



**NETWORK IMAGING**

OF WESTERN NEW YORK, INC

EST 1981

Celebrating Our **42<sup>nd</sup>** Annual Meeting

**Annual Meeting and Conference**


**NOVEMBER 3, 2022**

# **Focus Forward: The Future of Healthcare**



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## 2021 Annual Meeting President's Message



***"I have found that among its other benefits, giving liberates the soul of the giver"*** -Maya Angelou

As I make my exit as the president of the Network in Aging, this quote from Maya Angelou could not ring truer for me. These past four years as president have been nothing but fulfilling.

When I joined the board back in 2011, I was not clear about what my impacts and contributions would be to this organization. Over the years I realized just how important serving on the board would be and how it impacted our membership to give time to serve in the many capacities that molded my ability to serve as president years later.

It certainly has been an interesting four years encompassing three of those four years as president during Covid. If not for the strength of the board of directors, our coordinator Lisa Boron and the resilience of the committees serving our membership, we could have easily fallen to the wayside with our mission.

We found that the power of Zoom kept us moving in the right direction keeping our members engaged and informed. Our events looked different from years prior to Covid, but in general we kept our heads up and worked through this dilemma. This year proved to be special as all our events came back without restrictions including the January Social, the Progressive Dinner, the Taste of the Network, and the monthly network with the network events. We were able to host a great workshop event that partnered with the Western New York Health Foundation that was well received and something new, an agency tabling event open to the public, seniors, and caregivers.

During my time as President, the board of directors completed the 3-year Strategic Plan actions and utilized its objectives to enhance our organization and bring us up to speed with updated technology and strategies. The committee's plan was defined as *specific, measured, attainable, relevant and time bound*.

We have remained the strong, respected, and diverse organization that we have always been since our conception in 1981. With our distinct membership, unlike any other, we continue to be a leading force in serving our older population and each other. I would like to thank all our sponsors of the annual meeting event and all the other events during the year for your utmost generosity.

I am so immensely proud to have led this organization over the past four years and will continue to serve on the board of directors as immediate past president. Through guidance and others' experiences and leadership, I was able to understand that for a nonprofit to be tremendously successful, all parts of the organization are mutually valuable and must all work together in a balanced and intentional way to accomplish longevity.

As Maya Angelou said in her above quote – *"giving liberates the soul of the giver."* Volunteer your time to the Network, you will revel in the benefits.

Sincerely,

*Angela Crawshaw*

Angela Crawshaw, President  
Network in Aging of Western New York, Inc.



## *Dec. 8 Webinar:* Supporting Family Caregivers of Older Adults with a History of Trauma



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## 42<sup>nd</sup> Annual Meeting and Conference

NOVEMBER 3, 2022

### CONFERENCE AGENDA

#### “Focus Forward: The Future of Healthcare”

- |                          |  |
|--------------------------|--|
| <b>8:00-9:00 AM</b>      | Registration, continental breakfast, and networking  |
| <b>9:00-9:15 AM</b>      | Opening Remarks from Angie Crawshaw<br>Network in Aging president                                |
| <b>9:15-10:15 AM</b>     | <b>KEYNOTE SPEAKER: Bobby Guy, Esq.</b><br>Author, speaker, and healthcare transactions attorney |
| <b>10:15-10:45 AM</b>    | *** Networking Break ***   |
| <b>10:45-11:45 AM</b>    | <b>Cathy Braxton</b><br>CEO and Content Creator of Improv4Caregivers                             |
| <b>11:45 AM-12:00 PM</b> | *** Networking Break ***   |
| <b>12:00-12:30 PM</b>    | <b>Graduate Student Virtual Presentations</b>  |
| <b>12:30-2:00 PM</b>     | Luncheon<br>Annual Meeting<br>Award Presentations<br>Closing remarks<br>Basket raffle pickup     |
| <b>2:00 PM</b>           | Conclusion   |



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## ABOUT OUR SPEAKERS



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### **BOBBY GUY, ESQ.** Keynote speaker

Bobby Guy is an author, speaker, and healthcare transactions attorney. He believes that the current changes in the US Healthcare Market create the best opportunity to improve healthcare and patient outcomes in three generations. He is passionate about healthcare based on 25 years' experience practicing as a healthcare attorney, and based on the healthcare experiences of his own family and friends. He hails from Nashville, Tennessee, where he co-founded the local office of the national law firm Polsinelli. In the last several years, his team has bought or sold more than 500 healthcare companies, including handling the largest skilled nursing transactions in the US two years in a row. He is the host of *The 10 Minute HealthBizCast* ("Exploring Ways to Make Healthcare Better"), and Chair of the Healthcare Dealmakers Conference in Dallas, Texas each May. He holds a Bachelor's Degree in Economics from Whittier College, where he graduated *summa cum laude*, and a law degree from Vanderbilt University where he graduated *Order of the Coif*. He is passionate about his family, travel, and playing guitar (you can listen to his recording, Banks & Guy, "Dreaming in Power Pop," available on all streaming services).



