



SENECA SENIOR SERVITOR

SERVING SENECA COUNTY SENIOR CITIZENS

A Bi-Monthly Publication
OCTOBER 2022

VOL. 48 NO.5

Waterloo
(315) 539-1765

Ovid
(607) 869-9420

Romulus
(315) 220-3494

FROM THE DIRECTOR

.....**ANGELA M. REARDON**

COMPANION PET PROGRAM

The Seneca County Office for the Aging has a number of animatronic pets that are in need of a home. These pets are looking for loving homes with seniors who live alone and need a little something in their lives to make them smile.

There are two options of these animatronic pets available to choose from, which include a yellow golden retriever dog or a silver and white cat. These interactive pets are designed to bring comfort, companionship and fun. The pups have all the love in the world to give but they won't chew up your slippers! The kittens will fill your heart with love and there is no litter box to change!

In between naps and being adorable, real live puppies and kittens require a lot of special attention. Animatronic pets offer you much of the benefits from a live animal without all the special need and care involved. Thanks to built in sensors and speakers, these pets can recreate some of the more delightful moments of owning a dog or a cat. Built in sensors respond to motion and touch.

You can feel the pup's heart beat with your touch. The pup responds to the sound of your voice. The kittens respond to petting, hugging and motion, much like lives kittens do. These pets require batteries.

That's all the care they need! The only other thing they need is companionship. If you or someone you know could benefit from having a furry friend that doesn't require a lot of care, contact the Office for the Aging at (315) 539-1765.

WELLNESS PROGRAM

with Christina Ganzon, RD, CDN, CDE

This program is ongoing and all are welcome to attend one session or all. This program takes place on Fridays from 10:30 -11:30 am



DATE

- October 14, 2022
- October 28, 2022
- November 18, 2022
- December 9, 2022
- January 13, 2023
- February 10, 2023
- February 24, 2023

TOPIC

- Setting Goals
- The Importance of Support
- Holiday Eating
- Fun Trivia and Games
- ReFocus
- Cold Weather Activity
- Mindfulness

Located at the Office for the Aging in the Health and Senior Services Building at 2465 Bonadent Drive, Suite 4, Waterloo NY 13165



Tai Chi for Health

**Free in-person class held at Seneca Co. Office for the Aging.
*Special invitation to caregivers of friends/family with
memory loss. Come on your own or with your loved one!
All others welcome too, space permitting.***

Tuesdays & Fridays, 9:15-10:00am

October 21 – December 16, 2022

Location: Office for the Aging

2465 Bonadent Dr., Waterloo, Suite 4

**For more information or to register, contact -
Wendy: 585-287-6430 or wfambro@lifespanrochester.org**

This program is supported in part by a grant from the New York State Department of Health

Medicare Open enrollment is October 15th – December 7, 2022

*Open enrollment is the time of year when all Medicare beneficiaries can review and make changes to their coverage

*Be aware of increased marketing, check your prescription and provider network before making a change.

*Be aware of scammers! Guard your information. If in doubt, don't give it out!

If you need assistance with your plan review, contact Pam Brand, HIICAP Coordinator, at (315) 539-1769. Call early, as limited appointments are available or attend our

MEDICARE HEALTH INSURANCE INFORMATIONAL DAY

Representatives will be available from Health Insurance Plans with information for your convenience.

Thursday, October 27, 2022

1:30PM – 4:30PM

at

Seneca County OFA
Health and Senior Services Building
2465 Bonadent Drive, Suite 4
Waterloo, NY 13165

Representatives from the following will be available to meet with you one on one:

**Seneca County HIICAP
Excelsus BC/BS
Social Security**

**United Health Care
NYS Marketplace
NYS EPIC
MVP**

**Fidelis/Wellcare
Aetna
VA**

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

The 2022-2023 Home Energy Assistance Program is tentatively scheduled to open in November 2022. HEAP provides assistance to individuals who have high heating bills and are income eligible.

The Seneca County Office for the Aging handles applications for person who are 60 years of age and older, those persons receiving SSI and live alone (Code A) regardless of age, and persons who are receiving Social Security Disability benefits regardless of age.

