



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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**“Learn from YESTERDAY, Live for TODAY,
Resilience for TOMORROW”**

VIRTUAL ANNUAL MEETING

THURSDAY, NOVEMBER 5, 2020 • 9AM-11:30AM

\$25.00

REGISTRATION NOW OPEN!

Link on home page at www.networkinaging.org • More details coming!

FEATURED SPEAKERS:

- **Richard Gehring**, PAST EXEC. DIRECTOR, MEALS ON WHEELS FOR WNY
- **Robert “Bob” Blancato**, NATIONAL COORDINATOR, ELDER JUSTICE COALITION
- **Greg Olsen**, ACTING DIRECTOR, NYS OFFICE FOR THE AGING

SPONSORED BY:

GERIATRIC CARE MANAGERS, NASCENTIA HEALTH, LAPING, SURDEJ ASSOCIATES, FREEDOMCARE NY, WEINBERG CAMPUS, ABSOLUT CARE, HOSPICE & PALLIATIVE CARE BUFFALO, FAMILY PHARMACY PLUS, CENTER FOR ELDER LAW & JUSTICE, CLARITY GROUP, CLINICAL HEALTHCARE MANAGEMENT SERVICES, HARRIS BEACH PLLC, CLARITY GROUP, THE BRISTOL HOMES, BLUECROSS BLUESHIELD OF WESTERN NEW YORK, HEALTH FOUNDATION OF WESTERN & CENTRAL NY, TENNYSON COURT, PEOPLE INC., CAREPATROL OF BUFFALO NIAGARA, PARK CREEK ASSISTED LIVING, TOUCHING HEARTS AT HOME, MARTON CARE (Sponsorships still available!!!)

VIRTUAL BASKET RAFFLE

Reminder to send in baskets and gift cards **by October 14th**

For full details, see page 2.





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Network in Aging
of Western New York, Inc.

OFFICERS

President

Angie Crawshaw
The Dale Association

V.P. — Professional Development

Beth Donner

V.P. — Community Relations

Pamela Pace
Amazing Home Care

Secretary

Sharon Plant
People Inc.

Treasurer

Suzanne Desfosses-Gilliam
Touching Hearts at Home

Past President

Kristin Surdej, LMSW, CMC
Laping, Surdej Associates LLC

Founding President

Dr. Evan Calkins

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Center for Hospice & Palliative Care

Kashia Brosius
Absolut Care

Margie Cannon-Zdrojewski
Simplified Solutions of WNY, LLC

Matt Gardiner
Oasis Senior Advisors

Beverly A. Kubala, RN, CCM
Geriatric Care Managers of WNY

Thomas Lang, JD, MBA
Magavern Magavern Grimm, LLC

Nancy Maira

Bonnie McMorro
FeedMore WNY

Chip Mussen

Stephanie Mruzek
*Solstice Senior Living
at East Amherst*

Sue Nawojski
Tennyson Court

Jane Nogowski
Park Creek Senior Living

Darlene Polak
Briarwood Manor

Dot Swift
Elderwood Health Plan

**“Learn from YESTERDAY, Live for TODAY,
Resilience for TOMORROW”**

VIRTUAL ANNUAL MEETING

Thursday, November 5, 2020 • 9AM-11:30AM • \$25

REGISTRATION NOW OPEN!

Link on home page at www.networkinaging.org • More details coming!

Annual Meeting Sponsorship/Contributor Opportunity

For only \$200 you receive:

- **Email to membership (400+)** highlighting your organization one week prior to meeting
- **FULL PAGE ad** in the program book
- Opportunity to submit a **:15 second spot/commercial** OR choose to create a **verbal message** (prior to and during meeting) – will come to you!
- **Facebook visibility** with additional boosts to help you reach new customers and clients
- **Visibility/recognition during** annual meeting – scrolling logo/name
- **Logo displayed** on home page and event page of Network in Aging website
- **Special section** in program book



Ad Opportunity in the program book

- **Quarter page color ads** – Cost \$50
- **Ad submissions to:** lisa@networkinaging.org

**Pay by check or online via credit card (on home page)
– for sponsorship and ad opportunities**

VIRTUAL BASKET RAFFLE

Reminder to send in baskets and gift cards **by October 14th**

We're asking EACH member agency to donate a **basket or gift card** (minimum value \$25)

The more baskets we get, the better chances of winning! **Plus, it's fun!**



**PLEASE support our local businesses that have
been affected by the COVID-19 pandemic.**

Raffle open to MEMBERS ONLY!

You can still participate even if you do not register for the annual meeting.
Drawings randomly selected by Chance2Win.

Ticket sales open Monday, October 19th • Credit Cards only!

Dropoff baskets to: Sharon Plant, People Inc., 280 Spindrift Drive, Williamsville, 14221
(Gift cards can be mailed.)



Take advantage of
your **MEMBERSHIP**
BENEFITS today!

