



# NETWORK IN AGING

OF WESTERN NEW YORK, INC

EST 1981



Celebrating **41<sup>th</sup>** Anniversary

**Jan - Mar 2022**



Est. 1981

Network in Aging  
of Western New York, Inc.

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## JANUARY SOCIAL EVENT "Taste the Cultures"

**FULL DETAILS ON PAGE 11**



**TUESDAY, JANUARY 18, 2022 • 6:00 – 8:30 PM**

**Wurlitzer Building • 908 Niagara Falls Blvd., North Tonawanda, NY 14120**

**\$35**

(Includes food stations, dessert, and drink ticket. Cash bar available)

**RSVP BY JANUARY 11th • REGISTRATION IS OPEN!**

Register online at [www.networkinaging.org](http://www.networkinaging.org)

### HONORARY CHARITY

**Heart, Love & Soul in Niagara Falls**



Serving The Community For 30 Years

# Highlights of Annual Meeting & Conference • November 4, 2021

## Congratulations to our 2021 annual meeting award winners!



The **Program of Excellence** was awarded to **Kathy Kanaley** from Center for Elder Law & Justice for the Enhanced Multi-Disciplinary Teams (E-MDT) WNY HUB.



## Basket Raffle

**Thank you** to everyone who donated to our basket raffle! We appreciate your support! *(Three unclaimed baskets will be auctioned off at the January Social.)*



The **Dr. Evan Calkins Meritorious Service award** was presented to **Jennifer Gunia** from Harmonia Collaborative Care. This award was to honor lifetime contributions to the field of aging in WNY.

## Speakers

Thank you to our speakers who donated their time to present to us at the annual meeting. Presentations from **Senator Rachel May**, our virtual keynote speaker, **Sarah Harlock** from Dent Neurologic Institute and **Emily Bystrak** from WNY Pride Center were well received by all attendees.



## University Students' Research Presentations

Thank you to the four groups of university students whose abstracts, representing their research in the field of aging, were accepted for the annual meeting. These students are addressing the current issues facing the elderly population. This was an opportunity for students to present the details and outcomes on their posters as they made connections with members in our audience. Judges presented them with four awards of \$750, \$500, \$250 and \$150.



**Want to see more? All the annual meeting pictures are now on our website!**

## THANK YOU TO OUR ANNUAL MEETING & CONFERENCE SPONSORS!

**Absolut Care - Aurora Park, Gasport, Orchard Brooke**  
www.absolutcare.com

**ACSIA Partners - Dana Dee**  
www.danadee.acsiapartners.com

**Aging Well Care Management**  
www.agingwellcaregmt.com

**Bristol Village**  
www.bristolhome.org

**Brookdale**  
www.brookdaleliving.com

**CarePatrol of Buffalo Niagara**  
www.carepatrol.com/advisors/don-lewinski

**CarePatrol of Buffalo Niagara**  
www.carepatrol.com/advisors/don-lewinski

**Center for Elder Law & Justice**  
www.elderjusticenyc.org

**Clarity Group of NY**  
www.claritygroupny.com

**Elderwood**  
www.elderwood.com

**Elderwood Health Plan**  
www.elderwoodhealthplan.com

**Elder Transition Consulting, LLC**  
www.eldertransitionconsulting.com

**Erie County Dept. of Senior Services**  
www2.erie.gov/seniorservices

**Family Choice of NY**  
www.familychoiceny.com

**Glenwell, a DePaul Senior Living Community**  
www.depaul.org/locations/glenwell

**Health Foundation for Western & Central NY**  
www.hfwcnyc.org

**Heathwood Assisted Living**  
www.heathwoodassistedliving.com

**Heritage Manor of Lockport**  
www.heritagemanoroflockport.com

**Hospice & Palliative Care Buffalo**  
www.hospicebuffalo.com

**Laping, Surdej & Associates**  
www.wnycaremanager.com

**Nascentia Health**  
www.nascentiahealth.org

**Oasis Senior Advisors**  
www.OasisSeniorAdvisors.com/buffalo

**Park Creek**  
www.park-creek.com

**People Inc.**  
www.people-inc.org

**Solstice Senior Living**  
www.solsticeseniorliving.com

**Tennyson Court**  
www.tennysoncourt.com

**WellCare Health**  
www.wellcarenow.com/b/

**WNY Coalition Pooled Trusts**  
www.wnypooledtrust.org



Est. 1981

Network in Aging  
of Western New York, Inc.

## OFFICERS

### President

**Angie Crawshaw**

**V.P. — Community Relations**  
**Pamela Pace**

*Amazing Home Care*

### Secretary

**Sharon Plant**

*People Inc.*

### Treasurer

**Suzanne Nawojski**

*Tennyson Court*

### Past President

**Kristin Surdej, LMSW, CMC**

*Laping, Surdej Associates LLC*

### Founding President

**Dr. Evan Calkins**

## BOARD MEMBERS

### Mary Baty

*Brothers of Mercy*

### Steve Buzzelli

*Williams & O'Connor Financial  
Planning Group: Northwestern Mutual*

### Mike Ford

*Broadway Home Care of WNY*

### Matt Gardiner

*Oasis Senior Advisors*

### Stacy Jasinski

*Glenwell, a DePaul Senior  
Living Community*

### Ann Marie Klosko

*Elder Transition Consulting*

### Thomas Lang, JD, MBA

*Magavern Magavern Grimm, LLC*

### Julie Whitbeck Lewinski

*CarePatrol of Buffalo Niagara*

### Nancy Maira

### Bonnie McMorro

*FeedMore WNY*

### Stephanie Mruzek

*Solstice Senior Living  
at East Amherst*

### Mimi Piciullo

*Juniper Glen*

### April Romanowski

*Lawley Insurance*

### Dot Swift

*Elderwood Health Plan*

### Paula Venne

*Walsh Duffield Companies, Inc.*

# PRESIDENT'S MESSAGE

ANGIE CRAWSHAW



**It's time to start a new year, which brings a new beginning. Welcome to 2022!**

The Network in Aging is alive and basking in our members enthusiasm to keep our networking objectives strong.

