

February  
March  
April  
2017

# Office for the Aging *Director's Message*

## Is It Time to Give Up Driving?



Irene Coveny  
Director

Age alone is not a good predictor of driving safety or ability. Older adults are safe drivers especially when compared to other age groups. Not all older adults experience a decline in their physical function and it is important to realize everyone ages differently. However, there are certainly higher risks associated with being an older driver, such as vision and hearing impairments, stiff joints and muscles, arthritis and the use of medications that slow reaction time.

How do you know if you should stop driving? To help decide, ask yourself:

- Do other drivers often honk at me?
- Have I had some accidents, even if they were only “fender benders”?
- Do I get lost, even on roads I know?
- Do cars or people walking seem to appear out of nowhere?
- Do I get distracted while driving?
- Have family, friends, or my doctor said they're worried about my driving?
- Am I driving less these days because I'm not as sure about my driving as I used to be?
- Do I have trouble staying in my lane?
- Do I have trouble moving my foot between the gas and the brake pedals, or do I sometimes confuse the two?
- Have I been pulled over by a police officer about my driving?

If you answered “yes” to any of these questions, it may be time to talk with your doctor about driving or have a driving assessment. AARP and AAA have programs available for older drivers to assess and improve their skills. Call or look on their websites for more information.

Sometimes it can be hard for an older person to realize that he or she is no longer a safe driver and their family member has to intervene. Individuals in the early stages of Alzheimer's disease or dementia may not be aware that their memory and decision-making skills are getting worse and they need to stop driving. Family and friends need to monitor the person's driving ability and take action as soon as they observe a potential problem, such as forgetting how to find familiar places like the grocery store or even their home. There is no easy answer on how to go about this. The first thing you should do is work with the doctor.

According to a New York State Office for the Aging publication called “What to Do: A Guide for Drivers and Caregivers” the Department of Motor Vehicles (DMV) can suspend or revoke the driver's license. In New York State, you can file a request for a DMV re-examination of the driver. The driver may be required to take a vision, written and/or road test. If your driver passes all of the required tests, the case is closed and no further action is taken. If warranted, however, restrictions

*(Continued on page 2)*

**ONTARIO COUNTY OFFICE FOR THE AGING**  
**(585) 396-4040 (315) 781-1321**  
**NEWS BEAT**



**SENIOR NEWS BEAT**

**Ontario County  
Office for the Aging**  
3019 County Complex Dr.  
Canandaigua, NY 14424  
(585) 396-4040  
(585) 396-7490 (Fax)  
Website:  
[www.co.ontario.ny.us/aging](http://www.co.ontario.ny.us/aging)  
Email Address:  
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A very big **THANK YOU** to our Newsletter Volunteers who assisted us with our last issue:

- Irene Bariga
- Edie Hsu
- Florence Foringer
- Bob Gleason
- Sadie McKee
- Alice June Smith
- Donna Wakeman

***If you would like to volunteer and help us with our next newsletter mailing, please call:***

***(585) 396-4040 or  
(315) 781-1321***

**Office for the Aging  
Holiday Closings  
2017**

**Monday - February 20  
Presidents' Day**



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may be imposed. If your driver does not appear or refuses to appear, their license will be suspended.

You can also contact the local police or sheriffs departments. The police can talk to an impaired/confused driver and convince them not to drive and they can also file a request for DMV to retest the driver.

This publication can be found at: <https://aging.ny.gov/transportation/olderdriver/Handbook2015.pdf>

Call NY Connects at 585-396-4047 to get information on transportation services that may be available to you.

**Gift Giving Tree was a Wonderful Success**

Thanks to a half dozen volunteers, the Make a Difference Club in Victor,



Genevieve Cancillo

and students from the Marcus Whitman Central School District, 125 local seniors celebrated the holidays a little early this year. The Annual Gift Giving Tree, sponsored by the Office for the Aging Advisory Council, collected presents from generous county employees and community members, to distribute to seniors who would otherwise not receive much for the holidays. Popular gifts included slippers, stamps, warm blankets, and pet treats. From December 15th—22nd, our volunteer elves were seen delivering gifts throughout the county. Thank you to all who

contributed in any way to make this operation a success!