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### **CATHY BRAXTON**

Catherine Braxton (Cathy) is the Owner, Educator and Content Creator of *Improv4caregivers*. "Cathy" believes in creating thought-provoking educational content. Her unapologetic style allows caregivers to dig deep into empathy and provides a safe space for exploration into the important foundational concept of using the rules of improv for improving communication and connection. Cathy is a Registered Cognitive Behavioral Therapist and is certified in the Neurobiology of Sleep through the University of Michigan. Her commentary titled "The Rules of Engagement" has been published in the Peer Reviewed Seniors Housing & Care Journal. She is the co-author of "Start with Yes" and a blogger for The Chicago Tribune. Cathy has received her B.A. in Psychology from the University of Illinois and has completed all coursework for her M.A. in Health Psychology and Gerontology Studies. She has studied improv under the tutelage of Ron Harlow at the Hammond Community Theater. Cathy has been in the aging industry for over 25 years managing memory care units, directing activity programs, providing case management, service coordination, quality control and support group facilitation. During the height of the pandemic in 2020 and 2021, she devoted her time volunteering as a consultant to facilities in need of education, motivation, training, and crisis management as well as providing complementary services to adult children that were self-isolating at home with their aging parents



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# Thank You

Many thanks to the Network in Aging Education and Special Events Committee members for volunteering their time and talents in the planning of today's event.

Their hard work and commitment to the Network is greatly appreciated each year.

## 42nd ANNUAL PLANNING COMMITTEES

### EDUCATION COMMITTEE

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**A big THANK YOU to our members and member agencies that donated to our basket raffle!**

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# NETWORK IN AGING

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## 2022 RECIPIENT OF THE NETWORK IN AGING MERITORIOUS SERVICE AWARD

### Danette Porto

West Side Community Services

Danette Porto, director of senior services at West Side Community Services, is this year's Meritorious Award recipient. For 25 years, Danette has spent her career building relationships with seniors on Buffalo's West Side and making sure our older neighbors feel connected to their community, connected to resources, respected, valued, and cared for.

Danette joined West Side Community Services (WSCS) in 1995 and became director of senior services in 1997. Since then, she has brought health-related resources to WSCS to ensure that seniors have what they need. Over ten years ago, she worked with Independent Health Foundation to pilot Good for the Neighborhood at WSCS, which has turned into a tri-annual signature community outreach event and has connected hundreds of seniors with health screenings and wellness resources. She has directly assisted seniors in signing up for medical insurance and has helped them access free or low-cost hearing aids and cell phones. Annually, she gets older adults enrolled in HEAP, STAR, and Medicare.

Beyond healthcare, Danette has strongly supported other social determinants of health for West Side seniors, including housing, transportation, and healthy food access.

She has helped seniors fill out forms to get on local senior housing facility waiting lists, coordinated transportation to twice-weekly WSCS bingo and lunch, and arranged for seniors to access WSCS's market-style food pantry, Provisions 139. She also spent many years coordinating transportation to medical appointments and shopping errands as the West Side van transportation coordinator for Erie County Senior Services.

In addition to meeting these physical needs, Danette has accomplished something even more special and unique. She has fostered a community that envelops seniors in warmth and belonging.

Currently, seniors come to WSCS twice a week for coffee and conversation, bingo, and lunch. Danette frequently brings in speakers from University Express and arranges transportation and staffing to bring 20-25 older adults to the monthly Saturday Academies at



School 30. She also hosts Mother's Day and Christmas luncheons for hundreds of seniors from around the city.

In 2019, Danette retired from West Side Community Services. Earlier this year, WSCS Executive Director Crystal Selk asked if she would be willing to come out of retirement to rebuild the senior program after its pandemic hiatus. Thankfully, Danette agreed to take on the challenge. At 80 years old, she has successfully relaunched the program and is now engaging 20-25 seniors each week.

"We are so proud to have Danette Porto working at West Side Community Services," says Selk. "Our seniors respect and trust Danette and her relationship with them is what has made our program successful."

Outside her work at WSCS, Danette is heavily involved in the local community. She volunteers twice a week at the Centro Culturale Italiano di Buffalo and is a member of the board of directors for the WNY district of the Italian Sons and Daughters of America and the Italian American Women's Association. She is the former president of the Amici Lodge.

