

# THE FRIENDLY CARRIER

ORLEANS COUNTY OFFICE FOR THE AGING

**JUNE 2025**

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## IMPORTANT DATES

**Wednesday, June 4 & 18**

Caregiver Connections, 10 am - 2 pm  
16 E. Academy St, Albion

**Tuesday, June 10**

CELJ Mobile Unit Event, 1-3pm

**Wednesday, June 11**

Resource Outreach Event, 10am - 2pm

**Tuesday, June 17**

OFA Staff Development Day

**Friday, June 27**

Lakeside Picnic

Nutri-Fair Sites closed today

HAPPY  
FATHER'S  
DAY

**Summer Office Hours:**  
**8:00 am to 4:00 pm**

## Center for Elder Law and Justice Mobile Unit

**Will be here on Tuesday, June 10th from 1 to 3 pm**

**14016 Route 31 W, Albion in Conference Room C**

*They will provide short 1:1 sessions for brief legal counseling, if they can not meet the need during this time they will work with OFA on doing a referral for more extensive Legal Assistance.*



**YOU MUST RSVP for a SPECIFIC TIME SLOT by June 6th**  
**call OFA to reserve your spot, 585-589-3191**

## Nutri-Fair Senior Picnic

**Friday, June 27 - 10 am to 2 pm**

**At Lakeside Beach State Park (Route 18, Waterport)**

**Suggested contribution is \$3.50 for age 60 & over**  
**and \$9.50 for age under 60 w/senior** **Reservations are Required**



**Tickets available at any**  
**Nutri-Fair Center, 589-5424, option 5**  
**or Office for the Aging 589-3191**



## Small Steps - Big Rewards

The Aging Mastery Program (AMP) aims to help millions of baby boomers and older adults take key steps to improve their well being, add stability to their lives, and strengthen their ties to communities.

### AMP up your life! **Classes include:**

Navigating Longer Lives

Medication Management

Falls Prevention

Exercise and You

Community Engagement

Financial Fitness

Advance Planning

Healthy Eating & Hydration

Sleep

Healthy Relationships

Office for the Aging will be offering a **free** innovative 10 week health and wellness program to men and women 55 years and over

At: Lee Whedon Library, 620 West Ave in Medina

Classes will start in June and take place on Mondays at 11:00 am

For more information or to sign up

**Please call Becky Karls at 589-3216**



14016 ROUTE 31W | ALBION, NY 14411

P: 585.589.3191 | F: 585.589.3193 | WWW.ORLEANSCOUNTYNY.GOV



# OFFICE FOR THE AGING INFORMATION

## DIRECTOR'S DESK

Each month throughout the year, there are multiple recognitions or awareness topics that are associated with that month. The month of May is Mental Health Awareness. I would like to recognize the importance of taking care of our Mental Health. Regardless of age, background, or experience, prioritizing mental health strengthens individuals, families, and communities.

**As we age, we may experience life changes that impact our mental health.**

- Life changes in older adults can impact mental health, but help is always available.
- Mental health conditions in older adults may present differently, such as through changes in interests or energy levels.
- Open conversations about mental health can encourage older adults to seek support.
- Mental health care can enhance quality of life, independence, and social connections.
- Spending time with older adults fosters meaningful connections and well-being.

Please contact our office for local mental health options in our community. Take care of you!

June is Alzheimer's and Brain Awareness Month. It aims to raise awareness and encourage people to donate time or money to research and support. Alzheimer's disease is a progressive brain disorder that typically starts with mild memory loss, confusion, and difficulty with problem-solving. As it progresses, it can lead to more severe symptoms, such as the inability to communicate, recognize loved ones, and carry out basic tasks. Alzheimer's Awareness Month aims to raise public awareness about Alzheimer's disease and its

