

# 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

Winter 2015

## AGING AND YOUTH'S PREVENTION EFFORTS ENHANCED

At the end of the year, it is a good time to reflect on successes, examine how things are progressing and review what needs to be tweaked to stay current with all the changes and challenges.

As I have mentioned in my prior articles, both Federal and State governments are finally acknowledging the vital role prevention services play in enhancing the individual's quality of life and preventing more costly interventions such as hospital admissions and skilled nursing care. There is also a growing recognition of the impact social factors (such as income, access to food, transportation and housing) have on healthcare outcomes. As a result a ground swell of initiatives are being created to enhance community based services and access to primary medical care to assist individuals to remain safely in their homes.

New York State's 65 and over population is growing at a rate of 500 people every day. Over the 25 year span from 2010 to 2035, New York State's population age 65+ will go from 1 in every 7 to 1 in every 5 residents. In addition, 28.9% of the senior population lives alone according to the 2009-2011 US census/American Community Survey. Poverty is another risk factor that further contributes to seniors' vulnerability and threatens their independence. In NY State 11% or 286,268 senior citizens' incomes fall below 100% of the federal poverty guidelines.

Without aging services, seniors living in isolation, without informal supports of friend or family members, are further put at risk of higher levels of care such as nursing homes. As people age, they almost universally want to stay in their homes and communities. Waiting lists already exist for Office of Aging funded community service for the elderly programs and the needs are expected to grow.

The Aging Services Network has played a key role in providing social interventions that delay or prevent more costly care. As stated in our mission statement, "The Department of Aging and Youth exists to promote the independence, dignity, and quality of life for Wayne County residents and their families; to identify and prioritize community needs and to plan, fund, and administer a coordinated system of services to meet these needs".

The Department of Aging and Youth staff recognize the importance and work diligently to provide and sustain these valuable services necessary to assist Wayne County residents. I am very pleased to report that our Agency is taking active efforts to keep up with the demand of providing preventive resources to keep residents safely in their homes.

With the provision of new grant funding and reallocation of existing grants, we will be replacing our 2005 ten passenger handicap accessible van with a new 12 passenger handicap accessible van. Last year we provided 3,164 trips to individuals

*(Continued on page 2)*

## IN THIS ISSUE...

Captioned telephone service available .....	2
Wayne CAP's tax counseling program begins in February .....	3
Medicare enrollment and disenrollment periods .....	4
Preparing for a planned hospital stay .....	6

(Continued from page 1)

over 60 to medical and nutrition programs. The new van will allow our agency to not only continue this service, but also to increase ridership.

Our Agency also plans to update the existing technology for the Personal Emergency Response Units (PERS) Program. Currently we serve approximately 160 medically at risk individuals with this security system. Our current PERS units and the monitoring base receiver (housed at 911) are not able to keep up with recent advancements in digital technology. Due to this issue, we have not been able to serve certain consumers if their phone provider is not compatible with our system. To address this concern, we are exploring either updating our equipment or contracting with a vendor that specializes in providing this service. Our plan is to update the system one way or the other by February 2015.

Aging and Youth is also providing some additional funding to the Home Meal Service (HMS) Program that provides home delivered meals to frail and/or elderly seniors. Last year the HMS Program served 31,300 meals to 325 homebound individuals. It is a known fact that good nutrition is a primary factor that assists seniors to remain healthy and out of hospitals. The 230 volunteers that deliver the meals are not only providing a meal but providing a safety check to ensure isolated medically frail individuals are doing alright. This is the first year that the HMS program has ever had a waiting list. The additional funding will allow HMS to serve those individuals.

The Health Insurance Counselors have been working more than maximum capacity to try to meet the growing demand of the ever changing complex health insurance world that is vital to our consumer's health. In 2014 open enrollment period the caseload has increased from 322 cases last year to 593 new cases since September 1, 2014.

I can't believe how fast 2014 has flown by! It's been a very busy year for our Department. I would like to take this opportunity to thank the Aging and Youth staff for all their dedication and hard work to meet our mission! We are lucky to have such a committed staff.

Penny Shockley  
Director

## CAPTIONED TELEPHONE SERVICE AVAILABLE FOR INDIVIDUALS WITH HEARING LOSS

Captioned Telephone (or CapTel for short) is a telephone technology that allows people to receive word-for-word captions of their telephone conversations. It is similar in concept to captioned television, where spoken words appear as written text for viewers to read.

