



Niagara County Office for the Aging
 111 Main Street, Suite 101
 Lockport, NY 14094
 438-4020
www.niagaracounty.com/aging

Office for the Aging News

OFFICE FOR THE AGING



Who to call at the Office for the Aging

Do you ever wonder who to ask for when you call the Niagara County Office for the Aging? You can always call our main number, **438-4020**, and ask who can best answer your question, or you can call the same number and ask for one of the people below. Also you can go to our web site at www.niagaracounty.com/aging.

Acting Director, Dave Watroba 438-4021

Information and Assistance Program,

Susan Christian 438-4023

Health Insurance Counseling (HIICAP),

Susan Christian 438-4023

Expanded In-home Service to the Elderly Program (EISEP),

Tim Sexton 438-4013 or 278-8612

Legal Services,

Gary Billingsley

Home Delivered Meals,

Thomas Chapman 438-4031

Congregate Meal Program, Nutrition Education and Counseling,

Glenda Reardon, RD, CDN 438-4030

Home Energy Assistance Program (HEAP)

Lee Puzan 438-4036

Weatherization, Referral and Packaging (WRAP),

Lee Puzan 438-4036

Caregiver Program,

Nancy Smegelsky 438-4033

Newsletter Editor,

Nancy Smegelsky

Medical Van,

Jennifer Schumacher 438-4038

NY Connects,

438-3030

Message from the Interim Director

Since taking this position on July 1, I have now had the privilege of visiting most of our meal sites. Visiting our sites has become the "high point" of my work week. It is at the sites that I can truly enjoy and relish in the end result of the hard work put forth by our Dietetic, Kitchen, Transportation and Site Coordination staff. It is indeed satisfying to be a part of the togetherness that these fine meals create. They say that food always brings people together, but that is only the half of it. It is the warmth, friendship and love that are present in all of our sites that make the work at the Office of the Aging so gratifying. It has been a pleasure meeting you! Although my tenure as Interim Director may be brief, it is the realization that by preparing these daily meals, we have made so many lives brighter and happier that I will always cherish. I truly thank each and every one of you for that gift.

In the months to come, we will continue to critique our menu and programs. We strive to make your food and information experiences, either at the sites or at home to always be interesting and fresh.

Very recently, we reviewed our current contribution levels for our medical transportation program. As with our meal program, it had been quite some time since the last increase. Fuel and

maintenance costs for our vehicles has steadily increased over the last several years, beyond our ability to absorb. We have raised our suggested contribution levels for this service to \$7.00 - within city limits, \$10.00 - outside the city but within Niagara County, and \$20.00 - outside of Niagara County. Again, thank you for your understanding and generosity.

As a closing note, I would again like to thank all of our meal participants who have contributed and will continue to contribute generously to our program. The dollars you provide, greatly assist in maintaining the quality of the program that we are committed to deliver.

Thank you all for your participation and support!

Best wishes,

Dave

Frame Games

1.

LOSS	Word Word Word Word
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2.

TOWTHROWEL

3.

KCDRACULA

Answers see page 6



Caregiver Corner

“Providing Comfort to Bereaved”
By Erin Lang

From the Aging Arkansas

Grief causes a vast range of emotions. Losing someone you love is never easy and it can turn your life upside-down. You may be sad, worried or scared. You might be shocked, unprepared or confused. You may even feel angry, cheated, relieved, guilty, exhausted or just empty. Your emotions might be stronger than usual or mixed together in ways you've never experienced before.

It can be hard for friends to know how to act or what to say during this difficult time. No one can erase the pain, but it can be eased by even the simplest of gestures.

If you have a loved one who is grieving, show you care by offering a shoulder to cry on and unlimited support. Offering advice or suggestions is not needed. Try to become comfortable with quietly being there if they need you. Sometimes, just having a friend in the house is a great comfort.

There is no right way to grieve or mourn. Be very careful not to impose your ideas, beliefs or expectations on someone else, no matter how much you think it might help. Here are some suggestions to support a grieving person.

- Acknowledge all feelings. Their grief reactions are natural and necessary. Do not pass judgment on how well they are or are not coping.
- Understand and accept perspectives about illness and death that may be different from your own. Support their decisions even if it's not what you would do.
- Acknowledge that life won't "feel the same" and the person may not be able to "get back to normal." Help them

renew interest in past activities and hobbies when they are ready. Offer suggestions but be accepting if your offer is declined.