The Annual Meeting event held in November of last year was a huge success. The new format was well received, and the participation numbers proved that a pandemic could not stop the energy and strive to get together and network. Thank you again to our event sponsors and presenters, as well as the basket raffle contributors which helped to produce a great conference.

We kick-off the new year with a celebration, post-holiday "Taste the Cultures" event on January 18th from 6:00 to 8:30 PM at the Wurlitzer Banquet and Catering facility. This year's charity will be Heart, Love and Soul, based in Niagara Falls. Registration can be found on our network website.

Stay tuned for our Education Committee's spring vendor table community event, details will be coming.

The Network in Aging Board of Directors inducted several board members. Mimi Piciullo, Juniper Glen Assisted Living & Memory Care, a division of Sunshine Retirement Living; Stacy Jasinski, Glenwell, A DePaul Senior Living Community; Julie Whitbeck-Lewinski, CarePatrol Buffalo Niagara; and Steve Buzzelli, Williams & O'Connor Financial Planning Group. Welcome.

All committees are now working at full capacity and planning for this year's events. Check the network website for up-and-coming programs and fun networking ideas. As always, all committees are always looking and welcoming new members to join.

Thanks again to everyone who are renewing their membership for the 2022 year. Your support is greatly appreciated.

In closing remember, *First comes thought; then organization of that thought, into ideas and plans; then transformation of those plans into realities.*

**-Angie Crawshaw – Network in Aging President**

## WELCOME NEW MEMBER AGENCIES



**Mount View  
Assisted Living**



**Dengler Roberts**



**SCS Pooled  
Trust**



**Senior Solutions  
of WNY**



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

**ALL MEETINGS VIA ZOOM OR HYBRID 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 10:00am. NEW LOCATION TBD.

##### CO-CHAIRS

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

Paula Venne  
pvenne@walshduffield.com  
(716) 255-1593

#### 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 9:00am. Locations vary. Please contact one of the co-chairs for info.

##### CO-CHAIRS

Mary Baty  
baty@brothersofmercy.org  
(716) 544-4720

Mike Ford  
mford@broadwayhcwny.com  
(716) 864-9544

#### 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. Meetings currently via Zoom only. No meetings in August and December.

##### CO-CHAIRS

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 Networking events. This committee meets the **first Thursday** each month at 8:30am. Locations vary, and additional dates may be scheduled, so contact a co-chair for more info.

##### 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

Bonnie McMorrow  
bmcorrow@feedmorewny.org  
(716) 822-2002

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

#### 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.

##### CHAIR

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



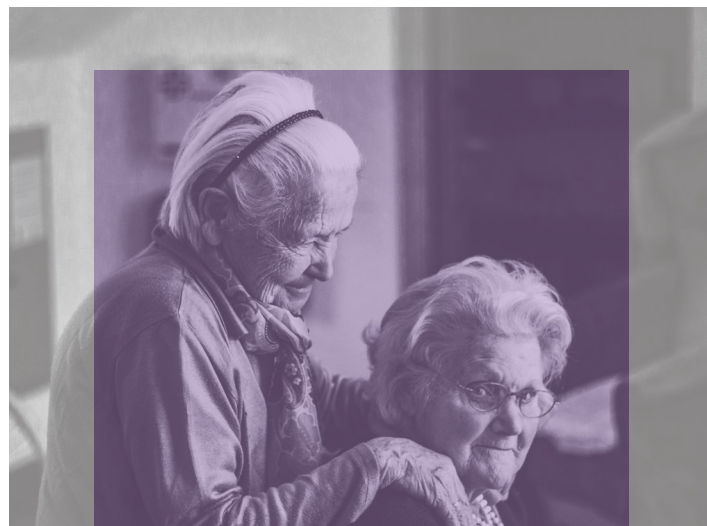
## RENEWAL

- It's time to renew your membership for 2022! Membership renewals are due 1/31/22. Renew online and pay by check or credit card.
- Password required! Email [lisa@networkinaging.org](mailto:lisa@networkinaging.org) if you need a reset or if you require an invoice. Check website for list of member benefits. [www.networkinaging.org](http://www.networkinaging.org)
- **We appreciate your continued support!**

## COLLABORATE. EDUCATE. NETWORK.

Providing members with professional and social opportunities in a non-competitive and nonpartisan setting.

7954 Transit Rd #254 Williamsville, NY 14221 • 716-954-3075 • [www.networkinaging.org](http://www.networkinaging.org) • [www.facebook.com/NetworkinAgingWNY](https://www.facebook.com/NetworkinAgingWNY)



## NETWORK IN AGING of Western New York

Founded in 1981  
by a Network of People  
Committed to Improving  
The Quality of Life For Older Persons



## Did you know?

Did you know that you can submit your own event directly on our website? All events will also be added to Facebook. Under EVENTS on home page, select SUBMIT YOUR EVENT.

