

Threescore

A Quarterly Newsletter from the Wayne County Department of Aging and Youth

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youth@co.wayne.ny.us



**Health Services Building
1519 Nye Road, Suite 300
Lyons, NY 14489
(315) 946-5624**

Penny Shockley, Director

Winter 2012

RETIREMENT CONGRATULATIONS FOR SUE BLAIR!

Sue Blair, our Nutrition Coordinator for 15 years, retired from the Office of Aging and Youth, on August 30, 2011. Sue's career working for the Department of Aging and Youth began in September 1991, as the Palmyra Senior Center Manager. In December 1995, she was hired as the Nutrition Coordinator and has helped build the program to what it is today. Although there are many components to the Nutrition Coordinators job, she always had a soft spot for the Senior Centers and spending time with those that attended.

The Department of Aging and Youth would like to offer Sue the best of wishes for the new chapter in her life. I am sure she will quickly fill her new found hours with her other passions; family, gardening and following Stan Munro and his elaborate "Toothpick Sculptures". Sue's husband, Bruce, still volunteers delivering the Wegmans' bread donation to various Senior Centers. In all honesty, I wouldn't be a bit surprised, if Sue doesn't wind her way back into the senior nutrition field by delivering meals for the Home Meal Service Program. I'll keep my fingers crossed. We can always use a good volunteer!

The Nutrition Coordinator plays a very critical role in the Aging Services Department. They are responsible for the oversight of our six congregate Senior Centers (that we have re-named Lunch

Club 60). The Lunch Clubs serve approximately 530 seniors over 23,000 meals per year. The Centers not only provide a nutritious lunch but a wonderful opportunity for older adults to get together to visit, play cards, bingo and several centers now enjoy Wii games. There are numerous health and wellness activities offered; from exercise programs, nutrition education and blood pressure screenings. Each Lunch Club 60 has its own personality, but one thing for sure, the regular attendees will attest that it becomes more like an extended family, than a senior program. It is amazing to see how participants look to each other and the Center manager for support, fun and camaraderie.

The Nutrition Coordinator also works very closely with our contracted Home Meal Service Program. Over the last year we served over 41,000 meals to the frail and elderly homebound individuals. This is up from 36,600 meals served in 2010. The Home Meal Service Program Director conducts a thorough assessment on each referral in order to determine what services are needed for an older frail adult to stay safely in their home. The Nutrition Coordinator follows up with a reassessment annually to determine whether any additional services are needed.

In addition, this position is also responsible for coordinating, with our contracted dietitian, nutrition counseling and education programs, setting up wellness and health promotion programs, distribu-

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tion of the Farmers Market Coupons every summer and coordinating with AARP for the defensive driving program.

WELCOME LISA ZONNEVILLE

Lisa Zonneville joined our office as the new Nutrition Coordinator in October. Lisa came to us from Cornell Cooperative Extension, where she worked as the Community Nutrition Education Program Coordinator and Community Nutrition Educator for over 10 years. In that role, Lisa worked collaboratively with our agency for over six years, providing monthly nutrition education sessions for seniors at the Newark High-Rise.

We are also lucky to have Lisa on our team because she also is a Master Trainer for the Chronic Disease Self-Management Program. This is a research-based program from Stanford University, known locally as Living Healthy. This program is a series of six workshops that gives people the tools to self-manage whatever chronic disease they may have. This is a collaborative effort through Wayne CAP that has offered outstanding results for individuals suffering with long term illnesses. This program is endorsed at the federal level as part of the Affordable Care Act and by the NY State Office of the Aging. We look forward to working with WCAP in expanding this innovative program.

Welcome aboard Lisa!

Penny Shockley, Director

ATTENTION SENIOR CLUBS!

If your senior club would like to announce upcoming club meetings or events in the *Threescore*, please contact Pam Marsteiner of the Department of Aging and Youth by phone at 946-5624, by fax at 946-5649, or by e-mail at pmarsteiner@co.wayne.ny.us.

The *Threescore* is published four times per year (January, April, July, and October) and our deadline for articles is the first Friday of the month prior to the month of issue.



LET WATS TAKE YOU THERE!

GROCERY SHOPPING SPONSORED BY WEGMANS

Free shuttle to Newark Wegmans every Tuesday from Lyons Manor and several Newark senior apartment complexes.

Pick-up between 9:00 am and 10:00 am

Return between 12:00 pm and 1:00 pm

Free shuttle to Newark Wegmans every Thursday from several Palmyra and Macedon senior apartment complexes.

Pick-up between 9:25 am and 10:30 am

Return between 12:30 pm and 1:30 pm

MEDICAL APPOINTMENTS

In Wayne County: WATS offers transportation (medical and other) to anywhere in Wayne County for \$1.50 each way to any individual with an ADA-defined disability.

Outside Wayne County: Available to anyone. \$6.50 each way. The Department of Aging and Youth has a limited number of passes available every month to help riders who are age 60 and older offset the cost of riding to out-of-county destinations with WATS. To receive a pass, just call us at 946-5624. If a pass is available, we will send it to you in the mail. Just give your pass to the driver when you board.

Rochester area: Monday through Friday

Canandaigua: Monday through Friday

Other: Eastview Dialysis, Clifton Springs Hospital, Finger Lakes Dialysis, and Geneva General Hospital: Tuesday, Thursday, and Saturday.

**Call WATS at 946-5617 for exact
pick-up/return times and locations.
Please give 24 hours' notice.**

BECOME A FOSTER GRANDPARENT AND CHANGE A CHILD'S LIFE!

The Foster Grandparent Program is looking for volunteers who would like to be a companion to a child in a school setting, Head Start centers, or day care facilities. Foster Grandparents provide individual attention and unhurried help to children who have special needs.

