, Warm Spiced Pears, Vanilla Ice Cream	24 Spaghetti & Meatballs, Spinach, Roll, Cookie	22 Mini Turkey Sub w/Assorted Toppings, Coleslaw, Mandarin Oranges
24 Turkey Rice Casserole, Green Beans, Cranberry Juice, Dump Cake	25 Tuna Salad Sandwich, Marinated Cucumbers, Peaches	23 Ginger Pork, Scalloped Potatoes, Spinach, Strawberry Shortcake
27 Baked Chicken w/gravy, Mashed Potatoes, Peas, Fruit Cocktail	26 Cajun Chicken, Seasoned Rice, Carrots, Roll, Melon & Grapes	24 Turkey w/gravy, Mashed Potatoes, Caribbean Blend, Mixed Fresh Fruit
28 Penne w/Meat sauce, Green Beans, Italian Bread, Pears	27 Taco Pie w/Toppings, Warm Spiced Pears, Vanilla Ice Cream	25 Italian Chicken, Penne Pasta, Tuscany Blend, Italian Bread, Pineapple Chunks
29 Pot Roast w/gravy, Boiled Potatoes, Carrots & Onions, Pumpkin Mousse	28 Turkey Rice Casserole, Green Beans, Cranberry Juice, Dump Cake	28 Spaghetti & Meatballs, Spinach, Roll, Cookie
30 Seafood Salad, Broccoli Salad, Roll, Melon & Grapes	31 Baked Chicken w/gravy, Mashed Potatoes, Peas, Fruit Cocktail	29 Tuna Salad Sandwich, Marinated Cucumbers, Peaches
31 Italian Sausage w/peppers & Onions, Marinated Tomatoes, Hot Spiced Peaches		30 Cajun Chicken, Seasoned Rice, Carrots, Roll, Melon & Grapes



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.

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*

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

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

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*

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*

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.

CLYDE 7/1, 8/5, 9/2	St. John's Church Hall 1st Wednesday of the month 10:30 a.m. to noon
-------------------------------	---

NEWARK 7/15, 8/19, 9/16	Highrise Community Room 3rd Wednesday of the month 10:00 a.m. to noon
--------------------------------------	--

ONTARIO 7/14, 8/11, 9/8	Senior Center/Brown Square 2nd Tuesday of the month Begins at 10:30 a.m. (Provided by Ontario Parks and Recreation)
-----------------------------------	---

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

SODUS 8/21	Church of the Epiphany Parish Hall 10:00 a.m. to 11:30 a.m.
----------------------	---

WOLCOTT 8/27	Faith United Methodist Church 11:00 a.m. to noon
------------------------	---

LIVING HEALTHY

- * Do you or someone you love struggle with a chronic health or mental health condition?
- * Do you want to improve or gain new skills to enhance your quality of life and regain some control that the illness may have stolen?

Join us for a 6-week course on "Chronic Disease Self-Management". The next classes are starting up at 2pm on September 2nd and meeting every Wednesday through October 7th. Call Aging and Youth at 946-5624 for more information or to register.

SWEETENERS

The average American consumes 22 teaspoons of added sugar a day which amounts to approximately 350 calories a day. The most common sources of sugar are carbonated beverages and sweet desserts. One teaspoon of granulated sugar weighs four grams and contains 16 calories. There are a variety of substances that can be used to sweeten foods.

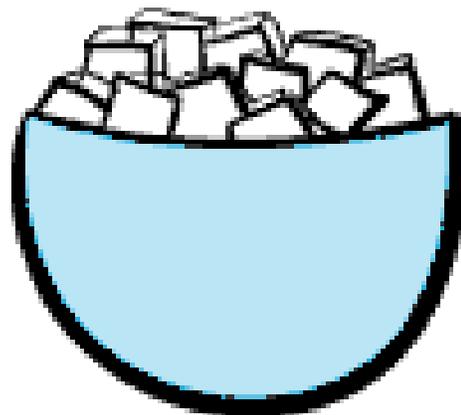
Commonly occurring, natural sugars are lactose in milk and fructose in fruit. Lactose and fructose are generally considered healthy sugars because they are found in foods that contain a wide variety of health giving nutrients. Milk contains protein, calcium, and B vitamins. Fruit contains vitamins A and C as well as fiber and antioxidants. The current nutrition label does not differentiate between natural and added sugars.

Added sugars include white granulated sugar, high fructose corn syrup, honey, unrefined brown sugar, maple sugar, and agave nectar. **Granulated sugar** is the most frequently used sweetener in home food preparation. **High Fructose corn syrup** is frequently added to commercially prepared foods. In the commercial setting, high fructose corn syrup is easier to use, makes a smoother product, gives products a better shelf life and stays in solution better. Many studies have been completed comparing the health consequences of eating foods with cane sugar and high fructose corn syrup. No significant differences have been found. Some people believe **unrefined brown sugar** is a healthier sweetener. Studies have not been able to support this theory. For thousands of years **honey** has been used to sweeten food. Honey can help to reduce allergens and darker honey has been shown to have antibacterial and antioxidant properties. Honey has the same number of calories as cane sugar and high fructose corn syrup. In the body honey breaks down to form glucose just like cane sugar and high fructose corn syrup do. **Agave nectar** is high in fructose and has 1.5 times the sweetening power of sugar. A teaspoon of agave nectar contains 20 calories. To get the same amount of sweetening power from sugar you would have to eat 30 calories or 1 $\frac{3}{4}$ teaspoons of sugar.