For 21 years, Danette co-chaired the City of Buffalo's Youth and Police Academy. She also sat on the Citizens Advisory Group for the City of Buffalo and was a founding member of the West Side Youth Development Coalition.

Danette is the recipient of a Community Award from the Buffalo Police Department and an Outstanding Membership Award from the Italian Sons and Daughters of America. In 2019, she was named Honorary Host of The Puerto Rican & Hispanic Day Parade in WNY, one of very few non-Hispanic citizens to ever receive this honor.

Upon her original retirement, Mayor Byron Brown named September 4, 2020 "Danette Porto Day" in the City.

Danette has devoted the last 25 years of her career to supporting, encouraging, and building community for older adults. She is grateful to the Network for their recognition of her efforts and for awarding her the 2022 Meritorious Service Award.





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## 2022 RECIPIENT OF THE NETWORK IN AGING PROGRAM OF EXCELLENCE

### Cheektowaga Senior Mobile Food Pantry



Resurrection Life Food Pantry, located in Cheektowaga, NY is a dedicated high capacity/high priority food relief organization providing emergency food to households throughout WNY.

Our mission is to BE the hands and feet of Jesus, putting action behind our words, while meeting the immediate needs of low-income families and individuals in the community, and for over 25 years we have done just that.

10 team leaders, 140 individual volunteers and dozens of corporate partners serve more than 1300 families in the WNY community, 750 of those being seniors.

Community studies have indicated that seniors are the fastest growing population struggling with food insecurity due to limited finances, lack of transportation, and poor health or disabilities.

In 2016, Resurrection Life Food Pantry tackled those barriers when they launched the mobile food pantry delivering nutritious foods to 98 seniors at AHEPA and Violet housing. Now in 2022, we deliver to 6 low-income senior facilities and have more than 300 seniors registered to receive delivery.

Multiple volunteer teams are driven by compassion to serve by sorting, packing, and distributing food and although the food is necessary to the physical health of our seniors, it is the laughter and love that we bring that feeds their soul.

As WNY continues to see growth of the older adult population, so will the number of seniors struggling with food insecurity increase. Resurrection Life Food Pantry's plans for the future are to add on additional sites as the need continues to grow so that we can continue to BE the hands and feet of Jesus!





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- 2020 Margaret Kleinmann - Solstice Senior Living at East Amherst
- 2019 Pamela Krawczyk - Amherst Center for Senior Services
- 2018 Lynn Riker - The Center for Hospice & Palliative Care
- 2017 Leilani Joven Pelletier - Center of Excellence for Alzheimer's Disease
- 2016 Michael Olear - Olear Realty Group, Inc.
- 2015 Charles Battaglia, Jr - Kenmore Tonawanda Meals on Wheels
- 2014 Bonnie McMorrow, Meals on Wheels & Hearts and Hands: Faith in Action
- 2013 Laura Mondello, Schofield Residence
- 2012 Helen Ferraro-Zaffram, Esq, Legal Services for Elderly, Disabled or Disadvantaged Volunteer Program, Amherst Senior Center
- 2011 Robert Chur, President and CEO of Elderwood Senior Care
- 2010 Toby Laping, Ph.D., L.M.S.W.
- 2009 John W. Kinner, Health Association of Niagara County Inc.
- 2008 Beverly A. Kubala, RN, Geriatric Care Managers of WNY, LLC Schofield Adult Day Health Care Program
- 2007 David Dunkelman
- 2006 Mary Ellen Walsh, M.S. W., Executive Director, Amherst Center for Senior Services
- 2005 Georgiana Jungels, Professor, State University at Buffalo
- 2004 Bruce D. Reinoso, Esq., Partner in Magavern Magavern & Grimm LLP
- 2003 Rhonda Frederick, People Inc.
- 2002 Jerry Flaschner, Living Prime Time Magazine
- 2001 Bea Berman, Advocate for the Elderly and Volunteer - NYS Wide Senior Action Council
- 2000 Dr. Kenneth Garbarino/Kaleida Health/Millard Fillmore Hospital
- 1999 Rose Marie Hall, The McLaughlin Center of Kaleida Health/DeGraff Hospital
- 1998 Dr. John Edwards, Veterans Administration Medical Center
- 1997 Robert Meiss, Beechwood Continuing Care
- 1996 Joanne Senall, Corporation for Senior Services Programs
- 1995 John Feather, Ph.D., WNY Geriatric Education Center
- 1994 Michael Maloney, The Bristol Home
- 1993 Clifford Whitman, Concerned Ecumenical Ministry (CEM)
- 1992 Maryanne Bolles, Coordinated Care
- 1991 Richard J. Gehring, Meals on Wheels of Buffalo and Erie County
- 1990 Francis "Mac" McCoy, Chautauqua County Office for Aging
- 1989 Jurgis Karuza, Ph.D., WNY Geriatric Education Center & Multidisciplinary Center on Aging
- 1988 Joyce Savasta, MSN, Buffalo Psychiatric Center
- 1987 Lillian Meadows, Alfred D. Price Senior Citizen Center
- 1986 Lillian Meadows
- 1985 Milton Rogovin, Richard Newberg and Lou Glasse, Special Commendation in recognition of outstanding artistic and media contributions