- Submit an article in our quarterly newsletter
- Submit a business card size ad in the newsletter

**Looking for
ARTICLE AND
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for the
Jan-Mar 2021
edition!**

Email Lisa Boron at
lisa@networkinaging.org
to reserve your half page article.



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MEMBERS!**

Don't forget to take advantage
of your promotional email
blast! Emailed to the entire
membership!

PRESIDENT'S MESSAGE ANGIE CRAWSHAW



It's hard to believe that we are rounding out the year with fall just around the corner. This happens to be one of my favorite seasons of the year. Everything is changing before our eyes to something very beautiful and colorful.

The Network in Aging has seen many things change as well due to the pandemic. What we called normal is no longer that but called the 'new normal'. Most of our yearly events had to be cancelled or postponed due to COVID19 forcing our board of directors and committees to think 'outside the box'.

One such event that will not be cancelled is the Annual Meeting to be held on Thursday, November 5th as a virtual experience. This event not only is a much anticipated annual gathering but this year holds a special place of recognition for the Network as we kick-off our 40th anniversary.

The Education and Special Events Committees have been working very hard to stay within the 'new normal' and present you with a well-planned live virtual event that has never been done before.

The board of directors supported this idea wanting nothing more than keeping our members safe. They voted unanimously to continue our tradition of this annual event, even if we can't meet in person.

Network in Aging-40 Years Strong "Learn from YESTERDAY, Live for TODAY, Resilience for TOMORROW"

Our speakers include: Richard (Dick) Gehring, Past Executive Director, Meals on Wheels for WNY as well as his position as supervisor of social work for the home health services program for Erie County, Department of Health. Dick is also a past NIA board member and worked closely with our founding father, Dr. Evan Calkins, at the conception of the Network.

Greg Olsen, Acting Director, NYS Office for Aging. He is responsible for the administration of federal and state funded programs that assist older adults and informal caregivers across New York State. Working with public and private partners at the state and local level, Greg is leading the effort to rebrand what aging in New York State looks like.

Robert (Bob) Blancato, National Coordinator, Elder Justice Coalition, Executive Director of the National Association of Nutrition and Aging Services Programs. He has long been recognized as a national advocate on behalf of older adults and currently serves on the national board of AARP and the board of the National Hispanic Council on Aging.

Each of our speakers will be live from their location to provide members with a look back at past, present and the future of aging including how our "normal" has and will change the services we provide.

Let's not forget one of the exciting portions of the annual meeting, the 'Basket Raffle'. This too will be done virtually. Members will have the opportunity to see and purchase tickets prior to the event. Special sponsorship opportunities are available and registration is being offered at a reduced price. Check our website for all the details to this event.

Though we will not be able to attend this event in person I encourage all members to register and promote this special occasion. The Network in Aging is strong and we will get through this year together with your support. I miss seeing all of you and hope we can be together in person soon, hopefully at the January Social in 2021.

"There are two ways of exerting one's strength, one is pushing down, the other is pulling up."

-Angie Crawshaw – Network in Aging President



Broadway Home Care WNY



Family Pharmacy Plus



CarePatrol of Buffalo Niagara



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

ALL MEETINGS VIA ZOOM AT THIS TIME

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 9:00am at the Bee Group Newspaper Office, 5564 Main Street, Buffalo, NY 14221.

CHAIR

Pamela Pace (pamela@amazinghc.com) (716) 863-9035

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 8:45am at Meals on Wheels for WNY, Inc., 100 James E. Casey Drive, Buffalo, NY 14206.

CHAIR

Beth Donner (bethcdonner@gmail.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 8:00am at Panera Bread, 1593 Niagara Falls Blvd, Boulevard Consumer Square, Amherst, NY 14226. No meetings in August and December.

CHAIR

Jane Nogowski (jnogowski@park-creek.com) (716) 632-3000

Dot Swift (dswift@elderwood.com) (716) 807-9708

NETWORKING COMMITTEE

Plans and carries out member-to-member functions, including Network with the Network events. Meetings are on the first Thursday of each month at 8:30am at Panera Bread, 1593 Niagara Falls Blvd, Boulevard Consumer Square, Amherst, NY 14226.

CO-CHAIRS

Stephanie Mruzek (eastamherstdsm@solsticeseniorliving.com) (716) 688-7880

Nancy Maira (nlmaira@verizon.net) (317) 727-7532

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 8:30am. Locations vary, so contact Co-Chairs for more info. No meetings in January, July and December.

CO-CHAIRS

Sharon Plant (splant@people-inc.org) (716) 817-9229

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 (annebinga@gmail.com) (716) 209-0999

Kashia Brosius (kbrosius@absolutcare.com) (716) 652-1560



CAREPATROL OF BUFFALO NIAGARA

CarePatrol is a new free service to evaluate all senior living options.

CarePatrol of Buffalo Niagara provides a completely free service to Seniors and their families in Western New York by helping Seniors evaluate their safest living option, including independent living, assisted living, memory care and in-home care options. CarePatrol is the local expert for families on all issues related to Senior living in Western New York.