If you are 55 years of age or older, have a limited income, and are interested in making a difference in a child's life, please call Laurie T., Foster Grandparent Program Volunteer Specialist, at (315) 946-7530. In return for 20 hours of service per week, volunteers receive a tax-free stipend, travel reimbursement, and many other benefits.

The Foster Grandparent Program is administered by the Wayne County Action Program, Inc. and funded by the Corporation for National Service and the New York State Office for the Aging. Visit our web site at www.waynecap.org.



DEPARTMENT OF AGING AND YOUTH TRANSPORTATION SERVICES

Monday	Palmyra Lunch Club 60
Tuesday	Clyde Lunch Club 60
Wednesday	Medical and agency appointments in Wayne County
Thursday	Wolcott Lunch Club 60
Friday	Sodus Lunch Club 60

Transportation to local medical and agency appointments and for shopping/errands is also available on Monday, Tuesday, Thursday, and Friday as time allows.

Schedule rides to medical and agency appointments with the Department of Aging and Youth at (315) 946-5624. Schedule rides to lunch club 60 locations through managers (see page 13).

There is no charge for in-county rides, but donations are appreciated.

GERIATRIC ASSESSMENT PROGRAM AVAILABLE TO WAYNE COUNTY SENIORS

A specialized medical program is available for seniors living in rural Wayne County. The Geriatric Assessment Program focuses on seniors age 65 and older who are experiencing recurrent medical conditions that impact quality of life.

If you or someone you know is suffering from urinary incontinence, chronic pain, functional decline, frequent falls, dementia, delirium, or other ongoing issues, contact the Geriatric Assessment Program at (315) 398-8575. A member of the Geriatric Assessment team will contact the eligible patient, conduct a home visit, evaluate clinical needs, provide physical examinations, and develop a care plan to manage the syndrome and patient prescriptions.

This short-term program offers non-emergency, specialized care with a geriatrician, geriatric nurse practitioner, and care manager. The program is provided at no charge to patients without insurance; for patients with insurance, co-pays apply.

In addition to the direct medical services provided, the Geriatric Assessment Program will subsidize educational efforts of health professionals and caregivers in Wayne County to elevate the skill set of those who work with the elderly. For more information on educational opportunities please contact Marya VandeDoyle at (315) 398-8201.

The Geriatric Assessment Program is funded by a federal outreach grant from the Health Resources and Services Administration. The three-year grant was awarded to the Wayne County Rural Health Network (WCRHN), one of 35 networks in New York State that work to increase access to health and human services for New York residents. WCRHN is sponsored by Newark-Wayne Community Hospital and several other county-wide non-profit organizations. For more information about WCRHN and its programs, please contact Emilie Sisson at (315) 483-3266.

HOLIDAY CLOSINGS

Wayne County offices will be closed the following days:

Monday, January 16
Martin Luther King, Jr. Day

Monday, February 20
Presidents' Day

WOLCOTT ESTATES

5770 NEW HARTFORD STREET
WOLCOTT, NY 14590

Seniors 62 years and older
or
Disabled individuals ages 18+

Complex Amenities

- Rental assistance (rent is approximately 30% of income)
- Community atmosphere
- Handicapped accessible complex and units
- Indoor mail pick-up and delivery
- Elevator
- On-site laundry facilities
- Close to stores, bank, library, churches, and bus route

Applications available at

Wolcott Estates
5770 New Hartford St.
Wolcott, NY 14590
(315) 594-1259

C.A.S.H., Inc.
48 Water Street
Lyons, NY 14489
(315) 946-6992



AARP SAFE DRIVING CLASSES

The AARP Safe Driving six-hour refresher course is available to all licensed drivers. It is designed to address



the specific needs of older drivers, including age-related physical changes, declining perceptual skills, rules of the road, local driving problems, and license renewal requirements.

Participants are eligible to receive a discount on their car insurance. The course needs to be taken every three years to keep the discount in effect.

Plan to bring your driver's license, something to write with, and \$17 for AARP members or \$19 for non-members.

Macedon

March 13 and 14, 6:00 to 9:30 p.m.

Parkwood Heights Senior Living Campus
1340 Parkwood Drive, Macedon

Call 986-9100 or (585) 223-7595 to register

Sodus

March 20, 8:30 a.m. to 3:30 p.m.

United Third Methodist Church
56 West Main Street, Sodus

Call 946-5624 to register

Lyons

April 10 and 11, 9:00 a.m. to noon

April 24 and 25, 9:00 a.m. to noon

Wayne County Department of Aging and Youth
Health Services Building, second floor

1519 Nye Road, Lyons

Call 946-5624 to register.

Walworth

April 16 and 17, 8:30 a.m. to noon

Walworth Town Hall

3600 Lorraine Drive, Walworth

Call 986-1400 to register



HOME ENERGY ASSISTANCE PROGRAM BENEFITS AVAILABLE

The Home Energy Assistance Program (HEAP) is a federally-funded energy assistance program. You may be eligible for HEAP if your monthly income is below \$2,146 for a one-person household and below \$2,806 for a two-person household. Income limits increase for additional household members.

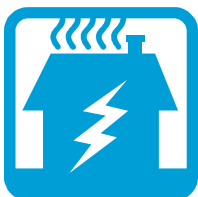
Eligible HEAP applicants receive a one-time credit on their heating bill of up to \$500, depending upon several factors that include household income and the type of heating fuel used. Renters whose heating costs are included in their rent may be eligible for a reduced benefit.

You are eligible to apply for HEAP through the Department of Aging and Youth if you are age 60 or older or you are any age, live alone, and receive SSI. We may also be able to complete applications over the phone for some individuals.