The CapTel Phone looks and works like any traditional phone, with callers talking and listening to each other, but with one very significant difference: Captions are provided live for every phone call. The captions are displayed on the phone's built-in screen so the user can read the words while listening to the voice of the other party. If the CapTel phone user has difficulty hearing what the caller says, he or she can read the captions for clarification.

Captioned telephones appeal to people who are deaf, hard of hearing, or late-deafened (such as older adults) who communicate by speaking, who want to hear what the other person is saying as much as possible, but who may have difficulty understanding everything the other person says. Captioned telephones appeal to a segment of the population whose needs are not met by TTYs or computer devices, or by relay services that rely on typing or American Sign Language to communicate.

More information on captioned telephones is available from the New York Relay Service at [www.nyrelay.com](http://www.nyrelay.com) or by contacting Mary Beth Mothersell at (800) 927-0282 (TTY), (585) 243-4884 (fax), (585)-243-4880 (voice), or by e-mail at



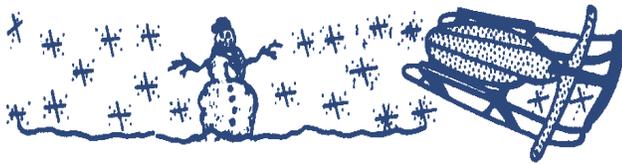
## TAX COUNSELING FOR THE ELDERLY

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

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

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

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



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

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

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

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

## RSVP OPPORTUNITIES CALL TODAY TO VOLUNTEER! (Retired & Senior Volunteer Program)

If YOU are 55 or BETTER here are the many ways YOU can get involved in RSVP...

**Medical Transportation Corps:** Volunteers pick up/stay with/return participants to/from medical appointments. Donations are requested.

**Food Security:** Volunteer drivers for Meals on Wheels.

**Tax Counseling for the Elderly:** Free tax counseling and preparation services, January – April.

**Bone Builders:** Volunteers provide guided exercise classes twice weekly towards the prevention of osteoporosis related fractures and injuries. Current locations include: Newark: Alex Eligh CC; Lyons: Lyons Manor; Clyde Senior Nutrition Site; Sodus Senior Nutrition Site; Red Creek Community Center; Wolcott Library.

**Living Healthy in Wayne County:** A Stanford University program: Chronic Disease Self Management Program. Living Healthy is a 6 week workshop/1 day per week. Program is facilitated by trained Peer Leaders to help participants learn ways to address symptoms of associated with long term health issues.

**Health Education:** Volunteers (Senior Steppers) provide brief educational workshops prior to entertaining audiences with line-dancing routines.

**Other Human Needs:** Varied volunteers provide varied services.

RSVP Contact Information: Program Director Carm Krueger, [carm.krueger@waynecap.org](mailto:carm.krueger@waynecap.org), (315) 665-0131 x180 or Volunteer Specialist Kim Bumpus, [kimberly.bumpus@waynecap.org](mailto:kimberly.bumpus@waynecap.org), (315) 665-0131 x170. CALL TODAY!





## **BECOME A VOLUNTEER WITH OUR HEALTH INSURANCE COUNSELING PROGRAM**

The Department of Aging and Youth is looking for volunteers to work with our Health Insurance Information, Counseling and Assistance Program (HIICAP) program. HIICAP provides free, confidential, accurate and unbiased health insurance information and assistance. Become a HIICAP volunteer counselor and explain the coverage, costs, and options of Medicare to others!

No prior knowledge or experience with health insurance is necessary. We offer free training and will try our best to match your skills and schedule to tasks and assignments. For more information, contact Dawn Jendrick at (315) 946-5624.

---

## **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 Thursday, February 5 at 2:00 p.m., Wednesday, March 4 at 2:00 p.m., and Tuesday, April 7 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 GENERAL ENROLLMENT PERIOD**

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

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

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

---

## **MEDICARE ADVANTAGE DISENROLLMENT PERIOD**

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

- If you have a Medicare Advantage health plan with or without drug coverage, you can switch to Original Medicare and a prescription drug plan or Original Medicare without a prescription drug plan.
- If you have a Medicare Private Fee-For-Service (PFFS) plan that does not have prescription drug coverage and a stand-alone prescription drug plan (MA and PDP), you can switch to Original Medicare, but you must keep your current prescription drug plan.
- If you have Original Medicare or Original Medicare and a prescription drug plan, you cannot switch your plan during this time.