As part of their free services, CarePatrol meets with families to understand their loved one's medical/care needs, reviews the care and violation histories of the communities that meet those needs, tours their families to the recommended communities, and then helps the families with any additional services needed prior to moving in to ensure a seamless transition into their new home.

CarePatrol is locally owned and operated by husband and wife, Don and Julie Lewinski. Julie has her Doctorate in Occupational Therapy and currently works for Kaleida Health in management. Over her career, Julie has worked in a variety of settings, including sub-acute rehab, acute hospital care, skilled nursing facilities, retirement communities, homecare and assisted living. Julie is CarePatrol's expert on Senior medical and care needs. Don has his MBA and is a lawyer licensed to practice law in New York and Pennsylvania. Over his career, Don has worked in a variety of law firm and corporate legal department settings. Don is CarePatrol's expert on all of the financial, legal (estate planning), insurance, and tax issues that arise during this process. CarePatrol can meet in-person or virtually to serve the families of Western New York during these trying health times. 🌸

Call Don and Julie Lewinski today at **(716) 463-2966** or email us at **dlewinski@carepatrol.com** for more information!



REGISTRATION NOW OPEN!

“Learn from YESTERDAY, Live for TODAY, Resilience for TOMORROW”

VIRTUAL ANNUAL MEETING

THURS., NOVEMBER 5, 2020 • 9-11:30AM



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www.bristolhome.org

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LAPING, SURDEJ ASSOCIATES

Roots of Working with Older Adults Go Way Back

by **Kristin Surdej Laping, Surdej Associates**

I want to take this opportunity to reflect on the work and legacy Laping, Surdej Associates and its owners, both past and present bring to the Western New York community. Toby F. Laping, Ph.D., L.M.S.W., along with Margaret Sayers, N.P. started the practice, Laping, Sayers Associates, back in 1982 when the private care management with older adults was a new concept. They were true pioneers in the field. They provided an option for older adults, their families, caregivers and other professionals for an objective source of information, referral and advocacy. This private practice continued as Toby Laping Associates for many years, it was and still is here today to fill the gap and need between public offered services and those provided by hospitals, facilities and larger institutions. We work together as a team with other providers and professionals to offer the best to our clients.

Also noteworthy, Kristin Surdej, L.M.S.W., C.M.C., the owner of Laping, Surdej Associates since 2008 celebrates a milestone in her career. She has been an aging care manager for the last 25 years. “When I think about legacy and where my interest in working with older adults came from I think it is in my genes. I can’t help but think about my late grandmother, Beatrice Ruda. She too was a pioneer in advocacy for our local aging population. In the mid to late 1970s she worked as a volunteer with government officials to advocate for much needed services, especially home delivered meals and dining sites, for the older adult population. She saw older adults need more than the recreational opportunities that were being offered.” 



For more information on Laping Surdej Associates see our website at www.wnycaremanager.com.

VIRTUAL BASKET RAFFLE

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We’re asking EACH member agency to donate a **basket or gift card** (minimum value \$25)

For full details, see page 2.



Catholic Health Home & Community Based Care



McAuley Seton Home Care
The Right Way to Care

Catholic Health’s McAuley Seton Home Care is nationally recognized for quality and patient satisfaction. McAuley Seton provides skilled nursing and therapy interventions to patients in Erie and Niagara counties. Services include:

- Traditional Skilled Nursing Services
- Specialty Nursing Teams (Infusion, Cardiac and Maternal Child)
- Wound Care Program with Wound Certified Nurses
- Rehabilitation Services (PT, OT, ST, Dietician)
- Wound Physical Therapy (E-Stim, Pulse Lavage)
- Home Health Aides (Mercy Home Care)
- Telehealth
- Social work
- Spiritual Care
- Personal Emergency Response (Home Response)

To learn more about our top rated services, visit chsbuffalo.org or call (Erie) 716-685-4870 (Niagara) 716-433-2475

WECK RADIO

From the desk of WECK Radio owner and local business advocate Buddy Shula.



WECK Radio partnered earlier this year with Network in Aging and we're proud to be a member. Reaching baby boomers and seniors is what we do, playing the hits from the 60's and 70's, our legendary Buffalo DJ's like Tom Donahue, Roger Christian, Bobby O throughout the day. All live and local. Glenn Topolski, Program Director is on weeknight evenings with Glenn's Den, including 70's at 7. WECK is also the home to Senior Matters Show with host Judge Penny Wolfgang Saturdays from 10am-11am, Ronnie D's Polka Show every Sunday 8-11am, and my Elvis Experience Sunday's 11am-1pm. And we have Dick Bartley's Saturday night oldies show from 6 to 9.

Many of Network in Aging members have and are advertising with us already and we thank you for your support. In August we developed an exciting feature telling our listeners what Network in Aging is about and we showcase 3 noncompeting members within that featured spot. WECK plans on this opportunity to be an ongoing program providing we have members sponsoring the feature. If you'd like more information about this, please contact Lou Ann Delaney at ldelaney@weckbuffalo.com or (716) 597-9589. Each month we also devote and showcase members of Network in Aging during our Senior Matters Show.