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- 2020 Elderwood's Right Moves Wellness Program
- 2019 WNY Coalition Pooled Trusts: a collaboration between People Inc. and Center for Elder Law & Justice
- 2018 University Express Project: Patricia Dowling of Erie Co. Senior Services
- 2017 The Pride Center of WNY, Inc.- Silver Pride Project
- 2016 Rural Transit Service
- 2015 United Church Home Society Senior Wishes
- 2013 The Burchfield Penney Art Center Early Diagnosed Alzheimer's Program
- 2011 Alzheimer's Association, Western New York Chapter Silver Alert Initiative
- 2008 Schofield Adult Day Health Care Program
- 2007 The MultiDisciplinary Coordinating Council on Elder Abuse
- 2006 People Inc. Senior Housing
- 2005 Erie County Caregivers Coalition
- 2004 Meals on Wheels of Buffalo and Erie County's Home Delivered Meals for the Elderly
- 2003 The Chautauqua Adult Day Care Centers, Inc.
- 2002 Senior Employment Program/Supportive Services Corporation
- 2001 Legal Services for the Elderly, Disabled and Disadvantaged (LSED)
- 2000 The Telephone Assurance Program (TAP) operated by Coordinated Care
- 1999 The Salvation Army Senior Olympics
- 1998 The Foster Grandparent Program of Buffalo and Erie County, Catholic Charities
- 1997 Gloria Olmsted, Erie County Department of Senior Services
- 1996 Care Connection, Inc
- 1995 The Staywell Health Education Course developed by The McLaughlin Center/DeGraff Hospital
- 1994 Hospice Buffalo Nursing Home Services
- 1993 The Western Region, NYS Adult Day Services Association & Intergenerational Program - Preschool Children & Older Adults
- 1992 Elder Abuse/Caregivers Services, Niagara County Family Violence Project
- 1991 Erie County Long Term Care CHOICES Program
- 1990 Alzheimer's Disease and Related Dementias Association (ADRDA), WNY Chapter
- 1989 National Fuel's Assistance Programs for Seniors
- 1988 Buffalo Psychiatric Center
- 1987 Alfred D. Price Senior Citizen Center
- 1986 Alfred D. Price Senior Citizen Center

# 2022 GRADUATE STUDENT RESEARCH POSTER SESSION

This event is open to all WNY university and college students who are involved in research or literature reviews on issues relevant to aging in our society.

**1st place \$750**

**2nd Place \$400**

**3rd place \$ 250**

## ABSTRACT #1

### The Effects of COVID-19 on Interprofessional Collaboration between PTs and RNs in Home Health Care

1. Benjamin Lepkowski Student PT
  - a. Additional Research Student Group Members:
    - Spencer Cushman SPT, Joseph Losapio SPT, Thao Nguyen SPT
  - b. Daemen University PT Department-Anticipated graduation May 2023
  - c. benjamin.lepkowski@daemen.edu
  - d. (603) 724-0109
  - e. Faculty Advisors: Mike Seils PT, DPT, Ed.D.
2. Home and Community Based Services

Registered Nurses (RNs) and Physical Therapists (PTs) are two of the common disciplines working with older adults in home health care (HHC). The purpose of this study was to gain a better understanding of how RNs and PTs perceived that COVID-19 affected interprofessional collaboration (IPC) in HHC. Participants included 8 RNs and 8 PTs with at least 2 years of HHC experience working with adult patients in Western NY. Semi-structured interviews were conducted, and qualitative data analysis was performed. There were no significant differences noted between RN and PT responses based on respective discipline or experience. Five individuals described the relationship of COVID-19 and IPC positively due to perceived improvements in frequency of communication and team morale supporting one another. Six felt IPC did not change. Five individuals described factors that contributed to worsening IPC including: (a) discontinuation of in-person meetings, (b) lack of personal interaction (mask wearing), and (c) ineffective remote communication. The participants described the perceived stress and challenges faced and how they supported one another which ultimately improved team morale. Future research is recommended to further understand how COVID-19 affected HHC RNs, PTs, and aging patients.



