

NETWORK IN AGING

OF WESTERN NEW YORK, INC
EST 1981



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Network in Aging
of Western New York, Inc.

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Network in Aging of WNY

invites you attend the following workshop:

"Anxiety & Depression in Older Adults" What We Know & Available Mental Health Resources



Tuesday, May 14th

12:00pm - 4:30pm

(lunch & networking 12:00pm-1:00pm)

COST: \$25.00

**REGISTRATION
OPEN!**

REGISTER ONLINE: www.networkinaging.org and pay by check or via credit card

RSVP by: Friday, May 3rd

Dr. Mark Gunther, PhD, Psychologist at ECMC will be our featured speaker. He has extensive experience working with and treating mental health disorders in older persons and will provide an overview of depression, anxiety, and related disorders and how this impacts the lives of older adults.

Following Dr. Gunther's presentation, a panel of local service providers will address the mental health services they provide.

- Erie County Department of Mental Health
- Bry-Lin Behavioral Health System
- Jewish Family Service (JFS) of Buffalo and Erie County
- Catholic Charities
- Erie County Senior Services
- COMPEER
- WNY Independent Living Center
- Crisis Services
- The Dale Association

**** Moderated by Kathy Kanaley, Center for Elder Law & Justice ****

Meals on Wheels a program of FeedMore WNY, 100 James E. Casey Drive, Buffalo, NY 14206
(park on street and in front lot, enter at the far left (do not enter at the front door))



NOW ACCEPTING NOMINATIONS!

JERRY FLASCHNER HUMANITARIAN SPIRIT AWARD
\$1,000 Scholarship for the 2019-2020 Academic Award

Go to www.networkinaging.org for criteria and nomination form
(awards will be presented at the Taste of the Network on 7/23)



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Network in Aging
of Western New York, Inc.

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MISSING: KRISTIN SURDEJ,
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LAURIE MENZIES

Welcome
NEW BOARD MEMBER



NANCY MAIRA FROM PHARMERICA



Don't miss out on taking advantage of your MEMBERSHIP BENEFITS!

- Submit an article in our quarterly newsletter
- Host a Network with the Network event or co-sponsor an event
- Submit a business card size ad in the newsletter

Looking for article and ad submissions for the July-Sept. 2019 edition!

Call Lisa Boron at 829-3712 or email lisaboro@buffalo.edu to reserve your spot.

THANK YOU

TO ALL MEMBER AGENCIES FOR RENEWING FOR 2019!

WE APPRECIATE YOUR CONTINUED SUPPORT!

CONGRATULATIONS

to Chandra Daigler from Elderwood Health Plan!

Winner

OF THE HOMETOWN HOCKEY TEAM TICKETS!

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PRESIDENT'S MESSAGE ANGELA BLACKLEY



Well, 2019 is underway and the Network in Aging is no exception to the excitement the New Year has brought. Beginning with the January Social held at the Pierce Arrow Museum, we had nearly 130 in attendance that included both members and their guests. This event was wonderful and the exhibits, food and networking were top notch. Kudos to the Special Events committee.

Not to be out done is the Network with the Network committee and the Education Committee as they are busy planning the next several events to come.

One such event was held on **April 10th**. The Education committee planned a well-received **FREE open forum** entitled - **'Health Across All Policies and Healthy Aging in NYS'**. This well attended event highlighted Governor Cuomo's 2017 State of the State address. In this address he directed state agencies to employ a more proactive

and interactive approach to improving New York's overall population health to become the healthiest state in the country. With this \$15 million incentive the Governor is looking to how all of the policies, programs, and initiatives support New York State's aging population developing a blueprint to reduce health disparities and improve the health of all New Yorker's. Guest speakers Greg Oslen-Acting director for NYS Office for Aging and Randall Hoak-Associate State Director Community Outreach at AARP address how this would be implemented benefiting seniors in NYS.