Please note that if you have a Medicare Advantage plan and a separate stand-alone drug plan (PDP), then you can switch to Original Medicare but cannot change stand-alone drug plans.

*Information provided by Medicare Rights Center.*

## OLDER AMERICANS MONTH EMPOWERS OLDER ADULTS AND COMMUNITIES TO “GET INTO THE ACT”

Each May, the Administration for Community Living (ACL) celebrates Older Americans Month to recognize older Americans for their contributions to the nation. In honor of the upcoming 50th anniversary of the Older Americans Act (OAA), we are focused on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is “Get into the Act.”

The OAA was signed into law by President Lyndon Johnson in 1965. It provides a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible.

These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, personal care, transportation, job training, ombudsman services, legal assistance, and elder abuse prevention. By providing a variety of resources in these areas, ACL works year-round to support the goals of the OAA.

We hope to use this Older Americans Month as a vehicle for individual and community empowerment. By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can “Get into the Act.”

### HOLIDAY CLOSINGS

Thursday, January 1  
New Year’s Day



Monday, January 19  
Martin Luther King, Jr. Day

Monday, February 16  
Presidents’ Day



**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.**

## PREPARING FOR PLANNED HOSPITAL ADMISSIONS

You may be planning a hospital stay for yourself or a family member. This planned admission could be for elective (non-emergency) surgery or special procedures that require an overnight hospital stay.

You or your family member should know ahead of time what surgery or procedures will take place and why they are needed. Here are some questions you might want to ask:

- Where is the best place to have this test or procedure done? Your choice may depend on location, insurance, and where your doctor can admit patients.
- What is this hospital's quality rating? Medicare's Hospital Compare tool at [medicare.gov/hospitalcompare/search.html](https://www.medicare.gov/hospitalcompare/search.html) allows you to pick three hospitals and compare patient satisfaction, timeliness, and effectiveness of care for specific procedures and conditions, and complications.
- How much time should it take for this test or procedure?
- How long will my family member be in the hospital?
- What type of care will my family member need at home?
- What possible problems or side effects should I be aware of?

Here are some ways you can help your family member:

- Help make sure that your family member gets the treatments needed. You can do this by checking with the nurse going off duty and asking what needs to happen during the next shift. This includes medications, tests, and procedures. You can make sure the nurse coming on duty next has the same information.
- Ask questions about your family member's medical condition, treatment, and follow-up plan of care. It is a good idea to write questions as you think of them. This way, you will be prepared when meeting with the doctor,

nurse, or other health care professional.

- Keep track of all instructions and plans for discharge. A good way is to write this information in a notebook and keep it by the bedside.
- Tell the doctor or nurse if you do not understand something or want to learn more about a certain topic.
- Let the doctor or nurse know if you do not feel ready to care for your family member after discharge.
- Use good communication skills. This means listening carefully, speaking clearly, and using a friendly tone.
- Ask to speak with the doctor, nurse, social worker, or patient representative if feel there are communication problems with the staff, or you or your family member are not being treated fairly.

*This article has been adapted with permission from "Hospital Admission: How to Plan and What to Expect During the Stay," one of a series of free guides available in English, Spanish, Chinese, and Russian at [www.nextstepincare.org](http://www.nextstepincare.org).*

### 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.



## 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:

Arlyss Austin  
Linda Barry  
Jeannette Bramante  
Ellis and Faye Briggs  
Cecelia Deane  
Betty DeLeo  
Jean Denison  
Elma Fyles  
Carol Kearns  
Kathryn Gobeyn  
Christine Goebert  
John and Judy Gravino  
June Hamilton  
James Harding  
Chuck Harper  
Roger Hoffman  
Jane Hultenschmidt  
Myrna Lawler  
Catherine Lewis  
June MacDougall  
Marion Seniors Club  
Susan Micklem/James Gallaher  
Edward Nevil  
Eva K. Nortier  
Sharon Peets  
Anthony Pizzutos  
Lucy Prynne  
Joan Schwenk  
JoAnn Scott-Blue  
Gloria Sensenbach  
Linda Tuffy  
Marcia VerStraete  
Esther Warn  
Deborah Wigle

# HAPPY ST. PATRICK'S DAY

## STOP UNWANTED TELEMARKETING CALLS



The National Do Not Call Registry puts consumers in charge of the telemarketing calls they receive at home. The federal government created the national registry to make it easier and more efficient for you to stop receiving telemarketing calls you don't want.