## ABSTRACT #2

### Perceptions and Engagement of Interprofessional Collaboration Between Registered Nurses and Physical Therapists in a Home Health Care Setting

1. Mike Seils PT, DPT, Ed.D., St John Fisher College Ed.D. Dissertation-Graduation May 2022; mseils@daemen.edu 585-362-0971
  - a. Faculty Advisors: Jason Berman, Ed.D., Kathleen Dever, Ed.D.
2. Home and Community Based Services

Medicare spends billions on home health care (HHC) and this number is increasing with the aging population. Evidence has shown that HHC can improve patients' function and reduce health care costs but there is limited research on interprofessional collaboration (IPC) in this setting. Therefore, the purpose of this study was to assess how RNs and PTs perceive and engage in IPC in HHC in Western New York. Participants included 8 RNs and 8 PTs with at least 2 years of HHC experience working with adult patients. Semi-structured interviews were performed and focused on IPC and patient outcomes. Open and axial coding was used for qualitative data analysis. The findings show a positive perception of IPC. IPC was performed through remote communication, co-visits, and meetings. IPC Facilitators included effective communication, team climate, and shared vision. Barriers to IPC were poor communication and scheduling. Recommendations to improve IPC were improved communication and additional in-services. These findings provide a greater understanding of how RNs and PTs perceive and engage in collaboration in HHC for adult patients. HHC leaders should focus on ways to improve patient outcomes in HHC through improved IPC.



## ABSTRACT #3

### Association between Dietary Patterns and Periodontal Disease: the OsteoPerio Cohort Study.

Authors: Yihua Yue, Kathleen M. Hovey, Jean Wactawski-Wende, Michael J. LaMonte, Chris Andrews, Amy E. Millen. Department of Epidemiology and Environmental Health, School of Public Health and Health Professions, University at Buffalo, The State University of New York, Buffalo, NY, 14214, yihuyue@buffalo.edu.

Periodontal disease is the leading cause of tooth loss and is associated with systemic diseases. This study aims to examine the association between dietary pattern scores and periodontal disease cross-sectionally and prospectively over 5 years and 17 years of follow-up among participants in the Buffalo Osteoporosis and Periodontal Disease Study (OsteoPerio). We conducted analyses among 1,197 postmenopausal women with complete data and a mean age of 67 (SD=7) at baseline 1997-2000. Healthy Eating Index-2015 (HEI), Alternative HEI (AHEI), Dietary Approaches to Stop Hypertension (DASH), and alternate Mediterranean Diet Score (aMed) were calculated from FFQs collected at baseline. Periodontal assessments were conducted at baseline and follow-up visits to obtain whole mouth mean alveolar crestal height (ACH), pocket probing depth (PPD), clinical attachment level (CAL), and percentage of gingival sites bleeding on probing (%BOP). Linear and logistic regression models showed that better adherence to these dietary patterns is cross-sectionally associated with less CAL, %BOP, and lower odds of historic missing teeth due to periodontal disease; on the other hand, these dietary patterns are not associated with the progression of periodontal disease during 5 years and 17 years of follow-up after accounting for teeth loss due to periodontal disease during follow-up.



### ABSTRACT #4

#### Follicle stimulating hormone is associated with low bone mass in postmenopausal women.

Authors: Lindsey J. Mattick<sup>1</sup>, Jennifer W. Bea<sup>2,3</sup>, Kathleen M. Hovey<sup>1</sup>, Jean Wactawski-Wende<sup>1</sup>, Jane A. Cauley,<sup>4</sup> Carolyn J. Crandall<sup>5</sup>, Lili Tian<sup>6</sup>, Heather M. Ochs-Balcom<sup>1</sup>

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#### Abstract

**Background:** Few large epidemiologic studies have been conducted to test associations of follicle stimulating hormone (FSH) and bone mineral density in postmenopausal women. **Methods:** In a cross-sectional study of 675 postmenopausal women, we evaluated associations of FSH and dual x-ray absorptiometry (DXA)-classified low bone mass or osteoporosis. We stratified this analysis by serum estradiol concentration (cut at the median). We tested whether FSH mediates the association of estradiol and DXA-derived BMD (BMD) using the Sobel test.

**Results:** In logistic regression models, women in the highest FSH tertile had higher odds of low bone mass or osteoporosis at the femoral neck (OR=2.12; 95% CI=1.30-3.48) compared to women in the lowest tertile when adjusted for age, hormone therapy use, total body fat mass, and diabetes status. In stratified models, the significant association of FSH and low bone mass/osteoporosis persisted only in women with lower estradiol. FSH met all criteria of a mediator, including 70% attenuation of the estradiol-aBMD relationship.

