Celebrating 4 Years

Oct-Dec 2022



Network in Aging of Western New York, Inc.

IN THIS ISSUE

41st Annual Meeting & Conference1			
Highlights of the July 26th Annual			
Taste of the Network event2			
President's Message3			
Welcome Member Agencies3			
Committee Info4			
Welcome new individual members5			
Accomplishments and Recognitions 8-9			
Medicare Annual Open Enrollment Events in Niagara County			
Network with the Network for Oktoberfest11			
Welcome new member agencies13			
Platinum Members 16-17			
Basket Raffle Donations20			
Positions Available			
Did You Know: Buffalo Bills Edition24			
Senior Community Service Employment			
Program25			
Highlights of the September 29th "Wine"			
Down the Summer Event!26			
Welcome new board member27			
41st Annual Meeting & Conference29			
Calendar of Events32			
SPONSOR ARTICLES			
Elderwood6			
Highmark Blue Cross Blue Shield			
of Western New York7			
United Church Manor12			
Amberleigh13			
Elite Home Health Care14			
Forever Young15			
Amherst Senior Center15			
Lawley18			
Independent Health19			
Buffalo Center20			
Glenwell21			
Conversation with Peter Eimer,			
Chief Executive Officer at			
Brothers of Mercy Campus30			

"Focus Forward: The Future of Healthcare"

42nd ANNUAL MEETING & CONFERENCE

THURSDAY, NOVEMBER 3, 2022 • 8AM-2:00PM

Wurlitzer Event Center 908 Niagara Falls Blvd. • North Tonawanda, NY 14120

\$55 / MEMBERS • \$80 / NON-MEMBERS

REGISTRATION IS OPEN! DEADLINE TO REGISTER 10/21

Register online at www.networkinaging.org

FULL DETAILS ON PAGE 29



KEYNOTE SPEAKER

Bobby Guy. Esa.

Author, speaker and healthcare transactions attorney

"The Healthcare Revolution of Our Lifetimes: Opportunities to Influence the Curve, and the Five Trends that Matter"



SPEAKER

Cathy Braxton

CEO and Content Creator of Improv4Caregivers

"Start with Yes"

SPONSORED BY



DIAMOND

Bristol Village CarePatrol of Buffalo Niagara Rochester & Syracuse Tennyson Court



EMERALD

Brookdale Senior Living Harris Beach PLLC Health Foundation for Western & Central NY PB Elder Law



Blossom Home Care Solutions of WNY Elderwood Elite Home Health Care Hospice & Palliative Care Buffalo Laping, Surdej & Associates WNY Coalition Pooled Trusts X-Treme Home Care, Inc.

SAPPHIRE

Aging Well Care Management The Amberleigh Brothers of Mercy Erie County Dept. of Senior Services Family Choice of New York FeedMore WNY Glenwell Hearts & Hands Heathwood Assisted Living HighMark WNY Home Instead Juniper Glen Nascentia Health Park Creek Senior Living People Inc. Walsh Duffield Wheatfield Commons

BASKET RAFFLE: for full details, see page 20



Highlights of the July 26th ANNUAL TASTE of the NETWORK EVENT benefiting The Jerry Flaschner Humanitarian Award



Special Events Committee

Another great event and a big thank you to all 10 participants! Everyone enjoyed the delicious and incredible creations made by the dining services.

Best Dessert: Almond Pound Cake - Asbury Pointe - Beechwood Best Ethnic Dish: Shrimp Pakora Tacos - Asbury Pointe - Beechwood Best Vegetarian Dish: Vegetarian Lasagna - Brookdale Kenmore, Niagara & Williamsville

Best Entree - Seniors' Choice: Bib Lettuce Bundle - Niagara Hospice Best Table Presentation - President's Choice Award: Wheatfield Commons People's Choice Award: Vegetarian Sliders - Wheatfield Commons



Asbury Pointe: best ethnic



Brompton Heights table



Asbury Pointe table





Best Entree



Brookdale table



Asbury Pointe: best dessert



Bob Peluso at podium. Amherst Senior Center



Wheatfield Commons table



Wheatfield Commons: People's Choice Award



Niagara Hospice table



Montabaur Heights table



Glenwell table



Amherst Senior Center judges



Amherst Center for Senior Services table



Wheatfield Commons: best table presentation



Network in Aging judges









Recipients of \$1,000 Jerry Flaschner Scholarship Awards

This award was established in 2006 in honor of the late Jerry Flaschner. It is designed to recognize an individual who has demonstrated the same concern for older persons in the WNY community as exemplified by Jerry and his "no problem" attitude.