If you received HEAP last year, you have probably already received an application for this year's program. If you think you may qualify for HEAP and have not already received an application, please call the Department of Aging and Youth at 946-5624.

Recipients of temporary assistance or food stamps should receive HEAP benefits automatically and may not need to complete an application. Others, and anyone who is facing a heating or utility emergency, should call the Department of Social Services at 946-4881 for information on how to apply.

Please note that this year's program is expected to close on March 16, 2012. This is much earlier than in past years.



Department of Aging and Youth
(315) 946-5624
NYConnects@co.wayne.ny.us
www.co.wayne.ny.us

We serve individuals of:

- ▶ All ages
- ▶ All needs
- ▶ All income levels

We provide:

- ▶ Screening for social and medical needs
- ▶ Public education
- ▶ Comprehensive and unbiased information about long-term care services and supports:
 - Aide service
 - Home delivered meals
 - Transportation
 - Medical alarm units
 - Nursing homes
 - ...and much more

There are no fees or eligibility requirements for NY Connects information and consultation services.

NY Connects is a joint initiative of the Wayne County Department of Aging and Youth and the Wayne County Department of Social Services. NY Connects is endorsed and supported by the NYS Office for the Aging and the NYS Department of Health.



CONSUMER DIRECTED PERSONAL ASSISTANCE PROGRAM (CDPAP) AVAILABLE IN WAYNE COUNTY

The New York State Department of Health (DOH) has awarded a grant to the Consumer Directed Personal Assistance Association of New York State (CDPAANYS), a statewide organization whose members' focus is the delivery of self-directed home care services in New York State. The objective of the grant is to increase awareness regarding a Medicaid home care program called the Consumer Directed Personal Assistance Program (CDPAP). As part of the grant, CDPAANYS will conduct outreach and education efforts to promote statewide awareness of the availability of the CDPAP.

The CDPAP is a self-directed home care model that is available state-wide to Medicaid eligible consumers who need some or total assistance with personal care services, home health aide services and/or skilled nursing tasks. Consumers choosing to participate in the CDPAP are responsible for recruiting, hiring, training, supervising and dismissing the personal assistant(s) of their choice to assist with their care. If a consumer is non-self directing, a representative may assume these responsibilities on their behalf.

Eligibility for the CDPAP is determined by the local department of social services in the county where the consumer resides. For more information regarding the program, please contact your local department of social services. For residents of Wayne County, you can contact your local department of social services at (315) 946-4881.

A complete listing of local departments of social services may be found at the New York State Department of Health's website at http://www.health.state.ny.us/health_care/medicaid/ldss.htm.

This article was submitted by Sarah Gallo, Regional Outreach and Education Specialist of Western NY for CDPAANYS. E-mail: sarah@cdpaanys.org.



APPOINTMENTS ENCOURAGED

Nothing is more frustrating than driving all the way to our office for help with a problem only to find that the employees you need to see are busy assisting



other customers. Given the number and complexity of issues we help with, we want you to meet with the employees best able to assist you.

Please remember to call ahead and make an appointment. This will guarantee that you'll be able to meet with someone experienced in the topics you're asking about. It will also reduce your wait time and increase our ability to see everyone in a timely manner.

Are You 40-64 Years Old with NO MEDICAL INSURANCE?

Did you know

FREE CANCER SCREENINGS,

follow-up and treatment are provided
by local doctors and hospitals?

WOMEN: 40-64

Mammograms, Clinical
Breast Exams, Pap Tests
and Pelvic Exams

MEN and WOMEN: 50-64

Colorectal Cancer Screenings



DON'T DELAY!

Call now for an appointment and
receive a FREE \$10 gas card upon
completion of your appointment!



Do it for the people who care about YOU!

Wayne County

Cancer Services Program

Your partner for cancer screening, support and information



Susan G. Komen
FOR THE CURE
CENTRAL
NEW YORK

Call 1-800-854-8439
or 315-332-2255

TAX COUNSELING FOR THE ELDERLY

The Tax Counseling for the Elderly (TCE) Program offers free tax assistance to senior citizens 60 and older. Seniors can have their taxes done during the months of February, March and April by IRS-certified, volunteer tax counselors.



If you would like additional information about the TCE program or you would like to schedule an appointment to have your taxes done, please call Wayne County Action Program at 946-7531. Confidentiality is strictly upheld.

If you are interested in assisting seniors with their taxes, please call the Retired and Senior Volunteer Program (RSVP) and ask for Becky Hesbon.

RSVP is administered by Wayne County Action Program and funding is provided by Corporation for National and Community Service and the New York State Office for the Aging.

INTRODUCTION TO MEDICARE CLASSES OFFERED

Medicare is available to most people at age 65, but may be available earlier than that to individuals who have disabilities. If you're new to Medicare or will be joining in the next few months, sign up for a class and learn more about the Medicare enrollment timeline, an overview of coverage options, Medicare Advantage plans, supplemental insurance policies, Medicare savings programs, and Medicare Part D—the newest part of Medicare that helps to cover prescription drug costs.

Classes are held at the Department of Aging and Youth, located in the Health Services Building at 1519 Nye Road, Lyons. The next classes are scheduled for Tuesday, January 17 at 2:00 p.m.; Thursday, February 9 at 10:00 a.m.; and Wednesday, March 14 at 2:00 p.m.

Classes are free, but registration is required. Please register by calling the Department of Aging and Youth at 946-5624.

**ATTENTION, ATTENTION!!
EVERY DAY PEOPLE JUST
LIKE YOU GET FOOD STAMPS!!**

HAVE QUESTIONS, SENIORS?

The Nutrition Outreach and Education Program (NOEP) of Wayne County has great news for you!