Continued on page 4

## OFFICE STAFF

**Melissa Blanar**

*Director*

**Meghan Bevins**

*Assistant Director*

**Becky Karls**

**Samantha Koons**

**Michele Sargent**

*Aging Services Specialists*

**Leanne Donovan**

**Mandy McCauley**

*Caseworkers*

**Kathleen Bates**

*Account Clerk*

**Eileen Ryan**

*Clerk*

**Lisa Boyle**

**Ada Nicosia**

*Housekeeper Aide*

**Della Fisher**

*Personal Care Aide*

## Food Pantries and Hot Meals

### Albion

Community Action 589-5605

Must pick up

Orleans Koinonia Kitchen at  
Harvest Christian Fellowship

560 East Ave

Dinner on Thursdays, 4 pm—5:30 pm

### Holley

Eastern Orleans Community Center

638-6395, M-F 9-3:30

Hot lunch Mon-Fri, served at 11:30

### Kendall

Kendall Methodist Church

659-3300

Emergency food boxes for pick up

### Medina

Medina Calvary Cupboard 798-3738

Tues & Thur 9am-12pm

St. Peter's Church 798-0953

1355 West Ave, Tues & Thur 10-12

### Lyndonville/Yates

Lyndonville/Yates 765-2838

**Please call us if you are away from your home for more than 5 days.**

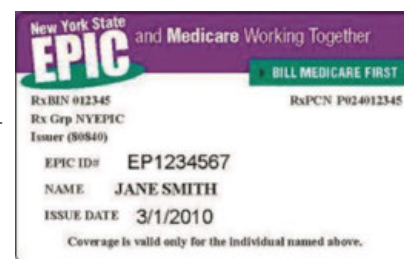
**If you have any questions call SAMANTHA KOONS AT 589-2863**

**PLEASE REMEMBER TO TEST YOUR LIFELINE UNIT EVERY MONTH!!**

## MEDICARE / INSURANCE INFORMATION

### What is EPIC?

EPIC (Elderly Pharmaceutical Insurance Coverage) is the New York State Pharmaceutical Assistance Program (SPAP) that helps older adults with Medicare pay for prescription drug costs. EPIC is available to New York State residents who:



- ◆ Are 65 years or older
- ◆ Have annual incomes below \$75,000 if single or \$100,000 if married
- ◆ Do not receive full Medicaid benefits
- ◆ And, are enrolled, or eligible to be enrolled, in a Medicare Part D drug plan or Medicare Advantage Plan that provides drug coverage

Your EPIC benefits are determined by whether you are eligible for the Fee plan or Deductible plan:

Remember, EPIC works with your Part D plan to help you pay for your prescription drugs. You must have a Part D plan to have EPIC. EPIC will act as secondary (supplementary) coverage for EPIC- and Part D-covered drugs, after your Part D and/or EPIC deductible is met. Your Part D plan must pay first on your drugs, and EPIC will pay second. EPIC may also cover medications that Medicare Part D doesn't cover (excluded drugs), such as prescription vitamins and minerals.

If you have EPIC, you have a once-per-year Special Enrollment Period (SEP) to switch your Part D or Medicare Advantage coverage. If you have additional questions about EPIC, contact Office for the Aging at 585-589-3191

#### Please Call for Appointments - 589-3191

We know many folks like to just drop by the office when they have a question or concern. With summer here and staff taking vacations, some days we are working with limited staff on hand. We ask that you call ahead for an appointment rather than just stopping in.

It allows us to estimate the time necessary for the particular reason for your visit. That way we can give you the fullest attention to the matter and not be rushed by the clock to be able to serve you better.

*Thank You*

#### Just a Reminder:

Our office doesn't receive the Farmer Market Coupons until late June or the beginning of July.

There will be more information in the July Newsletter or you can call the office **after** June 25th

### POP-UP PANTRY (Nourish NY) - Dates & Locations

#### Lyndonville Presbyterian Church - 107 North Main Street on June 6 & 20 - 8:00 am

This will be a drive thru event.

#### Albion - Municipal Parking Lot at 165 S Platt St on June 16 - 9:00 am - until gone (across from the back entrance to Dunkin Donuts)

Due to traffic issues, please do NOT line up prior to 7:30am!!

This is a drive thru event, stay in your vehicle, keep your windows closed & trunk open. Family information is required!  
In order to keep the distribution coming to our community we have to report on those served.