This exciting, affordable feature rolled out this September and we'd like to thank our partners so far, Geriatric Care Managers, Pride Center of WNY, PBM Elder Attorneys, Homewatch Caregivers, Brompton Heights, Care Patrol, Hearts & Hands and Weinberg Campus. This campaign will be on going and we hope that your company or organization takes advantage of this opportunity. 🌸

Be safe, Buddy Shula
WECK President

WELCOME NEW BOARD MEMBER



Sue Nawojki
Tennyson Court

WECK RADIO Offer to Members!



Special discount offered exclusively to our members!

Participating members receive:

- :15 second commercial that will be shared with two other non-competing member's message
- This spot aired 24 times each week, Mon-Fri 6am-8pm, Sat-Sun 10am-8pm
- Total number of commercials 312
Cost per spot just \$5!!!!
Investment per week - \$120 net
13 week schedule investment \$1,560
(6 week schedule \$780)

Your results!

- Your message will reach 67,900 adults 55+
- They will hear your message 17x within the campaign
- Your message will cost only \$1.35 per thousand adults 55+

Six member agencies already took advantage of it!!

Contact Lou Ann Delaney, Account Executive directly if interested.
ldelaney@weckbuffalo.com or (716) 277-0909

Homewatch Caregivers Receives 2019 Best of Home Care® - Provider of Choice Award



Homewatch Caregivers announced today that it has received the 2019 Best of Home Care - Provider of Choice Award from Home Care Pulse. The Provider of Choice Award is granted only to the top-ranking home care providers, based on client satisfaction scores gathered by Home Care Pulse, an independent satisfaction research firm for home care. Homewatch Caregivers is now ranked among a select few home care providers across the country who have proven their ability to provide outstanding care.

"This is the fourth year in which Homewatch Caregivers has received this recognition as either Provider of Choice or Employer of Choice."

William P. Gillick, MHA, President/Owner
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CHMS is a healthcare coordination agency providing advocacy and preventive wellness support. The focus is on a compassionate approach to improving healthcare outcomes

and promoting enhanced communication between client, family and providers. Our experienced Certified Care Managers have over 30 years of working with seniors in a variety of healthcare settings.

CHMS Services:

- Medical and Healthcare Advocacy
- Comprehensive Assessment
- Companion Services
- Service Coordination
- Linkage with providers
- RN Medication Monitoring and Support
- Physician Appointment Support and Communication between Providers
- Placement Assistance
- Medicaid Application
- PRI/Screen Assessment

CHMS has seen significant growth in the last year. Bonnie Springborn, CMC came on-board in October 2019 as Executive Director and Jessica Campbell-Lewis, BSN, RN, CMC joined us in January 2020 as RN Coordinator. This has offered CHMS the opportunity to expand our reach in the community and diversify our services. We are also excited to have moved into a new office space!

We are happy to collaborate with any of Network in Aging professionals to address client needs that may fall outside of your expertise. Our goal is to work as a team supporting navigation of the healthcare system and coordinating personalized services to enhance safety and quality of life. 🌸

Call us to learn more at: **(716) 688-1002**
Website: **www.chmsny.com**
Bonnie Springborn, CMC: **bs@chmsny.com**
Address: **6161 Transit Rd., Suite #6,**
E. Amherst, NY 14051



THE MCGUIRE GROUP

The McGuire Rehabilitation Centers Get You Back in the Game

Is pain holding you back from lacing up your running shoes, joining a bowling league or enjoying the outdoor scenery this fall? If so, the rehabilitative therapists at The McGuire Group's five local



facilities can help get you back in the game. We offer post-hospital rehabilitation and outpatient therapy services for those recovering from an injury, illness or surgery.

Our therapists and medical professionals work closely with your doctor to make sure your recovery is expedited and maximized. This includes creating patient-centered treatment plans based on clinical recommendations and what's most important to you. For example, if you're an active golfer, we'll develop a comprehensive program with a focus on getting you ready for the season. This can include therapeutic exercises designed around balance, flexibility, coordination and movements that will prepare you for a safe return to the sport.

Rehabilitating at a McGuire Group facility means you'll receive hours of therapy every day under the direction of trained professionals with access to modern equipment and facilities. In addition to concentrating on your recovery, our individualized treatments also emphasize injury prevention and performance enhancement.

The safety of our patients and staff is always a paramount importance, especially during the COVID pandemic. Our team of experts has developed policies and protocols based guidance from the DOH and CDC to make your recovery seamless.

Let the therapists at The McGuire Group help get you back to what you enjoy! Speak to your physician regarding rehabilitation at a McGuire Group facility. Locations include: Autumn View in Hamburg, Garden Gate in Cheektowaga, Harris Hill in Williamsville, Northgate in North Tonawanda and Seneca in West Seneca. 🌸

LEARN MORE AT:
McGuireGroup.com.