**REMINDER –**

We know many of you like to just drop by the Office for the Aging when you have a question or concern. However, we would like to let you know that the hours to see someone are Monday thru Friday 8:30 – 1:00 and 1:30 – 4:00. You can call the Office for the Aging to set up an appointment so that the person who is the most capable of addressing your concerns can give you the time and attention you will need. Call (585) 396-4040 or (315) 781-1321 to schedule an appointment.

## URGENT NEED: Meals on Wheels Volunteers

Each week day, volunteers deliver a hot meal to elderly individuals who have a limited ability to prepare meals for themselves.

We urgently need volunteers to deliver meals. The winter is an especially difficult time because some of our regular volunteers go away for the winter.

The time commitment will be approximately one hour. You can commit to one day a week, one day every other week, once a month, or just a sub as needed. Most meals are delivered around the noon hour but Phelps residents receive an evening meal and volunteers deliver the meal between 4:00 – 5:00 pm.

Training is provided, a meal if requested and mileage reimbursement is available.

### We urgently need help on the following routes:

- ◆ **Phelps** – 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Fridays of each month
- ◆ **Phelps** – 2<sup>nd</sup>, 4<sup>th</sup> Wednesdays of each month (Jan. - March) ❄️
- ◆ **Phelps** – 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Tuesdays of each month
- ◆ **Phelps** – 2<sup>nd</sup>, 4<sup>th</sup> Tuesdays (Dec – March?)
  
- ◆ **Canandaigua Route 3** - Wednesdays (Jan-March) ❄️
- ◆ **Canandaigua Route 1** - Tuesdays (Dec – March) ❄️
- ◆ **Canandaigua Route 4** - Tuesdays (Feb - Mid April) ❄️
- ◆ **Canandaigua Route 4** - Fridays (Oct – April)
- ◆ **Canandaigua Route 3** - Wednesdays (Jan - March) ❄️
- ◆ **Geneva** – Mondays (Feb & April) ❄️
- ◆ **Naples** – 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Wednesdays of each month

**Please consider volunteering for the Ontario County Office for the Aging Meals on Wheels Program. For more information please call Irene Coveny at 585-396-4045**



The Office for the Aging is seeking volunteer bus aides to assist seniors who utilize the new curb side shopping senior service in the City of Canandaigua. If you are interested in learning about this new volunteer opportunity, contact the Office for the Aging at 585-396-4040.



## “LOVE YOUR HEART”

February 2017

Speaker: Ontario County Public Health Educator, Christy Richards, RN, BSN  
at the following Office for the Aging meal sites

February 1	11:30 AM	VICTOR	ST PATRICK’S HALL 115 Maple Ave, Victor NY
February 6	4:00 PM	CLIFTON SPRINGS	SPA APARTMENTS 11 East Main St, Clifton Springs NY
February 7	11:30 AM	CANANDAIGUA	SALVATION ARMY 110 Saltonstall St., Canandaigua NY
February 8	11:30 AM	GORHAM	UNITED METHODIST CHURCH 746 South St., Gorham NY
February 13	12:15 PM	GENEVA	ELMCREST APTS. 99 Lewis St, Geneva NY
February 21	12:00 PM	HONEOYE	UNITED CHURCH OF CHRIST 8758 Main Street, Honeoye NY
February 27	12:15PM	SHORTSVILLE	SHORTSVILLE FIRE HALL 5 Sheldon Street, Shortsville NY

We invite you to stay for lunch after the presentation. Please call for a reservation 24 hours in advance at (585) 396-4196.