Placing your number on the registry will stop most, but not all, telemarketing calls.

You can register online at [www.donotcall.gov](http://www.donotcall.gov) or call (888) 382-1222 or TTY (866) 290-4236 from the number you wish to register. Registration is free.



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](http://www.alz.org/rochesterny)

#### **Role Changes and Transitions**

Thursday, January 15 6:30 p.m. - 8:00 p.m.  
Victor Free Library, 15 West Main Street

#### **Understanding Alzheimer's Disease**

Tuesday, January 20 6:30 p.m. - 8:00 p.m.  
Geneva Public Library, 244 Main Street

#### **Understanding Alzheimer's Disease**

Thursday, January 22 7:00 p.m. - 8:30 p.m.  
Penfield Public Library, 1985 Baird Road

#### **Communication**

Thursday, February 5 6:30 p.m. - 8:00 p.m.  
Webster Public Library, 980 Ridge Road

#### **Managing Grief and Guilt**

Thursday, February 19 6:30 p.m. - 8:00 p.m.  
Victor Free Library, 15 West Main Street

#### **Role Changes and Transitions**

Thursday, February 26 7:00 p.m. - 8:30 p.m.  
Penfield Public Library, 1985 Baird Road

#### **Managing Challenging Behaviors**

Thursday, March 5 6:30 p.m. - 8:00 p.m.  
Webster Public Library, 980 Ridge Road

#### **Managing Grief and Guilt**

Tuesday, March 17 6:30 p.m. - 8:00 p.m.  
Geneva Public Library, 244 Main Street

#### **Personal Care**

Thursday, March 19 6:30 p.m. - 8:00 p.m.  
Victor Free Library, 15 West Main Street

#### **Managing Challenging Behaviors**

Thursday, March 26 7:00 p.m. - 8:30 p.m.  
Penfield Public Library, 1985 Baird Road

---

Reservations are required for workshops.  
Please call the Alzheimer's Association at  
(800) 272-3900 to register.

---

## **GUARD YOUR CARD TO PREVENT MEDICARE FRAUD**

Protecting your personal information is the best line of defense in the fight against health care fraud and abuse. Medicare and Medicaid lose billions of dollars each year to scam artists. You can make a difference!

- Don't give your Medicare, Medicaid, or Social Security numbers to strangers
- Remember that Medicare does not call or visit to sell you anything
- Save your Medicare Summary Notices and Part D Explanation of Benefits

### **Detect potential errors, fraud, and abuse**

Even if you do everything right, there is a chance you could be a target of health care fraud.

- Keep a close eye on your medical records
- Review your Medicare Summary Notices and Part D Explanation of Benefits for mistakes
- Compare your Medicare Summary Notices and Part D Explanation of Benefits to your own list of appointments, procedures and prescription drug receipts to make sure they match

### **It could be fraud if you see any of these three things on your billing statement:**

- Charges for something you didn't receive
- Billing for the same thing twice
- Services your doctor did not order

### **Ask questions! Ask your provider whenever you:**

- Don't understand your bill
- Don't think you received a service listed
- Feel the service was unnecessary

If you suspect errors, fraud, or abuse, report it to the Centers for Medicare and Medicaid Services by calling (800) 633-4227.



# Thank You

The Wayne County Department of Aging and Youth would like to thank Gladys Bastian, Joanne Williams, Bruce Hudson, Donna Hudson, Linda Clark, Frank Clark, and Karen Hall for helping with the mailing of the Fall 2014 issue of the *Threescore*.

Our next get-together will be **Tuesday, March 24** 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.

## EMPOWER NY PROGRAM OFFERS NO-COST ENERGY EFFICIENCY SERVICES



Lower energy bills. More money in your pocket to spend on what matters most to you. A healthier, more comfortable home. Through the Empower New York program, operated by the New York State Energy Research and Development

Authority (NYSERDA), you can have all of these things—without having to spend a dime!