PARK CREEK SENIOR LIVING COMMUNITY

Park Creek Senior Living Community celebrated its 13th Anniversary this September 19th! It has been a wonderful decade plus of exceptional care for their Assisted Living and Memory Care Residents and families. They are now also able to offer Enhanced Assisted care.

One size does not fit all, and at Park Creek, the individual is celebrated with the ultimate goal of improving or maintaining function level for as long as possible.

Memory Care at Park Creek is one of the most affordable in Western New York starting at \$4855/month, all inclusive services. Assisted Living starts at just \$3075/month.

With the current pandemic, they had a private celebration of their Anniversary with residents and staff. They would like to acknowledge and express their appreciation for all of the hard work and cooperation from staff and for the amazing love and support from Residents, and especially from all of the Residents' family and friends during this difficult time. 🌸

Please call **Jane Nogowski at 716-632-3000** for more information or to schedule a virtual tour. Visit the website at **www.park-creek.com** or like us on Facebook.

Park Creek Assisted Living is located at 410 Mill Street in Williamsville next to Amherst State Park.

There are also employment opportunities at Park Creek. Currently searching for an Activity Director and Full-time Activity Assistant. Positions available in December due to the retirement of wonderful, long tenured staff.

Park Creek is searching for that rare individual who is both creative and organized.

Director responsibilities include creating and carrying out a diverse program of Activities for Assisted living and Memory Care Residents. Creating a monthly calendar, scheduling, training and supervision of Activity Assistants, coordination of volunteers, planning of major events. Activity programming and supervisory experience required.

F/T Assistant: Memory Care experience required.



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The Hispanic Care Community at Ellicott Center is now open and accepting patients.

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PLATINUM MEMBER AGENCIES



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Ideas for your ad content:
Job Posting • Promotion of Event/Campaign
Highlight of Services Offered
New Employee • Employee of the Month
Seminars Offered



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Home Care
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AB-CBD +
www.familypharmacyplus.com

Please update your contacts list.
Our Coordinator, Lisa Boron, has a new email!
Reach her at:
lisa@networking.org
(Her old email is no longer active.)



Benefits



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DENTAL GROUP
(716) 418-7272
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PLATINUM MEMBER AGENCIES



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Perry Ciambella
Owner
pciambella@firstlighthomecare.com


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Cell: 716-345-3360
www.EastBuffalo.FirstLightHomeCare.com

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Aging in place is typically the preferred avenue in caring for your loved ones. To understand the scope and benefits of non-medical home care is not always straightforward. Dealing with age-related issues will often involve the input of multiple sources such as doctors, caseworkers, family and friends. It is particularly important to have a clear picture in your mind of the advantages afforded to you by keeping a loved one at home especially during the COVID-19 pandemic. We are consistently using PPE and specialized cleaning products to battle COVID-19 and other communicable diseases such as the flu or the common cold.

Just imagine spending years in your own home, building a lifetime of memories, surrounded by familiar objects and a recognizable environment. Your home is a place full of love-filled memories, comfort, and joy. Having an in-home caregiver allows for safe, comfortable, one on one care, and can prevent the need to adjust to an unfamiliar environment.

Taking care of an aging loved one can be stressful and exhausting. Many people become caregivers by circumstance such as COVID-19 and may lack the skills needed. Often, they tend to take on too much and forget about their own needs. The struggle with balancing caregiving and their other obligations can be increasingly overwhelming. In-home caregivers give you the peace of mind of knowing that your loved one is taken care while you get the flexibility to maintain your lifestyle.

Caregivers are equipped to handle both daily routines and a myriad of circumstances that arise due to environmental and age-related issues. Often, a steady experienced hand can make a constant positive impact. Having an in-home caregiver to help with daily tasks such as companionship, meal preparation, stand by assistance, medication reminders and light housekeeping provides you with a much-needed break. Ultimately, this allows the primary caregiver to be able to enjoy and treasure the company of their loved one that much more. 🌸

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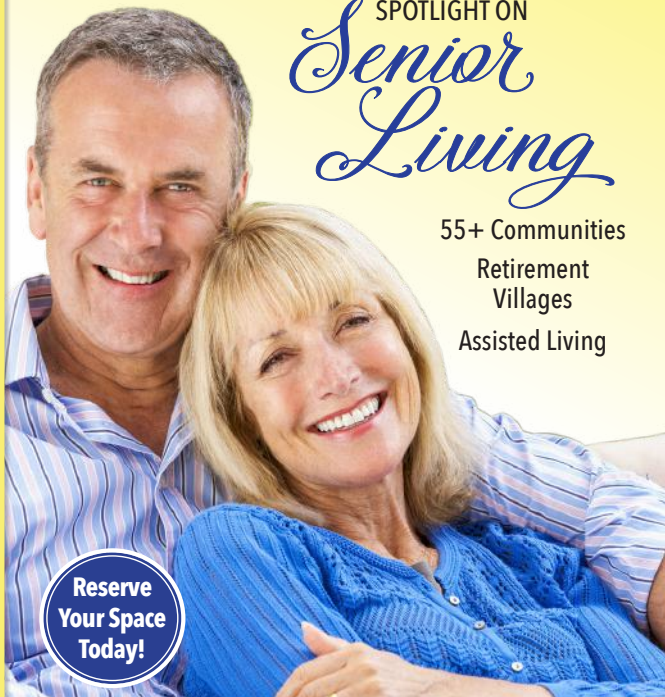