## “Do You Know What Added Sugars Really Are?”

March 2017

Speaker: Patricia Dhondt-Campbell RD, CDN  
Ontario County Office for the Aging Nutrition Services Coordinator  
at the following Office for the Aging meal sites



March 1	11:30 AM	VICTOR	ST PATRICK’S HALL 115 Maple Ave, Victor NY
March 7	11:30 AM	CANANDAIGUA	SALVATION ARMY 110 Saltonstall St., Canandaigua NY
March 8	11:30 AM	GORHAM	UNITED METHODIST CHURCH 746 South St., Gorham NY
March 14	12:00 PM	HONEOYE	UNITED CHURCH OF CHRIST 8758 Main Street, Honeoye NY
March 21	12:15 PM	GENEVA	ELMCREST APTS. 99 Lewis St, Geneva NY
March 21	4:00 PM	CLIFTON SPRINGS	SPA APARTMENTS 11 East Main St, Clifton Springs NY
March 27	12:15PM	SHORTSVILLE	SHORTSVILLE FIRE HALL 5 Sheldon Street, Shortsville NY

We invite you to stay for lunch after the presentation. Please call for a reservation 24 hours in advance at (585) 396-4196.



**Only You Can Secure Your Meds!  
 “Monitor, Secure and Dispose”**

**April 2017**

**Presenter: Petrea Roe, Coalition Coordinator, Partnership for Ontario County  
 At the following Office for the Aging meal sites**

<b>April 4</b>	<b>11:30 AM</b>	<b>CANANDAIGUA</b>	<b>SALVATION ARMY 110 Saltonstall St., Canandaigua NY</b>
<b>April 5</b>	<b>11:30 AM</b>	<b>VICTOR</b>	<b>ST PATRICK’S HALL 115 Maple Ave, Victor NY</b>
<b>April 10</b>	<b>4:00 PM</b>	<b>CLIFTON SPRINGS</b>	<b>SPA APARTMENTS 11 East Main St, Clifton Springs NY</b>
<b>April 12</b>	<b>11:30 AM</b>	<b>GORHAM</b>	<b>UNITED METHODIST CHURCH 746 South St., Gorham NY</b>
<b>April 17</b>	<b>12:15 PM</b>	<b>GENEVA</b>	<b>ELMCREST APTS. 99 Lewis St, Geneva NY</b>
<b>April 18</b>	<b>12:00 PM</b>	<b>HONEOYE</b>	<b>UNITED CHURCH OF CHRIST 8758 Main Street, Honeoye NY</b>
<b>April 25</b>	<b>12:15PM</b>	<b>SHORTSVILLE</b>	<b>SHORTSVILLE FIRE HALL 5 Sheldon Street, Shortsville NY</b>

**We invite you to stay for lunch after the presentation. Please call for a reservation 24 hours in advance at (585) 396-4196.**

**HAPPENINGS**

**SALT Presentations (Seniors and Lawmen Together):**

**February 21** - 9:00 am, Eastview Mall Food Court, Finger Lakes Caregiver Institute, Katie Allen

**March 21** – Time and Location To be Determined, “Fraud Protection, Home Scams, Selecting In-home Services,” Chief Stephen Hedworth. Call OFA at 396-4040 for more information.

**April 18** - 11:00 am, Quail Summit, 5102 Parrish St Ext, Canandaigua, NY 14424  
 “Health Care Proxy, POA, DNS, MOLST, Wills,” Gavin Reynolds, Esq. LawNY

Programs are free and registration is not required

**Powerful Tools for Caregivers:**

This is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. This class series meets once a week for six weeks.

- **Clifton Springs Library,** Tuesdays: April 11, 18, 25 and May 2, 9 and 16
- **Victor Free Library** Thursdays: May 4, 11, 18, 25 and June 1 and 8
- **Geneva Public Library** Thursdays: June 8, 15, 22, 29 and July 6 and 13

**Registration is required and class size is limited. If you wish to attend please call (585) 396-4047**



## Medication Program Boxes Locations:

**Bristol:** Town Hall (6740 County Road 32) Mon. - Fri., 8am - 12pm & 1:30pm - 4pm

### **Canandaigua - 4 locations:**

- **DMV Office** (20 Ontario St. #2) Monday - Friday, 8:30am - 4:30pm
- **FLCC** (3325 Marvin Sands Drive, 3<sup>rd</sup> Floor, Keuka Wing) Mon. - Fri., 8am - 9pm
- **The Medicine Shoppe** (66 West Ave) Mon. - Fri., 9am - 6pm, Saturday, 10am - 1pm
- **Thompson Hospital** (350 Parrish St - lobby near ATM) Daily: 6:30am - 8:30pm

