



NETWORKING

OF WESTERN NEW YORK, INC

EST 1981

Jan-Mar 2021



Est. 1981

Network in Aging
of Western New York, Inc.

IN THIS ISSUE

.....

Mix & Mingle Virtual Networking 1

Virtual Wine Tasting Event 1

Congratulations to Award Winners..... 3

President’s Message 3

Welcome Member Agencies..... 3

Committee Info 4

Welcome new board member 7

We have a new mailing address! 7

Benefits for Members 10

Platinum Members 10-11

Bonnie McMorrow celebrates 30th anniversary with FeedMore WNY 12

NIA Forum 16

Share Your Story with Facebook! 16

Positions Available 17

December LIFE LESSONS 18-19

SPONSOR ARTICLES

Alzheimer’s Association..... 5

Pathways Palliative Care 6

Center for Elder Law and Justice 7

Mar-Bon Social Club 8

Hearts and Hands 9

Aging Well Care Management, LLC 12

Elderwood Health Plan 13

Amherst Center for Senior Services..... 14

Clarity Group 15



“Mix & Mingle”

Tuesday, January 26th, 2021 • 4:00pm – 6:00pm
FREE EVENT

Registration required for breakout rooms.

Access from our home page at www.networkinaging.org



“Sampling the City”

Virtual Wine Tasting Event

Thursday, February 25th, 2021 • 5:00pm – 7:00pm

Registration coming soon!

- Come “sip and learn” about the different local wines
- Includes: 3 bottles of wine (2 options offered), individual charcuterie board and a fun Networking experience!
- Opportunity for registered members to include their agency materials in the wine bag!

Event sponsored by
Harris Beach PLLC



HARRIS BEACH PLLC
ATTORNEYS AT LAW



Est. 1981

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

BOARD MEMBERS

Anne Binga, LMSW

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

Paula Venne

CONGRATULATIONS!

Congratulations to the two recipients of the Program of Excellence and Dr. Evan Calkin's Meritorious Service Awards



Suzanne Desfosses-Gilliam presents the Program of Excellence award to Steven Johnson, Elderwood

Program of Excellence Award

Elderwood Right Moves® Wellness Program
Program initiated by Steven Johnson



Suzanne Desfosses-Gilliam presenting Dr. Evan Calkins Meritorious award to Margaret Kleinmann

Dr. Evan Calkin's Meritorious Service Award
Margaret Kleinmann
Solstice Senior Living at East Amherst

Legislator Todaro Honors TOUCHING HEARTS AT HOME Home Care Service Provider



Erie County Legislator Frank Todaro recently honored Touching Hearts at Home on Wehrle Drive as part of Caregiver Month in Erie County.

Touching Hearts at Home provides non-medical home care services for older adults, seniors and people with medical conditions or disabilities. This includes companionship, transportation for doctor appointments and errands, along with general housekeeping and cooking meals for patients.

Legislator Todaro said, "Family members who care for their loved ones from home are often drained after working around the clock — Touching Hearts at Home employees ease that overwhelming burden for the family. Thank you to everyone working to make this possible. You will never know how big of a difference you are making in the lives of so many families."



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 AD SUBMISSIONS** for the **April-June 2021** edition!

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

.....



PLATINUM MEMBERS!

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

PRESIDENT'S MESSAGE ANGIE CRAWSHAW



Happy New Year.

Vivian Greene once said *"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."*

It's hard to believe that we are starting a new year, and saying goodbye to a year that has seen so much sickness, loss of life and changes that have affected us all. As we turn the corner to a new year we reflect on all that has happened and count our blessings.

For the first time the Network held a virtual annual meeting and basket raffle this past November kicking off our 40th anniversary. This was efficacious and at the same time very exciting. This is a sign of the times and kudos to the committees that worked to make this event a success.

As the quote above states, we need to look past the storm and move on with life and events that move and inspire us all. Looking at 2021 as a new and brighter year is the motivation we all need to get through tough times.

The **Network in Aging** is doing just that and motivating our members to continue to support the elders we serve by providing the highest quality of programs and services we can and to continue to live by our mission statement to collaborate with our members. A big thank-you goes out to our members that have been facing COVID-19 these past 10 months and continue to do so today.

We are all missing the all-important in person networking with NIA member agencies and that is why a special group of members are working to get back to the core of our mission statement that makes this organization so amazing.

On Tuesday, January 26th we will offer a free networking event, *'Mix and Mingle'* a form of a virtual speed networking with break-out rooms to get connected again with other members of the Network. Registration is required and information can be found on our website.

Mark your calendars for a second virtual networking event on Thursday, February 25th called *'Sampling the City.'* Thank you to sponsors Harris Beach PLLC. Details to be announced.

The Communications Committee has launched a monthly marketing program called **Life Lessons**. They are asking members to participate in this by submitting a few words stating – *'What do you wish for in 2021.'* Take a photo and email to us. Watch for submissions on our website.

Membership 2021 renewals are due and I encourage you to help keep our organization strong by renewing and encouraging new members to join. We need the strength of your support.

It is a pleasure to serve this organization for another 2-year term as your President and I look forward to and accept all the challenges that will come my way.

-Angie Crawshaw – Network in Aging President

WELCOME NEW MEMBER AGENCY



Mar-Bon
social club

Mar-Bon Social Club



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

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

April Romanowski (aromanowski@lawleyinsurance.com) (716) 572-6397



ALZHEIMER'S ASSOCIATION

COVID-19, Dementia Caregiving, and the Alzheimer's Association

During this unprecedented and ongoing time, *no one should face Alzheimer's or another dementia alone*. The Alzheimer's Association Western New York is still here for all who are navigating the process: individuals living with a diagnosis or care partners supporting someone with a diagnosis. It is estimated there are more than 400,000 New Yorkers living with some type of dementia, while another one-million or so people fill the responsibilities of caring for them. Access to help, support and education is critical and to address those needs, the Western New York Chapter offers a number of virtual programs accessible from any location via computer or mobile device.