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Dispill compliance packaging program. Patients who participate in this program receive a month's worth of medication, not 28 days. All medications are packaged together in cells clearly labeled with what it contains. The top of each card lists the medication, a description of each, and which cell the medication can be found in. This makes it easy for the patient to find a discontinued medication. While the packaging is sturdy, the patient can conveniently remove cells making it easy to manage traveling, appointments, and gatherings without disrupting intake times.

Our pharmacists carefully consider the patient's medication regimen, determining proper time considering side effects or drug interactions. The top of each card lists the medication regimen and can be removed for physician appointments and hospital stays making it simple for providers to see what the patient is taking and when.

There is no extra fee for our compliance packaging service. This program is perfect for those going home after a hospital or rehab stay, those taking several medications daily, those who have difficulty manipulating prescription bottles, or those who need a little extra help to remain at home.

Getting started is as easy as a phone call. We will take care of getting prescriptions from the provider. Medications can be picked up at the pharmacy, delivered, or sent overnight via UPS. We include insulin, diabetic products, breathing medications, and any topicals the patient may use regularly. Packaging includes considerations for refrigerated items to maintain proper temperature.

Family Pharmacy Plus also carries Sore No More (Sombra), a non-prescription pain cream, RXears, American made hearing aids. We are a participating member of the OTC Card Network. 🌸

We are located at **320 S Transit St, Lockport, NY**. Our hours of operation are Monday-Friday 9am to 6pm, Saturday 9am to 1pm. We can be reached at **(716) 433-3733**.

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LAWLEY INSURANCE

Hi, I'm April Romanowski and I understand that Medicare can be complicated. That's why I want to make it easier for you. I can help you find, and enroll in, the Medicare plans that are best for you and your family. Here are some facts to consider when choosing a Medicare plan.



What is Medicare?

Medicare is a federal health insurance program for Americans ages 65+, as well as those with certain disabilities.

What are the four parts of Medicare?

Medicare is broken into four parts: A, B, C & D.

Part A – This covers inpatient hospital visits, skilled nursing facility stays, and hospice care.

Part B – Helps pay for doctor visits, ambulance rides, lab tests, and equipment such as wheelchairs.

Part C – This is also known as Medicare Advantage. It is an alternative program to Parts A & B offered by approved private insurance companies.

Part D – Medicare D is an optional prescription drug plan offered by approved private insurers.

What is the cost of Medicare?

Lawley's team of Individual & Senior Health Insurance Consultants will help you best decide what plan to enroll in. One of the factors they look at is your budget and your needs. Some plans begin at just under \$200/year which is under \$20/month.

How do I go about choosing a Medicare plan that is right for me?

The best way to choose a Medicare plan is to call Lawley. We can help you decide what works for you and your family. 🌸

HERE IS MY CONTACT INFORMATION:

April Romanowski

Benefits Consultant Individual and Senior Health

m 716.572.6397 | f 716.849.8291

aromanowski@lawleyinsurance.com

361 Delaware Ave, Buffalo, NY 14202

Lawley

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Please update your contacts list.

Our Coordinator, Lisa Boron, has a new email! Reach her at:

lisa@networkinaging.org

(Her old email is no longer active.)





Amy Schraufstetter

Benefit Consultant II • Consumer Markets

BlueCross BlueShield of Western New York

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Paula Venne

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BLUECROSS BLUESHIELD OF WESTERN NEW YORK


We're Here to Help

BlueCross BlueShield of Western New York is committed to our senior community in many powerful ways. We sponsor community wellness events, provide support during the COVID-19 pandemic, and guide your clients through the annual Medicare Advantage open enrollment season.



While this year has been different from others, we still

provide valuable resources to both current BlueCross BlueShield members and those exploring new options with us. Our licensed benefit consultants have been working from home since March and continue to assist community members with any questions they have about Medicare Advantage.

The annual enrollment period runs from October 15 through December 7. We will continue our main point of contact by phone and video conference for the highest level of public safety. Our Medicare Centers plan to be open by appointment only, but this is subject to change based on community and health requirements. Walk-ins will not be permitted. 

In the meantime, please feel free to contact **Amy Schraufstetter at (716) 270-9661** or **schraufstetter.amy@bcbswny.com** or **Paula Venné at (716) 270-9662** or **venne.paula@bcbswny.com** for more information.

BlueCross BlueShield of Western New York is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and Blue Shield Association.



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ABSOLUT CARE OF AURORA PARK

New Leadership & Programs at Absolut Care of Aurora Park

by **Stacy Bastian, RN, BSN, LNHA, Administrator**



Greetings Network in Aging Members – I'm pleased to introduce myself as the new Administrator at Aurora Park and to inform you about some exciting changes that are taking place at our health care facility.