The EmPower New York program offers no-cost energy efficiency services to lower-income homeowners and renters. You may be eligible if you participate in a utility low-income payment program; have received a Home Energy Assistance Program (HEAP) grant within the last twelve months; are income-eligible for HEAP but have not yet applied; or currently receive public assistance, SNAP benefits (food stamps), or SSI.

EmPower services may include energy efficiency measures such as insulation, draft reduction, health and safety checks of carbon monoxide and smoke detectors, and upgraded appliances and lighting—at no cost to you. EmPower also offers on-site energy education to provide additional strategies for managing energy costs.

For more information, contact the Wayne County Department of Aging and Youth at 946-5624.



## HAVE QUESTIONS, SENIORS?

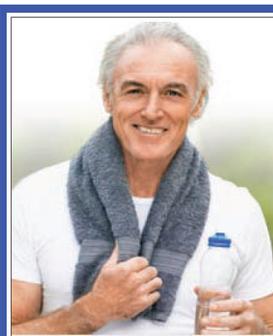
We will make scheduled appointments to meet with people who would like a free, confidential, friendly pre-screening and application assistance for Supplemental Nutrition Assistance Program (SNAP) benefits (formerly called food stamps).

To see if you may qualify or if you have questions, please call the Nutrition Outreach and Education Program (NOEP) of LAWNY, Inc. at (866) 781-5235 or (315) 781-1465.

Each year in New York State, over a million people just like **YOU** help make ends meet and

improve their health and nutrition by using SNAP benefits. If you are eligible, you are entitled to receive SNAP benefits and you will not be taking them away from anyone else.

Prepared by a project of Hunger Solutions New York, USDA/FNS, and NYSOTDA. This institution is an equal opportunity provider.



**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.

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

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

## 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, January 12 and March 9 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.



### **ATTENTION SENIOR CLUBS!**

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

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



### **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.

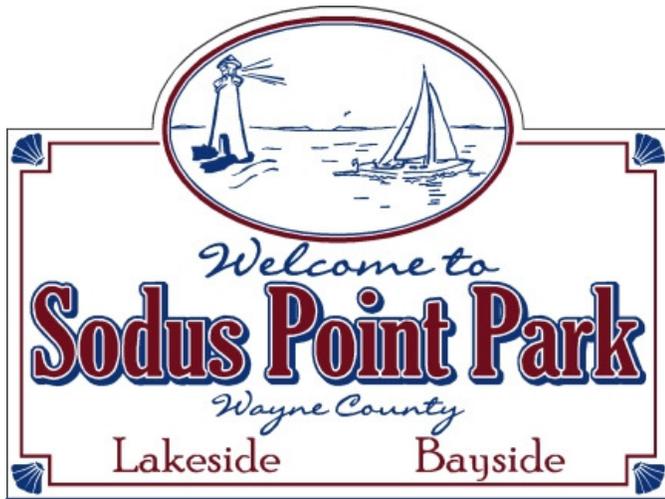
**Rochester area:** Monday through Friday. \$10 each way.

**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



## CERTIFIED LIFEGUARDS NEEDED FOR SODUS POINT PARK SWIM SEASON

Why do we bring up Sodus Point Park in frigid January? Good question! Planning for the opening of lifeguard-supervised swimming at Sodus Point Park this summer begins several months ahead of time. Staff recruiting is an important task that takes time to accomplish and we ask your assistance in finding Red Cross-certified lifeguards to work at Sodus Point Park.

The Wayne County Department of Aging and Youth is responsible for assuring that both the bayside and lakeside beaches are safe for the public to swim eight hours a day, seven days a week during the school summer vacation at the end of June to Labor Day. This requires the hiring of 16 to 20 certified lifeguards.

If you or someone you know is interested in working at Sodus Point Park as a lifeguard, now is the time to obtain the three required certifications: Lifeguarding and Community First Aid, CPR for the Professional Rescuer, and Waterfront Lifeguard. The American Red Cross schedules the classes and many schools in Wayne County provide this training for a fee. Keep an eye out in local newspapers and pennysavers for articles announcing the training.

If you have any questions concerning Sodus Point Park, please call the Department of Aging and Youth office at 946-5624 and ask for Sarah

Williams. Look for more information on Sodus Point Park in upcoming issues. Wayne County and the New York State Office of Children and Family Services fund supervised swimming at Sodus Point Park.