The Alzheimer's Association, like most other organizations around the world, has adapted and made changes to ensure health and safety are a priority as we continue to provide vital resources. Among them are educational classes, support groups, early stage programming and care consultations. Our education programs will continue to provide the information, tools and resources necessary to empower caregivers to enhance the overall well-being of loved ones living with dementia.

VIRTUAL DEMENTIA CAREGIVER RESOURCES

- Online Community: alz.org/alzconnected
- Training And Education Center: alz.org/training
- Online Resources: alz.org/care

alzheimer's association

alzheimer's association

JOIN US FOR ONE OF OUR VIRTUAL PROGRAMS! alz.org/crf

For more information or to register by phone, call 800-272-3900.

We have a special series coming up focused on educating health care professionals in February with CEU's. Please contact our office at program.wny@alz.org to learn more and to register.

Our support group meetings will continue to provide a place to connect with others, discuss challenges, and share best practice tips and tools. Our early stage programs will continue to engage, inform and entertain those living with dementia and their care partners. And our care consultants will continue to offer guidance and suggestions for safety and financial and care planning that are tailored to the unique circumstances of every caregiver and every family. 🌸



alzheimer's association

MAKE A DIFFERENCE:

Volunteer with the Alzheimer's Association!



Help thousands of WNY families impacted by dementia by becoming a volunteer. As an Alzheimer's Association volunteer, you can use your unique talents to make a meaningful impact across all eight counties of Western New York through virtual delivery of programs. We have opportunities for training in these roles:



Educator



Social engagement



Representative



Tech support



Support Group Facilitator

Visit volunteer.alz.org to learn more and get started!

This program is funded in part by a grant from the Ralph C. Wilson Jr. Foundation.

Senior Independent Living at Solstice

We strive to inspire vibrant lifestyles for today's active seniors. As you visit our community you will see engaged residents, passionate associates, and all the comforts of home.

Solstice Senior Living at East Amherst
6363 Transit Road, East Amherst
East Amherst, NY 14051
877-840-7229
www.solsticeateastamherst.com

Comfort & Support for Your Quality of Life!

Palliative care that provides relief from chronic & serious illnesses.

- Coordinating Your Care
- Symptom Management
- Comprehensive Support
- Advance Directive Assistance
- Community Resources



304-1214 / PathwaysPCP.org



NEW YORK STATE RETIRED TEACHERS' ASSOCIATION

We are a dynamic organization of retired educators working together to support and strengthen the quality of life for all retired educators, their families, and their communities. Think about this last statement, you are already involved in many of our aspects of service. You ask **WHY** join RENEY? Benefits include fighting for your pension, Cost Of Living Adjustment (COLA) yearly increases, financial assistance, Legislative Actions, Community services, Friendly services, as well as discount programs and services. Contact us and hear more.

Karen Gembar
Membership Secretary

WesternZoneRENY@gmail.com

PATHWAYS PALLIATIVE CARE

Pathways Palliative Care Improves Quality of Life for Niagara County Residents

When Niagara County residents face serious, chronic illnesses, they can turn to Pathways Palliative Care for symptom management and comfort. Pathways provides case management with the objective of decreasing hospitalizations and enhancing quality of life for the patient and family. These specialized services support people through their conditions by addressing mental, emotional, social and spiritual concerns.

Palliative care can be provided at any time during an illness, and patients can still receive life-sustaining treatments like chemotherapy or dialysis. The common diseases that



Pathways helps manage include:

- Chronic obstructive pulmonary disease (COPD)
- Congestive heart failure (CHF)
- Cancer
- Dementia
- Parkinson's disease
- Progressive neurological disorders

Pathways clinical professionals see patients in their homes and assisted living facilities to ease the symptoms that accompany chronic and progressive illness situations, including:

- Pain and discomfort
- Depression and anxiety
- Loss of appetite and nausea
- Constipation
- Breathing problems

The Pathways care team is led by a nursing case manager, who makes monthly visits to complete a nursing assessment and talk with individuals about what is bothering them. Nurses work with the individual's current doctors to manage symptoms and prevent hospitalizations, and they are available 24/7 over the phone to provide medical advice when urgent needs arise.

Navigating the assortment of health care providers can be an overwhelming task for individuals and families. Pathways staff guides each patient and family in selecting the proper services for their medical circumstances to enhance quality of life. 🌻

For more information or to make a patient referral, call (716) 304-1214 or visit PathwaysPCP.org.



CENTER FOR ELDER LAW AND JUSTICE

COVID-19 Scams: What They Look Like and How to Avoid Them

by Erin Riker, Esq., Technology-Based Legal Services Attorney, Center for Elder Law and Justice

The COVID-19 pandemic has caused increased stress, isolation, and uncertainty across the country. As one of the groups that is most susceptible to the virus, seniors are spending more time at home and less time with their loved ones and community connections. This physical distancing provides them greater protection from the virus itself. Unfortunately, it also creates an ideal environment for scams to thrive. Some of the most common COVID-19 scams are below:

EAP/Stimulus Scams

- Unsolicited offers to speed delivery of a stimulus payment for a fee

Vaccine or Treatment Scams

- Offers to “jump the line” and receive a vaccine immediately for a fee
- Offers to purchase a vaccine or treatment over the phone, online, or by mail

Romance Scams

- A scammer engages in an online “romance”



with a senior and then begins asking for money. Scammers may claim that the pandemic has cost them their job or caused medical expenses.

If you or your loved one might have been the victim of a scam, or if you want more information, the Center for Elder Law and Justice is here to help. Contact our Legal Advice Helpline at 1-844-481-0973 for free legal assistance and referrals to additional resources.