Photo at left: Christina Foy, Home Instead, University at Buffalo; photo at right: Samantha Romanowski, Daemen College







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

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Steve BuzzelliWilliams & O'Connor Financial
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Ann Marie Klosko
Elder Transition Consulting

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Julie Whitbeck Lewinski CarePatrol of Buffalo Niagara

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Bonnie McMorrow FeedMore WNY

Stephanie Mruczek Solstice Senior Living at East Amherst

Jane Nogowski Park Creek Senior Living Community

Mimi Piciullo

April Romanowski *Lawley Insurance*

Paula Venne Walsh Duffield Companies, Inc.

Lynn WestcottAlzheimer's Association of WNY

PRESIDENT'S MESSAGE ANGIE CRAWSHAW



Autumn is a second spring when every leaf is a flower

– Albert Camus

This will be my final President's Message as my term will be ending.

As summer ends, we now look to one of my favorite seasons, fall. As an organization we have truly made the most of summer this year with so many great events that were offered to our members.

We welcomed back several of our monthly Network with the Network events including a few "happy hours." Thank you to our sponsors of the September networking event "Wine Down the Summer," Asbury Pointe, Family Choice of New York, and Home Instead.

Also brought back by popular demand the "Taste of the Network." Thanks to the Amherst Senior Center for hosting us again after a long hiatus. Splendid work done by the Special Events Committee. Thank you to the agencies that provided all the tasty samples.

Check out the website for the next networking event to register to attend Resurgence Brewery on October 20th from 4:30 to 7:00 PM, celebrating Oktoberfest. Thank you to the sponsors Highmark WNY and The Olear Team-MJ Peterson.

I am excited to announce the up-and-coming Annual Meeting – "Focus Forward: The Future of Healthcare," at the Wurlitzer Banquet Facility on Thursday, November 3rd from 8:00 AM - 2:00 PM. This year the Education Committee has planned two dynamic speakers: Bobby Guy, Esq., host of "The Ten-Minute Biz Cast" and Catherine Braxton from "Improv4Caregivers." Register on our website for this grand event.

I thank all the committees for their diligence this year in bringing us together once again to network and enjoy each other's company. The Education Committee is looking for help planning the annual meeting and workshops. I would like to send out a personal challenge to our membership to join a committee and get engaged in the future of the Network. Most committees meet one time a month. You can help be effective while giving back to the network.

I would especially like to thank all our board members who have given so much of their time enriching our membership with guidance and stability. This includes our coordinator, Lisa Boron. We have two new board members I would like to welcome. Lynn Wescott of Alzheimer's Association WNY Chapter and Ben Kanaley from Fallon Health Weinberg-PACE.

I am looking forward to seeing you soon at a Network in Aging event.

Sincerely,

-Angie Crawshaw Network in Aging President

WELCOME NEW MEMBER AGENCIES







Eden Heights of West Seneca



Elite Home Health Care



Simply The Best Cleaning Services





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

ALL MEETINGS VIA ZOOM

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.

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.

CO-CHAIRS

Mary Baty baty@brothersofmercy.org (716) 906-9014

Mike Ford michael.ford@prestigehcg.net (845) 660-0606, ext 3659

Julie Whitbeck-Lewinski jlewinski@carepatrol.com (716) 463-2966

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. No meetings in August and December.

CHAIRS

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

NETWORKING COMMITTEE

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.

CO-CHAIRS

Stacy Jasinski sjasinski@depaul.org (716) 608-7000

Stephanie Mruczek 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. No meetings in January, July and December.

CO-CHAIRS

Bonnie McMorrow bmcmorrow@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.

CO-CHAIRS

Ann Marie Klosko amklosk@hotmail.com (716) 440-0933

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





Submissions include:

- Articles (no word limit), include images and pictures
- Business card size ad
- Quarter page ads Platinum/Gold members
- Job postings
- Acknowledgements and Recognitions

Looking for ARTICLE AND AD SUBMISSIONS for the Oct-Dec 2022

Email Lisa Boron at lisa@networkinaging.org to reserve your spots.

WELCOME NEW INDIVIDUAL MEMBERS!

Crystal Selk - West Side Community Services

Crystal is the executive director at West Side Community Services, located at 161 Vermont Street on Buffalo's West Side. The center offers youth and teen programming, a market-style food pantry called Provisions 139, and engaging activities for older adults. The older adult program, called "West Side Seniors," meets on Wednesdays and Fridays for coffee and conversation, bingo, and lunch. The program also brings in a variety of engaging activities, helpful resources, and learning opportunities, including University Express classes; mat and chair yoga; hands-on music lessons; and HEAP, STAR, and Medicare enrollment support. In addition to everything going on at the center, the program also takes periodic outings to points of interest in Western New York. Recent trips include Our Lady of Fatima Shrine in Lockport and Vidler's 5 and 10 in East Aurora. Free van transportation is provided to and from the center for the biweekly get-together. Call 716-884-6616 to register or simply pop by the center during the program to try it out.