**Clifton Springs Hospital & Clinic:** (2 Coulter Rd - lobby near ATM) Open 24 Hours

**Hopewell County Complex:** Mental Health Clinic (3019 County Complex Drive) Open

Mon. - Fri., 8:30am - 5pm

**Farmington:** State Troopers Barracks (1569 Route 332) Open 24 hours

### **Geneva:**

- **Police Station** (255 Exchange St) Open 24 Hours
- **North Street Pharmacy** (200 North Street) Monday - Friday, 9am - 6pm

**Victor:** Mead Square Pharmacy (53 W. Main St) Mon - Fri. 9am - 7pm, Sat. 9am - 4pm

## **What can be dropped off at a medication drop box in Ontario County?**

Any unwanted, unused and expired over-the counter, pet or prescription medication. Medication can be dropped off in the original container. Please blacken your name for confidentiality. All medication is collected by the Ontario County Sheriff's Office and is incinerated.



The Substance Abuse Prevention Coalition of Ontario County is an initiative of the Partnership for Ontario County.

## 2016-17 Home Energy Assistance Programs

**HEAP (Home Energy Assistance Program)** Opened November 16, 2016. Call your local Department of Social Services or Office for the Aging for more information.

**Emergency HEAP** Opened January 4, 2016. Regular HEAP must have been exhausted prior to receiving emergency HEAP. Must have shut off notice/low on fuel. Call your local Department of Social Services or Office for the Aging for more information.

**Project Share** Opened January 4, 2016 Assistance may be available if regular and emergency HEAP is exhausted and you have a shut off notice or 10 days or less of fuel. Veterans may call regardless of income or shut off. Please contact Deanna Esz 315-789-2686 x114 at Catholic Charities for more information.

## Legal Services

The Ontario County Office for the Aging provides legal services for older adults age 60 or over through a contract with Legal Assistance of Western New York (LawNY). The program has no financial eligibility requirement; however, it is intended for those who would not be able to afford legal assistance otherwise.

This service helps low income older adults with some of the most common but daunting legal issues they face, such as Power of Attorney, Health Care Proxy, preparation of simple wills, housing evictions and landlord/tenant issues, debt, public benefits, and other areas of civil law. Prospective clients may place a referral request by calling Ontario County Office for the Aging at (585) 396-4040 or (315) 781-1321.

## WEATHER EMERGENCIES AND MEAL DELIVERIES

Just a reminder that if severe weather conditions, or other types of disasters occur, the Office for the Aging may need to cancel both meal site dining and home delivered meals. Listen to any of the following radio and television stations for information regarding emergency cancellations:



- WNYR 98.5 FM
- WHAM 1180 AM
- WGVA 1240 AM
- 96.1 FM
- WFLK 101.7 FM
- 104.5 FM

- 1550 AM
- WLLW 99.3 FM
- WYLF 850 AM
- WFLR 95.9
- FM 1570 AM

- TV Stations Channel 8, 10, 13 and YNN Channel 14

## Ontario County Office for the Aging Senior Shopper Tuesdays and Fridays Open to City of Canandaigua Residents

Enjoy Canandaigua! Bus will pick you up in front of your residence at the curb, take you to a variety of destinations, and bring you home again. Shop, dine, visit the library and more!

For Eligibility and Enrollment: NY Connects Ontario County at (585) 396-4047 to Schedule a Trip

Once Enrolled: Tammy Clover-Lowe, RTS Ontario, (585) 394-2250 at least one week in advance of your trip. Pick up window will be 10:00am - 10:30am and drop off window will be 12:50pm - 1:20pm.

### Scheduled Stops

Aldi  
Big Lots  
CNB  
Main St & Commons Park

Michaels  
Parkway Plaza  
Roseland Plaza  
Tops

Walmart  
Wegmans  
Wood Library

**Note:** RTS Ontario is closed and buses do not run on these holidays: New Year's Day, Memorial Day, Labor Day, Independence Day, Thanksgiving Day, and Christmas Day.