- Be willing to provide support for a long time. They will need your support in the weeks and months to come after everyone else has come and gone.
- Be specific in your offer of help. For example "I'll bring dinner on Thursday ...how many people will be there?"
- Check on your friend or loved one as time passes. Periodic check-ins are helpful through out the first two years. Stay in touch by writing a note, calling, or stopping by to visit.
- Be sensitive to holidays and special days. For someone grieving a death, certain days may be more difficult and can magnify the sense of loss. Anniversaries and birthdays can be especially hard. Some people find it helpful to be with family or friends, while others wish to avoid traditions and try something different. Extend an invitation to someone who might otherwise spend time alone. Be understanding if they don't accept your offer.

Short and Funny

- Aspire to inspire before you expire.
- My wife and I had words, but I didn't get to use mine.
- Frustration is trying to find your glasses without your glasses.
- I was always taught to respect my elders, but it keeps getting harder to find one!



Nutrition Program Emergency Closing Announcements

If we are unable to deliver meals due to road conditions, the emergency closing will be listed on these radio stations: WJYE (96.1) FM, WLVL (1340) AM, WBEN (930) AM, and WJJL (1440).

Remember to keep several emergency meals on hand in case the weather prohibits the delivery of the meals from the Office for the Aging.

As we get snow and ice please remember to keep your sidewalks and stairs shoveled for the volunteers who are delivering the meals. Also if you are unable to be at home when your meal is supposed to be delivered call 438-4031 and cancel the meal if you will not be home, as the drivers are unable to leave the meals at your home.



Flu IQ

Test your flu IQ.

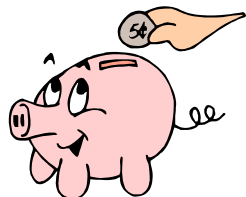
1. A flu vaccine can't give you the flu. Answer: True. The flu vaccine cannot cause flu illness. The viruses are either killed (flu shot) or weakened (nasal spray vaccine), which means they can not cause infection.
2. The "stomach flu" and influenza are the same thing, Answer: False. The flu is a respiratory (lung) disease, not a stomach or intestinal disease. The main symptoms of the flu are fever (usually high), headache, extreme tiredness, dry cough, sore throat and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

3. Getting a flu vaccine in December or later is not too late. Answer: CDC recommends that people get vaccinated as soon as vaccine becomes available and those vaccinations continue into December, January and beyond. Influenza activity usually peaks in February most years, but disease can occur as late as May.
4. Flu viruses change constantly which requires a new flu vaccine to be produced each year. Answer: True. The viruses in the vaccine change each year based on worldwide monitoring of influenza viruses.
5. Washing your hands is the best thing you can do to protect against the flu. Answer: False. CDC recommends a flu vaccine as the first and most important step in protecting against the flu. However, preventative actions like covering your cough and washing your hands often are important everyday steps that can help stop the spread of germs.
6. The flu vaccine protects against three strains of flu. Answer: True. While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season.
7. The flu is typically spreads through coughs and/or sneezes. Answer: False. Flu virus is mainly spread through droplets from coughs and sneezes.
8. The flu is not a serious illness. Answer: False. Flu is a serious contagious disease. Each year in the United States, on average, more than

200,000 people are hospitalized from flu complications and 36,000 people die from the flu.

9. The flu vaccine is available as a shot or nasal spray. Answer: True. Flu vaccine is also available as a nasal spray. The nasal spray flu vaccine is an option for healthy people 2-49 years of age who are not pregnant. "Healthy" indicates persons who do not have an underlying medical condition that predisposes them to influenza complications.
10. You can spread the flu to others before you have symptoms. Answer: True. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.





Benefit Programs to Save You Some \$\$

The Niagara County Office for the Aging is very aware of the pressures many seniors are feeling as we approach the heating season. We have compiled a listing of benefit programs that could save you money, allowing you to stay warm and purchase your prescriptions and food. Review this listing and if there are any benefits you may be eligible for contact the Office for the Aging at 438-4020. We are available to assist with the application process.