Food Stamp recipients and recipients of Public Assistance benefits MUST apply through the Department of Social Services.

The maximum monthly income for HEAP eligibility this year is \$2,852 for a one-person household, \$3,730 for a two-person household and \$4,608 for a three-person household.

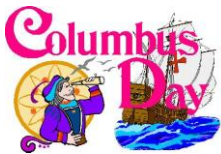

If you have received assistance from the Office for the Aging during the 2021-2022 HEAP season, your name is on our list and you should have received an application in the mail by now. If you need assistance completing the application or you are applying for the first time, you may call the Office for the Aging in Waterloo to set up an appointment to come into the office and apply. Appointments will be taken at the Waterloo office. The number to call to schedule an appointment is (315) 539-1765.

At the time you call, you will be informed of the documentation you will need to bring with you.

OCTOBER 2022 ACTIVITES

HSS Building, Waterloo

If transportation is needed, please call the Senior Center, Inc. at (315) 539-1780

Monday	Tuesday	Wednesda	Thursday	Friday
3 Chair Yoga 10:15 am Excellus 11 am – 2 pm Book Club 11-11:45 am	4 Writing Workshop 10-11 am Let's Talk Discussion 11 -11:45 am	5 Fidelis 10-11 am Chair Yoga 10:15 am Coffee Hour @ Verona Village , Ovid 8-9 am	6 Move to Music 11:15 am Senior Theatre 1- 2 pm	7 History Presentation with Pam Becker 11 am Game Day @ Verona Village, Ovid 8-9 am
10 CLOSED 	11 Writing Workshop 10-11 am Let's Talk Discussion 11 -11:45 am	12 Chair Yoga 10:15 am Coffee Hour @ Verona Village , Ovid 8-9 am	13 Move to Music 11:15 am Senior Theatre 1- 2 pm	14 Game Day @ Verona Village, Ovid 8-9 am Facilitated Enroller 10-12 noon Wellness Prog. 10:30 am Alzheimer's Association – "Healthy Living for Your Mind & Body" 11 am
17 Chair Yoga 10:15 am Excellus 11 am – 2 pm Book Club 11-11:45 am	18 Writing Workshop 10-11 am Let's Talk Discussion 11 -11:45 am	19 Chair Yoga 10:15 am Coffee Hour @ Verona Village , Ovid 8-9 am	20 Move to Music 11:15 am Senior Theatre 1- 2 pm	21 Game Day @ Verona Village, Ovid 8-9 am Tai Chi 9:15 – 10 am Crafts 11- 11:45 am Bingo @ Verona Village, Ovid 2-3 pm
24 Chair Yoga 10:15 am Book Club 11-11:45 am	25 Tai Chi 9:15 – 10am Writing Workshop 10-11 am Let's Talk Discussion 11 -11:30 am Music & Poetry Reading by Carol Mikoda 11:30 am	26 Chair Yoga 10:15 am Coffee Hour @ Verona Village , Ovid 8-9 am	27 Move to Music 11:15 am Senior Theatre 1- 2 pm MEDICARE INFORMATION DAY 1:30 – 4:30 PM	28 Game Day @ Verona Village, Ovid 8-9 am Tai Chi 9:15- 10 am Wellness Prog. 10:30 am History Presentation by Walt Gable 11 am
31 Chair Yoga 10:15 am Excellus 11 am – 2 pm Book Club 11-11:45 am Halloween Celebration 		All Activities take place at the Office for the Aging/Senior Center in Waterloo unless otherwise noted.		



Seneca County
Health Department



People 65 years and older NEED A FLU SHOT

INFORMATION FOR ADULTS 65 YEARS AND OLDER

Influenza (flu) can be a serious illness, especially for older adults.

FACT: People 65 years and older are at higher risk of developing serious complications from flu, compared with young, healthy adults.

This risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths in the United States occur among people 65 years and older, and between about 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group.

An annual flu vaccine is the best way to reduce your risk of flu and its potentially serious consequences.