## Keep your eyes open for future announcements about our NEW Vendor Table Event



**Coming this SPRING!**

# NASCENTIA HEALTH

## “Nascentia Neighborhood at The Beeches” Event Draws Excited Crowd in Rome, NY

For the first time in nearly 2 years, an excited crowd gathered at The Beeches on Wednesday, November 17th to celebrate and support this important community asset. Nascentia Health, who purchased the 52-acre property at 7900 Turin Rd, Rome, in April of 2021, welcomed a gathering of nearly 150 local dignitaries and community members to kick off their plans for restoring and expanding the property. Attendees included Rome Mayor Jacqueline Izzo, State Senator Joseph Griffo, Assemblywoman Marianne Butterschön, and recently retired State Office of General Services Commissioner RoAnn Destito. Nascentia CEO and President Kate Rolf discussed how the project would benefit the whole community. “We are so proud to be here at The Beeches again, talking

about our vision for its future. The new Nascentia Neighborhood at The Beeches will have independent and supportive housing options that allow aging adults to remain independent in beautiful, safe homes that connect them to medical professionals and social services, all right here on campus. We’ve seen such incredible support and enthusiasm from the Rome community and can’t wait to get started on this exciting project.”

The event was co-hosted by Dr. Joel and Mrs. Holly Amidon and Dr. Jeff Amidon and Elena Green. Dr Joel Amidon, Nascentia Health’s chief medical officer, commented that “The opportunity to have a planned community where older adults can access all of their housing, health, social, and other services is a huge step forward in meeting the needs of older adults in Oneida County.”

The property was owned by the Destito family for more than 70 years and brothers Orrie and Frank attended the event to celebrate the transition of The Beeches. Kate Rolf announced that the updated commercial kitchen will be named “The Destito Kitchen” to honor the family’s long history of hospitality and food service.



Pictured left to right: Nascentia Health CEO and President Kate Rolf, Nascentia Health board member Laura Serway, Dr. Jeffrey Amidon, and Nascentia Health Chief Medical Officer Dr. Joel Amidon celebrate the kick off of the new Nascentia Neighborhood at The Beeches event.




Outside of The Beeches, the family’s Savoy Restaurant has been open in Rome since 1908 and is a community institution.

Nascentia Neighborhood at The Beeches is a multi-phase project that is kicking off this year with renovations to the event and conference center, with the goal of hosting events again in 2023. The locally significant 1917 stone mansion house, which is attached to the events center, will also be restored, preserving its hand-crafted historic details. In the next phases, the Inn at the Beeches will be converted into age-restricted apartments for those 62 and over, as well as the addition of duplex units and independent cottage-style homes will be constructed on the property to create a mix of housing types. The existing business park will

continue operating with its long-established tenants throughout the project.

Wednesday’s event included options for the community to invest in naming opportunities for portions of the property, including rooms in the mansion and conference center, three historic stone cottages, and exterior features. Additional sponsorships are still available and interested people can email Jenna Rolf at [jenrolf@477home.org](mailto:jenrolf@477home.org) to inquire about opportunities.

Follow “Nascentia Neighborhood at The Beeches” on Facebook, Twitter, Instagram, and LinkedIn to see ongoing updates about the project and visit [nascentiahealth.org/the-beeches](http://nascentiahealth.org/the-beeches) to see information and graphics.

Nascentia Health was founded in 1890 and offers a range of home-based care options across Central New York, including skilled nursing and therapies and home health aides. The company also offers two health insurance products in New York – a Medicare Advantage Plan in 8 counties and a managed long-term care plan in 48 counties. Learn more at [nascentiahealth.org](http://nascentiahealth.org). 

### DID YOU KNOW...

...In addition to decorating Christmas trees, people in Greece also decorate boats with strings of lights whether they’re in the water or on land. Boats have always been an integral part of Greece’s culture, but St. Nicholas is also considered the patron saint of sailors. Boats are traditionally decorated on December 6th, St. Nicholas Day.

...With 12 seconds remaining before the clock strikes midnight on New Year’s Eve, people in Spain eat 12 green grapes for good luck. . . but good fortune happens only if you can gobble them down before the final midnight chime! If you miss the deadline, bad luck might come your way.

...Although Christmas isn’t a national holiday in Japan, its citizens still find an interesting and delicious way to celebrate. Rather than gathering around the table for a turkey dinner, families head out to their local Kentucky Fried Chicken. The tradition began in 1974 after a wildly successful marketing campaign called “*Kurisumasu ni wa kentakkii!*” or “Kentucky for Christmas!” The fast food chain has maintained its yuletide popularity, causing some people to order their boxes months in advance or stand in two-hour-long lines to get their “finger lickin’ good” food.

# BROADWAY HOME CARE OF WNY

**Broadway Home Care of WNY is a licensed in-home care agency that strives to provide superior healthcare to our patients.**

Broadway Home Care of Western New York provides in-home care to a variety of patients including, but not limited to, senior adults who want to remain in their home, medically fragile individuals, disabled patients, people living with a chronic illness, as well as individuals rehabilitating from surgery or an injury.

Broadway Home Care of Western New York provides Personal Care Aide (PCA) and/or Home Health Aide (HHA) to provide hands-on direct care assisting with various tasks including, but not limited to, ambulating, transferring, personal hygiene, toileting, dressing, grooming, healthy meal preparation, light housekeeping, and reminders for medications and important appointments.