Any questions, call 589-5605 ext. 117

#### Trolley Building at Orleans County 4H Fairgrounds on June 9 - 10:00 am to 12:30 pm

Registration is strongly suggested. Pre-register at 585-798-4265, push "5" for Nutrition (**new extension**)

Those who pre-register will be assigned timeslots for pickup - **10-10:30, 10:30-11, 11-11:30, 11:30-12**

**Electronic sign in will now be required for check in.** Walk in's may start at 12pm and will end when food is gone

Those who have a timeslot for a previous PUP will stay on the list until two consecutive no-shows.

**Please bring your own bags. Wagons and coolers on wheels work well so you don't have to carry items.**

**All procedures are subject to change to make adjustments for smoother distribution and safety.**

## DIRECTOR'S DESK, CONTINUED FROM PAGE 2

impact on individuals, families, and communities. The month is an opportunity to educate people about the signs and symptoms of the disease, the risk factors, and the importance of early detection and diagnosis.

Alzheimer's Awareness Month also promotes research into the disease's causes, treatments, and potential cures. The month provides an opportunity to raise funds for research and support services for those living with Alzheimer's and their families. Alzheimer's Awareness Month also seeks to reduce the stigma and discrimination surrounding Alzheimer's disease. By raising awareness and understanding, people may be more compassionate and supportive of those affected by Alzheimer's and other forms of dementia.

Office for the Aging collaborates on a monthly basis. We have resources available and monthly programs provided by the Alzheimer's Association. We have a small grant through the Alzheimer Association that allows us to provide some safety devices to individuals living with any form of dementia or Alzheimer's. There is a limited supplies. We have two staff members, Sam and Leanne, that are trained by the Alzheimer's Association to provide information.

Please do not hesitate to contact our office at 585-589-3191.

*Enjoy your summer!*

## RESOURCE OUTREACH EVENT - WED, JUNE 11 - 10am to 2pm

Come join us and meet with the following agencies one on one and determine eligibility for any programs that may be available. Programs could include help with utility bills, weatherization and home repairs.

- Office for the Aging
- National Grid
- NYSEG
- Rural Development
- Department of Public Services
- New York State Energy Research and Development Authority (NYSERDA)



**This will be an Open House Format and we are asking that you RSVP to Becky Karls at 589-3216  
Orleans County Office Building, 14016 Route 31 West, Albion - Conference Room C**

*Light refreshments will be available*

## HEAP CORNER

### The HEAP Air Conditioning program is now open

If you are eligible, you may receive one Cooling Assistance benefit per applicant household for the installation of an air conditioner or a fan to help your home stay cool.

*\*It will be your responsibility to maintain the air conditioner. This includes the responsibility to remove, cover, store, and/or reinstall the unit or the installation sleeve after vendor installation.*



#### Eligibility -

- ♦ Applicant households that received a Regular HEAP benefit greater than \$21 during the current program year through the application or SNAP Autopay process **OR** received a benefit equal to \$21 and reside in government subsidized housing with heat included in their shelter costs.
- ♦ The applicant household **must not have** a working air conditioner newer than five years old **or** an operational central air system.
- ♦ The applicant household must not have received a HEAP funded air conditioner within the past five years. The five-year time frame will be determined by calculating 60 months from the date of installation.

**The following HEAP components are now closed:**

**Regular and Emergency HEAP, The HEAP Clean and Tune program and  
The Heating Equipment Repair & Replacement (HERR)**

**Please call Becky Karls at 589-3216 for eligibility criteria, information or assistance.**

F M I C H I G A N U H A W A I I Y A N P  
 L K O R N L C O L O R A D O A K I E O E  
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**Word List:**

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 MISSISSIPPI



## CAREGIVER CORNER

### *Caregiver Connections*

A Community Respite Program for Caregivers caring for loved ones with Alzheimer's or Dementia

Join us for supervised activities for your loved one -  
such as exercise, crafts, games and a nutritional lunch - all at **NO CHARGE!!**

**Meets the 1st and 3rd Wednesday of each month and  
the 5th Wednesday in July, October and December**

**10 am - 2 pm at 16 E. Academy Street, Albion**

***Please Pre-register by the Monday of the date attending***

To Pre-Register, have questions or interested in volunteering  
call Samantha at 589-2863 or Office for the Aging at 589-3191

### **Caregiver's Revitalize weekly respite program**

Caregiver's Revitalize is here to offer you a 3 hour window relief of your caregiving duties  
in which you can book appointments, run errands or take some time for yourself.