## 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 946-5624.



## LUNCH CLUB 60 MENUS

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

<u>JANUARY</u>	<u>FEBRUARY</u>	<u>MARCH</u>
1 <b>Closed: New Year's Day</b>	2 Ham with pineapple sauce, scalloped potatoes, cabbage and carrots, peaches	2 Swedish meatballs over noodles, chuckwagon style corn, cranberry applesauce
2 <b>Closed</b>	3 Turkey tetrazzini, winter squash, dinner roll, Waldorf salad	3 Herb baked chicken, sweet potatoes, broccoli, frosted cake
5 Chicken with mango salsa, brown rice, Brussels sprouts, Italian bread, peaches	4 Chili, tossed salad, apple juice, cornbread, fruited Jell-O	4 Turkey and cheese sandwich on rye, Mediterranean lentil soup, apple juice, blueberry pie
6 Macaroni and cheese, Tuscan blend vegetables, Mandarin oranges	5 Cuban chicken, yellow rice, coleslaw, Mandarin oranges	5 Beef stew, grape juice, cornbread, warm chunky applesauce
7 Chicken stew, tossed salad, mashed potatoes, strawberry shortcake	6 Baked fish parmesan, sour cream mashed potatoes, California mixed vegetables, Italian bread, banana	6 Creamed cod, baked potato, peas, orange wedges
8 Pot roast with gravy, boiled potatoes, carrots, orange wedges	9 Chicken with mango salsa, brown rice, Brussels sprouts, Italian bread, peaches	9 Ham with pineapple sauce, scalloped potatoes, cabbage and carrots, peaches
9 Fish tenders with cocktail sauce, seasoned potato wedges, coleslaw with pineapple, tropical fruit salad	10 Macaroni and cheese, Tuscan blend vegetables, Mandarin oranges	10 Turkey tetrazzini, winter squash, dinner roll, Waldorf salad
12 Pasta and meatballs, Scandinavian mixed vegetables, Italian bread, Clementine orange	11 Chicken stew, tossed salad, mashed potatoes, strawberry shortcake	11 Chili, tossed salad, apple juice, cornbread, fruited Jell-O
13 Hot turkey sandwich with gravy, cranberry sauce, winter squash, cranberry juice, cream pie	12 Pot roast with gravy, boiled potatoes, carrots, orange wedges	12 Cuban chicken, yellow rice, coleslaw, Mandarin oranges
14 Chicken cranberry wrap, minestrone soup, copper penny salad, winter citrus salad	13 Fish tenders with cocktail sauce, seasoned potato wedges, coleslaw with pineapple, cherry pie	13 Baked fish parmesan, sour cream mashed potatoes, California mixed vegetables, Italian bread, banana
15 Rosemary pork, sweet potatoes, peas, strawberry shortcake	16 <b>Closed: Presidents' Day</b>	16 Chicken with mango salsa, brown rice, Brussels sprouts, Italian bread, peaches
16 Breaded fish, homefries, coleslaw vinaigrette, peaches	17 Hot turkey sandwich with gravy, cranberry sauce, winter squash, cranberry juice, cream pie	17 Macaroni and cheese, Tuscan blend vegetables, Mandarin oranges, shamrock cookie
19 <b>Closed: Martin Luther King Day</b>	18 Tuna salad wrap, minestrone soup, copper penny salad, winter citrus salad	18 Chicken stew, mashed potatoes, tossed salad, strawberry shortcake
20 Beef strips with gravy over egg noodles, Brussels sprouts, pineapple	19 Rosemary pork, sweet potatoes, peas, strawberry shortcake	19 Pot roast with gravy, boiled potatoes, carrots, orange wedges
21 Chicken on bun with lettuce and tomato, homemade barley vegetable soup, citrus salad	20 Breaded fish, homefries, coleslaw vinaigrette, peaches	20 Fish tenders with cocktail sauce, seasoned potato wedges, coleslaw with pineapple, tropical fruit salad
22 Meatloaf with gravy, mashed potatoes, spinach, apple juice, raisin rice pudding	23 Three cheese ziti, orange and mixed green salad, dinner roll, applesauce	23 Pasta and meatballs, Scandinavian mixed vegetables, Italian bread, Clementine orange
23 Tuna rotini casserole, broccoli, pears, cookie	24 Beef strips with gravy over egg noodles, Brussels sprouts, pineapple	24 Hot turkey sandwich with gravy, cranberry sauce, winter squash, cranberry juice, cream pie
26 Swedish meatballs over noodles, chuckwagon style corn, cranberry applesauce	25 Chicken on bun with lettuce and tomato, homemade barley vegetable soup, citrus salad	25 Chicken cranberry wrap, minestrone soup, copper penny salad, winter citrus salad
27 Herb baked chicken, sweet potatoes, broccoli, frosted cake	26 Meatloaf with gravy, mashed potatoes, spinach, apple juice, raisin rice pudding	26 Rosemary pork, sweet potatoes, peas, strawberry shortcake
28 Turkey and cheese sandwich on rye, Mediterranean lentil soup, apple juice, blueberry pie	27 Tuna rotini casserole, broccoli, pears, cookie	27 Breaded fish, homefries, coleslaw vinaigrette, peaches
29 Beef stew, grape juice, cornbread, warm chunky applesauce		30 Three cheese ziti, orange and mixed green salad, roll, applesauce
30 Creamed cod, baked potato, peas, orange wedges		31 Beef strips with gravy over egg noodles, Brussels sprouts, 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.

