



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.

Director, Ken Genewick 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,

Sarah Lilley 438-4031

Congregate Meal Program, Nutrition Education and Counseling,

Glenda Reardon, RD, CDN 438-4030

Home Energy Assistance Program (HEAP)
438-4016

Weatherization, Referral and Packaging (WRAP),

Tom Reilly 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 Director

I hope this letter finds everyone well. As we are heading into the fall and winter months, and the new year, we can reflect upon a very busy year, one that brought our office both significant change and opportunity. We have a new permanent Director, myself, and have undergone a complete office renovation, one that has created a more user friendly environment for our customers and staff. We have also seen several staffing changes and downsizing in order to be as efficient as possible to deliver our services to the seniors of Niagara County. These efforts have all been done in order to “right our ship” and put us in the strongest position possible to move forward into the coming year. And the coming year proves to be challenging, both fiscally and operationally, and we are hoping to have your help.

Due to cutbacks in both federal and state grants, we are preparing a budget that is fiscally prudent and will not increase the burden on the taxpayers of Niagara County. This is a delicate balance as we are also looking to not cut back on the vital services that the seniors of Niagara County need. In fact, we are re-introducing NY Connects in order to provide a single point

of contact for seniors, people with disabilities, and their families to receive the information, assistance, and contacts they need to remain as independent as possible in the community.

In order to continue to deliver these services that you need, we are asking for your assistance and consideration. I have learned over the past several months that the seniors of Niagara County are appreciative of the programs our office provides, and often look to give contributions for the services they receive, which we are required by the Older Americans Act to request, but are not in any way a requirement. I can tell you, however, that your contributions, no matter how big or small, go directly back to our office so that we can continue to provide, or even expand, our programs for the senior community. We are in the process of developing a schedule of suggested contributions so that you will have a list of suggested amounts should you decide to contribute. Please know that your contributions are greatly appreciated and are completely voluntary, as no senior above the age of 60 will be denied services from our office should they be in need.

We are looking forward to the coming year, as it will not be without challenge, or opportunities. We appreciate your support, and look forward to working with and for you to promote independent, healthy living for the seniors of Niagara County.

Sincerely,

Ken Genewick
Director



Get Pumped Up About Pumpkins

A vegetable pie? Yes, there is a vegetable that lends itself well to making a tasty pie and that is pumpkin. It is one of the most nutritious vegetables around, with lots of potassium, Beta Carotene, healthy carbohydrates and fiber. Try making a crust for your pie with canola oil or other non-hydrogenated shortening. Oil crusts are easy to do and more nutritious. Look up recipes on allrecipes.com and look under diabetic pumpkin pie. Or, use the recipe you used to use for pumpkin pie, but use a non-nutritive natural sweetener like Stevia or Truvia, instead of sugar. Another idea, is just to cut the amount of sugar in half or use raw natural sugar if you prefer an organic approach.

November is National Diabetes Awareness Month. For more information on carbohydrates and diabetes or if you need help with elevated glucose levels contact our Registered Dietitian with the Office for the Aging, Glenda Reardon, RD, CDN. "Have a Goal- Good Control!"

In this recipe, pumpkin puree is combined with a package of vanilla pudding mix, skim milk, evaporated skim milk and pumpkin pie spice. Serve this sugar and fat free dessert chilled in clear stemware."

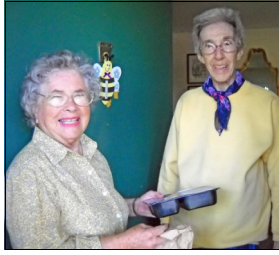
Ingredients:

1 cup pumpkin puree
1 (1 ounce) package instant sugar free vanilla pudding
1 teaspoon pumpkin pie spice
1 cup skim milk
1 cup evaporated skim milk

Directions: In a mixing bowl, combine the pumpkin pie puree, vanilla pudding mix, pumpkin pie spice, evaporated milk and skim milk. Blend together until smooth; place in glasses and chill until set.

72 calories; 3 gm fat lots calcium and vit D.





Make Someone's Day!

The Home Delivered Meals department is seeking people to assist with delivery of meals to our clients.

Gas mileage is paid.

We are also here to help with providing nutritious meals. If you are 60 or older and have difficulty getting around please don't hesitate to call us.

If interested in volunteering or receiving meals please contact Sarah Lilley at 438-4031 or Mary Lewis at 438-4032.

Nutrition Program Emergency Closing Announcements

If we are unable to deliver meals due to road conditions, the emergency closings will be listed on the following radio stations: FM: WBUF (92.9), WBLK (93.7), WJYE (96.1), WYRK (106.5), WBEN (AM 930) and WLVL (AM 1340.) Also on the following TV news channels: 2, 4 and 7. You may also call 438-4096. If there is a closing the voice mail will indicate so.