We work closely with the client, their primary caretaker, and their physician to develop and implement a specific plan of care to ensure all needs are met to enhance the patient's day to day life in their home. 🌸

For more information check out Broadway Home Care of Western New York at <https://broadwayhomecare.com>, call Mike Ford at 716-229-8886 or via email at [mford@broadwayhcwny.com](mailto:mford@broadwayhcwny.com).



## WELCOME NEW BOARD MEMBERS!

**Steven Buzzelli** is the Director of Client Relations and Marketing at Williams & O'Connor Financial Planning Group. The firm specializes in advanced retirement planning and comprehensive financial planning for medical professionals and business owners. They provide fiduciary services, products and technology backed by Northwestern Mutual, an industry leader for more than 160 years.



Prior his current position Steve held various leadership roles at BlueCross BlueShield of Western New York and Fisher-Price. He received his Bachelor of Science degree in Health Fitness from Springfield College and his MBA from Canisius College. Steve lives in East Aurora with his wife where he is active in his community and serves on several Board of Directors.

Steve is joining the board as he believes in the mission of the agency and appreciates the important role it plays in serving the older population in our community. He hopes to bring the experience and skills that he has developed over his career in marketing and creative problem solving to assist in advancing the mission of the agency.



**Stacy Jasinski** is Marketing Director at Glenwell, A DePaul Senior Living Community. Glenwell offers assisted living and memory care, located in Cheektowaga, NY.



Recently **Mimi Piciullo** returned to the community that she opened in 2017 – Juniper Glen Alzheimer's Special Care Center, a 66 bed Memory Care Community in E. Amherst. She is the Executive Director.



**Julie Whitbeck-Lewinski, OTD, OTR/L, CDCS, CFPS, RYT, CIAYT**, Senior Care Advisor, Healthcare Consultant, is the owner of CarePatrol Buffalo-Niagara-Rochester-Syracuse. Julie is a Doctor of Occupational Therapy with over 20 years of experience serving individuals across the lifespan both clinically and administratively in settings from early intervention, schools, community-based hospitals, sub-acute rehabilitation, continuing care retirement communities, skilled nursing facilities, and more.



Julie and her husband, Don Lewinski, started CarePatrol in July of 2020 providing a no cost concierge service to support seniors and their families to locate appropriate and affordable care including in-home care, independent living, assisted living, memory care and more. Julie is a Certified Dementia Care Specialist and Fall Prevention Specialist. She is an adjunct professor at SUNY Buffalo in the Occupational Therapy department and a dedicated fieldwork supervisor for SUNY ERIE OTA Program. Julie is excited for the opportunity to work with the Board for Network in Aging by providing her expertise, strategic thinking, and fresh perspective to support continued growth, collaboration, and advocacy of senior services in WNY.

## WELCOME NEW INDIVIDUAL MEMBERS!

**Donna Pepero** – West Side Community Services  
**Deanna Bednarz** – A Place for Mom

## MCGUIRE GROUP

### Susan Grigg Appointed CEO of 18-Facility Health Care Enterprise

Susan Grigg, RN, BSN, CRRN, LNC, LNHA, has been appointed as the chief executive officer for 18 skilled nursing and rehabilitation facilities in three portfolios that include the McGuire Group, VestraCare and RCA Healthcare Management/Absolut Care.

In this capacity, Grigg will be responsible for managing the overall operations and ensuring regulatory compliance for the three-portfolio enterprise that includes 4,200 health care professionals and 3,200 residents.

Grigg has served as the chief operating officer for the three portfolios since 2020 and has held a number of roles within the McGuire Group portfolio since 2007. “Sue has been instrumental in every facet of our organization,” stated Chairman Edward Farbenblum. “Whether it’s guiding our facilities through a global pandemic, establishing thresholds for industry best practices or serving as a role model and leader, Sue is a true blessing to the long-term care industry and to our organization.”

Grigg holds a bachelor of science in nursing from Grand Canyon University and an associate in applied science in nursing from Niagara County Community College. She is a licensed New York State nursing home administrator, registered nurse, certified rehab registered nurse and holds certifications for Train-the-Trainer and advanced life support. She is a member of the Professional Nurses Association of WNY and NYSHFA Nurse Leadership Institute.

Grigg was the 2021 recipient of Business First’s Excellence in Health Care award. She resides in Wheatfield with her husband Chris and has one son.

The three-portfolios are recognized as leaders in quality and best practices in New York State and Michigan and offer a comprehensive suite of services including: 24-hour skilled nursing care, subacute rehabilitation, memory care, hospice care, in-house dialysis and specialized ventilator/tracheostomy care. For more information, visit [www.mcguiregroup.com](http://www.mcguiregroup.com), [www.absolutcare.com](http://www.absolutcare.com) or [www.vestracare.com](http://www.vestracare.com). 



### Happy Hour @Santoras December 7th

Another great turnout! Congratulations to Gary Henry from Weinberg Campus, winner of the \$40 Amazon gift card drawing. And a big congrats goes to Stacy Jasinski from Glenwell, winner of the 50/50 raffle.



### HELP OUR NETWORK GROW!

We want to hear from you! Please take a moment to share what Network in Aging means to you and your business. Have you been able to connect with other industry professionals? Discovered new resources to help your clients? Made some fantastic new friends?

Send your testimonial (just a couple of sentences will do) to [lisa@networkinaging.org](mailto:lisa@networkinaging.org) and show potential members the value in joining us!