The Networking committee has planned an event that will be held at **The Lockport Presbyterian Home on April 17th** from 4:30-6:30pm with a "Sweet Spring" theme. It will be sponsored by Presbyterian Senior Care, Oasis Senior Advisors and Sheridan Benefits.

Following close behind on **May 9th**, the Networking committee has planned a fun filled evening called **"Learn About You"**, a progressive dinner event held at The Barrel Factory in Buffalo from 4:30pm to 8:00pm for members only. It promises to be a wonderful networking event where you can highlight yourself and your agency or business to other members in attendance. The format is based on the premise of speed dating but is networking instead. Registration is underway and 40 spots are still available. It's sponsored by Allegra Cheektowaga, The Olear team/MJ Peterson, Elderwood and Mount Calvary Cemetery. Be sure to bring plenty of business cards.

On **May 14th** from 12:00pm-4:30pm, the Education committee will present a workshop - **'Anxiety and Depression in Older Adults' - What we know & Available Mental Health Resources**. Cost is \$25 that will include lunch and will be held at Meals on Wheels a program FeedMore of WNY. Keynote speaker is Dr. Mark Gunther, PhD, Psychologist at ECMC along with a panel of 9 local service providers. Don't miss this informative event!

Save the date for **June 5th** for a fun Network event at the Historic Riviera Theater in North Tonawanda from 4:30pm-6:30pm. There will be food, drink, music and backstage tours of this beautiful building as well as a free concert by the 'Mighty Wurlitzer'. This will be sponsored by M&T Bank - Reverse Mortgage, MJ Peterson/The Olear team, Amazing Home Care, Magavern Magavern Grimm LLP & ACSIA Partners - Dana Dee.

Coming in early **July on Tuesday the 2nd** from 4:30-6:30pm BlueCross and BlueShield of WNY will sponsor a summer Network with the Network event held at their beautiful bamboo atrium downtown on Genesee St., Buffalo. Celebrate Independence Day with a 'Cornhole' Tournament and other fun events. Visit the Network in Aging web site for additional details.

And don't forget the much anticipated **Taste of the Network** on **Tuesday, July 23rd** from 12pm-2pm. This is our annual culinary cook off where chefs/cooks from our member agencies compete in winning awards in different food categories. It also gives you the chance to taste all of their tidbits for just \$15.00!

Visit the Network website to obtain additional information on any of these events and remember to "Like Us" on Facebook and visit us on "LinkedIn". All the Network in Aging committees are working hard to develop exciting enhancements that will benefit our members.

The Network Board of Directors are dedicated in keeping the recently restructured Strategic Plan working for members by providing these events and future events to come. Come Join Us.

Remember- *"A Comfort Zone is a Beautiful Place but Nothing ever Grows There"* - unknown author.

THE NETWORK WELCOMES ITS NEWEST MEMBER AGENCIES

WE WELCOME FIVE NEW MEMBER AGENCIES!



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For more information please call or visit us on www.bristolhome.org

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Catholic Cemeteries
Diocese of Buffalo

www.buffalocatholiccemeteries.org



MAKE THE MOST OF YOUR NETWORK MEMBERSHIP BY JOINING A COMMITTEE TODAY

COMMITTEE CO-CHAIRS & MEETING INFORMATION

Please be sure to verify meeting date, time and location as there are occasional changes!

COMMUNICATIONS COMMITTEE

Establishes and directs the Network's print and online communications with its members and the public. Meetings are on the second Tuesday of the month at 9:00 AM at University at Buffalo, 3435 Main Street, 501 Kimball Tower, Buffalo, NY 14214.

CO-CHAIRS

Pamela Pace (ppace@centershealthcare.org) (716) 863-9035

Thane Schulz (tschulz@ecmc.edu) (716) 898-6502

EDUCATION COMMITTEE

Plans and carries out educational programs/workshops on aging related issues, along with planning and preparation for the annual meeting. Meetings are on the second Thursday of each month at 8:45 AM at Meals on Wheels for WNY, Inc., 100 James E. Casey Drive, Buffalo, NY 14206.