**Conclusions:** FSH is associated with higher odds of having low bone mass/osteoporosis even after accounting for HT use. FSH is a mediator of the relationship between estradiol and aBMD in healthy postmenopausal women. Larger, prospective studies of FSH concentrations and bone health are needed.

### ABSTRACT #5

#### The Perceived Meaning of Eldercare among the Sandwich Generation of Korean Immigrants.

Author: B.S. Lee. Department of Sociology, University at Buffalo, Buffalo, NY 14260, byungsoo@buffalo.edu.

Since the 1965 Immigration Act, the Korean population in the United States has grown to be the fifth-largest nationality group among Asian and Pacific Islanders in the US. As the large number of post-1965 Korean immigrants are getting older and facing retirement, scholars have raised several issues regarding the aging population and eldercare among Korean immigrants. Despite a growing body of immigration literature on the Korean population, how the so-called sandwich generation perceives and practices filial norms in the US context has not been clearly addressed. Using data from in-depth interview with 136 Korean immigrant adults aged between 20 and 55 or older who have children and parents in the US and/or in South Korea, this study explores how the sandwich generation in the US perceives filial obligation for their aging parents, what they do to prepare for their own later life and what they expect from their children when they become older and need care from others. The findings indicate that almost all of the participants maintain traditional notions of filial piety, but they show ambivalent attitudes toward the practice of the filial obligation and their expectation from their own children in their later lives in the US context.



### ABSTRACT #6

#### Yellow Flag Beliefs of Physical Therapists Treating Patients with Low Back Pain.

Authors: S. Kennedy, C. Labonte, M. McGuire, M. Tubbs, M. Ross. Physical Therapy Department, Daemen University, Amherst, NY, 14226.

In older patients with low back pain, the presence of psychological factors like “yellow flags” can adversely influence a patient’s treatment outcome due to maladaptive pain coping strategies. The purpose of this study was to assess the yellow flag beliefs of physical therapists when treating patients with low back pain. Members of the American Physical Therapy Association’s Orthopedic Section were invited to participate in this survey-based study. One hundred ninety-one physical therapists participated and completed the same survey developed by Linton et al (2002) that assessed yellow flag beliefs of physical therapists in Sweden. While the findings were generally consistent with current best evidence, there were indications that some physical therapists held beliefs reflecting fear-avoidance. For example, 25% of physical therapists would advise a patient to avoid painful movements. Furthermore, physical therapists with high fear-avoidance beliefs were less likely to provide sound information on activities or pain management, and were less likely to identify patients at risk for developing chronic pain. The present study found that physical therapists generally utilize management strategies that are consistent with current best evidence. However, some physical therapists hold beliefs regarding fear-avoidance and these beliefs may influence their management strategies.

### ABSTRACT #7

#### Chronic Effects of Noise and Traffic Air Pollution exposures on Alzheimer’s Diseases and Related Dementia in Older Adults

Authors: Muwu Xu, Kexin Zhu, Haomin Li, Tszshan Ma, Lihua Shi, Meng Wang  
Department of Epidemiology and Environmental Health, School of Public Health and Health Professions, University at Buffalo, The State University of New York, Buffalo, New York, United States.

Health effect of long-term exposure to noise and air pollution has been examined worldwide while few studies have been conducted in aging population. We examined the effects of noise and traffic air pollution on incidences of Alzheimer’s diseases and related dementias (ADRD) in older adults. We constructed a cohort comprising Medicare beneficiaries aged over 65 years in New York state from 2000 to 2018. Annual mean nitrogen dioxides (NO<sub>2</sub>) and noise exposures combining road traffic and aviation sources were estimated using advanced geo-statistical models and assigned to the participants according to their ZIP-code of residence. We applied Cox proportional hazards models to examine the associations of exposure to community noise and NO<sub>2</sub> with incidences of ADRD, adjusting for potential confounders. Of 742,366 participants, 7% had new ADRD during a mean of 9.3-years follow-up. Community noise exposure (per 25 dB) was significantly associated with increased hazard ratio (HR) of ADRD (1.047, 95%CI: 1.023, 1.073) after mutual adjustment for NO<sub>2</sub> exposure. For NO<sub>2</sub> exposure, the associations remain significant though the effect were attenuated compared to the community noise. Long-term exposure to community noise and traffic air pollution are associated with increased risks of ADRD in older adults, with noise effect being dominant.



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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. No meetings in August and December.

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Plans and carries out member-to-member functions, including Networking events. This committee meets the **first Thursday** each month at 8:30am. Additional dates may be scheduled.