# MOUNT VIEW ASSISTED LIVING

Mount View Assisted Living is located on Upper Mountain Road in Lockport NY. All assisted livings are regulated by the DOH, we all offer the same services as all assisted livings, so what makes Mount View different? We focus on food and activities, where most facilities use the least of their resources, we use more of our budget in these 2 departments. The majority of our food is homemade including a different fresh homemade soup daily. We have what we call the “bucket list.” Our residents have flown a private plan, gone scuba diving, rode the jet boat in Lewiston and so much more. If there is a group of people that want to do something together we help make it happen.

For example “Peter” has diabetes and when left to his own devices he would wander around town, stop at the local pubs, socialize, have a beer and not eat. This caused him to be in a ketoacidosis coma 4 times in one year and near death. Once admitted to Mount View, we kept a close eye on him, he doesn’t have access to local bars, but enjoys going to Walmart and has not been hospitalized once. He has lived with us a year and half. He made friends and is always giving the staff a playful but hard time.

Another example is “Julie”. Julie lived alone, didn’t drive, no family, neighbors and friends would help her with her needs and supplies. Since admitting to Mount View she has flourished, made many new friends, started game clubs and is stress free every day. She finally admitted she was really struggling at home. She is not only happy but grateful to be living at Mount View.

Fred was living with his mother and she recently passed. Fred is a younger man who had no idea how to take care of himself. He was very obese, sleeping in a broken recliner and crawling up stairs to use the bathroom and had to carry a bucket of water with him as the toilet didn’t flush. Now? We welcomed Fred in, helped him get a new bed and new recliner, and he couldn’t be happier. He is more active than he has been in years, and has lost a con-



siderable amount of weight and works hard everyday in losing more. He has made friends and is no longer secluded in a broken down house. He has a wonderful singing voice and enjoys every activity to the fullest.

Mount View is the only 150 bed Medicaid facility in Western NY. You read that right 150 beds and we accept Medicaid pending. We are also probably the only facility in WNY that accepts smokers and have 2 indoor smoking lounges for our residents. Weather permitting many of them stay outside all summer long on our beautiful patio.

Our grounds cover 15 acres. We are full of maple trees and this coming spring will be our 3rd year tapping the trees for sap and making our own maple syrup. Once the syrup is ready we have a big pancake breakfast for staff and residents. No idea is off limits. Owner Dave Tostetto brought a bee hive in one day and then created another hive and weekly was outside educating the residents, on the process of making honey and beeswax. With this years’ beeswax the residents make their own lip balm.

We want our residents to stop struggling and start living. During the time we live in, especially when COVID first started, we saw right before our eyes what the isolation was doing to them. We were distressed and racking our brains on what to do to help our residents. Dave bought a boat. A pontoon boat and we were able to take 6 residents out at a time once or twice a week on the canal. Residents were out of the building, enjoying fresh air and sunshine. After being in isolation and lockdown for over 3 months, everyone had a bad case of cabin fever, and this brought smiles to everyone’s face.

We continue to stride for adventures for everyone. Each year bringing new challenges and new opportunities. 🌸

Check us out on Facebook, Mount View Assisted Living or contact Karen McGee or Jennifer Shields with any questions at (716) 433-0790.

# ACCOMPLISHMENTS & RECOGNITION!



We are pleased to congratulate **Melissa Abel** for her recent promotion to **Director of the Amherst Center for Senior Services**. Melissa was most recently the Deputy Director for the Center, prior to that she was our Senior Program Coordinator. Before that she worked in Health Care with older adults in the area. She has been with the Center for over 19 years and is very familiar with the staff, volunteers and members. This transition will be nothing less than smooth!

The **Amberleigh Senior Living** welcomes their new Executive Director, **Kristin Crandall**. Congratulations!



Congratulations, Michelle!



**Heritage Manor of Lockport** is pleased to announce our new Director of Resident Care, **Michelle Pham**!



Congratulations to **Morgan Schlossel** on recently joining **Woods Oviatt Gilman LLP** as Associate Attorney in the Family Wealth and Estate Planning Department.

Congratulations to **Morgan Schlossel** on recently joining **Woods Oviatt Gilman LLP** as Associate Attorney in the Family Wealth and Estate Planning Department.

Congratulations to **Courtney Krueger** as she takes on a new role at **Elderwood**. Her new position will be Manager of Business Development, Assisted Living with a focus on the Rochester and Binghamton regions.



Congratulations to **Mary Baty** for being promoted to Director of Foundation and Corporate Business Development at **Brothers of Mercy**. She also serves on the Board of Directors and is a co-chair of the Education committee.



**Pfalzgraf Beinhauer Grear Harris Schuller LLP** is honored to have been chosen for a 2021 Champions for Justice Award by the Volunteer Lawyers Project.

We are proud to welcome our newest team member, Attorney **Dawn Myszka**. Welcome to the PB Elder Law team.



## New Team Member!



### Tamar Rothaus

Chief Financial Officer

Tamar joined CELJ in December 2021 with over 20 years' experience in non-profit financial management. She is responsible for the overall strategic and operational financial matters of the agency. She holds a Master's of Business Administration from Yale University and a Bachelor of Arts degree in Government/History from Cornell University. Prior to joining CELJ, Tamar worked in financial management at Neighborhood Legal Services (NLS), People United for Sustainable Housing (PUSH), Buffalo Niagara Waterkeeper, and the Massachusetts Avenue Project (MAP). Tamar lives in the City of Buffalo with her husband Tim, 2 daughters and beloved dog Juno.



**Center for Elder Law & Justice**

We're so excited to be working with Tamar! Welcome!