CO-CHAIRS

Maria Schenk (maria.schenk@univerahealthcare.com) (716) 860-9015

Beth Donner (bcdonner@mtb.com) (716) 848-7600

MEMBERSHIP COMMITTEE

Reviews and recommends changes in membership dues and benefits; coordinates ongoing membership recruitment efforts. Meetings are on the fourth Thursday of each month at 8:00 AM at Panera Bread, 1593 Niagara Falls Blvd, Boulevard Consumer Square, Amherst, NY 14226. No meetings in August and December.

CO-CHAIRS

Larry Raines (larryrainz@yahoo.com) (716) 553-4538

Margie Cannon-Zdrojewski (simplified.solutions@yahoo.com) (716) 908-1608

NETWORKING COMMITTEE

Plans and carries out member-to-member functions, including Network with the Network events. This committee meets on the first Thursday of each month at 8:30 AM at MJ Peterson, 1244 Niagara Falls Blvd., Tonawanda, NY 14150.

CO-CHAIRS

Michael Olear (michael@olear.com) (716) 880-4442

Nancy Maira (nancy.maira@pharmerica.com) (716) 395-1769

SPECIAL EVENTS COMMITTEE

Plans social functions for the Network, including the January Social, Taste of the Network and annual meeting venue. Meetings are on the fourth Tuesday each month at 8:30 AM at Heathwood, 815 Hopkins Road, Williamsville, NY 14221. No meetings in January, July and December.

CO-CHAIRS

Sharon Plant (splant@people-inc.org) (716) 817-9223

Suzanne Desfosses-Gilliam (sdg@touchinghearts.com) (716) 898-8566

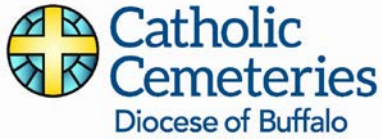
NOMINATING COMMITTEE

This committee solicits and accepts nominations for positions on the Network in Aging Board of Directors and presents a slate of officers and directors to the membership for their consideration.

CO-CHAIRS

Anne Binga, LMSW (annebinga@gmail.com) (716) 209-0999

Kashia Brosius (kbrosius@peregrinecheektowaga.com) (716) 893-3000



CATHOLIC CEMETERIES



Friends enjoying Grief Support Movie Night at Mt. Olivet Cemetery

Grief Support is more than just support! At Catholic Cemeteries, grief support means forming friendships, companionships, enjoying dinner outings, field trips, movie nights and much more.

In addition to special remembrance services and masses, techniques and strategies to help one cope and lectures on topics such as sleep, dreams, health, cooking, finance, and many more that are beneficial to one's emotional health, there are support bonds that form.

Over the years, a number of people who have attended grief support meetings through the Catholic Cemeteries grief support program have formed friendships. They talk to each other on the phone, email each other, comfort each other through the difficult times during holidays, anniversaries and birthdays of their deceased loved ones. They enjoy dinner out together, attend special events together, car pool for field trips to museums, historical buildings, sightseeing activities, various types of tours and much more. They come together and embrace with compassion and emotional support those who have just lost a love one and are attending a support meeting for the first time and starting on their own grief journey. Catholic Cemeteries focuses on the living. You don't have to grieve alone.

For more information about our Grief Support Programs, please contact Marianne Hubert, Director of Grief Support at 873-6500. 🌸

HEALTH FOUNDATION FOR WESTERN & CENTRAL NY



The Health Foundation has partnered with the Brookdale Foundation Group to launch two brand-new caregiver funding opportunities across Western and Central New York!

Agencies that provide caregiving support for people with early memory loss, or agencies that provide supportive services to relative caregivers, are encouraged to apply for these two new initiatives.