All while we offer compassionate supervision with fun activities for your care recipient. FREE for county residents.

1st & 3rd Thursday of the month, 1 - 4 pm

Christ Church Episcopal - 26 S. Main Street, Albion (Please use the Park St. entrance only)

### **Coffee & Conversation Respite Program is every Thursday 1 - 4 pm**

Clarendon Historical Society - 16426 Fourth Section Road (Rt 31A)

For more information or questions  
Call: 585-209-9151 or 585-703-0564  
Email: [Caregiversrevitalize@gmail.com](mailto:Caregiversrevitalize@gmail.com)

Brought to you by the United Way  
of Orleans County through a grant from  
the Exhale Family Caregiver Support Initiative



## **EDUCATION PROGRAM**

### **The Empowered Caregiver Series: Supporting Independence**

**Monday, June 16 at 2:30 pm**

**Conference Room C in the Orleans County Office Building, 14016 Route 31W, Albion**

A person living with dementia often wants to stay independent for as long as possible. Caregivers can learn how to  
balance safety and manage expectations to support independence at every stage of the disease

**Topics covered in the program include:** How dementia affects independence, Four steps to help with  
daily activities, Tips to make activities meaningful, Provide the right amount of support.

**Registration required!**

**To register please call 800-272-3900 or visit [bit.ly/AlzAlbionJune16](http://bit.ly/AlzAlbionJune16)**

### Food for Thought

June is recognized as Alzheimer's and Brain Awareness month. Alzheimer's disease is the most common form of dementia, a brain disorder that affects a person's memory and thinking skills. Over time, things like walking, speaking, or eating become increasingly difficult. While there is not yet a cure for Alzheimer's disease, eating a nutritious diet is a great way to keep our brains healthy and strong. Incorporating more of the foods listed below into your diet may help to reduce the risk of Alzheimer's disease, decrease the rate of cognitive decline, and reduce high blood pressure.

**Berries** - Red, blue, and purple berries, especially raspberries, strawberries, blueberries, cranberries, and acai berries, have antioxidant and anti-inflammatory properties that may help protect our brain cells from aging too rapidly.

**Leafy green vegetables** - Spinach, lettuce, kale, collards, and broccoli contain loads of nutrients, such as vitamins B, K & E and antioxidants, that help protect our brains.

**Beans** - Full of nutrients like folate, iron, magnesium, and antioxidants, beans are an excellent addition to our diets that may improve memory and protect against cognitive decline.

**Whole Grains** - These are complex carbohydrates rich in fiber, iron, B vitamins, and magnesium that help to maintain focus and concentration throughout the day. They also may lower the risk of cognitive decline.

**Fish** - Rich in Omega-3 fatty acids! Fatty fish, such as tuna, salmon, sardines, and mackerel help to build and maintain our brain cell membranes and assist in proper brain functioning.

**Nuts and Seeds** - These foods are also a great source of Omega-3 fatty acids, as well as vitamin E and antioxidants. Walnuts, Brazil nuts, chia seeds, and flax seeds are great choices to incorporate into our diets. Omega-3 fatty acids are essential for brain function, reducing inflammation, and improving cognitive performance.



NY Connects is a trusted place where you can get the information and assistance you need to make informed decisions for the care you need. Long Term Care can include many services that will help people of all ages remain independent in their daily lives. Finding those services can be confusing.

A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Orleans NY Connects, at 585-589-3191, to discuss needed services.