**We will be at the Wayne County
Department of Aging and Youth on
January 12 and 16
February 9 and 23
March 8 and 22
from 9:00 a.m. to 12:00 p.m.**

We will make scheduled appointments to meet with people who would like a free, confidential, friendly pre-screening and application assistance for Food Stamps. Walk ins are also welcome!

To see if you may qualify or if you have questions, please call the Nutrition Outreach and Education Program (NOEP) of LAWNY, Inc. at

(866) 781-5235 or (315) 781-1465

Each year in New York, over a million people just like **YOU** help make ends meet and improve their health and nutrition by using Food Stamp Benefits. If you are eligible, you are entitled to receive Food Stamps and you will not be taking them away from anyone else.

**EAT BETTER TODAY
STAY HEALTHY TOMORROW**

Prepared by a project of Hunger Solutions New York, USDA/FNS, and NYSOTDA. This institution is an equal opportunity provider.

CAREGIVER SUPPORT GROUP

2nd Tuesday of every month

2:00 - 3:30 p.m.

at the Wayne County

Department of Aging and Youth

WORKSHOPS

Full schedule available at

www.alz.org/rochesterny

**Effective Communication and
Safety Concerns**

January 19, 2012 1:00 p.m. to 3:00 p.m.

Wayne County Department of Aging and Youth

Wayne County Health Services Building

1519 Nye Road, Lyons

**Know the Ten Signs and
Caregiver Efficacy: Coping and
Empowerment**

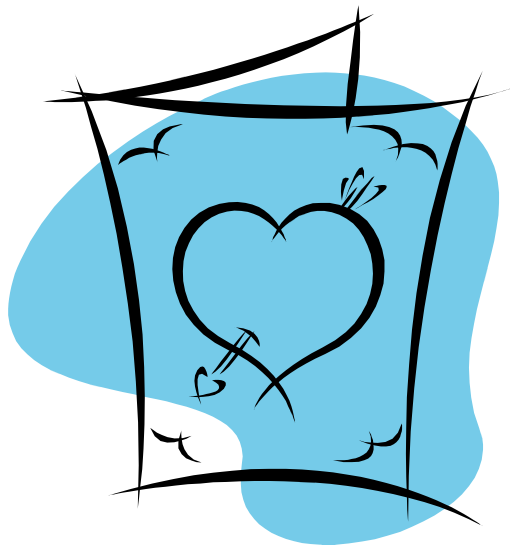
March 15, 2012 1:00 p.m. to 3:00 p.m.

Wayne County Department of Aging and Youth

Wayne County Health Services Building

1519 Nye Road, Lyons

**Reservations are required for workshops.
Please call the Alzheimer's Association at
(585) 760-5400 or (800) 272-3900.**



**EARLY STAGE
SUPPORT GROUP
TO BEGIN
IN MARCH 2012**

Education and support are combined in this eight-week series designed for care partners and loved ones with dementia. The group will be offered at the Wayne County Department of Aging and Youth starting in March 2012. Each two-hour session includes education on a featured topic, large group discussion, and an opportunity for separate sharing amongst care partners and individuals with the diagnosis.

Topics include disclosure, future planning, research, stigma, and tools for maintaining independence, among others. You will hear from an elder law attorney as well as a medical professional as part of the sessions.

The group is a great way to start your journey with the support of professionals. Please call the Alzheimer's Association at (800) 272-3900 for more information and to register.

APPOINTMENTS ENCOURAGED

Nothing is more frustrating than driving all the way to our office for help with a problem only to find that the employees you need to see are busy assisting other customers.



Given the number and complexity of issues we help with, we want you to meet with the employees best able to assist you.

Please remember to call ahead and make an appointment. This will guarantee that you'll be able to meet with someone experienced in the topics you're asking about. It will also reduce your wait time and increase our ability to see everyone in a timely manner.

Thank You

The Wayne County Department of Aging and Youth would like to thank Dorothy DeMay, Teresa Pickering, April Wahl, Helen Spindler, Joanne Williams and Gladys Bastian for helping with the mailing of the Fall 2011 issue of the *Threescore*.

If you are interested in becoming a newsletter volunteer, please call 946-7530 and ask for the Retired Senior Volunteer Program.

Our next get-together will be Tuesday, March 28, 2012 from 9:30 a.m. to 11:30 a.m. We meet in the Department of Aging and Youth conference room, on the second floor of the Wayne County Health Services Building at 1519 Nye Road, Lyons.

LYONS MANOR

31 PEARL STREET
LYONS, NY 14489

Seniors 62 years and older
or
Disabled individuals ages 18+

- Rental assistance (rent is approximately 30% of income)
- Community room with large screen TV
- Hair salon
- Wall-to-wall carpeting
- Pet friendly
- Stove and refrigerator
- Off-street parking
- Handicapped accessible complex and units
- On-site laundry facilities
- Close to downtown shopping

Contact:

Allyson Adam, manager
(315) 946-4013 (office)
(585) 967-0579 (cell)



SCAC NEWS

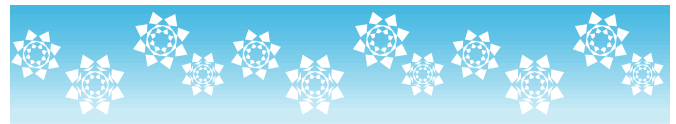
On October 11 through 13, SCAC President Frank Clark and Vice President Dave Nussbaumer attended the StateWide Senior Action Council's convention in Greenbush, New York. A Board of Directors meeting was held with discussions on by-laws and direction of the organization. There were many good speakers at the convention with good discussions.

President Clark and VP Nussbaumer are willing to work with the various Wayne County Senior groups to speak with their people on the information gathered at the convention.

Wayne County SCAC is a charter member of the StateWide Senior Action Council. StateWide Senior Action Council was organized 39 years ago to work for and protect senior citizens' rights and benefits.