Our free Senior Financial Safety Tool is also available at <https://probononet.neotalogic.com/a/sfst> to screen for potential scams or financial exploitation. Beginning January 5, 2021, the Senior Financial Safety Tool free screening can also be done by phone on Tuesdays from 12pm to 2pm by calling 1-833-646-1401. 🌸



Erin Riker, Esq., eriker@elderjusticeny.org,
Center for Elder Law and Justice



We have a new mailing address!

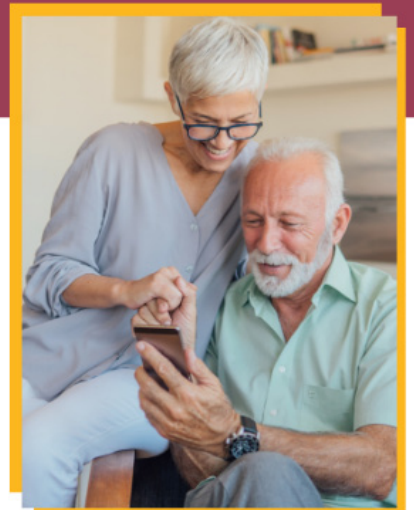
7954 Transit Road, #254
Williamsville, NY 14221



Free Senior Legal Advice Helpline

Live help from 9-11am weekdays.
You may also leave a message with your contact information and a licensed attorney will reach out to you within one business day.
Call us with questions regarding evictions, unemployment, public assistance and more!

1(844)481-0973
helpline@elderjusticeny.org



Congratulations!

Wendy Colf is the new Sales and Marketing Director and Mark Buscaglia is the new Admissions Director at Brompton Heights.





This is how
Heathwood
does
Assisted
Living

Caring for an elderly loved one has its challenges, now more than ever. Our team is proud of how we do it.

We keep it clean. Electrostatic sprayers allow us to clean high-touch/hard to reach areas.

We keep it safe. Our nurses are accessible 24/7 and regular doctor's appointments are available on-site.

We keep it enjoyable. Residents are not bored. Active and engaged, they attend a variety of activities and entertainment daily.

www.HeathwoodAssistedLiving.com

See how we do it!
Call 716-688-0111 or
take visit our website
to take a virtual tour!

 **Heathwood**
ASSISTED LIVING & MEMORY CARE
815 Hopkins Road, Williamsville, NY 14221

MAR-BON SOCIAL CLUB



Mar-Bon Social Club is Western New York's first and only social club exclusively for seniors. We are located in the East Amherst Medical Park, 6477 Transit Road in East Amherst, NY.

Members at Mar-Bon will spend the day in a warm environment where they can connect with new friends. Getting out and enjoying conversations without the isolation and loneliness has been known to improve health while keeping the mind and body active. This is a great alternative to companion care for those seniors who are still active and don't want to be home all day alone.

After their father's passing, Laurie Greco and Vicky Pope (sisters), found that when their mother was around other people, her quality of life greatly improved. This is the concept of why Mar-Bon Social Club was built. Named after their parents, Mary and Boniface Pope, the sisters wanted to honor them and their family legacy in their new venture.

All CDC guidelines and sanitization rules are strictly followed and cleaning done throughout the day and each evening after all members have left the club. Anyone entering the club must wear a mask, be appropriately screened and provide contact information for tracing. All owners and employees are tested bi-weekly to ensure the safety of all members and their families.

Mar-Bon offers a variety of activities and a hot, home-cooked lunch daily. There is something for everyone to enjoy at Mar-Bon. 🌸

Visit our website, www.marbonsocialclub.com or call us at (716) 406-4577, for additional information or private tours.

Mar-Bon
social club



ALLEGRA

MARKETING • PRINT • MAIL

Allegra is the Proud Print Provider
for Network in Aging!

**Be sure to Contact Us for ALL of
your COVID Signage, including
Social Distancing Signage and Floor Stickers**



KEEP A SAFE DISTANCE
MAINTAIN 6' DISTANCE

NOTICE



FACE COVERINGS
REQUIRED
AT ALL TIMES

PLEASE PRACTICE
SOCIAL DISTANCING



MAINTAIN A
6ft
DISTANCE FROM OTHERS

3959 Union Road • Cheektowaga, NY 14225

716-634-5966

allegracheehtowaga.com


MARKETING


PRINT


MAIL


DESIGN


WEB


SIGNS

HEARTS AND HANDS

Neighbors Helping Neighbors Since 2003

Hearts and Hands is a volunteer program serving the elderly, caregivers, and persons with disabilities in communities throughout the Western New York. The focus of our services is to provide transportation, in-home services, and caregiver support services to those in need. Our current service areas include Akron, Alden/Southtowns, Amherst, Clarence, Holland, Marilla, Kenmore/Tonawanda, Marilla, Niagara County, Wales, and the Tonawanda Indian Reservation, City of Buffalo*.



Transportation is crucial to maintaining quality of life, health, and wellness for seniors. With our program there are no restrictions on where you can go, and transportation services are provided free of charge. Our program matches care receivers with volunteers that are carefully screened and trained which enables us to provide transportation for free.

In addition to transportation, we also provide **in-home services** that empower adults to age gracefully in place as they receive help with day-to-day activities such as laundry, meal preparation, light housekeeping, yard work, grocery and personal shopping, and minor home repairs. These crucial services provided by volunteers, also at no charge, help our senior and disabled communities preserve their dignity as well as maintain a good quality of life.

Caregiver support services has become an emerging need throughout the WNY community, and Hearts and Hands has responded by providing temporary relief through the means of transportation, friendly visits, or taking their loved one out for coffee and conversation. This allows the caregiver to get some much-needed rest and relaxation. We also offer friendly visits with trained canine caregivers.

Our neighbor serving neighbor volunteer approach provides additional benefits such as making social connections with the senior and disabled communities. This is of utmost importance during the COVID-19 pandemic as social isolation rises. Due to the pandemic in-home services and caregiver support services have been limited. In lieu of those services Hearts and Hands has created phone and zoom pals programs to help combat social isolation. 🌸

*Service area as of January 2021.