FACT: While flu vaccine can vary in how well it works, vaccination is the best way to prevent flu and its potentially serious complications.

Flu vaccination has been shown to reduce the risk of flu illness and more serious flu outcomes that can result in hospitalization or even death in older people. While some people who get vaccinated may still get sick, flu vaccination has been shown in several studies to reduce severity of illness in

those people.

People **65 years and older** should get a flu shot, not a nasal spray vaccine. They can get any flu shot approved for use in their age group with no preference for any one vaccine over another. There are regular flu shots and there also are also enhanced vaccines approved for use in people 65 and older that may provide a better immune response.

1. **A high dose flu vaccine** (Fluzone® High-Dose) contains 4 times the amount of antigen as a regular flu shot. The additional antigen creates a stronger immune response (more antibody) in the person getting vaccinated.
2. **An adjuvanted vaccine** (FLUAD™) is a standard dose flu vaccine with an adjuvant added. An adjuvant is an ingredient added to a vaccine to help create a stronger immune response to vaccination.

For more information, visit: www.cdc.gov/flu

or call **1-800-CDC-INFO**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention



Caregiver Education

Alzheimer's and Dementia don't come with an instruction manual, but there are resources available to help. Attend these FREE education programs to learn more about what to expect and how to prepare for the future. For more information and to pre-register, call 1-800-272-3900 or visit alz.org/CRF

- 10/14/22 Healthy Living for your Brain and Body
11/10/22 Understanding Alzheimer's and Dementia
12/09/22 10 Warning Signs of Alzheimer's

Above programs, take place at 11:00 am

at

The Seneca County Office for the Aging
2465 Bonadent Drive, Suite 4
Waterloo, NY 13165

Staff Changes

Please welcome our newest staff members Ashley Sheldon Watters and Darnell Parker. Ashley joined our office on 9/6/22 as our Aging Services Specialist. Ashley will be working in the EISEP Program as a Case Manager. Darnell Parker joined our Weatherization Program on 8/15/22 as a Weatherization Aide. Other staff changes include Tom McArdle transitioning from a substitute to a P/T Food Transporter in our South County Home Delivered Meal Program and Amanda Faiola being promoted to Coordinator of Services. Congratulations to all!

OFFICE FOR THE AGING STAFF

- Angela M. Reardon Director
Amanda Faiola Coordinator of Services
Debra DiLallo Nutrition Services Coordinator
Jamie Damoth Meals on Wheels Coordinator
Cynthia Radder Aging Services Aide
Scott Burleson Weatherization Coordinator
Ashley Sheldon-Watters Aging Services Specialist
Anne Moses Typist
Pam Brand Aging Services Aide-HIICAP
Lisa Lindon Weatherization Referral Associate
Sarah Belkowski Account Clerk- Wx. Program
Christina Ganzon Consulting Registered Dietitian
Cathy Kopsa Cook
Cynthia Doolittle, Susan Kastenhuber Kitchen Personnel
Barbara Strawway, Paul Shumway,
Elinor Goslicki Nutrition Site Personnel
Kelly Biery, Tom McArdle Food Transporter
Adam Hampshire Weatherization Energy Auditor
Bill Murray, Joseph Jones, Darnell Parker Weatherization Aides
Kim Craig, Erin Ellison Nutrition Program Substitutes

RETURN SERVICE REQUESTED

If you would like to receive the SENECA SENIOR SERVITOR, or if you would like to have it sent to a friend or neighbor, please fill out the following form.

Please be sure to include the TOWNSHIP and BOX NUMBER, if you are on a rural route. The suggested contribution is \$2.00 per year.

CHANGE OF ADDRESS?

If you will be having a change of address, please remember to let our office know. Also, if you are temporarily away from your home, contact us as well. The Office for the Aging pays .62 cents for each returned SERVITOR. If your copy is returned to our office, you will be taken off our mailing list until you notify us of your new address or that you have returned home.

NAME: _____

ADDRESS: _____

TOWNSHIP: _____