SCAC has reached out to the Wayne County senior groups asking if any would like to host a SCAC meeting at their facility. We know that some people cannot travel to Newark all the time for the meetings. South Butler has shown an interest and Marion has signed up to host the May 14 meeting. Our open dates are March 12 and July 19. We will also try to have a speaker/presentation at our meetings.

We would like feedback as to what members' concerns are for these meetings. Members can reply to Frank Clark at fclarsr@yahoo.com or 589-8535 or Dave Nussbaumer at nussdave@yahoo.com or 597-5962.



CLYDE 60+ CLUB NEWS

The Clyde 60+ Club meets the first Wednesday of each month at the Clyde VFW from September to June. Upcoming events:

January: Buffet & bingo

February: Ham dinner & Valentine party.

March: Buffet & bingo.

We welcome new members. For more information, call Jo Arnitz at 923-7718.

SENIOR CITIZEN ACTION COUNCIL

Senior Citizen Action Council (S.C.A.C.) is an organization that is dedicated to helping retirees live in honor, dignity, and usefulness. The next S.C.A.C. meeting is scheduled for *Monday, January 9 and Monday, March 12* at 1:00 p.m. in the board room at the Alex Eligh Community Center, 303 East Avenue, Newark.. All S.C.A.C. cardholders are welcome and are encouraged to attend.

Lunch is available at noon for a suggested donation of \$2.50. The menu is listed on page 12. Please call Pat Cowles at 331-2532 at least 24 hours in advance to reserve a meal.

The 2012 S.C.A.C. membership cards (cost is \$2) are available at S.C.A.C. meetings and at the Department of Aging and Youth. Cards are valid through December 31, 2012. For those wishing to renew by mail, just send in your old S.C.A.C. card along with \$2 and a self-addressed, stamped envelope to: Department of Aging and Youth, 1519 Nye Road, Suite 300, Lyons, NY 14489. Please make checks payable to S.C.A.C.

If you are not currently a member and would like to be, please send the following information: name, address, phone number, date of birth, two dollars, and a self-addressed, stamped envelope to the address above.

For any questions, contact Frank Clark, President, at 589-8535 or fclarsr@yahoo.com



VOLUNTEER OPPORTUNITIES AVAILABLE THROUGH RSVP

If **YOU** are age **55** or **BETTER**, here are the many ways **YOU** can get involved in **RSVP...**

BoneBuilders: Learn to lead Osteoporosis Prevention exercise classes.

Medical Transportation Drivers: *DRIVERS NEEDED NOW!* Provide transportation to seniors needing rides to/from medical appointments. Drivers receive mileage reimbursement.

Food Security: Help coordinate and distribute free USDA commodity foods to persons in need.

Tax Counseling: Free service for seniors and low income families. Volunteers are needed – training available or be a greeter if ‘numbers’ are not your thing.

Living Healthy: Manage symptoms of chronic diseases. Workshop leaders and/or participants needed.

Line Dancers: Meet weekly, provide entertainment to groups.

In VEST: *Investing in Veterans through Education, Support and Training* LEARN HOW YOU CAN HELP LOCAL VETERANS! This is a NEW pilot program. We WELCOME your ideas and expertise in this new program area.

Waterloo Premium Outlet: Information kiosk

Independent Living: Call home bound seniors on a daily basis.

Workshop Leaders: *AUDIENCES ARE WAITING!* Provide informal workshops for people living in transitional settings. Bring YOUR expertise to this program or share ours!

RSVP Contact Information: Program Director Carm Krueger, carm.krueger@waynecap.org, 946-7530 OR Volunteer Specialist Becky Hesbon, rebecca.hesbon@waynecap.org, 946-7530. *CALL TODAY!*

Volunteer!

Youth News



IT DOESN'T FEEL LIKE IT, BUT SUMMER AT SODUS POINT PARK IS COMING!!!

Why do we bring up Sodus Point Park in frigid January? Good question! Planning for the opening of lifeguard supervised swimming at Sodus Point Park this summer begins several months ahead of time. Staff recruiting is an important task that takes time to accomplish and we ask your assistance in finding Red Cross certified lifeguards to work at Sodus Point Park.

The Wayne County Department of Aging and Youth is responsible for assuring that both the bayside and lakeside beaches are safe for the public to swim eight hours a day, seven days a week during the school summer vacation at the end of June to Labor Day. This requires hiring close to twenty certified lifeguards.

If you or someone you know is interested in working at Sodus Point Park as a lifeguard, now is the time to obtain the three required certifications: Lifeguarding and Community First Aid, CPR for the Professional Rescuer, and Waterfront Lifeguard. The American Red Cross schedules the classes and many schools in Wayne County provide this training for a fee. Keep an eye out in local newspapers and/or pennysavers for articles announcing the training.

If you have any questions concerning Sodus Point Park, please call the Department of Aging

and Youth office at 946-5624. Look for more information on Sodus Point Park in upcoming issues.

Wayne County and the New York State Office of Children and Family Services fund supervised swimming at Sodus Point Park.

RUNAWAY YOUTH: WHO CAN HELP?

The Wayne County Department of Aging and Youth is now providing services to runaway youth. A runaway youth is defined as a youth between the ages of twelve and seventeen who refuses to stay at home for a variety of reasons.

Services provided to runaway youth may include case management, family mediation, resource referral information, educational support and advocacy. If you are a runaway or you are a person who would like to help a runaway please call (800) 216-5693 for assistance.

For further information about the Wayne County Runaway Program please contact Kathy McGonigal, Deputy Director for Youth at 946-5624.