---

**CLYDE** Brenda Smith, Manager  
St. John's Church Hall, West DeZeng Street  
Phone: 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: 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: 524-3034  
Open Monday - Friday, 9:30 a.m. - 1:30 p.m.  
Lunch at noon

---

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

---

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

---

**WOLCOTT** Melissa Martinez, Manager  
Faith United Methodist Church  
12223 Oswego Street  
Phone: 594-1644  
Open Monday - Friday, 9:30 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.

---

<b>CLYDE</b> 1/7, 2/4, 3/4	St. John's Church Hall <b>1st Wednesday</b> of the month 10:30 a.m. to noon
-------------------------------	---

---

<b>NEWARK</b> 1/21, 2/18, 3/18	Highrise Community Room <b>3rd Wednesday</b> of the month 10:00 a.m. to noon
--------------------------------------	--

---

<b>ONTARIO</b> 1/13, 2/10, 3/10	Senior Center/Brown Square <b>2nd Tuesday</b> of the month Begins at 10:30 a.m. (Provided by Ontario Parks and Recreation)
---------------------------------------	---

---

<b>PALMYRA</b> 2/9	Palmyra Park and Club Rooms 10:30 a.m. to noon
-----------------------	---

---

<b>SODUS</b> 2/20	Church of the Epiphany Parish Hall 10:00 a.m. to 11:30 a.m.
----------------------	---

---

<b>WOLCOTT</b> 2/26	Faith United Methodist Church 11:00 a.m. to noon
------------------------	---



## IMMUNE SYSTEM FUNCTIONAL FOODS

There are many parts to our immune system, making it unlikely that any one food can improve its function. There is a difference between maintaining a healthy immune system and increasing the immune system's function.

The immune system protects our body from infectious agents and toxins that are in the environment. The immune system is constantly active. Tonsils and the thymus manufacture antibodies that destroy bacteria and viruses. Lymph nodes filter fluids traveling between body tissues and the blood stream, trapping bacteria, viruses, and other foreign material. The bone marrow produces white blood cells that attack and destroy bacteria, viruses, and foreign material ([www.webmd.com/a-to-z-guides/components-of-the-immune-system](http://www.webmd.com/a-to-z-guides/components-of-the-immune-system)). The intestinal tract contains millions of micro-organisms which kill organisms introduced with food [www.ncbi.nlm.nih.gov/books/NBK27169](http://www.ncbi.nlm.nih.gov/books/NBK27169)).

Factors that can negatively affect immune system function include genetics, gender, smoking tobacco, lack of physical activity, excess alcohol consumption, diet, stress, history of infections, and not keeping vaccinations current. When the immune system's response is below normal, people are more susceptible to infections and disease ([www.ncbi.nlm.nih.gov/pubmed/12495459](http://www.ncbi.nlm.nih.gov/pubmed/12495459)). Because the immune system is very complex, currently we do not know how to enhance immune function above its normal level

([www.health.harvard.edu/flu-resource-center/how-to-boost-your-immune-system.html](http://www.health.harvard.edu/flu-resource-center/how-to-boost-your-immune-system.html)).