Sarah Cudmore - Ciminelli Real Estate Corp.

Ciminelli provides facility maintenance in office, medical, residential buildings, retail, and industrial buildings. Our mobile maintenance technicians are trained in plumbing, HVAC, electrical, door hardware, building exterior and roofing, and other categories. We partner with on-site maintenance teams by providing supplemental support or special projects or when staff is low. We can provide services across the board at a cost-effective rate and quick response time. We bundle non-emergency work orders to be completed during the same visit. This allows you to utilize one company for a variety of repairs, rather than contacting multiple vendors.

Vickie Eberth – Peregrine Senior Living at Orchard Park

Peregrine Senior Living at Orchard Park is a memory care community offering expert and compassionate services designed to help your loved one thrive. Located a short drive south from the historic streets of Buffalo, New York our community takes you out of the big city to give your loved one an intimate at home feel. By embracing our innovative approach to memory care living called "The Peregrine Way" we're able to gently guide those suffering from Alzheimer's and dementia to meaningful experiences, and connections. Your loved one has had a long and eventful journey through life and our memory support Orchard Park community is here to offer them a warm welcome home.

ELDERWOOD

Elderwood Transforms Memory Care in the Northtowns

When Elderwood acquired two neighboring Williamsville assisted living communities in 2019, they created a new vision for them. Rather than duplicating services in close proximity, and recognizing the urgent need for specialized memory care in the community, Elderwood Village at St. Gregory Court (Elderwood St. Gregory) was closed for transformative renovations.

Elderwood St. Gregory is now a newly transformed home for individuals living with Alzheimer's and other forms of dementia. "Looking at what was available in the community and the needs of the area's aging community, we knew we could do this better," said Elderwood Regional Director of Memory Care Elizabeth Laczi.

The massive renovation incorporated several features to meet the unique needs of individuals requiring specialized memory care services, such as calming tones and color-coded zones to aid residents with wayfinding. Each 70 single-occupancy unit offers private bathrooms spread-out over four distinct "neighborhoods" with beautifully landscaped enclosed courtyards, kitchens, laundry spaces, and other amenities that foster safe independence.

Elderwood St. Gregory is designed and licensed to support individuals as their need for additional services and care changes, allowing them to "age in place" and avoid an upsetting change to their environment. Staff at the facility are trained and certified in dementia care. "It's important for staff to have the right tools in their toolbox to help our residents," said Laczi.

Dana Notaro, Executive Director and Administrator for Elderwood St. Gregory will lead and oversee both Elderwood St. Gregory, and Elderwood Village at Bassett Park. With nearly two decades of experience in senior care services in Western New York, Notaro says, "I am very excited to be part of this progressive project – essentially built from the ground up. I am passionate about ensuring residents' quality of life in memory care. The program model we are using, and specialized staff training will help us achieve that."

Along with the outstanding dining and support services residents are accustomed to receiving, they will also have access

to dynamic specialized programming and activities. "Elderwood St. Gregory will be able to safely meet the needs of residents with very mild cases of dementia and those needing more specialized and advanced memory care," said Elderwood Regional Director of Operations-Assisted Living, Eric Bernard. Such programming includes:

- Daily specialized dementia recreational therapeutic programming
- Right engagement recreational programs individually tailored to each resident's cognitive, physical, and social-emotional needs
- Specialized dementia-certified staff that provide quality of life and care to each individual
- The Elderwood Right Moves® Wellness Program to improve strength and balance for enhancing wellness and prolonged independence

Elderwood Village at St. Gregory Court is truly a "virtual senior campus" that includes a traditional assisted living community – Elderwood Village at Bassett Park and a subacute/skilled nursing facility, Elderwood at Williamsville. Several residents from Elderwood Village at Basset Park with memory care needs will be among the first to move into the newly renovated facility on St. Gregory Court. The facility is slated to be open in October.

Families interested in securing space at Elderwood Village at St. Gregory Court should contact Courtney Gfroerer Krueger, Manager of Business Development, Assisted Living at (716) 909-7553 or via email at cgfroerer@elderwood.com.