LUNCH CLUB 60 MENUS

List includes entrée, vegetable, and dessert. Milk is served with each meal. Menu is subject to change. A donation of \$2.50 is suggested. Contributions are confidential and no one will be refused a meal because of inability to donate. Meals need to be ordered one day in advance.

<u>JANUARY</u>	<u>FEBRUARY</u>	<u>MARCH</u>
3 Chicken Parmesan with rotini, green beans, peaches	1 Chili, tossed salad, apple juice, cornbread, fruited Jell-O	1 Beef stew over biscuit, cauliflower, fruit
4 Chicken dumpling stew, tossed salad, mixed fruit	2 Ham, boiled potatoes, cabbage and carrots, Waldorf salad	2 Creamed cod, baked potato, peas, frosted cake
5 Pot roast with gravy, mashed potatoes, carrots, applesauce	3 Stuffed shells with spaghetti sauce, cauliflower, spinach with vinegar, cookie	5 Baked pork chop with mushroom gravy, mashed potato, peas and carrots, pears
6 Fish tenders with cocktail sauce, O'Brien potatoes, coleslaw, spiced pears	6 Chicken Parmesan with rotini, green beans, peaches	6 Turkey Tetrizzini, winter squash, French green beans, peaches
9 Shells and sauce with meatballs, Scandinavian mixed vegetables, fruit	7 Macaroni and cheese, mixed vegetables, mandarin oranges	7 Chili, tossed salad, apple juice, cornbread, fruited Jell-O
10 Turkey à la king, brown rice, spinach, strawberries with topping	8 Chicken dumpling stew, tossed salad, mixed fruit	8 Ham, boiled potatoes, cabbage and carrots, Waldorf salad
11 Chicken cranberry wrap, Minestrone soup, carrots and celery sticks, fruit cocktail	9 Pot roast with gravy, mashed potatoes, carrots, applesauce	9 Stuffed shells with spaghetti sauce, cauliflower, spinach with vinegar, cookie
12 Baked pork chop, sweet potato, peas, cream pie	10 Fish tenders with cocktail sauce, O'Brien potatoes, coleslaw, spiced pears	12 Chicken Parmesan with rotini, green beans, peaches
13 Breaded fish square, potato wedges, coleslaw, peaches	13 Shells and sauce with meatballs, Scandinavian mixed vegetables, fruit	13 Macaroni and cheese, mixed vegetables, mandarin oranges
16 CLOSED FOR MARTIN LUTHER KING DAY	14 Baked pork chop, sweet potato, peas, cherry pie	14 Chicken dumpling stew, tossed salad, mixed fruit
17 Turkey with gravy, stuffing, Brussels sprouts, pineapple	15 Chicken cranberry wrap, Minestrone soup, carrots and celery sticks, fruit cocktail	15 Pot roast with gravy, mashed potatoes, carrots, applesauce
18 Pulled pork on bun, barley vegetable soup, apple crisp	16 Baked pork chop, sweet potato, peas, strawberries with topping	16 Fish tenders with cocktail sauce, O'Brien potatoes, coleslaw, Watergate salad
19 Meatloaf with gravy, mashed potatoes, spinach salad, raisin rice pudding	17 Breaded fish square, potato wedges, coleslaw, peaches	19 Shells and sauce with meatballs, Scandinavian mixed vegetables, fruit
20 Tuna noodle casserole, carrots, coleslaw, pears	20 CLOSED FOR PRESIDENTS' DAY	20 Turkey à la king, brown rice, spinach, strawberries w/topping
23 Swedish meatballs over noodles, broccoli, cinnamon applesauce	21 Turkey with gravy, stuffing, Brussels sprouts, pineapple	21 Chicken cranberry wrap, Minestrone soup, carrots and celery sticks, fruit cocktail
24 Herbed baked chicken, sweet potatoes, green beans, apple pie	22 Pulled pork on bun, barley vegetable soup, apple crisp	22 Baked pork chop, sweet potato, peas, cream pie
25 Turkey and cheese on rye or wheat, Mediterranean lentil soup, peaches	23 Meatloaf with gravy, mashed potatoes, spinach with vinegar, raisin rice pudding	23 Breaded fish square, potato wedges, coleslaw, peaches
26 Beef stew over biscuit, cauliflower, fruit	24 Tuna noodle casserole, carrots, coleslaw, pears	26 Turkey with gravy, stuffing, Brussels sprouts, pineapple
27 Creamed cod, baked potato, peas, frosted cake	27 Swedish meatballs over noodles, broccoli, cinnamon applesauce	27 Cheese ziti, tossed salad, fresh fruit
30 Baked pork chop with mushroom gravy, mashed potato, peas and carrots, pears	28 Herbed baked chicken, sweet potatoes, green beans, apple pie	28 Pulled pork on bun, barley vegetable soup, apple crisp
31 Turkey Tetrizzini, winter squash, French green beans, peaches	29 Turkey and cheese on rye or wheat, Mediterranean lentil soup, peaches	29 Meatloaf with gravy, mashed potatoes, spinach with vinegar, raisin rice pudding
		30 Tuna noodle casserole, carrots, coleslaw, pears

LUNCH CLUB 60 LOCATIONS

There are six Lunch Club 60 locations in Wayne County. Each location provides a delicious hot meal and varied activities. Anyone over the age of 60 is welcome (and spouses, if under 60).