# JANUARY SOCIAL EVENT

## “Taste the Cultures”



**TUESDAY, JANUARY 18, 2022 • 6:00 – 8:30 PM**

**Wurlitzer Building • 908 Niagara Falls Blvd., North Tonawanda, NY 14120**

Please join us as we say Happy New Year and celebrate 40 years of serving the WNY senior community! Our January 2022 Social is *Taste the Cultures*, with three different cultural food stations (Mexican, Greek, etc.) PLUS one drink ticket. Registration is now open – pay by credit card or check – at [www.networkinaging.org](http://www.networkinaging.org).

<b>What?</b>	January Social: “Taste the Cultures”
<b>When?</b>	Tuesday, January 18, 2022 • 6:00 – 8:30 PM
<b>Where?</b>	Wurlitzer Building 908 Niagara Falls Boulevard • North Tonawanda, NY 14120
<b>Cost?</b>	\$35 (includes food stations, dessert, and drink ticket; cash bar available)
<b>Registration!</b>	RSVP by 12/11/2022 at <a href="http://www.networkinaging.org">www.networkinaging.org</a> . Pay by credit card or check.

**We will be following New York State COVID mandates as required in 2022.**

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# EDUCATION COMMITTEE UPDATE

## Take Away from the Network in Aging 2021 Annual Meeting by the Education Committee



It is safe to say the annual meeting is an event many members look forward to. We appreciated the opportunity to gather in person after many successful Zoom meetings and events. Because of the diversity of our membership, we try to keep the topic and speakers for the annual meeting broad and general, saving the more specific topics for our educational workshops during the year. In the past we have had many excellent local, state, federal and national speakers at our annual meetings. This year certainly did not disappoint, the post event survey results were incredibly positive. We wanted to share with you exciting news of what followed the 2021 annual meeting. We certainly can be proud of our organization, its members, and the potential we have to ignite interest in future endeavors.

Sarah Harlock's call to action was well received and heard by the representatives of the Health Foundation for Western and Central New York who were in attendance. There have already been a couple of meetings ignited by the call to action, particularly related to the quest for a Master Plan for Aging (MPF) for New York and more. Watch for emails regarding more opportunities to collaborate.

Senator Rachel May was a welcomed keynote speaker. There was fruitful discussion following her presentation. Because of the constructive and forthcoming nature of our members, we can expect to see a broader focus by the senator on health care workers not only in the home care sector, but those who work in facilities as well.

Emily Bystrak was a formative speaker challenging some of us in attendance to give more thought to what we may or may not know when working with those in the LBGTQIA community. We are thrilled to report 3 member agencies have already reached out to her about presenting for their agencies.

Then there were the presentations by the graduate students of their research projects on topics related to the field of aging. The Network is proud to encourage and foster the relationship with students who have an interest in the field of aging. One of the survey comments put it best, "Not only were they interesting, but also inspiring. I loved seeing their enthusiasm for their work."

**This is what the Network in Aging is all about!** It does our hearts good to see this kind of response to the work we do as an organization. To all our members agencies – keep up the good work, continue to communicate openly, always look for opportunities to expand your knowledge base, network and collect resources to serve the older adult population better. 🌸



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Email Lisa Boron at [lisa@networkinaging.org](mailto:lisa@networkinaging.org) to reserve your article.

# CAREPATROL

## When is the time to approach “Driving Retirement”?

December 6th-10th 2021 marked the American Occupational Therapy Association’s Annual Older Driver Safety Awareness Week. This begs the question, “How do you know when it’s time for your loved one to limit or stop driving”?

It’s a tough subject for most families, but it’s a serious matter. As difficult as some conversations may be, everyone benefits from starting these conversations earlier, before a crisis. Statistics indicate that most older drivers are safe drivers, however, medical conditions, medication side effects, and physical changes that occur with aging can all increase the risk of accidents and injuries with the older population.

It is important to recognize signs that may indicate that it is time for your loved one to stop driving and explore alternatives. Those signs include:

- **Medication:** does your loved one demonstrate side effects such as weakness, dizziness, unsteady gait, fatigue, blood pressure changes?
- **Difficulty with rotational movement:** does your loved one rely completely on mirrors to see their surroundings, have difficulty reaching a seatbelt across their body and buckling it in, or tends to be stiff or lack range of motion?
- **Memory concerns:** does your loved one forget what day it is, forget where they left their car keys, drive without a destination?
- **Vision changes:** age-related vision changes can decrease visual field, depth perception, acuity and more. Does your loved one get regular eye checks?
- **Vehicle damage:** does your loved one’s car show increased dings, dents, and scratches? Has your loved one been in a minor fender bender?

When you notice these signs, it is time to begin having these tough conversations. Consider who your loved one will listen to



**“Driving is a critical occupation that allows seniors to be independent. We need to carefully approach driver safety and explore options to help maintain independence when driving retirement is needed.”**

best. Be certain to approach the topic as a concern for safety rather than accusations. Be supportive, have other options in mind to support your loved one’s transportation needs. Can family and friend drive them after dark? Is there a senior center that can provide needed transportation during the day? Be ready to discuss options to help your loved one stay independent while allowing them to transition into driving retirement.