BILLS 2022 SCHEDULE Sunday, Nov. 13 vs. Minnesota 1 PM FOX PRESEASON vs. Cleveland Sunday, Nov. 20 1 PM **CBS** Saturday, Aug. 13 vs. Indianapolis 4 PM **WIVB** Thursday, Nov. 24 at Detroit 12:30 PM CBS Saturday, Aug. 20 vs. Denver 1 PM WIVB at New England 8:15 PM Prime Video Thursday, Dec. 1 at Carolina TBD WIVB Sunday, Dec. 11 vs. NY Jets 1 PM **CBS REGULAR SEASON** Dec. 17 or 18 vs. Miami TBD TBD Saturday, Dec. 24 at Chicago 1 PM CBS Thursday, Sept. 8 at LA Rams 8:20 PM NBC Monday, Jan. 2 8:30 PM ESPN/ABC at Cincinnati Monday, Sept. 19 7:15 PM **ESPN** vs. Tennessee Jan. 7 or 8 vs. New England TBD TBD Sunday, Sept. 25 at Miami 1 PM CBS Sunday, Oct. 2 at Baltimore 1 PM CBS **PLAYOFFS** Sunday, Oct. 9 vs. Pittsburgh 1 PM CBS AFC/NFC Wild Card Games January 14-16 Sunday, Oct. 16 at Kansas City 4:25 PM CBS AFC/NFC Divisional Playoff Games January 21-22 Sunday, Oct. 23 BYE WEEK AFC/NFC Championship Games January 29 Sunday, Oct. 30 vs. Green Bay 8:20 PM **NBC** Super Bowl LVII (Glendale, AZ) February 12 Sunday, Nov. 6 at NY Jets 1 PM CBS *All times are Eastern

HIGHMARK BLUE CROSS BLUE SHIELD OF WESTERN NEW YORK

Personalized help to find the perfect Medicare plan.

Finding an affordable Medicare plan is a top concern among seniors.

Highmark's Blue Cross Blue Shield of Western New York (Highmark BCBSWNY) Personal Medicare Advisors can help your clients choose a plan that fits their budget and their life. Local advisors are available for personal consultations during Medicare's Annual Enrollment Period, running from October 15 through December 7

Personal Medicare Advisors can help your clients find a plan with:

- \$0 premiums with up to \$62 back in their Social Security check each month
- Access to over 10,000 local providers and a national provider network.
- Cost-saving perks.
- Benefits like dental, vision, and hearing.

Plus, an advisor can see if your clients qualify for financial assistance to help pay for their Medicare premiums, deductibles, copays, and prescriptions.

Your clients can schedule a consultation with a Highmark BCBSWNY Personal Medicare Advisor or visit a Highmark BCBSWNY Medicare center at the locations below. They can call 1-844-598-2697 (TTY 711) to make an appointment.

Walk-ins are also welcome at our Highmark BCBSWNY Medicare centers, located at:

Amherst Medicare Center 6770 Main Street, Suite 120 (Corner of Main & Caesar) Tonawanda Medicare Center 2925 Sheridan Drive (Corner of Sheridan & Eggert)

Orchard Park Medicare Center 4086 N. Buffalo Road (Next to M&T Bank)

Hours during Annual Enrollment Period: Monday – Friday, 9 a.m. – 4 p.m. Saturday, 9 a.m. – noon Your clients can call 1-888-598-2697 (TTY 711) to make an appointment.

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There is no obligation to enroll.

For accommodations of persons with special needs at meetings, call 1-800-248-9296 (TTY 711).

Highmark Blue Cross Blue Shield of Western New York is a trade name of Highmark Western and Northeastern New York Inc., an independent licensee of the Blue Cross Blue Shield Association.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration.

Highmark Blue Cross Blue Shield of Western New York is a Medicare Advantage plan with a Medicare contract and enrollment depends on contract renewal. Highmark Blue Cross Blue Shield of Western New York 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 1-833-735-4515 (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 1-833-735-4515 (TTY 711).





ACCOMPLISHMENTS & RECOGNITION!





Tennyson Court Assisted Living and Memory Care celebrated the remodel of their memory care courtyard on 8/29 with a ribbon cutting ceremony and staff luncheon. The updated Courtvard features a beautiful new fence, new concrete patio. and lush landscaping for the residents to enjoy. For over 20 years Tennyson Court has been providing quality care in a unique charming household model. This new renovation is just another example of why Tennyson Choice is a great choice for Assisted Living in WNY!

Pictured: Lindsey McSharar, COO; Jeremy Beidle, Niagara Handyman; Suzanne Nawojski, Administrator; Brian Bussman, Director of Environmental Services; and Peter Burke, Gaelic Clover Landscape design.