# News From the Office for the Aging

(585) 396-4040 or (315) 781-1321

## COMMUNITY DINING SITES

Canandaigua: Salvation Army  
Tues, Thurs & Friday: 11:30 am

Clifton Springs: Spa Apartments  
Mon - Friday: 4:30 pm

Geneva: Elmcrest Apartments  
Mon - Friday: 12:15 pm

Gorham: United Methodist Church  
2nd & 4th Wed: 11:30 am

Honeoye United Church of Christ:  
Tues and Thurs: 12:00 noon

Shortsville: Shortsville Fire Hall  
Mon - Fri: 12:30 pm

Victor: St Patrick's Church  
1st & 3rd Wed: 11:30 am

**Suggested Donation: \$3.50 ~~~ no one is refused due to an inability to pay**  
**FOR RESERVATIONS CALL: (585) 396-4196 24 HOURS IN ADVANCE**

Ontario County Office for the Aging

Senior Transportation Service

Monday - Friday, 8am - 5pm

Open to all Ontario County Residents

The Senior Transportation Service provides access to medical appointments, shopping and other essential appointments

Our bus will pick you up in front of your residence at the curb, take you to your destinations, and bring you home again.

Trips are booked on a first come, first served basis. Please schedule your ride at least one week advance of your trip. If you frequently travel to and from the same destinations at the same times and on the same days, let us know! We can book your trips in advance, so you won't need to keep scheduling recurring trips.

Call NY Connects - Ontario County at (585) 396-4047 for eligibility and enrollment.

Once enrolled, call Tammy Clover-Lowe, RTS Ontario, at (585) 394-2250 to schedule a ride at least one week in advance of your trip.

**Note: RTS Ontario is closed and buses do not run on these holidays: New Year's Day, Memorial Day, Labor Day, Independence Day, Thanksgiving Day, and Christmas Day.**

OFA reserves the right to limit the number of trips per person, based on funding restrictions



REGIONAL TRANSIT SERVICE



## **SOCIAL ADULT DAY SERVICES**

Office for the Aging has a small Respite Program, which is near and dear to my heart. The program provides for an aide service once a week, to caregivers of people with either a diagnosis of Alzheimer's disease or dementia, or who need assistance with personal care. To qualify for the program, the caregiver and care receiver need to live together.

Unfortunately, the aide shortage in Ontario County has limited the number of people we are able to help with our original respite option. In response to this, we looked at other ways we can provide respite and now have an arrangement with the CDR Social Day Program in Canandaigua. Social Day Program is able to provide round trip transportation and bathing for their clients, and the Respite Program includes these options. We currently have respite openings for Social Day Program. Please call NY Connects at 1-585-396-4047 if you are interested in a respite referral.

As always, please call me directly with any caregiver questions and concerns.

Cinde Priano  
Caregiver Services Coordinator  
585-396-4042

### **Ontario County Office for the Aging Senior Transportation Service Provided by RTS**

Bloomfield Meadows  
Shopping Service  
To Walmart in Canandaigua

Started on December 20th  
And running every 3<sup>rd</sup> Tuesday of the month  
Pick up is at 10:00 am and you will have one and a half hours to shop

Please call the Office for the Aging at  
585-396-4047 for eligibility and enrollment

Once enrolled call Tammy at RTS-Ontario at 585-394-2250  
to schedule a ride at least one week in advance

### **Did You Know...**

If you peel a banana from the bottom you won't have to peel the little strings off.

Peppers with 3 bumps on the bottom are sweeter and better for eating; peppers with 4 bumps on the bottom are firmer and better for cooking.

To get rid of fruit flies, fill a small cup half full of apple cider vinegar and 2 drop of dishwasher liquid, mix well. The fruit flies will be drawn to the cup.



## NEWS RELEASE

Contact: **Debra Frink, Ombudsman Coordinator**  
Lifespan, 1900 South Clinton Avenue, Rochester NY 14618  
585.287.6378 or [dfrink@lifespan-roch.org](mailto:dfrink@lifespan-roch.org)

### **Volunteers Needed: To Advocate, Educate, Empower Older Adults Living in Long Term Care**

New York State Long-Term Care Ombudsman Program at Lifespan is in need of volunteers to join a team of advocates for older adults residing in nursing homes, adult care and assisted living communities in Ontario County region.