Occupational therapy practitioners have special skills for considering all these factors. They can assess your loved ones’ strength and risk factors and offer patients and families materials on older driver safety, support when having difficult conversations, and a lens through which to consider the opportunities and risks facing older adults holistically as they provide information tailored to the individual. 🌸

Julie Whitbeck-Lewinski is a licensed Occupational Therapist and owner of CarePatrol of Buffalo/Niagara/Rochester/Syracuse

To learn more about older driver safety or to discuss opportunities for a driver safety screening at no cost, reach Julie at (716) 463-2966 or [jlewinski@carepatrol.com](mailto:jlewinski@carepatrol.com)



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### Archbishop Walsh Academy – Olean, NY

- Eight aps
- Three port switches

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### 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 a 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](mailto:lisa@networkinaging.org).

**UNLIMITED NUMBER OF POSTS at this time!**

**facebook**



### Amherst Center for Senior Services

Not a member yet? Our memberships are available to anyone 55 years or older. For Amherst residents, the cost is only \$30 for a lifetime membership. For non-residents, the cost is only \$30 per year. The best deal in town. Get more information and a tour by calling 716-636-3055, ext. 3172.



### Haven't joined our MEMBERS ONLY Facebook group yet? Here's what you're missing. . .

- Connect directly with fellow NIA members to share resources and expand your referral network
- Pose questions, ask for recommendations, announce events
- Post job openings at your organization
- Engage in discussions and polls about senior care in WNY
- Share your ideas for making Network in Aging even better!

This page can only be viewed by your fellow NIA members – not the general public. If you belong to, or are associated with, a member agency, just search <https://www.facebook.com/groups/niamembers> and request to join. Make the most of your membership!

# PARKINSON'S REVOLUTION BUFFALO NY

**Date:** February 26, 2022  
**Location:** Revolution Buffalo • 1716 Main Street, Buffalo, NY 14209  
**Ride Begins:** Ride #1: 10:00 AM • Ride #2: 11:00 AM  
**Contact:** Chris Jamele, 716-301-0423  
or cjamele@parkinson.org



We encourage you to visit our website [www.parkinson.org](http://www.parkinson.org) to find resources in your area!  
Parkinson's Revolution will take place across the country on February 26, 2022. Join us in-person at your studio location or virtually for a high energy ride that generates funds and awareness for Parkinson's disease. This event requires proof of vaccination for all in-person riders. If you're not comfortable attending in-person, register to ride with us virtually!  
We can't wait to ride together with one goal: beat Parkinson's.  
Parkinson's Revolution is a cycling experience that combines passion, determination and community to generate awareness and advance our mission toward a cure. Join us on February 26th (in-person or virtually) for a high-energy ride that will make you perspire while being inspired!  
Your ride will work up a sweat AND generate the funds we need to make lives better for people living with Parkinson's.  
Register to join the movement and we will provide you with the tools you need to exceed your fundraising and fitness goals.  
Who will you ride for?

## Susan Burton, Licensed Real Estate Salesperson with HUNT Real Estate ERA

@susanburtonrealestateagent • Real Estate Agent



### Care Solutions. in an upside down world.

**oasis**  
SENIOR ADVISORS  
Because the right place  
means everything



We are connected to all the resources seniors need in this time of crisis.

#### Oasis Actively tracks:

- Assisted Living and Nursing Homes accepting admissions & availability
- Home Care Needs
- Community and volunteer resources filling in the gaps

**Matt Gardiner,**  
Certified Senior Advisor (CSA)<sup>®</sup>  
Mobile 716-717-3664  
[OasisSeniorAdvisors.com/Bufalo](http://OasisSeniorAdvisors.com/Bufalo)

Contact us  
today!



# ERIE COUNTY SENIOR SERVICES

## CHOOSE HEALTHY WNY



## CHOOSE HEALTHY WNY PROGRAM

**MAKE THE CHOICE TO IMPROVE YOUR HEALTH TODAY!**

Attend one of these 6-week evidence-based workshop and learn more about:



- ❖ Coping with pain, fatigue & stress
- ❖ Healthy eating, Fitness & exercise
- ❖ Problem solving & Decision Making
- ❖ Setting goals for improving health
- ❖ Effectively communicating with your doctor
- ❖ **FEELING GREAT AGAIN!**



To Sign Up or for more information:

Call Erie County Senior Services: **858-7470**

or e-mail [Janice.Nowak@erie.gov](mailto:Janice.Nowak@erie.gov)

### CHOOSE HEALTHY WNY

*Living Healthy Workshops*

**Virtual Workshop**  
Tuesdays: January 11 – February 15  
Time: 9:30 AM – 12:00 PM

**Clarence Senior Center**  
4600 Thompson Rd., Clarence 14031  
Tuesdays: February 8 – March 15  
Time: 9:30 AM – 12:00 PM

**Schiller Park Senior Center**  
2057 Genesee St., Buffalo 14211  
Wednesdays: February 9 – March 16  
Time: 1:00 PM – 3:30 PM



Erie County Senior Services  
Mark Polonczak, County Executive



## CHOOSE HEALTHY WNY WITH DIABETES

Includes a Consultation with an R.D. prior to the 1<sup>st</sup> workshop for eligible Medicare Recipients!