Make a difference today and volunteer with Hearts and Hands by completing an application online at www.hnhcares.org or by calling (716) 406-8311.

Know of someone who can benefit from our services? Enroll today by calling (716) 406-8311.



TOGETHER WE ARE STRONGER.

A partnership with Family Choice of New York complements and enhances the quality of care and services you already provide your assisted living or nursing facility residents. We have a 100% satisfaction for both providers and facilities.*



Together, we help improve the quality of care and life for your residents with:

- Increased visits and support to residents and families
- "Treat in Place" support when safe and appropriate
- Family Choice of New York Nurse Practitioners who are available to make visits 24/7
- Early identification and intervention on clinical issues
- Transportation to members' medical appointments



To learn more, contact us today at (716) 668-7051, Monday – Friday 8:30 a.m. – 5:00 p.m.

IndependentHealth.com/FamilyChoice

Independent Health is a Medicare Advantage organization with a Medicare contract offering HMO, HMO-SNP, HMO-POS and PPO plans. Enrollment in Independent Health depends on contract renewal.
ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-800-665-1502 (TTY: 711). Independent Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-665-1502 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-665-1502 (TTY: 711). H3362_C8019_JM Accepted 12/14/2020
*Data according to satisfaction survey January-June 2020. ©2020 Independent Health Association, Inc. IH28738

Lancaster • West Seneca • Cheektowaga

Amherst • Orchard Park • Clarence • Depew • East Aurora • Ken-Ton

BEE NEWS
Special Section Showcasing Housing Options for Seniors in WNY

LIFE AFTER 50
SPOTLIGHT ON Senior Living

55+ Communities
Retirement Villages
Assisted Living

Reserve Your Space Today!

Call Brenda Denk, Advertising Sales Director at 204-4933.
Email: brendad@beenews.com | www.BeeNews.com

PLATINUM MEMBER AGENCIES




Meet another happy resident.
Thomas Holt
Buffalo Center
 **CENTERS HEALTH CARE**

Lawley
INSURANCE | EMPLOYEE BENEFITS



ELLICOTT CENTER



BROOKDALE
— SENIOR LIVING SOLUTIONS —



CENTERS PLAN FOR HEALTHY LIVING

If your loved one is no longer safe at home, we should talk.

 **AbsolutCare** | (716) 343-0108
absolutcare.com



Est. 1981

Network in Aging
of Western New York, Inc.



Tennyson Court
ASSISTED LIVING & MEMORY CARE

FOREVER YOUNG
Western New York's FREE Monthly Magazine for Adults 50+ With More Than 70,000 Readers

OUR 30TH YEAR
1738 Elmwood Avenue, Suite 103
Buffalo, NY 14207
Phone 716.783.9119
www.foreveryoungwny.com



FIDELIS CARE®



The **Bristol Homes**

★ **Benefit For** ★
PLATINUM & GOLD MEMBER AGENCIES

One FREE 1/4 Page Enhanced Ad
In the NIA Newsletter

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



For More Information Call 716-229-8886

Quality Care
In The Comfort
of Your Home



 **Broadway Home Care**
Western New York

FAMILY PHARMACY+
AB-CBD +
www.familypharmacyplus.com

The Food Bank & Meals on Wheels are now

FeedMore
wny

PLATINUM MEMBER AGENCIES

AMAZING HOME CARE

FirstLight HOME CARE

Perry Ciambella
Owner
pciambella@firstlighthomecare.com

Office: 716-634-CARE (2273)
Cell: 716-345-3360
www.EastBuffalo.FirstLightHomeCare.com

6245 Sheridan Drive
Suite 114
Williamsville, NY 14221

716-855-2273
WWW.HEALTHFORCEWNY.COM

3409 GENESEE STREET
CHEEKTOWAGA, NY

- Home Health Aides
- Personal Care Aides
- Consumer Directed Services
- Nursing Services

HEALTH FORCE

THE BEST OF CARE FROM
THE BEST OF PEOPLE

Pfalzgraf Beinhauer & Menzies LLP

55 Cayuga—Suite 600
Buffalo, NY 14225

Ph. 716-204-1055
Fax 716-204-1080

www.pbmattorneys.com

Counsel for Generations

Northwestern Mutual
Wealth Management Company®

Ryan P. O'Connor, CLU®, RICP®, CFP®
Financial Advisor
Williams & O'Connor Financial Planning Group
ryanpoconnor.com

BEE GROUP
NEWSPAPERS

Fallon Health Weinberg
461 JJ Audubon Parkway
Amherst, NY 14228

New Health Plan Options
Coordinated Care/Comprehensive Benefits
MLTC/HMO-DSNP
716-250-3100
Barbara.Tschamler@fallonweinberg.org

THE FINANCIAL GUYS
INSURANCE AGENCY

We are proud to support the
Network in Aging of Western NY.

Woods Oviatt Gilman LLP
1900 Main Place Tower Buffalo, NY
Full Service Law Firm

Bruce Reinoso, Esq.

- Elder Law/Long Term Care
- Estate Planning
- Medicaid Planning
- Special Needs Planning

Contact: 716-248-3232 Breinoso@woodsoviatt.com
www.woodsoviatt.com

Affordable, Comfortable
Senior Living

19 Locations in WNY
716.817.9090

BUFFALO CENTER

ALLEGRA
MARKETING • PRINT • MAIL

MARKETING + PRINT + MAIL + DESIGN + WEB + SIGNS

3959 Union Road • Cheektowaga, NY 14225
joyce@allegracheehtowaga.com • allegracheehtowaga.com

SOLSTICE
SENIOR LIVING

Nascentia Health

TOMORROW'S HEALTHCARE TODAY

1-888-477-4663
nascentiahealth.org

HARRIS BEACH PLLC
ATTORNEYS AT LAW

Discover True Engagement®

Judy N. Cuzzacrea Wagner
Elder Law Attorney
726 Exchange Street, Suite 1000
Buffalo, NY 14210

716-200-5157 | www.harrisbeach.com | jwagner@harrisbeach.com

SURDEJ
Web Solutions

Customized Web Solutions
For All Types of Businesses

716-404-9343 | www.Surdej.com | info@surdej.com

Do you want your website on PAGE ONE of Google?
We can help! We have over 10 years of experience optimizing and developing websites. Our optimization strategies and techniques completely follows search engine rules and policies. Call us today for a FREE consultation.