Medicare Savings Program

Eligibility Guidelines

Household of one—\$1,229 per month; household of two—\$1,660 per month. No resource test

What it pays

Medicare Part B Premium of \$96.40 per month (a savings of \$1,156.80 per individual for calendar year). Reduces co-pays for prescriptions to as low as \$2.50 for generic drugs and \$6.30 for brand drugs; also eliminates any EPIC fees (a savings of approximately \$400 per year).

Extra Help through Social Security Administration

Eligibility Guidelines

Household of one—\$1,354 per month; household of two—\$1,821 per month. Resource limit of \$12,510 for an individual, \$25,010 for a couple.

What it Pays

Reduces monthly Part D plan premium and deductible, possibly even

eliminating costs. Reduces co-pays for prescriptions to as low as \$2.50 for generic drugs and \$6.30 for brand drugs. Savings up to \$3,600 per year.

Home Energy Assistance - Program opens November 1st.

Eligibility Guidelines—Regular

Income guidelines for 2010-11 heating season as follows: household of one \$2,129; household of two—\$2,784.

What it Pays

A one time per heating season benefit to your fuel vendor. An additional emergency benefit may be available for those eligible households.

Weatherization Referral and Assistance Program

Eligibility Guidelines

Guideline is to be HEAP eligible. Call to get specific income guideline. Serves over 60 population.

What It Does

Makes homes more energy efficient. Examples of work performed include furnace cleaning, insulation, doors and windows and roof repairs.

Food Stamps

Eligibility Guidelines

Household of one—\$1,805 per month; household of two—\$2,428 per month. No resource test. Can keep benefits for up to one year. If approved for food stamps, HEAP eligibility is automatic; no application necessary.

What Food Stamps Can Be Used For

Any food or food product (except for ready-to-eat hot foods). Fresh produce items from authorized vendors, Nutritional supplements and weight loss products are also allowed.



HEAP and WRAP

What is HEAP? The **Home Energy Assistance Program** is a federal program which provides a small amount of money to help low income people who pay their own utility bills. Regular and Emergency HEAP opened November 1st. If you are a **first time applicant** please call 438-4020 to be mailed an application.

Related to HEAP is WRAP, which stands for **Weatherization Referral, Assistance and Packaging** program. If a person is eligible for HEAP and is 60 or older, they are eligible for WRAP. WRAP staff help people who are homeowners assess needs for home repairs or modifications that will improve the safety and habitability of their homes. Home visits are made as part of the assessment. Information and advice is offered on what types of repairs or modifications should be made, and referrals are made to a variety of places including the NIACAP Weatherization program.

Even if you are not eligible for WRAP, Office for the Aging staff can provide you with information over the phone on home repairs, contractors, sources of financial information and assistance, and other related matters.

There is only a very limited amount of money available to help fund needed

work for those most in need. Our local program requires that persons who receive any funding must be 60 years old or older, and be HEAP eligible. Call for more information.



Information and Assistance

Call 438-4020

The Office for the Aging Information and Assistance staff are available at many locations across the county on a regular basis. They visit all the senior centers and nutrition sites, and are available at some large club meetings and special events. If a home visit is needed an appointment can be made and someone will come to the home. To find out how to contact the Information and Assistance worker serving your area or schedule a home visit call Susan Christian at 438-4023 at the Office for the Aging.

Questions regarding health insurance can be answered by Information and Assistance staff at the locations mentioned above or by HIICAP volunteers by appointment, and at the Lockport Senior Centre, North Tonawanda Senior Center and John Duke Center.

Frame Game Answers

1. A loss for words
2. Throw in the towel
3. Casey at the Bat

The secret of staying young is to live honestly, eat slowly and lie about your age.





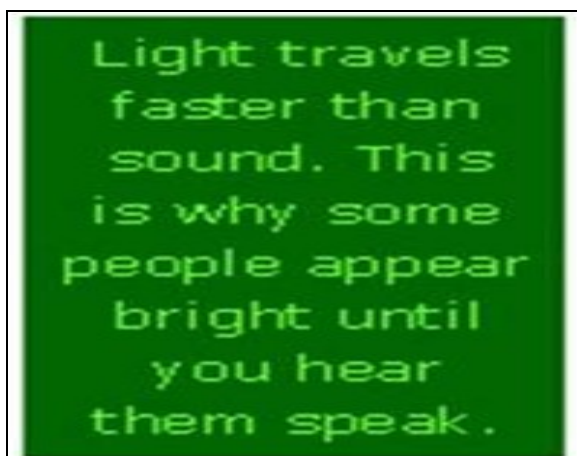
Improvements at the OFA

To make it easier for you to reach the department you want to reach, the Office for the Aging has added a telephone tree to our phone system. Now when you call the office you can select the Department you want and your phone call will go directly to that Department.