**Virtual Workshop**  
Fridays: January 14 – February 18  
Time: 9:30 AM – 12:00 PM

**St. James House of Prayer**  
1221 Michigan Ave., Buffalo 14209  
Mondays: January 17 – February 21  
Time: 11:00 AM – 1:30 PM

**Lackawanna Senior Center**  
230 Martin Rd., Lackawanna 14218  
Thursdays: February 17 – March 24  
Time: 9:30 AM – 12:00 PM

**Town of Tonawanda Senior Center**  
291 Ensminger Rd., Tonawanda 14150  
Fridays: February 18 – March 25  
Time: 1:00 PM – 3:30 PM

**Orchard Park Senior Center**  
4520 California Rd., Orchard Park 14127  
Fridays: March 4 – April 8  
Time: 9:30 AM – 12:00 PM

**Cheektowaga Senior Center**  
3349 Broadway Ave., Cheektowaga 14227  
Fridays: March 4 – April 8  
Time: 1:00 PM – 3:30 PM

### Erie County Senior Services

Living Healthy Workshops provided by Senior Services! Each interactive health education program is a series of free workshops for anyone living with a chronic condition and/or caring for someone with a chronic condition who would like to: Better manage their health; Maintain a full and active life; Work more effectively with their health care professionals; Learn new skills which enable them to confront challenges of living with chronic disease; and Improve their quality of life.

## Access to Home

**FUNDING IS AVAILABLE FOR HOME MODIFICATIONS:**

- Wheelchair Lift
- Ramps
- Door Widening
- Roll-In Shower
- Grab Bars

**Call Erie County Senior Services**  
Ready, Set, Home for more information: **(716) 858-8526**

## University Express

Free Classes for Older Adults

**GO TO: [Erie.gov/UniversityExpress](http://erie.gov/UniversityExpress)**

**Caught a FREE University Express class yet?**  
We offer online classes geared toward adults 55+-. Find one that interests you in current affairs, history, science, medicine—& more!

More info at: <http://erie.gov/universityexpress> & watch prior classes at: <http://youtube.com/playlist?list=PL233431BE8B3ED885>

### ERIE COUNTY SENIOR SERVICES GOING PLACES TRANSPORTATION PROGRAM

CURB-TO-CURB VAN SERVICE AVAILABLE TO OLDER ADULTS (AGED 60+) IN ERIE COUNTY

**CALL  
(716) 858-RIDE**

8:30 AM - 4:20 PM  
MONDAY THROUGH FRIDAY  
[erie.gov/seniorservices](http://erie.gov/seniorservices)

## BE PREPARED

Keep a winter supply kit handy in your vehicle.

- Snow brush and ice scraper
- Sand or kitty litter
- Jumper cables, flashlight, and flares
- Blankets, warm clothes, hat and gloves
- A cell phone charger

Department of Transportation

Tis the season for snow and ice. Prepare a winter supply kit now to be ready for whatever winter throws at you!

# LIFE LESSONS

## DECEMBER 2021 Life Lessons: Holiday Treats from Around the World!



Submitted by Paula Venne, Walsh Duffield



Submitted by Mary Nelson at Elderwood Village at Williamsville



Submitted by Melissa Mastantuono, from Blossom Modern Home Care Solutions of WNY

Left: Blossom team members feeling the Holiday spirit as they come into work or out into the community!

Right: Blossom has a Gifting Tree tradition, 27 years and strong. Blossom staff give gifts to Blossom clients and families for the holiday season



Submitted by Paula Venne, Walsh Duffield

My best friend, Laurie, and I have been baking Christmas cookies together for almost 25 years! We start early in the morning with breakfast and a trip to the store to gather our ingredients, then we bake until we can't see straight – sometimes into the wee hours! We love trying new recipes, but we ALWAYS bake Ricotta Cheese Cookies. It's a recipe I got from a co-worker at WNED-TV and has become a favorite of our families.

### Ricotta Cheese Cookies

#### INGREDIENTS

1 c. butter or margarine, softened	2 c. sugar
4 c. all-purpose flour	1 tsp. salt
1 ½ c ricotta cheese (15 oz container)	2 eggs
2 tsp. baking powder	2 tsp. vanilla extract

#### DIRECTIONS

Cream together butter, ricotta cheese and sugar. Add eggs and vanilla. Mix in dry ingredients until incorporated, but don't over-mix. Drop onto ungreased cookie sheet (I cover with parchment paper) about 1 T per cookie. Bake at 375° for 10 -12 min. Remove to wire cooling rack. Frost when cool (recipe below). Top with sprinkles or edible glitter.

#### Frosting

1 stick butter, softened  
 1 box confectioner's sugar  
 8 oz cream cheese, softened  
 1 tsp. pure vanilla or orange extract  
 Blend all with electric hand mixer.

## LIFE LESSONS FOR JAN-MAR (FIRST QUARTER)

**We're changing our Life Lessons from monthly to quarterly to kick off the new year!** There are so many wonderful national days/weeks/months worth celebrating and causes to support we want to highlight the variety of awareness events in January, February and March. What is your organization celebrating in Q1? Are your residents paying tribute to our healthcare heroes for Nursing Day? Are you wearing red for American Heart Month? Having a dress down in jeans day or dressing up in Bills gear to cheer on our team? Maybe you're fundraising for a special charity or doing a blood drive? Let's hear about what matters most to your company or organization. Share your pictures and/or written descriptions to post on our Facebook page and inspire the community!



**Network in Aging**  
of Western New York, Inc.

7954 Transit Road, #254  
Williamsville, NY 14221

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) 954-3075 or go online to [www.networkinaging.org](http://www.networkinaging.org).

**JANUARY SOCIAL EVENT**  
**“Taste the Cultures”**

**Tuesday, January 18, 2022 • 6:00 – 8:30 pm**

**Wurlitzer Building • 908 Niagara Falls Blvd., North Tonawanda, NY 14120**

**We'll update our members on other Network monthly events planned for 2022!**