Grant proposals should center on the National Group Respite Program and the Relatives as Parents Program. A total of ten (10) organizations in WNY and CNY will receive funding for two-years for one of these two programs. The grants are \$10,000 for the first year with an opportunity for a second tier grant of \$5,000.

The National Group Respite program and the specialized Early Memory Loss Program are both community-based, social model day programs that provide dementia-specific group activities for participants and respite for family caregivers and carepartners. The Relatives as Parents Program (RAPP) aims to develop or expand services for grandparents or other relatives who have taken on the responsibility of surrogate parenting when the biological parents are unable to do so.

Both programs aim to improve the health of people across the region.

To learn more about these two new exciting opportunities, visit the Health Foundation website at www.hfwny.org 🌸



NATIONAL PARKINSON'S FOUNDATION

The Need for Parkinson's Awareness

By: Chris Jamele, Executive Director
Parkinson's Foundation WNY

April is National Parkinson's Awareness Month. This is wonderful recognition, to be sure, but why should this designation stand apart? After all, every month is equated with a variety of causes.

The prevalence of Parkinson's disease (PD) is rising - drastically. Long a relatively little known affliction, the past twenty-five years has seen PD rates increase nearly eight times faster than Alzheimer's. Still considered a condition equated with aging, the greying baby boomers are often cited for the rapid increase in diagnoses. However, recent research indicates a significant drop in the average age of diagnosis. Where that average was 65 as recently as ten years ago, some researchers now put that age at 50, indicating younger generations are increasingly affected as well.

Parkinson's already affects tens of thousands of people locally. The need for PD related therapies, nursing services, counseling, legal guidance, and myriad other services is steadily growing. These demands will only increase until the elusive cure is found. Though much work is being done, that mystery is far from being solved. These are all great reasons to raise awareness about PD.

The Parkinson's Foundation Western New York is here to support and to educate the PD community of patients, care partners and family members. We also provide information and education to service professionals who work with our PD community. Learn more about PD and how we can help you address the challenges this disease poses. That alone is great awareness raising.

Call 716 449-3795 or e-mail cjamele@parkinson.org. We look forward to working with you. 🌸

PRESBYTERIAN SENIOR CARE



Starting the conversation isn't always easy. It may be an internal monologue or a conversation among friends and family. Is it time to make a change? Is Senior Living the right fit? Independent living or Adult Care?

It's never too early to start, for yourself or a loved one. And it's often a conversation that brings in your whole network; family, friends, neighbors and colleagues.

For some, it is nice to start by planning visits to communities in the area during an event - like an open house or summer concert. Others prefer to schedule a tour with the Administrator or Sales Manager, and yet

others enjoy browsing through websites from home. All of these options provide the opportunity to have questions answered, to generate new questions and get a "feel" for community living.

You may even want to reach out to friends that have gone through a similar process to hear what their experience was like. They are likely to be a great resource for you.

It may not be an easy move, but it certainly will be a good one! For more information about researching Senior Living options available from Presbyterian Senior Care of WNY, please feel free to contact Lisa Lundy, Administrator, Presbyterian Village at North Church Independent Living Community in Williamsville, NY at 716-631-3430 or Laurie Spencer, Administrator, Lockport Presbyterian Home in Lockport, NY at 716-434-8805. 🌸

6



OASIS SENIOR ADVISORS



Matthew Gardiner

Oasis Senior Advisors is a FREE service for seniors and their families.

Who we help?

Oasis is a free service for families. We assist seniors and their families through a housing transition. Whether it is a planned transition, for example moving from home to a senior community, or maybe unplanned, needing to find assisted living or memory care in a hurry. We also assist families needing a respite stay of 30 days or more, to aid in a caretaker breather or planned getaway.

How we help?

We meet in person with our clients whether they are in a hospital, rehab, or home. We get to know them personally including interests, financial position, and level of care needed. We use this information along with our Oasis IQ software to connect families with the necessary resources. If the families want to visit a senior community, we present options that would fit their situation and set up tours

for them. We are proud to accompany on the visits to communities, this helps bring clarity to a stressful process.