CLYDE Sue Gutschow, Manager
 St. John's Church Hall, West DeZeng St.
 Phone: 923-7216
 Monday - Friday, 10:00 a.m. - 1:30 p.m.
 Lunch served at 11:45
 Transportation available on Tuesdays*

NEWARK Pat Cowles, Manager
 Alex Eligh Community Center, 303 East Ave.
 Phone: 331-2532
 Monday - Friday, 10:00 a.m. - 1:00 p.m.
 Lunch served at noon

ONTARIO Vivian Taylor-Kalinowski, Mgr.
 Brown Square Village Apartments
 2100 Brown Square
 Phone: 524-3034
 Monday - Friday, 9:30 a.m. - 1:30 p.m.
 Lunch served at noon

PALMYRA Joan Howell, Manager
 Village Park and Club Rooms
 149 E. Main St. (by the park)
 Phone: 597-4015
 Monday - Friday, 9:00 a.m. - 1:00 p.m.
 Lunch served at 11:45
 Transportation available on Mondays*

SODUS Donna Almekinder, Manager
 Church of the Epiphany Parish Hall
 105 West Main Street
 Phone: 483-6111
 Monday - Friday, 9:00 a.m. - 1:00 p.m.
 Lunch served at 11:30
 Transportation available on Fridays*

WOLCOTT Melissa Martinez, Manager
 Faith United Methodist Church
 12223 Oswego St.
 Phone: 594-1644
 Monday - Friday, 9:30 a.m. - 1:00 p.m.
 Lunch served at noon
 Transportation available on Thursdays*

*Call center manager to arrange transportation

WELLNESS CLINICS

The Department of Aging and Youth, Wayne County Public Health, and Lifetime Care sponsor monthly wellness clinics throughout Wayne County. Upcoming clinics are scheduled for the following locations and dates. Blood pressure, pulse, and weight are checked and recorded by a nurse. Information and counseling are available upon request.

Clinics are free to anyone over the age of 60. Appointments are not necessary.

CLYDE 1/4, 2/1, 3/7	St. John's Church Hall 1st Wednesday of the month 10:30 a.m. to noon
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NEWARK 1/18, 2/15, 3/21	Highrise Community Room 3rd Wednesday of the month 10:00 a.m. to noon
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ONTARIO 1/10, 2/14, 3/13	Senior Center/Brown Square 2nd Tuesday of the month Begins at 10:30 a.m. (Provided by Ontario Parks and Recreation)
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PALMYRA 1/9, 2/13, 3/12	Palmyra Park and Club Rooms 2nd Monday of the month 10:30 a.m. to noon
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SODUS 1/17, 2/21, 3/20	Church of The Epiphany Parish Hall 3rd Tuesday of the month 10:00 a.m. to 11:30 a.m.
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WOLCOTT 1/26, 2/23, 3/22	Faith United Methodist Church 4th Thursday of the month 11:00 a.m. to noon
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COMFORT FOOD

Geraldine Morse, R.D., CDN

Some comfort foods have a nostalgic element. A grilled cheese sandwich reminds my children of lunch at their grandmother's. The aroma of freshly-baked chocolate chip cookies and milk is the reward for a hard day at school. Other comfort foods are associated with healing such as a bowl of chicken noodle soup to sooth a sore throat. Sometimes eating comfort foods is associated with emotional eating such as eating a bag of potato chips due to being bored—a bowl of ice cream to reduce stress. Excess intake of comfort foods and emotional eating is associated unplanned weight gain.¹

It is not completely clear why some foods affect our emotions. Why aren't apples and carrot sticks comfort foods? A Belgian study gave study subjects either a saline or fatty solution. The subjects then listened to neutral or melancholy music. The subjects who were given the fatty solution had decreased feelings of sadness and MRIs showed increased activity in the parts of brain that regulate emotions. Other scientists at the National Institute of Diabetes and Digestive and Kidney Diseases have found that having fat or salt-water in your stomach changes your mood.²

We all have comfort foods. What we choose to eat varies with gender and culture. According to Wikipedia, the number one comfort food in the United States is apple pie. Men generally prefer salty comfort foods while women prefer sweet foods. Happy people prefer pizza and sad people are more likely to choose ice cream. Learning to distinguish the difference between being physically hungry and eating for emotional reasons can help people gain control of their weight.³

Some people are not aware that they are seeking food for comfort or emotional reasons. The first step in learning to recognize emotional comfort eating is to think about why and what you are eating. Have a hunger reality check. Is your stomach rumbling? Do you feel hunger pangs? Did you just eat an hour ago? Keep a food diary. Write down what and how much and when you eat. Look for patterns between your activities, mood, and eating. If you want to eat when you are not hungry, distract yourself. Take a walk, watch a

movie, play with a pet, call a friend, or clean a cupboard or drawer. Don't keep comfort foods in your house. Decrease stress using meditation, relaxation techniques or exercising.⁴

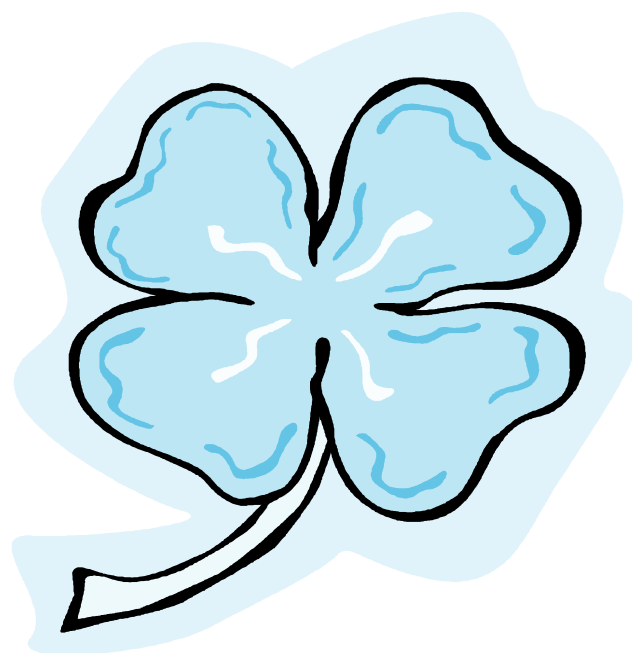
Physical Hunger		Emotional Hunger
Tends to come on gradually and can be postponed	VS	Feels sudden and urgent
Can be satisfied with any number of foods	VS	Causes very specific cravings (say, for pizza or ice cream)
Once full, you're likely to stop eating	VS	You tend to eat more than you normally would
Doesn't cause feelings of guilt	VS	Can cause guilt afterwards