### ADVISORY COUNCIL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2)</b> Hamburger Rice Tossed Salad w/ dressing Hamburger Roll Mandarin Oranges	<b>3)</b> Chicken Breast sandwich w/ lettuce and tomato Bun Scalloped Potatoes Mixed Veg Fruit Cocktail Vitamin C Juice	<b>4)</b> <b>COLD PLATE</b> Seafood Salad White Bread Pasta Salad Mandarin Oranges	<b>5)</b> Fish Rice Pilaf Green Beans Wheat Bread Vitamin C Juice Pudding	<b>6)</b> Lasagna Italian Bread Tossed Salad w/ dressing Warm Cinnamon Ap- ples
<b>9)</b> Italian Sausage w/ peppers & onions Hot Dog Bun Baked Beans Tossed Salad w/ dressing Cookies	<b>10)</b> <b>COLD PLATE</b> Ham & Cheese on Multigrain Bread Potato Salad Assorted Fruit Vitamin C Juice	<b>11)</b> Spaghetti and Meatballs Tossed Salad w/ dressing Italian Bread Peaches	<b>12)</b> BBQ Ribs Lyonnais Potatoes Chuckwagon corn Whole Wheat Bread Gelatin w/ Topping Vitamin C Juice	<b>13)</b> Turkey w/ Gravy Mashed potatoes Scandinavian Blend Whole Wheat Bread Hawaiian Salad Vitamin C Juice
<b>16)</b> Stuffed Pepper Tossed Salad w/ dressing Mashed Squash Multigrain Bread Ambrosia	<b>17)</b> Chicken Breast w/ Gravy Mashed Potatoes Peas & Carrots Italian Bread Fruit Pie Vitamin C Juice	<b>18)</b> <b>COLD PLATE</b> Turkey on Wheat Bread Cucumber Salad Temptation Dessert Vitamin C Juice	<b>19)</b> Beef Pot Pie Dinner Roll Normandy Blend Banana Pudding w/ whipped topping	<b>20)</b> Fish w/ Tartar sauce Hamburger Bun Cole Slaw Peas & Carrots Rice Pudding
<b>23)</b> Chicken Pasta Alfredo California Blend Italian Bread Nutri-Grain Bar	<b>24)</b> Hot dog w/ Bun White Potatoes Tossed Salad w/ dressing Ice Cream Cup Vitamin C Juice	<b>25)</b> Pork Chops w/ Gravy Mashed Potatoes Tossed Salad w/ dressing Wheat Bread Brownie	<b>26)</b> <b>COLD PLATE</b> Salami on Multigrain Bread Pasta Salad Cookies	<b>27)</b> <b>LAKESIDE PICNIC</b> Hamburger, Hot Dog or Sausage w/ Bun Macaroni Salad Baked Beans Fruit Salad Vitamin C Juice
<b>30)</b> Turkey Rice Casserole w/ Gravy Peas & Carrots Multigrain Bread Mousse Vitamin C Juice		<b>If you need to cancel your meal or you will NOT be home to receive your meal, please call 24 hours in advance: 589-5424 option 5</b>	<b>NOTE:</b> <b>2% or skim milk is served with all lunches</b> <b>Menu follows a no salt added and low sugar diet</b>	<b>If you have a food allergy, Please notify our office</b> 

### Meals on Wheels - 589-5424, option 5

All menus subject to change with availability of food.

MOW may not receive this exact menu.

A call to cancel your reservation would be appreciated.

\$3.50 suggested contribution

Thank you!

### Nutri-Fair Centers

**Albion** - Albion Academy, 16 East Academy St. (open Mon-Fri)

South Entrance, Doors open at 10am, Lunch is at Noon

**Kendall** - Kendall Town Hall, Route 237 (open Wed & Fri)

Doors open at 10am, Lunch is at Noon

**For Nutri-Fair Reservations, Call 589-7817, option 5**



## JUNE NUTRI-FAIR HIGHLIGHTS

Becky Karls, OFA

### "ABC's of Vitamins"

June 19

Albion Nutri-Fair Site  
16 East Academy St

June 25

Kendall Nutri-Fair Site  
Kendall Town Hall, RT 237

(Program begins around  
12:30 after lunch is served)



Michele Sargent, OFA

Exercise Wednesday at the  
Medina Senior Center  
615 West Ave  
@ 10:00 A.M.