Services Include:

- Responsive Web Site Design & Development
- Email and Website Hosting
- Content Management Systems
- Social Media Marketing
- Search Engine Optimization
- Graphic & Logo Design
- E-Commerce Web Sites

Check out the new NetworkInAging.com/ View a portfolio of our work at www.surdej.com

Magavern Magavern Grimm LLP
ATTORNEYS

THOMAS J. LANG
ASSOCIATE

3080 DELAWARE AVENUE
KENMORE, NEW YORK 14203
TEL 716-874-2111, EXT 27
FAX 716-874-0684
tlang@magavern.com

1100 RAND BUILDING
14 LAFAYETTE SQUARE
BUFFALO, NEW YORK 14203
TEL 716-856-3500, EXT 220
FAX 716-856-3390

www.magavern.com

An Independent Living Community

THE AMBERLEIGH

2330 Maple Rd • Williamsville, NY 14221

tel 716-689-4555

amberleigh.net

Call or visit us online for more information

BlueCross BlueShield
of Western New York

weck
RADIO

100.5fm • 100.1fm
102.9fm • 1230am

Buffalo
Healthy
Living

AGING WELL CARE MANAGEMENT, LLC

Aging Well Care Management, LLC provides premium care management consultations and concierge companion services to seniors and their loved ones. We are certified in care management which allows us to provide our clients with knowledgeable guidance in navigating through the complex healthcare system and assisting with the challenges of aging. Our experience spans over 25 years of working with the senior population.



Advocacy and Concierge Services for Aging Seniors.
www.agingwellcaregmt.com | (716) 218-9717



AGING WELL CARE
MANAGEMENT, LLC
Identifying Needs, Finding Solutions

Advocacy and Concierge Services for Aging Seniors.
www.agingwellcaregmt.com | (716) 218-9717

Our services include:

- Medical/healthcare advocacy
- Senior living options
- Benefits and entitlements
- Concierge companion services
- Peace of mind for family members
- Collaboration with professionals

As members of Network in Aging, if your client requires assistance that is outside your area of expertise, you can refer them to us confident that we will address their concerns. These are the benefits you can expect for your client by collaborating or referring them to us:

- Providing personal compassionate service — focusing on the individual's wants and needs while maintaining professional oversight of care
- Helping seniors to live independently and stay in their homes for as long as possible
- Screening, arranging, and monitoring in-home care requested or required by client or families
- Providing resources and options for seniors, clients, and families regarding care decisions including next steps or transfers to different levels of care
- Assisting both local and distant family members to coordinate and monitor care for a loved one
- Providing crisis intervention, counseling, caregiver support, and education to clients and families regarding eldercare

Call us today so we can work together to provide the best outcome for our mutual clients or have your client call us directly for a free phone consultation. 🌸

Check out our website at www.agingwellcaregmt.com

Contact: Michelle Spencer, CMC

Email: Mspencer@agingwellcaregmt.com.

Phone: (716) 218-9717

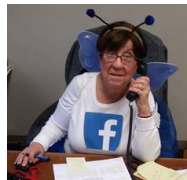


FEEDMORE WNY

From the desk of Anne McKenna, Chief Communications Officer at FeedMore WNY

Congratulations Bonnie!

I am happy to share that Bonnie McMorro is celebrating her 30th Anniversary with FeedMore WNY! She started with Meals on Wheels for WNY in 1990. She currently works as the Director of Client Services and helps to ensure that each and every one of our home delivered meal clients is safe, healthy and well-fed.



Bonnie is adored and respected by her team. She is as a loyal, compassionate and honest coworker who always has a kind word for anyone she meets. She stays in shape by taking a two mile walk at 5 am each morning (uphill both ways!) around her neighborhood. Bonnie is an avid cook and baker and is famous for all of her Italian delicacies. She loves spending time with her family, including her husband of 53 years, Dan, her children Kathleen, Maria and Dan Jr, and her grandchildren Dylan, Connor and Chiara.

Please join me in thanking Bonnie for her 30 years of service to our neighbors in need! 🌸

ELDERWOOD

Elderwood's Right Moves® program earns Network in Aging 'Program of Excellence' Award

Exercise program benefits Elderwood assisted living residents.

Elderwood's Right Moves® wellness program has received the 2020 Program of Excellence Award from Network in Aging of Western New York. Elderwood Wellness Coordinator Steven Johnson, who manages the Right Moves program, accepted the award in a pre-taped segment aired during the Network's virtually-broadcast annual conference. The Program of Excellence Award is presented yearly for "outstanding and innovative contributions to the geriatric citizenry of Western New York."



Right Moves was created to encourage Elderwood's assisted living residents to take a more active approach to their health, with a goal toward preventing falls, injuries and hospitalizations. Led by staff who are trained and certified through the American Council on Exercise, Right Moves focuses on maintaining physical activity, function and mobility through exercise, therapy, home safety and other initiatives.

Across the 13 Elderwood assisted living communities, about 30 percent of residents participate in Right Moves.

Many of those who regularly attend the program experience improvements in strength, balance and overall health. In some communities, falls among residents have significantly decreased. By avoiding falls and injuries and concentrating on their health, seniors are better able to successfully age in place and maintain their independence.