To begin, I'm a Registered Nurse and Licensed Nursing Home Administrator and have been proudly caring for seniors in our community for more than 25 years. I believe that strong leadership, hands-on training and synergistic teamwork are the keys to providing the dignified care that is most-deserved by our greatest generation. I have witnessed these qualities in our outstanding team of caregivers at Aurora Park; their passion and commitment to the residents is rooted in a desire to work hard and provide high quality services to those in our communities.

A vital step in Aurora Park's rebirth is our new ownership. We're blessed to be in the hands of individuals who are truly committed to developing policies, implementing best practices and providing the tools necessary for our staff to deliver excellence in health care.

One of our newest services is our in-house dialysis program designed for both rehab and long-term patients. This new "gentle dialysis" program allows patients to receive services five days a week without ever having to leave the comfort of our facility. This provides greater flexibility and more time for therapy, leisure activities and rest. In addition, patients feel better since they're receiving treatment more often. I discuss our dialysis program and many other topics during my town hall style meetings that started in August. Information for future meetings can be found on our website at www.absolutcare.com.

I look forward to networking with you! 



VIRTUAL BASKET RAFFLE

Reminder to send in baskets and gift cards **by October 14th**

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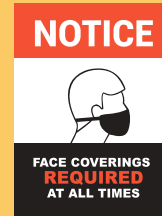
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WHAT'S HAPPENING!

Congratulations to our remaining Unsung Hero!!

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Congratulations to the two recipients of the Jerry Flaschner Scholarship Awards

KATHLEEN KRAWCZYK

LIFE Living Independently for Elders

The LIFE program has been in the community for 10 years serving seniors from ages 55 and older. Kathleen has been a nurse for 34 years and has worked in many capacities in this field. She has benefited the community in many different ways, but in her role as a field nurse, she cares for the participants and makes a difference in their lives by making sure they are being cared for as they deserve and being empathetic to them. Kathleen is currently serving on a COVID-19 response team and feels extremely blessed to be working along side incredible professionals serving the community in these uncertain times. She is currently in the third semester RN program.

NINA SOMERVILLE

Touching Hearts at Home

Nina is currently employed as the office manager at Touching Hearts at Home. She began the Licensed Practical Nurse (LPN) program at Erie County BOCES, has her Certified Nursing Assistant (CNA) certification and has worked with the elderly in facilities and in their homes. After receiving her LPN, she will continue on to pursue her RN. Nina is known for her passion and dedication and will continue on to benefit the mission of the Network in Aging. She is a wonderful asset to the community and treats the elderly population with compassion and understanding.

Life Lessons Nominations

We all know of someone who has a little (or a lot) of pep in their step, someone who may not have it easy all the time, but remains positive and focused, someone who really seems to be present and enjoying life! Inspired by Healthy Aging Month which is an annual observance every September that focuses on positive aspects of growing older and that provides inspiration and practical ideas for adults to improve their physical, mental, social, spiritual and financial well-being, we bring to you....Life Lessons. We are looking to call upon those as described above and ask them....how do you do it? What's the secret to maintaining a good balance and staying healthy? or being happy? staying active? achieving your dreams and aspirations? What advice would you give others? ALL WE NEED IS A FEW SENTENCES.

Go to Home Page and nominate!



Donald Dixon
2020 Niagara County Senior of the Year

"I go to the gym twice a day to work-out and still cut my own lawn and shovel my own driveway. When I can't get to the gym, I ride my bicycle. I don't let any mass grow under my feet."

Healthy Aging Month
How do we age so gracefully?

Congratulations to our first nomination for Life Lessons. The 2020 Niagara County Senior of the Year Donald Dixon!

NIA Forum

Looking for a place to chat with other members, looking for info on a senior or NIA related topic, or maybe your organization is looking to expand and you want to spread the word about a new job opportunity? Look no further. The NIA Members Only Forum is NOW ACTIVE.

NIA Forum can be accessed on our home page **networkinaging.org** (must be logged in). You will be able to reply to topics of interest, follow and post your own.

FOUR topics of interest were created to get you started! Feel free to post your own!

- COVID19 Info
- Job Opportunities
- Medicaid Changes
- Upcoming Events

HARMONIA COLLABORATIVE CARE



At Harmonia Collaborative Care, we are passionate about the elderly having access to mental wellness, physical safety and navigate available services to stay healthy and independent in their homes. We know now more than ever, following the challenges of COVID-19, that supporting seniors and their caregivers so they may provide care in their homes can be critical to health and well-being.

Through Harmonia's Senior Care Coordination and CarePanion Services, we are committed to helping seniors achieve these goals while assisting with positive lifestyle changes. From mental health services, dedicated case managers, and personalized, in-home support, we work to enhance the lives of seniors in the Southtowns and throughout Western New York.