It can be frustrating to stop in at the Office for the Aging for information or assistance only to find that the person you need to see is not in.

Given the variety and complexity of our programs, it is often necessary to speak to the person most versed in the area of your need or interest, and that person may or may not be available at the time you stop in. To assure that individual's availability, **make an appointment.** This will result in two benefits:

- ☺ You will see the staff person most able to help you and address your need.
- ☺ Staff will be better able to schedule their time, thus improving efficiency.



Cinnamon Chicken Salad

Here is a delicious and nutritious recipe for using that leftover Chicken. It uses yogurt instead of mayonnaise. You will love the flavor. Don't forget the cinnamon!

- 2 Tablespoons light mayonnaise
- 2 cups cooked and cubed chicken or turkey
- 2 Tablespoons fat-free plain yogurt
- 1 cup seedless grapes
- ½ teaspoon ground cinnamon
- ½ cup sliced celery
- 1/8 teaspoon ground cloves
- 8 large lettuce leaves
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt (optional)

Mix together the mayonnaise, yogurt, cinnamon, cloves, pepper, and salt. Set aside. Combine chicken or turkey, grapes, and celery in a medium bowl. Add dressing and toss. Serve chicken salad on lettuce leaves. Serves 4.

Nutritional Information:

Each Serving: 1 cup
 Carb Servings: ½
 Exchanges: ½ fruit, 3 lean meat

Nutrient Analysis: calories 160, total fat 5g, saturated fat 1g, cholesterol 57 mg, sodium 125 mg, total carbohydrate 10 g, dietary fiber 1g, sugars 7g, protein 21g

Source: Brenda J. Ponichtera, R.D.
www.QuickandHealthy.net

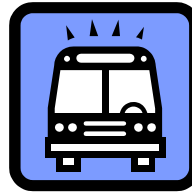
November is National Diabetes Month

Diabetic Control – NOT as difficult as you might think!

A note to diabetics from the Registered Dietitian:

The diabetic diet is no more than a healthy, high fiber diet, incorporating fruit, vegetables, whole grains, adequate protein and low-fat dairy products. Often, you will need to restrict carbohydrates or at least limit portion sizes of carbohydrate - laden foods to keep your blood glucose levels under control. The quantity of fiber and protein in your meal will effect your blood sugars, helping to keep the glucose levels lower 2 hours after the meal. If you need individual assistance with your diabetic diet, please contact me at 438-4030, so I can make a home visit to help you manage your diabetes and obtain better control. You should be monitoring your glucose levels at different times of the day and night. Ideally, your fasting blood sugars should be 110 mg/dl or lower; blood glucose levels measured 2 hours after a meal should be no more than 40 mg/dl greater than it was before the meal. To get the levels down, eat fewer carbohydrates or exercise if you are able to. Or, your insulin or diabetic medication may need to be adjusted. HgbA1-C is another test to measure your control of your diabetes over a 3 month period of time. A hemoglobin A 1 C of 6.5 mg/dl or below indicates good control of diabetes.

Glenda Reardon, Registered Certified Dietitian



Transportation News

When scheduling rides for Medical appointments please call the office at 438-4038 and not cell phones. Also, the office needs at least two weeks notice when scheduling. I have been on the road driving and at times can not get back to you right away. Do not assume you have a ride if you leave a message on my phone.

Our suggested contribution levels for the medical transportation service are now :

- \$7.00 - within city limits
- \$10.00 – outside the city but within Niagara County,
- \$20.00 – outside of Niagara County.

Please be patient, pick up times are approximate. Remember that safety is our main concern for both you and the driver.

Jennifer Schumacher

SUCCESS for Experience works Program (Title V)

In the last newsletter we featured Gwen Dames who was helping out in the Transportation Program. Well, we had a success story in that Gwen was able to get a job away from the Office for the Aging. We were sorry to lose her and I'm sure all the people who used our transportation services will miss her cheery voice on the phone but we are glad that the program worked and that the training she received at the Office for the Aging helped her to secure a permanent job. Good job Gwen!!!!