What our clients saying?

“The Oasis team is the best. He was patient, informative and extremely understanding of our emotions. We toured several places with his expert guidance we found the right fit for my 93 year old mother. She has lived in her new home for 9 months and couldn’t be happier. She is healthy and well cared for. She LOVES the family, caretakers and residents. Placing a loved one is never easy, but with the help of Oasis, our process was smooth and successful.”

We are honored to assist all referrals. To discuss how we can help your client or loved one please reach out.

OasisSeniorAdvisors.com/Buffalo
Mgardiner@youroasisadvisor.com
(716) 717-3664

Matthew Gardiner

Owner-Senior Living Advisor, Oasis Senior Advisors 



WEINBERG CAMPUS



Why One Family Chose Garden House For Mom’s Memory Care Needs

Rochester, New York native, Gloria, has always been known for giving back to her community – from volunteering to staying active in the lives of her children and grandchildren.

“Mom has always been the glue that holds the family together,” says son, Steven Becker, M.D. “She has always been engaged in the community.”

About six years ago, shortly after his father passed away, Steven noticed his mother was exhibiting early signs of dementia. Living in Buffalo, he would trek to Rochester daily to check on her, while aides cared for her up to 10 hours a day. The traveling took a toll on Steven and his family. So the day that Gloria fell, he took her to rehab at Weinberg Campus.

“Weinberg Campus made things a lot easier for my mom,” says Steven. Weinberg offers a continuum of care, which could address her memory care needs as she progressed. After rehab Gloria was transferred to Garden House, Weinberg’s enhanced assisted living and memory care. Garden House offers private, furnished rooms with bathrooms and kitchenettes, a secure outdoor courtyard, and 24/7 support.

Steven shared that it’s always a pleasant experience when he’s visiting Gloria. From the chef-prepared meals to the decorations throughout her living space, he says his mother is content – and gets along with everyone!

“I give the aides so much credit – they keep the residents as happy as possible,” says Steven. “I have peace of mind knowing that my mom is receiving high quality care around the clock. I no longer need to worry.”

WeinbergCampus.org ■ 716-639-3332 

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Event from 4:30pm - 8:00pm

Open Bar from	4:30-5:30
Progressive Dinner	5:30-7:00
Open Bar	7:00-8:00

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Cost \$40.00

LIMITED TO 100 REGISTRANTS.
NO WALK-INS ACCEPTED.
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INTERESTED IN CO-HOSTING

A NETWORK WITH THE NETWORK EVENT?

LOOKING FOR CO-SPONSORS FOR THE FOLLOWING LOCATIONS/MONTHS
(DATES TBD)

JULY 2 ND	BLUECROSS BLUE SHIELD
SEPTEMBER	MEALS ON WHEELS A PROGRAM FOR FEEDMORE WNY
OCTOBER	THE GREENFIELDS CONTINUING CARE
NOVEMBER	TENNYSON COURT

Contact Lisa at 829-3712 or lisaboro@buffalo.edu if interested!

Check Us Out on FACEBOOK & LINKEDIN!



As the Network in Aging continues to grow and thrive, we strive to use new innovations that help us to promote the Network, our events and member agencies.

We are excited to announce that we have created Facebook & LinkedIn pages and have begun posting about upcoming events, important information on aging in WNY, and of course about our wonderful member agencies. We plan to use Facebook and LinkedIn as platforms from which we can tell the story of the Network, and the extraordinary services you all provide. **Stay tuned to learn how your organization can be featured in some of our posts!**

If you haven't yet, please
LIKE & FOLLOW our pages!



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SOCIAL MEDIA (FACEBOOK) POSTS

PLATINUM - 12 posts | **GOLD** - 6 posts | **BRONZE** - 3 posts

SUBMISSION INFO AND GUIDELINES

As a member of the Network in Aging, your organization is allowed a certain number of posts per membership year according to your membership level.