Artificial sweeteners or sugar substitutes

do not provide energy and may be from natural sources or chemicals. **Aspartame** is the most studied of the artificial sweeteners. It is made from two amino acids: aspartic acid and phenylalanine. Aspartame is 200 times sweeter than cane sugar. It has been accused of causing cancer and weight gain. Studies have not found any convincing evidence that these accusations are true. It is used in gum, beverages and yogurt. **Stevia Leaf Extract** marketed under Truvia is available in individual packets and is used in beverages and yogurt. Truvia was approved by the USDA in 2008 and is on it's GRAS list (Generally Regarded as Safe). **Saccharin** marketed as Sweet and Low in the early 1970's was found to cause cancer in rats. In 1981 Congress mandated that Sweet and Low to have a "warning" label. The "warning" label was repealed in 2000 when studies showed that saccharin did not cause cancer in humans. **Sucralose** is sold as Splenda and is not sensitive to heat so it can be used in baking. Substitute one half as much Splenda as sugar. If a recipe calls for 1 cup of sugar, use $\frac{1}{2}$ cup of Splenda. Sucralose can not be broken down by the body; therefore, it is calorie free.

Sugar alcohols include sorbitol, xylitol, and mannitol. They have 10 calories per teaspoon and are used in gum, candy, and desserts. Sugar alcohols can be found naturally in some fruits. They are made by changing the chemical structure of sugar or corn syrup. They cause less tooth decay and are less sweet than sugar. Particularly mannitol can cause bloating and diarrhea if too much is eaten.



Food for Thought

Last year I met with the LC 60 Managers and we discussed the possibility of the LC 60 Centers becoming more actively involved in their communities. During this discussion, it was decided that the best way to do this would be through simple community service projects. I would like to highlight one center in particular who has really embraced this idea. The Seniors at **Wolcott LC 60**, managed by **Melissa Martinez**., donate food items to prepare a box that they periodically deliver to a family in need in their community. They also collect pet supplies throughout the year and donate to the Wayne County Humane Society. I would like to recognize Melissa and the seniors who attend the Wolcott LC 60 and thank them for their community service work.

News from the 'Lunch Club 60' centers:

Vivian Kalinowski, Manager of the Ontario center would like you to know that she has BINGO every Tuesday and an exercise program on Mondays and Wednesdays. She also has various fun and educational programs scheduled throughout the summer. 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 summer. 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 summer. 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 her Center has card games and board games daily, but 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, birthdays are always a reason for a celebration and, during the summer months, there are always field trips and outings. 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 summer. 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 summer. Please call her for more details. The Newark Center is open Monday-Friday 10am-1pm.

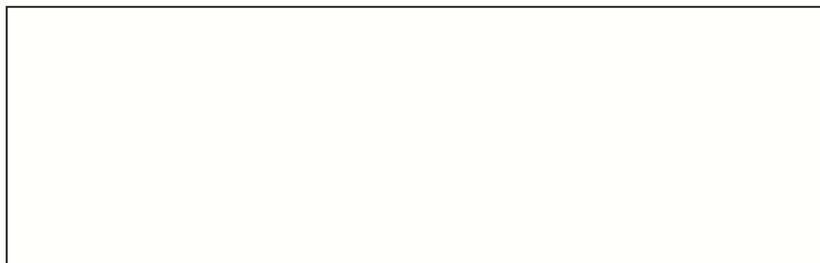
Please feel free to join us for lunch at any of our Lunch Club 60 Centers. We have six fun, friendly, and caring Managers waiting to welcome you to their Center. If you have not taken the opportunity to attend one of our Centers, please call the one closest to you, order a meal, and go meet some of the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

PRESRTSTD
US POSTAGE
PAID
LYONS, NY
PERMIT #9

ADDRESS SERVICE REQUESTED



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

Volume 40, Issue 3

**Help us lower our printing and postage costs!
If you would prefer to receive this letter through e-mail, please let us know.**

The programs and services offered by the Department of Aging and Youth are funded by federal, state, and local governments and through the generous contributions from the people and families the department serves.

Enclosed is my donation of \$5 \$10 \$25 \$50 Other _____

My donation is in memory of _____ (optional)

I wish my donation to be used for: (optional)

- | | |
|--|---|
| <input type="checkbox"/> Transportation | <input type="checkbox"/> Personal emergency response system |
| <input type="checkbox"/> Aide service | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Senior legal services | <input type="checkbox"/> Nutrition services |
| <input type="checkbox"/> Insurance counseling | <input type="checkbox"/> Other _____ |

My name and address: _____

I would like a written confirmation of my donation.

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