Emergency boxed meals will be delivered to clients homes within the next month. Each box will come with information and instructions about the meals.

Meals on Wheels for Pets

Meals on Wheels for Pets of Niagara County is a program geared towards home delivered meals clients and their pets. Donner Creek Veterinary Clinic has offered to sponsor Niagara County and this new program. We have also been partnered up with Orchard Park Banfield Pet Hospital and currently await approval of a grant from

Banfield Charitable Trust. We have many client's with pets who share their meals and put themselves nutritionally at risk in order to feed their dog or cat. We are hoping to assist our current home delivered meal clients financially by providing dog and cat food. We plan to begin this program around December in the Lockport area. There will be more information to follow and if you are interested in this program please tell your home delivered meal volunteer.



HEAP Program

Old Man Winter is just around the corner. Snow, wind chills, and freezing temperatures will return sooner than we think or want. To assist with the high heating costs associated with colder temperatures, we are pleased to announce that the 2011—2012 Home Energy Assistance Program (HEAP) will begin soon.

The New York State Office of Temporary and Disability Assistance began a staggered early mail out of applications in the beginning of September to those who received a benefit last year. It is important that you complete the application following the instructions provided including full Social Security numbers for all members of the household, and return to the Office for the Aging as quickly as possible. Program duration is contingent upon receipt of federal funds and is scheduled to end sooner than previous years. It is also important to remember that **ALL** pages of the application are to be completed and returned which allows for smoother and quicker processing.

Despite this early mail out, the program does not officially begin until November 16th. The early mail out procedure will allow applications to be processed and approved prior to program start up.

It is , however, important to remember that no monies will be issued until the program officially begins in November and until federal funds are available.

This year, an interview is required for all applicants. This interview is necessary to verify that all information provided is accurate and completed, either in person or by telephone, when you return your application to the Office for the Aging.

Individuals who think they may be eligible are encouraged to apply and can call the Office for the Aging at 438-4016 for an application after November 16th.

Now is the time to plan. Don't wait until the cold sets in to wonder how you can receive assistance with you heating bills. Don't be forced to choose between warmth and food and prescriptions. Again , it is important to remember HEAP is meant to SUPPLEMENT your heating cost, NOT REPLACE your heating payments. We encourage you to budget wisely to ensure a warm and safe winter. For further information on HEAP or any other programs offered by the Office for the Aging, call 438-4016.

Remember!



As we get snow and ice please remember to keep your sidewalks and stairs shoveled for the volunteers who are delivering the meals and the medical van drivers. 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.



Caregiver Corner

November is National Caregiver's month. This is a very special time to thank, support, educate, and empower family caregivers. Whether it is a spouse, parent, grandparent, grandchild, sibling, or friend. Maybe you know someone who falls into this category.

Top 5 ways to Celebrate National Family Caregivers Month but can be used at any time and not just November.

1. Offer a few hours of respite time to a family caregiver so they can spend time with family, or simply relax.
2. Send a card of appreciation or a bouquet of flowers to brighten a family caregiver's day.
3. Help a family caregiver decorate their home for the holidays or offer to address envelopes for their holiday cards.
4. Find 12 different photos of the caregiver's family and friends. Have a copy center create a 2012 calendar that the family caregiver can use to keep track of appointments and events.
5. Offer to prepare Thanksgiving dinner for a caregiver's family in your community, so they can relax and enjoy the holiday.



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

\$25.00 – 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

Winter Safety Tips for Seniors

Some tips for staying safe and healthy in the winter:



- 🍏 Dress warmly with several layers of clothes.
- 🍏 Set your thermostat no lower than 68 during the day and 64 at night.
- 🍏 Find out if any of your prescriptions may make you more sensitive to the cold.
- 🍏 Maintain a good diet including hot nourishing meals and warm drinks.
- 🍏 You are at greater risk of hypothermia if you have been ill, you have

limited physical activity, or you live alone in a cold house.

- 🍏 Keep throw rugs and mats to a minimum.
- 🍏 Wear rubber gripper slipper sox around the house.
- 🍏 Keep hallways well lit.
- 🍏 Keep stairs clear of debris.
- 🍏 Arrange for someone else to keep walks and driveways clear of snow and ice.