- Please email all post submissions to: lisaboro@buffalo.edu.
- If you have a time sensitive post, please note that, AND please plan ahead as your post may take up to 2 weeks to be shared live.
- PDF and JPEG files are preferred.
- We reserve the right to edit and ask questions or modify post as needed.
- Any **events** listed on our website calendar already have the benefit of being possibly posted, unless you want to request a specific event be posted again and/or in a certain way.

SOME HELPFUL TIPS ON THINGS TO POST

This is your chance to tell the membership and others interested in the Network about you and your organization! TAKE ADVANTAGE!!

- Create an "AD" style post where you can highlight services to those in need or a "rate special."
- Give us some interesting organizational history or background.
- Let us know about a NEW employee or Employee of the month.
- Is there an open position in your group you are looking to fill? Let us spread the word.
- Offer the opinion of an "expert" on a timely or interesting age-related topic.
- Promote a seasonal or other timely campaign.
- Offer some trivia question or other contest that initiates user feedback
- Post a VIDEO of your group completing an activity or service.
- Make sure to include applicable links such as to your website or other contact info.
- Always include images and your logo.

Any questions, please contact Lisa Boron. THANKS AND HAPPY POSTING!

MEMBER ADS



Meat Raffle – March 30th St. Mary's HS-Lancaster
\$7 adv/\$10 door/\$50 table of 8

Wine Tasting – April 26th Millennium Hotel-Bflo
\$50 adv/\$60 door/\$450 table of 10

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DECEMBER NETWORK WITH THE NETWORK EVENT WHEATFIELD COMMONS – NOVEMBER 14TH



DECEMBER NETWORK WITH THE NETWORK EVENT BROMPTON HEIGHTS, INC. – DECEMBER 6TH



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FeedMore WNY



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The Network in Aging of Western New York, Inc. is a non-profit, voluntary corporation, which brings together individuals and organizations involved in aging and long-term care. Our diverse membership includes educators, health and social service professionals, community leaders, government agencies and area businesses. **Our mission is “To help our members by providing opportunities for resource exchange, professional development and interdisciplinary collaboration through networking events, educational programs, strategic partnerships and promoting public awareness of the organization and its mission.”**

For more information about the Network in Aging of Western New York, Inc., call Lisa Boron, Network in Aging Coordinator, at 716-829-3712 or for more information about the Network in Aging, you can go online to www.networkinaging.org

NETWORK SPONSORED CALENDAR OF EVENTS

For more information, go to www.networkinaging.org
or call the Network office: 716-829-3712

NETWORK WITH THE NETWORK

WEDNESDAY, APRIL 17TH

4:30 PM - 6:30 PM

“Sweet Spring”

Lockport Presbyterian Home

NETWORK WITH THE NETWORK

WEDNESDAY, JUNE 5TH

4:30 PM - 6:30 PM

“Revvin’ It Up At The Riv”

Riviera Theatre

“LEARN ABOUT YOU”

PROGRESSIVE DINNER - MEMBERS ONLY

THURSDAY, MAY 9TH

4:30 PM - 8:00 PM

The Barrel Factory

HURRY, ONLY 40 SPOTS REMAINING!

NETWORK WITH THE NETWORK

TUESDAY, JULY 2ND

4:30 PM - 6:30 PM

Celebrate Independence Day

BlueCross BlueShield of WNY in

Bamboo Atrium & outside patio

WORKSHOP

TUESDAY, MAY 14TH

12:00 PM - 4:30 PM

“Anxiety and Depression in Older Adults:

What We Know & Available Mental Health Resources”

Meals on Wheels

REGISTRATION NOW OPEN!

TASTE OF THE NETWORK

TUESDAY, JULY 23RD

12:00 PM - 2:00 PM

Amherst Center for Senior Services