"We thank Network in Aging for recognizing Mr. Johnson's commitment to improving resident health and the efforts of the wellness directors in our assisted living communities for keeping residents motivated and moving," said Dennis Ng, Elderwood Director of Rehabilitation Services. 🌸



Remember: Wearing your mask also means wearing it properly!



CALENDAR 2021

Sunday, February 14th • Happy Valentine's Day

Wednesday, March 17th • Happy St. Patrick's Day

Saturday, September 26th • Parkinson's Moving Day - Virtual Walk

Month of March • Hospice - Spring Bouquet Sale

THANK YOU!

Thank you to our 40th Annual Meeting sponsors for your support of this event!

Thank you also to all our ad supporters.

Absolut Care
BlueCross BlueShield of WNY
Brookdale Senior Living
Brothers of Mercy
Broadway Home Care WNY
Buffalo Healthy Living
CarePatrol of Buffalo Niagara
Center for Elder Law & Justice
Clarity Group
Clinical Health Care
Management Services (CHMS)
Elder Transition Consulting, LLC
Family Choice of NY
Family Pharmacy Plus +
FeedMore WNY
FreedomCare
Geriatric Care Managers of WNY
Harmonia Collaborative Care, Inc.
Harris Beach PLLC
Health Foundation of Western
& Central NY
Hospice & Palliative Care Buffalo
Laping, Surdej Associates
Marton Care
Nascentia Health
Park Creek Senior Living Community
PBM Lawyers
People Inc
Tennyson Court
The Bristol Homes
Touching Hearts at Home
Trusted Choice Homecare
Weinberg Campus



AMHERST CENTER FOR SENIOR SERVICES

The Amherst Center for Senior Services Responds to Pandemic

The Amherst Center for Senior Services Responds to Pandemic


The COVID-19 pandemic led to a change in the way we live our daily lives and the way we do business. On March 13, 2020, the Center temporarily closed its doors to members in response to New York State Health Guidelines.

Staff of the Center worked diligently to maintain communication with members through emails and social media. In the early days of the closing, our clerical, volunteer and program staff partnered with our kitchen department to ensure that they completed daily meals for 370 Meals on Wheels Amherst clients. Our maintenance staff prepared for members to return by disinfecting the building and furnishing as well as interior painting.

The Center Program Department quickly adapted to providing services to our membership through virtual means. A few Zoom classes and programs were added initially and then grew to approximately 40 per month. The initiation of virtual programs is something the Center will maintain doing to assist home bound seniors even after COVID guidelines decrease.

As the summer weather came, the Center added what we called, "Pop-Up" Programs. Exercise classes, coffee hours, brown bag lunches and many other activities were offered at local Amherst Parks. Participation in these programs followed NYS health guidelines as it pertained to the wearing of masks and maintaining six-feet between participants.

On September 21, the Center had a limited reopening. What this entailed was all program participants could only enter the building with an advance reservation. Upon participant's arrival, their temperature was taken, hand sanitizer was suggested and several COVID-related questions were asked. On Monday, November 16, the Dining Program was temporarily suspended by Erie County due to an increase in NYS COVID cases. And by November 20, after deliberation with County Officials, the Center temporarily suspended all activities for the second time.

Each day, the Center reevaluates and follows the discretion of NYS health guidelines of what is acceptable and what is not. The safety of our members, volunteers, and staff is of the utmost importance. 



CLARITY GROUP


Clarity Group offers Medicare Plan assistance all year long!

The Medicare Annual Enrollment Period runs from October 15th to December 7th. During this time, we get bombarded with advertisements from various Medicare Plans and companies who want your business. So, what happens now? For some agents, they go back to what ever their job is the remainder of the year. For Clarity Group, this is our full-time job. We are here to assist clients throughout the year. For some Medicare beneficiaries, the annual enrollment is the one time each year that they can make a change. For others, they have opportunities throughout the year.



If you or someone you know has Medicare and missed the fall enrollment period or you are not sure if you made the right choice, Clarity Group is here to help. Many people on Medicare qualify for an “SEP,” which is a Special Enrollment Period. Some examples of SEP’s are if you move in or out of your plans service area, if you lose coverage from another source, you retire or want to leave an employer plan. You can also change your plan if you have Medicaid, low income subsidy or assistance from the state, including New York’s EPIC plan. Another opportunity is to switch to a Five Star rated plan, from a plan with a lower rating. We can also help if you are turning 65 or new to Medicare. The experienced agents at Clarity Group can determine if you qualify to make a change.

Whenever you need help with Medicare, Clarity Group is here! Call 716-393-3437 or visit one of our 4 locations. We are located at 4976 Transit Rd, Depew, Boulevard Mall, McKinley Mall and Batavia.

We know Medicare because Medicare is all we do! 



Mount Calvary Cemetery, Inc.

A resource for Network Members,
their clients and families.

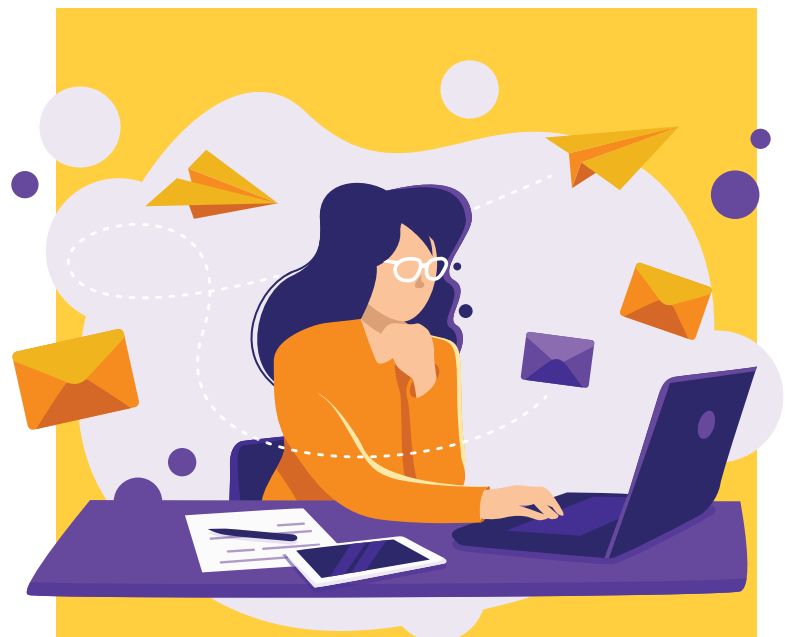
Educators in:

- *End of Life Planning*
- *Medicaid, VA Benefits*
- *Cremation and Cemetery Options*
- *No Cost Educational Seminars*

Mount Calvary believes in enhancing the quality of life for our seniors through education, support and guidance *today, tomorrow and beyond.*

(716) 892-6600

www.mountcalvarycemetery.com



We have a new mailing address!

7954 Transit Road, #254 • Williamsville, NY 14221

Share your story with the Facebook world!

Tell us about it!



NETWORK IN AGING
OF WESTERN NEW YORK, INC

Tell us!

- Has someone in your company recently joined or been promoted?
- Do you have updates about changes or growth your company is undertaking?
- Have you created better way of accomplishing tasks with a new service or product?
- Do you have a client who is satisfied with your services? Share their testimonial and...
- 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.

UNLIMITED NUMBER OF POSTS at this time!

facebook

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.

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

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

MEMBERSHIP RENEWAL FOR 2021!



Membership Renewal for 2021 is due 1/31/21.

Login to renew online!
www.networkinaging.org
(Pay by credit card or check)

Password required!
Email lisa@networkinaging.org if you need a reset

We're now offering UNLIMITED number of posts to our Facebook page at this time!

We promise to continue providing different ways to encourage virtual networking experiences.

Your continued support is more vital than ever for the health of our Network during these times.

Thank You!
Membership Committee 

POSITIONS AVAILABLE!



Cheektowaga Senior Services is Hiring a Part-Time Outreach Assistant

We are looking for a candidate who has good knowledge of the programs and resources available to seniors to help them live their best life! This might be a perfect fit for someone who has retired from full-time work in Aging Services but would like to continue using their skills and talents in a part-time capacity!

Our Outreach Assistant helps older adults (ages 60+) with such social service areas as entitlements, housing, transportation, money management, employment, recreation, etc. Duties include home visits for assessment and linkage to services; completing forms (Medicaid, tax assistance, SNAP, etc.) and obtaining necessary certifications (birth, ID, marriage, etc.) to ensure applications are complete and accurate; assisting in planning recreational activities for homebound/handicapped older adults and computerizing data on clients, maintaining records and reports as required.

Salary: \$14-\$15 per hour

Hours: Maximum 19 per week – flexible, mostly weekdays (occasional evening or weekend)

Candidate must have a valid driver's license and be a resident of Cheektowaga, the Village of Sloan or the Village of Depew, west of Transit Road.

For additional job details and minimum qualifications, please email Kerry Peek, Director of Senior Services at kpeek@tcny.org

Are you seeking fulfilling work? Do you have a passion for service?

Join the team-oriented environment at Wheatfield Commons, a DePaul Senior Living Community in North Tonawanda, New York, as a part-time Personal Care Assistant: <https://careers-depaul.icims.com/jobs/3188/job>

Share your commitment to others as part of our mission-driven organization, where you will be a part of delivering the highest quality care that makes a difference.

Wheatfield Commons is now hiring!



Touching Hearts at Home - Job Opportunity

If you or someone you know does please contact Touching Hearts at Home by going on to <http://www.touchingheartswny.com>, click on the apply here tab and fill out an application. We are non-medical companion aides and we provide companionship, light housekeeping, transportation, shopping, and all other non-medical tasks. We pay above the going rate and treat our companion aides like family or better. Apply Now.



Niagara Hospice Hiring HHAs (Home Health Aides)

If you or anyone you know is looking for a rewarding career where you can improve the quality of life for others, apply to join the Niagara Hospice team!

We have several openings for NYS-certified Home Health Aides to provide care & support to patients & families facing a terminal illness in their homes and at long-term care facilities.

Candidates can apply at <https://www.niagarahospice.org/careers> or call (716) 439-4417 with any questions.



Elderwood Job Opportunities

Director of Rehab Services:

Cheektowaga SNF – <https://careers-postacute-affiliates.icims.com/jobs/14205/job>

Director of Nursing:

Cheektowaga ALF – <https://careers-postacute-affiliates.icims.com/jobs/14029/job>

Director of Activities:

Lancaster – <https://careers-postacute-affiliates.icims.com/jobs/14179/job>

Lockport - <https://careers-postacute-affiliates.icims.com/jobs/13817/job>

Cheektowaga – <https://careers-postacute-affiliates.icims.com/jobs/13634/job>

Regional RN Consultant SNF: <https://careers-postacute-affiliates.icims.com/jobs/14124/job>



CLINICAL HEALTHCARE MANAGEMENT SERVICES, INC.

WE'RE LOOKING FOR A REGISTERED NURSE!

Are you looking for a rewarding opportunity to support elders in the community?

ARE YOU CRAVING A POSITION THAT ALLOWS YOU MORE QUALITY TIME WITH THOSE YOU SERVE?

CHMS is seeking a motivated, compassionate RN Coordinator for our healthcare coordination agency

Resumes can be forwarded to bs@chmsny.com. Attn: Bonnie Springborn

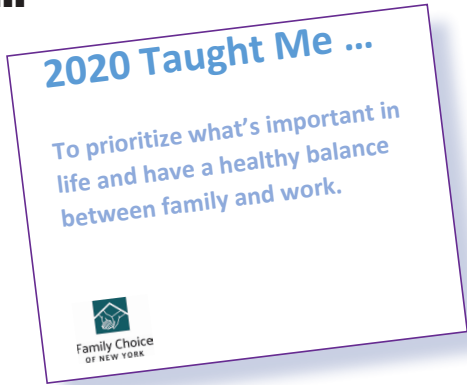


Visit our Facebook Page to view this job posting

LIFE LESSONS

December was "2020 Taught Me..."