With just a few volunteer hours each week, you can help ensure quality of care and quality of life for individuals living in long-term care settings. As you build trusting relationships, you will have the opportunity to preserve resident's rights and safeguard their dignity.

### **Make a difference for older adults in your community by volunteering as an Ombudsman.**

We are accepting applications for our April 27, 28, & May 1, 2, 3, 2017 NYS Mandated Certificate Training. There is an application process. The cutoff date for accepting new applications is April 6<sup>th</sup>. For more information about the application process, dates, times and location of training, please contact the Ombudsman Program at (585) 287.6378, (585) 244.8400 ext. 114 or email [dfrink@lifespan-roch.org](mailto:dfrink@lifespan-roch.org).

### **Alzheimer's Association Counseling Services for Ontario County Residents**

The Alzheimer's Association will provide counseling to anyone affected by Alzheimer's disease or a related dementia, free of charge. This service is available to Ontario County residents the second Wednesday of each month from 12:30 pm to 3:30 pm and the fourth Wednesday of each month from 9:30 am to 12:30 pm at the Office for the Aging at 3019 County Complex Drive, Canandaigua. Advance appointments are suggested. Any interested individual should call the Office for the Aging at (585) 396-4040 or (315) 781-1321.

## SENIOR SPOTLIGHT



Many accomplishments come earlier in life, but some things can be achieved at any age.

When I first met Ginny Miser, I sensed that her interests came from a feeling of gratitude. All of us are thankful for something in our lives; our family, our friends, our freedom.

Ginny is a grateful and proud graduate of the 1943 class at Canandaigua Academy. She has chosen a project that shows her loyalty as an alumnus. I'm sure her contribution must be greatly appreciated by her classmates. While most alumni groups meet every 5 or 10 years, Ginny's class has gathered every year for the last 22 years!

Ginny's enthusiasm has motivated many members of her H.S. class to attend this yearly function. There were 35 graduates that year. Today, only a handful are still with us. Some travel a distance to enjoy the fellowship, a luncheon, and sometimes a program.

Ginny, who is now in her 90's, remains the unofficial Welcome Wagon lady in her Cheshire community. She has been a resident for 62 years. On many occasions, she meets with other ladies at the Company Store. They have a knitting group and she crochets sweaters for charity. She also hosts an annual Ground Hog Day party!

Ginny's talents extend far beyond her ability to organize. For 25 years, she has sung in choral groups and was a member of the Finger Lakes Chorale for 11 years.

Ginny derives so much pleasure from everything in her life. It may come from dinners out with her daughters and granddaughter or playing her favorite card games on or off her computer.

She has chosen a life style that enjoys spending time with others. What can be better than that!

Gloria J. Baker  
Contributing Writer

*Quote: "You are never too old to set another goal or dream a new dream."*

*C.S. Lewis*

## AARP Basic Tax Preparation for Low to Moderate Income Seniors

**Wood Library**  
134 North Main Street  
Canandaigua, NY 14424  
585-394-1381

**Geneva Public Library**  
244 Main Street  
Geneva, NY 14456  
315-789-5303

**Appointments required**  
**Site Schedule: Wednesday and Friday - call**  
**for available times**

**Appointments required**  
**Site Schedule: Tuesday 10:00am-4:00pm**  
**Friday 10:00am-4:00pm**  
**(Ask for Susan Slick)**

or current resident

Please put your address label facing the fold like this note.

### 2017 Medicare 101 Workshops

Held in the Safety Training Building  
2914 County Road 48, Canandaigua, NY 14424  
Pre-registration is required: 585-396-4047 or 315-781-1321  
Session is held 9:30am – 12:00pm

Friday, February 24th    Friday, March 24th  
Friday, April 28th

All workshops cover the following:

- Medicare A, B, C & D
- How to fill the gaps in Medicare; Medicare Advantage and Medigap plans
- Medicare Prescription Drug Coverage
- EPIC
- Medicare Savings Program
- Extra help with prescription drug coverage
- Transitioning from the NYS Health Exchange to Medicare
- Open question & answer format