News from the Social Security Administration

Effective August 2011, the Social Security Offices will be open to the public Monday through Friday from **9:00 A.M. to 3:30 P.M. - a reduction of 30 minutes each weekday.** This shorter public window will allow staff to complete face to face service with the visiting public without incurring the cost of overtime. Congress provided the Social Security Administration with nearly \$1 billion less than the President requested for the budget this fiscal year, which makes it impossible for the agency to provide the amount of overtime needed to handle service to the public as provided in the past.

Most Social Security services do not require visiting an office. For example, to apply for benefits, sign up for direct deposit, replace a Medicare card, obtain a proof of income letter or inform SSA of a change of address or telephone number. You may do so at www.socialsecurity.gov or by dialing the **toll-free number, 1-800-772-1213/TTY- 1-800-325-0778.**

Please note: Only Social Security Administration can address Social Security issues; they cannot be addressed by the Office for the Aging.



10 Questions to Ask Your Doctor for Better Care

Sept. 27 by Centers for Medicare & Medicaid Services

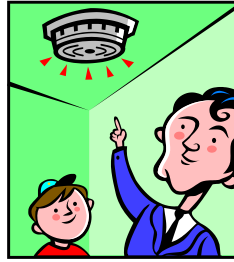
Did you ever just get home from your doctor's appointment and remember something you wanted to ask or share with the doctor ?

Whether you're at your Welcome to Medicare Preventive Visit, your Yearly Wellness Visit, or seeing the doctor for a specific problem, you get better care by asking questions and giving your doctor complete information.

You're busy , and so is your doctor. Taking time to prepare your questions before your visit will help you get the most out of your health care. Try these 10 basic questions to get started.

1. What is the test for?
2. How many times have you done this procedure?
3. When will I get the results?
4. Why do I need this treatment?
5. Are there any alternatives or other options?
6. What are the possible complications?
7. Which hospital is best for my needs?
8. How do you spell the name of that drug?
9. Are there any side effects?
10. Will this medicine interact with medicines that I'm already taking?

You know you are getting old when:
Your childhood toys turn up in antique malls with a huge price tag on it.



Protect Yourself

Every year, hundreds of people experience what they think are symptoms of the flu: headaches, fatigue, nausea, dizziness.

Some recover: some die. WHY?

Carbon Monoxide – The colorless, odorless, tasteless gas that can kill, may be present in the home.

Where does it come from?

Carbon monoxide (CO) is produced from burning any fuel. Any fuel-burning appliance in your home is a possible source of CO. Your car is a source of CO, too.

When appliances and their vents are in good working order, there is little danger that CO concentrations can be produced. Running a car in a garage or using charcoal indoors can also cause CO poisoning.

What does it do?

Carbon monoxide displaces the body's essential oxygen. Besides flu-like symptoms, it can cause vomiting, loss of consciousness, brain damage and eventually, death. Unborn babies, infants, senior citizens and people with heart problems or breathing difficulties are especially at risk.

If you feel better....

If symptoms disappear and you feel better when you go outside your home, but symptoms reappear when you go back inside, you may have CO poisoning.



Ever notice, the older we get,
the more we're like computers?



We start out with lots of
MEMORY and DRIVE
then we become outdated,
and eventually have to get
our parts replaced...;)

Age Happens!

"You can't help getting older, but you
don't have to get old"

"There's one advantage to being 102 -
no peer pressure"

"Life can be understood backwards, but
it has to be lived forwards"



Pumpkin Smoothie

Puree in a blender:

8 oz low fat milk or 8 oz
yogurt

1 chopped banana
1/2 c ice

1/4 - 1/3 c canned pump-
kin

2 tsp honey
1 tsp pumpkin pie spice

Enjoy with granola bar!



Middle age is when a narrow waist and a broad
mind begin to change places.

Don't worry about avoiding temptation,
As you grow older, it will avoid you.

Below is a poem that was written for veterans for
the upcoming Veterans day but should be keep
in mind for all the men and women who are cur-
rently serving our country today.

They Did Their Share

On Veteran's Day we honor
Soldiers who protect our nation.
For their service as our warriors,
They deserve our admiration.

Some of them were drafted;
Some were volunteers;
For some it was just yesterday;
For some it's been many years;

In the jungle or the desert,
On land or on the sea,
They did whatever was assigned
To produce a victory.

Some came back; some didn't.
They defended us everywhere.
Some saw combat; some rode a desk;
All of them did their share.

No matter what the duty,
For low pay and little glory,
These soldiers gave up normal lives,
For duties mundane and gory.

Let every veteran be honored;
Don't let politics get in the way.
Without them, freedom would have died;
What they did, we can't repay.

We owe so much to them,
Who kept us safe from terror,
So when we see a uniform,
Let's say "thank you" to every wearer.

By Joanna Fuchs