Source: http://kidshealth.org/teen/your_mind/emotions/emotional_eating.html#

¹<http://www.mayoclinic.com/health/weight-loss>

²<http://www.utne.com/The-Sweet-Puruit/Gastrointelligency-Why-Comfort-Food-Works>

³http://kidshealth.org/teen/your_mind/emotions/emotional_eating.html#



FROM THE NUTRITION OFFICE:

Happy New Year and welcome to my first article for the *Threescore* newsletter. I have recently joined the Wayne County Department of Aging and Youth family and every day when I walk into the office, I am amazed how caring and committed the staff of this department is. They work so hard to assist the seniors and youth of Wayne County!

The nearest and dearest program to my heart, however, is the Lunch Club 60 senior nutrition centers. The main objective of this important nutrition program is to provide delicious and nutritious hot lunches, good company, and various fun activities for our local senior population. As the nutrition services coordinator, my hope for 2012 is that more seniors in Wayne County will take advantage of our Lunch Club 60 Centers. We have six fun, friendly, and caring managers waiting to welcome new attendees to their centers. If you haven't taken the opportunity to attend one of our centers, please call the one closest to you, order a meal, and go meet some of the wonderful people who attend! It's as simple as that...a good meal and some great company!

News from the Lunch Club 60 centers:

Vivian Kalinowski, manager in **Ontario** would like you to know that she has BINGO every Tuesday and an exercise program on Mondays and Wednesdays. She also has various fun and educational programs scheduled throughout the winter. Please call her for more details. The Ontario center is open Monday through Friday, 9:30 a.m. to 1:30 p.m.

Sue Gutschow, manager in **Clyde**, would like you to know that she has an active euchre group on Wednesdays that could always use more players. However, all seniors are welcome and playing cards is not a requirement for attending her site! There is a Bone Builders group on Mondays and Wednesdays and BINGO every Tuesday. Sue also has several master gardener programs provided by Cornell Cooperative Extension, scheduled throughout the winter to help you get ready for spring planting! The Clyde center is open Monday through Friday, 10:00 a.m. to 1:30 p.m. Transportation is provided on Tuesdays, so please call ahead to make arrangements.

Donna Almekinder, manager in **Sodus**, would like you to know that she has BINGO on Fridays and an active euchre group almost daily. She also has various speakers and fun activities scheduled throughout the winter. Please call her for more details. The Sodus center is open Monday through Friday, 9:00 a.m. to 1:00 p.m. Transportation is available on Fridays.

Melissa Martinez, manager in **Wolcott**, would like you to know that she has a Bone Builders group on Mondays and Wednesdays. There are also card games and board games daily. If video-games are more your style, there is a Wii system and bowling is very popular! Melissa also has various fun and educational programs scheduled throughout the winter. Please call her for more details. The Wolcott center is open Monday through Friday, 9:30 a.m. to 1:00 p.m. Transportation is available on Thursdays.

Joan Howell, manager of our **Palmyra** center, wants you to know that she has plans for Valentine's Day and St. Patrick's Day celebrations. She is also hoping to have a podiatrist give a presentation this winter on foot care. Joan has BINGO on Mondays, Bunko on Wednesdays, and Dominoes on Fridays. She also has various fun and educational programs scheduled throughout the winter. Please call her for more details. The Palmyra center is open Monday through Friday, 9:00 a.m. to 1:00 p.m. Transportation is provided on Mondays, so if you need a ride, please call by 10:00 a.m. on the Friday prior.

Pat Cowles, manager in **Newark**, would like you to know that she has a Bone Builders group and a Silver Sneakers group that meet twice a week at her center. She also has BINGO, card games, and various other fun activities planned throughout the winter. Please call her for more details. The Newark center is open Monday through Friday, 10:00 a.m. to 1:00 p.m.

I hope you have a wonderful winter and that you find some time to join us at the Lunch Club 60 senior centers! Contact information for the centers appears on page 13.

Lisa Zonneville
Nutrition Services Coordinator

The programs and services offered by the Department of Aging and Youth are funded by federal, state, and local governments and through the generous contributions from the people and families the department serves.

Enclosed is my donation of \$5 \$10 \$15 \$20 Other _____

My donation is in memory of _____ (optional)

I wish my donation to be used for: (optional)

- Transportation Personal emergency response system
 Services to caregivers Newsletter
 Senior legal services Nutrition services

My name and address: _____

I would like a written confirmation of my donation.

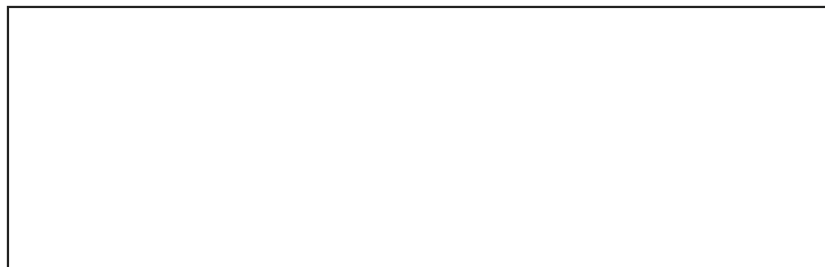
Wayne County Department of Aging and Youth
1519 Nye Road, Suite 300 Lyons, NY 14489

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