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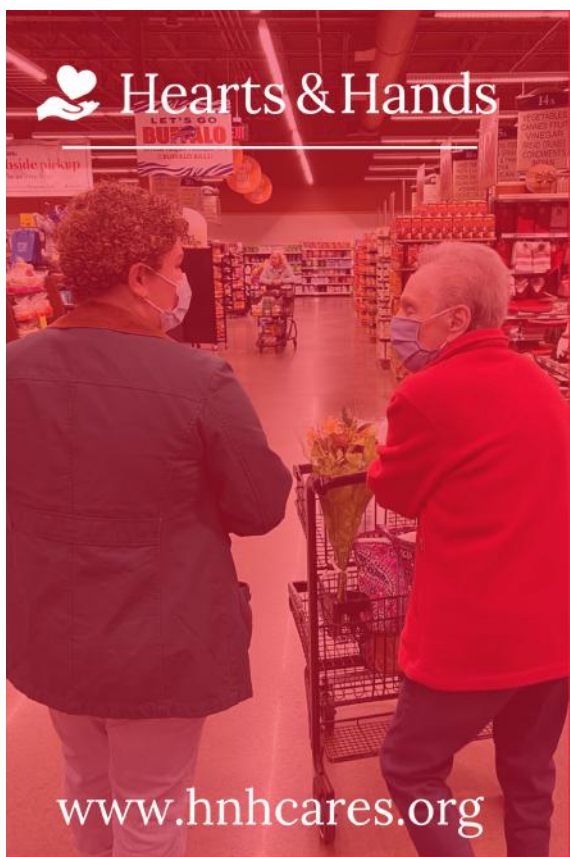
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Client has little or no support from local family members

7

Caregiver is overwhelmed and unable to take next steps

8

If any abuse, neglect or exploitation of the client has occurred



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[www.tocny.org/departments/seniorservices.aspx](http://www.tocny.org/departments/seniorservices.aspx)

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To request a paper application call **716-858-8526** or **716-858-7644**.

Completed HEAP applications with supporting documentation may be mailed to: Erie County Senior Services-NYC/BEC, 95 Franklin Street-room 1303, Buffalo, NY 14202.

Applicants may also fax completed applications with supporting documentation to **(716) 858-6765** or dropped off at 460 Main Street, Buffalo, NY 14202, Monday-Friday, 8:00am-4:00pm.

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Executive Director**

[EastAmherstED@solsticeseniorliving.com](mailto:EastAmherstED@solsticeseniorliving.com)

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[people-inc.org/seniorliving](http://people-inc.org/seniorliving)

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Technology is making it possible for residents at Glenwell to take a virtual trip to the petting zoo, the casino, as well as enjoy trivia, sing-alongs and much more. Thanks to a grant from the Mother Cabrini Health Foundation, the DePaul Senior Living Community in Cheektowaga is leaping into the 21st century in new and engaging seniors in exciting new ways!

Eversound wireless headphones are assisting DePaul residents in hearing and focus during conversations with staff and other residents, in viewing programming on TV, and during FaceTime calls with family and friends. A person-centered engagement technology, iN2L offers content-driven engagement, cognitive and physical exercise and therapy, education, reminiscing, memory support and more to DePaul residents. Using a touch screen system, residents are participating in exercise classes, sing-alongs, happy hour trivia, and games including Family Feud. Rendevar technology is allowing DePaul residents to check off bucket list items and engage with the world in ways they never thought possible including hot air balloon rides to destinations including the Bahamas and the Florida Keys to viewing the Northern Lights, all from the comfort of their home.

For more information about **Glenwell**, please contact Administrator Tina Hagen or Marketing Director Stacy Jasinski at (716) 608-7000. Tina can also be reached at [thagen@depaul.org](mailto:thagen@depaul.org) and Stacy can be reached at [sjasinski@depaul.org](mailto:sjasinski@depaul.org).

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**Home Instead** has been proudly serving the WNY area and a member of the Network In Aging for 18 years. Home Instead is an independently owned and operated franchise company located in Williamsville NY. Part of a greater network of over 1200 international franchise offices, Home Instead has become the world leader in non-medical home care since 1994.

Caring for others is part of our DNA. Both owners have been very active in the community partnering with organizations and serving area seniors since our opening in November of 2004. Lisa Wiedemann is a registered Occupational Therapist for 30 years and a former educator. Dr. Eric Wiedemann is a veteran and Licensed Clinical Psychologist for 27 years. Together they bring combined expertise and passion for creating a better experience in direct care to support their Care Pros in providing the best care possible for our aging adults and their families.