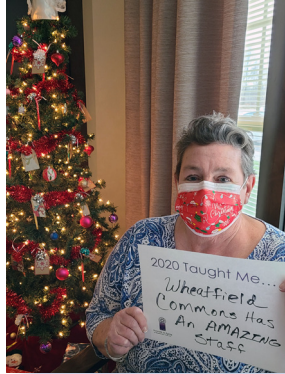
Thank you to all who participated in our December LIFE LESSONS!



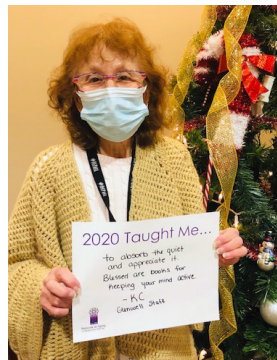
MaryLou T.
Glenwell resident



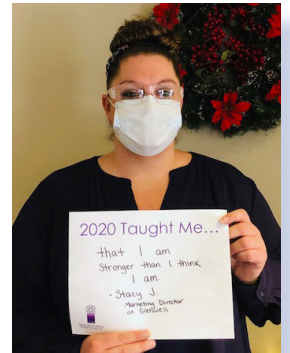
Edward M.
Glenwell resident



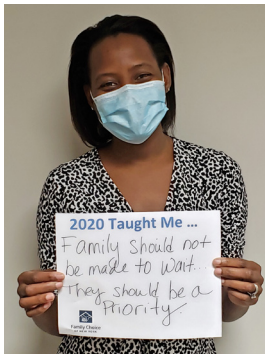
Kathy Hyland-Dion
Administrator
Wheatfield Commons



K.C.
Glenwell Staff



Stacy Jasinski
Glenwell



Cele Schulz
Family Choice of NY



Dawn Giardina
Family Choice of NY



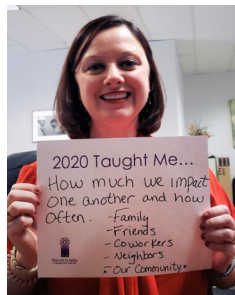
Carol S.
Glenwell resident



Louise L.
Glenwell resident



Sharlann K.
Glenwell resident



Kelly Leach
Family Choice of NY



Sally D.
Glenwell resident



Barbara K.
Glenwell resident

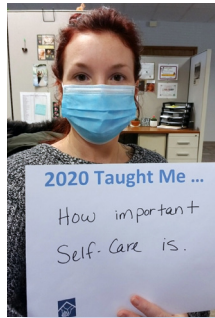


Angeline C.
Glenwell resident

LIFE LESSONS



Mary G.
Glenwell resident



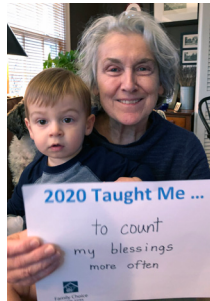
Tarina Cadet
Family Choice of NY



William G.
Glenwell resident



Ann G.
Glenwell resident



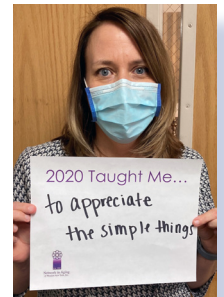
Ruth Mathewson-Hayes
Family Choice of NY



Dorothy K.
Glenwell resident



Sonia S.
Glenwell resident



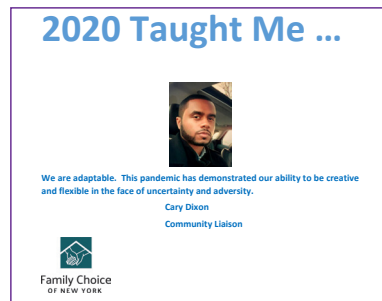
Ann Marie Kuczowski
Elderwood at Tonawanda



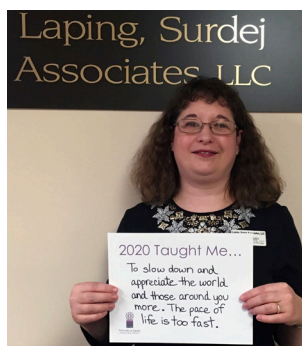
Josef P.
Glenwell resident



John G.
Glenwell resident



Cary Dixon
Family Choice of NY



Kristin Surdej
Laping, Surdej & Associates



Cynthia M.
Glenwell resident

LIFE LESSONS for January

LIFE LESSON for January 2021 –

What is your goal or wish for 2021?

2021 is a time to look forward to the new year! January is often a time to think about what you want to achieve in 2021 – personally and professionally. It's about appreciation, hope, resolutions and new beginnings. We want to know what you wish for or what your goals are for 2021!

We are looking for just a few words, write them down and take a picture with the person's name and organization on it.

Please SHARE this with your clients, residents, staff, volunteers, etc. what 2020 has taught them.

Send your photos to lisa@networkinaging.org. Go to Home Page and print out PDF.

We will post every photo you send us on Facebook and tag your business or organization! 🌸



Network in Aging
of Western New York, Inc.

7954 Transit Road, #254
Williamsville, NY 14221

NON-PROFIT ORG
US POSTAGE
PAID
BUFFALO NY
PERMIT 1180

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.

“Mix & Mingle”

Tuesday, January 26th, 2021 • 4:00pm – 6:00pm

“Sampling the City”

Virtual Wine Tasting event

Thursday, February 25th, 2021 • 5:00pm – 7:00pm

We'll update our members on other virtual monthly events planned for 2021!