Jennifer Gunia, Senior Service Program Coordinator explains, "Our trained case managers are senior specialists. We are the link between the client and the programs that are available in the community. Our goal is to complete individualized care plans that meet the needs of our rural senior population."

Research has shown that 20% of individuals 55 plus struggle with mental health issues which can present differently in seniors and hence go undiagnosed. Fifty percent of seniors receive their mental health treatment through their Primary Care Physician. Less than 3% of seniors receive treatment from a mental health professional.

Mental illness in seniors is a concern because life events associated with aging can trigger these mental health challenges. "Connection to reliable psychotherapy can alleviate symptoms in older adults, so much so that clients who move out of Southern Erie County to another area request to continue their services" says Harmonia geriatric psychotherapist Dr. Cherie Ruben. When matched with the right mental health services 80% of all people with depression can be successfully treated with medication, therapy, or a combination of both. 🌸

Harmonia Collaborative Care wants to help meet and mitigate these issues. Connect with us by calling **(716) 947-5025**, at www.harmonia-care.org or on LinkedIn, Facebook, Twitter and Instagram.



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- Are you running a seasonal campaign or tie-in promotion?

This is your invitation to share your stories to members and others via Network In Aging's Facebook page. We are in need of human interest and feature stories to share.

Please include photos and/or videos as you are able and send to Lisa at lisa@networkinaging.org.

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SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM



Introduction

The Senior Community Service Employment Program (SCSEP) assists mature job seekers (age 55+) and their communities by providing part-time community service assignments while supporting local non-profit and governmental agencies.

SCSEP participants earn minimum wage while developing or enhancing their skills while continuing to seek employment outside of the program. Participants have various assignments (job) classifications, such as: clerical assistants, child/adult day care assistants, nutrition and janitorial assistants.

Earning While Learning

Paid work experience allows participants to develop or enhance their skills. Formal and informal training is given on host agency assignments. Our agency provides full financial responsibility (wages, state mandated fringe benefits, workers compensation and general liability) for participants placed in a host agency site.

Become A Host Agency Site

Your agency must be a not-for-profit 501(c)3 or governmental/public agency to qualify. Work sites (host agencies) are selected to furnish supervision, instruction and training for assigned SCSEP participants. 🌸

FOR MORE INFORMATION CONTACT

Anita Wolniewicz, Project Director
Supportive Services Corporation
245 Elmwood Avenue
Buffalo, New York 14222
716-881-6350, Ext. 11



Visit our website: www.supportiveservices.org

The Senior Community Service Employment Program (SCSEP) is funded by a grant from the U.S. Department of Labor Employment and Training Administration, the Center for Workforce Inclusion (formerly Senior Service America, Inc.) and operated locally by Supportive Services Corporation through subcontract with the Erie County Dept. of Senior Services

Nascentia Health

What is a Medicare Advantage Plan?

by Kimberly A. Graf
Vice President of Public Relations & Corporate Communications, Nascentia Health

At present, there are 44 million beneficiaries enrolled in Medicare, a figure expected to rise to 79 million in less than ten short years. Not a surprising figure given that approximately 10,000 people per day are enrolling in Medicare. With only one in



ten Medicare beneficiaries relying solely on Medicare for health care coverage, one-third are enrolled in Medicare Advantage Plans. When looking at the future, we also need to consider that adults over the age of 65 have a greater need to rely on long-term care services and supports. Because the need to provide older adults with accessible and affordable care will continue to assume even greater significance as time moves forward, Medicare Advantage Plans will likely continue their popularity.

Medicare Advantage Plans are Medicare health plans offered by private companies that contract with Medicare to provide all Part A and Part B benefits with most, offering and including Part D, prescription drug coverage. In other words, Medicare Advantage Plans are an “all in one” alternative to Original Medicare. However, if an individual joins a plan, they will still have Medicare.

Each autumn, Medicare Advantage Plans start their trek to the open enrollment period which runs from October 15 through December 7, 2020 for 2021 coverage.

The following are the most common types of Medicare Advantage Plans, each of which comes with their own their own set of priorities and rules and is designed to meet individual needs as best as possible

- **Health Maintenance Organization (HMO)**
- **Preferred Provider Organization (PPO)**
- **Private Fee-for-Service (PFFS)**
- **Special Needs Plans (SNP)**

Choosing the right one is an important decision and the Medicare Plan finder is available online at www.medicare.gov. That said, sometimes there may still be questions and a need for a trusted source to help navigate through the process. At Nascentia Health, part of our mission includes helping people better understand the information. By calling Nascentia Health at 1 (888) 477-4663, we can happily help those seeking assistance. 🌸



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- Managed Long-Term Care (MLTC) Medicaid Plan
- Medicare Advantage Plan (HMO DSNP, ISNP)
- Personal Care Services
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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 WNY, contact Lisa Boron at (716) 829-3712 or go online to www.networkinaging.org.

With the uncertainty of COVID-19 status, we do not have any scheduled Network events at the time of printing this newsletter.

We will communicate with the membership if or when we are able to schedule any events.