Home Instead provides one on one companionship and close supervision with ADLs, medication reminders, meal preparation, light housekeeping, laundry, and incidental transportation. We specialize in Dementia care providing in house and online paid training for our Care Professionals. Our mission is to provide the best possible care combined with knowledge, compassion, and integrity. Please contact Home Instead at (716)630.0657 or go online to Homeinstead.com/575 for more information.

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**Laping, Surdej Associates** started as the first private aging/geriatric care management firm in Buffalo back in 1982. We are a member of the Aging Life Care Association and other aging related organizations. Kristin Surdej, owner, has been a practitioner for 27 years. She is a New York State licensed social worker and a nationally certified care manager. We provide private pay care management services to those in hospitals, their own home and in facility settings. Being a private company/service, we can offer a wide range of services tailored to meet the needs of our clients. Services include, but are not limited to, assessment/consultations which refer/guide clients through the health care systems, housing/placement options, applications for Medicaid and other benefits, as well as Daily Money Management. Contact Laping, Surdej Associates at 716-884-3277 or go to [www.wnycaremanager.com](http://www.wnycaremanager.com) for your care management needs.



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**People Inc.**, a multispecialty non-profit health and human services agency, provides programs and services to more than 12,000 people with intellectual and developmental disabilities, families and older adults throughout Western New York and the Greater Rochester region. For over 50 years, the agency has assisted people to achieve greater degrees of independence and productivity

Whether you are in need of supports for yourself, a loved one or someone you assist, our team is committed to being your resource.

With 20 locations throughout Western New York, People Inc. Senior Living Apartments are for those age 62+ and who are income-eligible. The agency offers a Senior Companion Program and Senior Outreach (case management), as well as a day program that helps people with memory loss.

Additionally, People Inc. manages the New York State Long Term Care Ombudsman Program, which provides advocacy for older adults who live in nursing homes, assisted living and licensed adult care locations. Home Health and People Inc. Rehabilitative Services are also available.

People Inc. Affordable Apartments provide reasonably-priced, safe apartments for those who are income-eligible in Erie and Niagara Counties. These communities are for people 18 and over or an age requirement of 55 and over.

At People Inc., our focus is to encourage older adults to get the most out of life, address challenges, live affordably and achieve independence.

The agency offers a variety of supports to assist people with intellectual and developmental disabilities, including: Residential, Child and Young Adult Services, Community Habilitation, Day Services, Vocational Services and Supported Employment, Family Supports, Respite, Self-Directed Services and Health Services.

With nearly 4,000 employees, People Inc. is one of the region's largest employers.

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Wheatfield Commons provides seniors a lifestyle for their future, offering a personal approach to delivering support and services while encouraging family members to be actively involved in the care of their loved ones. Staff work closely with residents and family members to develop a personalized approach to delivering support and services which appropriately meet each residents' needs.

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Understanding that clients have unique financial situations and personal objectives, Harris Beach attorney Judy Wagner listens carefully and considers all factors involved when advising clients in developing and implementing successful, customized solutions for the preservation, management and transfer of wealth to the next generation. Harris Beach attorneys have extensive experience using comprehensive and sophisticated planning strategies to help clients navigate the seemingly overwhelming complexities of estate planning, disability planning, and elder law and to meet their individual, family, and business succession needs in a tax-efficient and cost-effective manner.



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November 9th | November 16th | November 30th  
3:00-6:00pm

November is Alzheimer's Awareness Month. There is no better way to help a loved one than to choose from one of three dates in November to tour our community. Start with a meet and greet followed by a group tour through our building and beautiful courtyard. Tour our model floor plans as well as recreational and dining spaces. Appetizers and beverages will be provided in addition to a special gift.

*Can't make a date? Schedule a private tour with Mark!*

RSVP to Mark Buscaglia at (716) 902-3117 or [mark.buscaglia@sunshineret.com](mailto:mark.buscaglia@sunshineret.com) no later than 11/4 to secure your invite. We hope to see you at Juniper Glen!



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*Please visit [Tennysoncourt.com](http://Tennysoncourt.com)  
to learn more about our Community.*

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Assisted Living & Memory Care

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# The Bristol Advantage is experience

Everyone has a story, and ours began more than 150 years ago. Since then, we have built a legacy of compassion and expertise in assisted living and memory care. **With experience comes trust,** and trust is something we take very seriously. Your loved one is our top priority. It is our mission to provide a safe, comfortable living environment full of opportunities for independence and around-the-clock support.

**The Bristol Village promise is one of quality above all else.** As the only freestanding nonprofit assisted living facility in Western New York, our mission is focused on the individual – *and not the bottom line.* Our family-friendly environment ensures both well-being – *and respect.*



  
**Bristol Village**  
Experience *is* the difference

716.406.9500 | [bristolhome.org](http://bristolhome.org)

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