**(The 1st Wed of the month -  
class starts at 11:00 A.M.)**

Membership to  
WNY Senior Center in Medina  
is REQUIRED

For information call  
Kelly Shaw @ 798-4544

Michele Sargent, OFA

Exercise Thursday  
Albion Nutri-Fair Site  
16 East Academy St.  
@ 10:30 A.M.

Please call  
Office for the Aging  
@ 589-3191  
or you are welcome to  
walk in and attend a class  
at the Nutri-fair site.

## THANK YOU TO THE FOLLOWING FOR YOUR GENEROUS DONATIONS

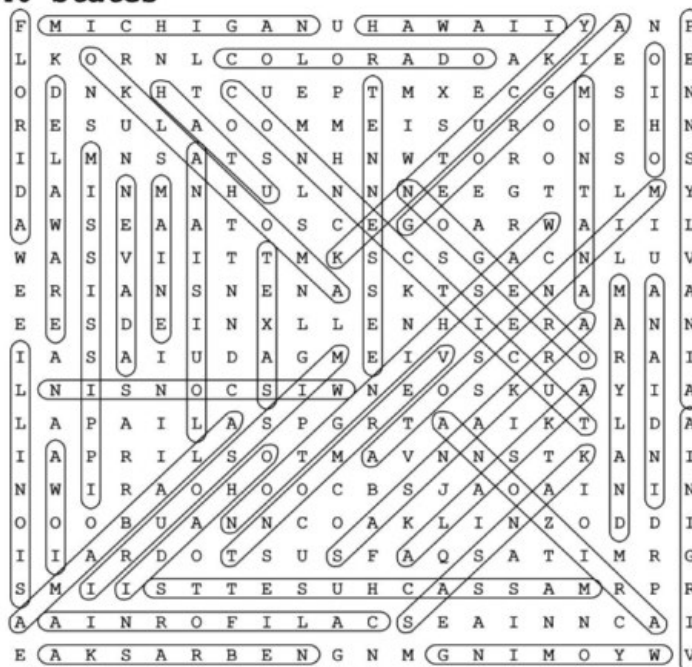
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*In Memory of Judith Goodrich -  
Tom & Deb Arlington and Beverly Franz*

*In Memory of Joe Grabowski -  
Janice Grabowski*

*In Memory of Donald Gaines Sr & Donald Gaines Jr -  
Constance Gaines*

### 40 States



## WE NEED YOUR SUPPORT

Our needs are always greater than the resources that are available,  
the Orleans County Office for the Aging encourages financial contributions.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

(May we publish your name in our newsletter? Yes No )

Address: \_\_\_\_\_

Street or PO Box

City

State

Zip

I designate my contribution of \$ \_\_\_\_\_ for:

\_\_\_ Use where most needed \_\_\_ Insurance Counseling

\_\_\_ Information & Referral \_\_\_ Legal Services

\_\_\_ Nutrition Program—Home Delivered & Congregate Meals

\_\_\_ In Memory of: \_\_\_\_\_

\_\_\_ In Home Services

\_\_\_ Transportation

\_\_\_ Friendly Carrier (newsletter)

\_\_\_ Caregiver Services

\_\_\_ Respite Program

\_\_\_ In Honor of: \_\_\_\_\_

Clip and send this section with your donation to: Orleans County Office for the Aging, 14016 Route 31 West, Albion NY 14411

**All donations are greatly appreciated and are tax deductible to the extent of the law.**

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[thewillowsadulthome.com](http://thewillowsadulthome.com)



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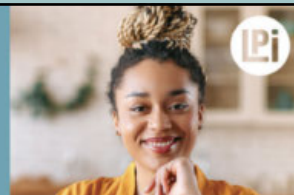
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BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

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- Work-life balance
- Full-Time with benefits
- Serve your community



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www.4lpi.com/careers

**LOCAL HELP WITH YOUR INSURANCE QUESTIONS.**

## Medicare Advantage Options → Made Simple

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- ★ Are you turning 65 Soon?
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