Among the elderly, micro-nutrient malnutrition is fairly common due to not eating a wide variety of foods. Several micro-organism deficiencies alter the immune system. Vitamin A helps to maintain the lining of the intestinal tract and certain types of T cells, which are a kind of white blood cell. Vitamin A supplements will help only if a person is vitamin A deficient.

Low Vitamin B<sub>6</sub> has been shown to result in a decreased immune response by lymphocytes, a type of white blood cell. Vitamin D is produced by the skin when it is exposed to the sun. When skin is exposed to the sun, there is an antimicrobial response by the bacteria responsible for tuberculosis. People with adequate vitamin E intake have improved response to hepatitis B and tetanus vaccinations. Zinc deficiency negatively affects the T cells and immune cells function ([www.health.harvard.edu/flu-resource-center/how-to-boost-your-immune-system.html](http://www.health.harvard.edu/flu-resource-center/how-to-boost-your-immune-system.html)).

Healthy habits that can help to keep your immune system strong include not smoking, eating four to five cups of fruits and vegetables a day, regular exercise, maintaining a healthy weight, keeping blood pressure under control, drinking alcohol in moderation, sleeping at least six to eight hours a night, washing hands frequently, and getting regular health exams.

## Nutrient Sources

Vitamin A	Vitamin B6	Vitamin D	Vitamin E	Zinc
Sweet potato	Beef (lean)	Fortified cereal	Sunflower seed	Beef
Butternut squash	Tuna	Fortified milk	Avocado	Pork
Cantaloupe	Turkey	Portabella mushrooms	Trout	Cashew
Carrots	Dried prunes	Salmon	Shellfish	Cooked dried beans
Romaine lettuce	Pork Lean	Trout	Broccoli	Spinach

# Food for Thought

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

The decision to close a Lunch Club 60 center is made by 9:00 a.m., so if the weather is bad, we urge that you do not head out to the center you attend until you know for sure that it is open.

## All closings will be reported on:

**TV:** WHAM-TV (Channel 13), Fox Rochester (Channel 7), CW Rochester (Channel 16), Time Warner Cable News (Channel 14)

**Radio: AM:** WHAM 1180, Sports 1280 WHTK.  
**FM:** 100.5 The Drive, Kiss 106.7, 102.3 Sunny, 95.1 The Brew, Oldies 107.3, WBEE 92.5, "The Buzz" WBZA 98.9, WCMF 96.5, & WPMY 97.9.

**Internet:** 13WHAM.com

Please keep in mind that during weather emergencies when there are many closings at once, the stations give priority to schools and daycare centers when reporting closings. This is beyond our control. If you are a regular participant and have signed up for a meal, the manager of your center will also do her best to contact you by phone.

## News from the Lunch Club 60 centers:

All six Lunch Club 60 centers, in collaboration with WCAP's RSVP program, held a food drive on the National Day of Service and Remembrance, September 11. Fifty bags of food were collected and donated to eleven different food pantries throughout Wayne County.

**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 winter. The Ontario center is open Monday through Friday from 9:30 a.m. to 1:30 p.m.

**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. There is a Bone Builders group on Mondays and Wednesdays and BINGO every Tuesday. Cana-

dian 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 winter. The Clyde center is open Monday through Friday from 10:00 a.m. to 1:30 p.m. Transportation is available on Tuesdays.

**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 winter. The Sodus center is open Monday through Friday from 9:00 a.m. to 1:00 p.m. Transportation is available on Fridays.

**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, and bowling is very popular. Her center has at least two educational and musical events every month and birthdays are always a reason for a celebration. The Wolcott center is open Monday through Friday from 9:30 a.m. to 1:00 p.m. Transportation is available on Thursdays.

**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. She also has various fun and educational programs scheduled throughout the winter. The Palmyra center is open Monday through Friday from 9:00 a.m. to 1:00 p.m. Transportation is available on Mondays.

**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. Mondays and Tuesdays feature sewing activities. She also has BINGO, card games, and various other fun activities planned throughout the winter. The Newark center is open Monday through Friday from 10:00 a.m. to 1:00 p.m.

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 centers. 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

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

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

**ADDRESS SERVICE REQUESTED**

PRESRTSTD  
US POSTAGE  
**PAID**  
LYONS, NY  
PERMIT #9



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

**Volume 40, Issue 1**