Nurse Aide Trainee Graduates

Help us say **congratulations** to our Nurse Aide Trainees that completed their program! They are our sixth graduating class of 2022! We are incredibly proud of them and are excited to watch their careers grow at Brothers of Mercy.







What other way to celebrate our 100% occupancy than with champagne, cheese and cake! We are so excited to celebrate this achievement with both staff and residents. Cheers to many more years of success! Thank you to all that have assisted us in achieving this milestone!





Very pleased to welcome Senior Counsel Jarrod Sharp to the Harris Beach Immigration Law Practice Group. Jarrod is a nationally recognized leader in the area of seasonal and temporary worker visas, including the nation's H-2A and H-2B visa programs. Employers in many industries, including agriculture, landscaping, manufacturing, hospitality and construction, rely heavily on seasonal workers from outside the United States for the talent they need to remain competitive. The issue of seasonal worker immigration has taken on increased importance as the United States struggles with a critical labor shortage.

Jarrod expands the capabilities of what already is the largest attorney-managed H-2A and H-2B practice in the nation. He also counsels employers nationally on Department of Labor and U.S. Citizenship and Immigration compliance issues.







Anzalone! She is the new Executive Director of Juniper Glen Assisted Living & Memory Care, a division of Sunshine Retirement Living. Congratulations also to Mark Buscaglia as Community Development Director.

Congratulations to Wendy



Care





We're proud to be named to Fortune list of 15 Best **Workplaces in Aging Services:** At Home Care! Read more here! https://fortune.com/best.../2022/ elite-home-health-care/



ACCOMPLISHMENTS & RECOGNITION!







People Inc. Receives Recognition

Thanks to our incredible team of staff, people served, families who entrust us with providing quality care and community support, we're proud to share recent awards and acknowledgement for our agency:

People Inc. was recognized by the Southtowns Regional Chamber of Commerce with the Michael J. Bartlett Memorial Impact Award! The chamber recognizes how hard local organizations and businesses work to better the community. The chamber accepted nominations from fellow members for several categories and all were honored at the Annual Chamber Membership Reception, "Celebrate Our Chamber Businesses." People Inc. is proud to be a part of the Southtowns Regional Chamber of Commerce and congratulates all of the award nominees. Our award category identifies businesses that have maintained significant contributions within their own respective industries and have a positive, compelling, long-standing direct economic and socio-economic impact on the local community.

People Inc. was named a finalist in *Western New York's Healthiest Employers for 2022*! The 12th annual event, hosted by Buffalo Business First, honors Western New York companies that provide the best health and wellness benefits for their employees.





People Inc.'s Frederick to be inducted into WNY Business Hall of Fame.

Rhonda Frederick has grown People Inc. into a \$200 million nonprofit business with 4,000 employees, one of the largest employers in Western New York.





TrustedChoice
Homecare

The new Trusted Choice Homecare logo is here! We will be changing our website soon, but we are excited to roll out this new branding to showcase the evolution of our company, #branding #logo #rebrand

Accepting Applications Year-round for Affordable Apartments *Your New Apartment Awaits!*

People Inc. is pleased to provide a variety of apartment options for the Western New York community – open to the general public! Each location through People Inc. Affordable Apartments includes units with a refrigerator and stove. Plus, the apartments have safety features, AC, are pet-friendly and tenants enjoy the ease of using the building laundry facilities. Rental vouchers accepted. Our staff members are available to provide age and income eligibility details. Contact us today to learn more and complete an application: Email housing@people-inc.org or call 716-880-3890.

Here's the latest info about People Inc. Affordable Apartments, which are close to shopping, dining, schools and so much more:

- People Inc. Oakwood Senior Apartments, 15 Oakwood Avenue in Blasdell, NY: One- and two-bedroom units available. This brand NEW apartment complex is for people 55+ years, incomeeligible. There are also seven furnished set-aside apartments for people 55+ who are incomeeligible and are frail elderly homeless individuals.
- People Inc. Linwood Lafayette Senior Apartments, 637 Linwood Avenue, Buffalo, NY: Age 55+ and incomeeligible.
- People Inc. Grant Street
 Apartments, 25 Grant
 Street, North Tonawanda, NY:
 Age 18+ and income-eligible or who has an intellectual or developmental disability.
- People Inc. Highland School Apartments, 105 Highland Avenue, Tonawanda, NY: Age 18+ and income-eligible; have a traumatic brain injury or an intellectual/developmental disability.
- Locations for the Olmsted Apartments, managed by People Inc., are located in Buffalo, Cheektowaga, Lockport and North Tonawanda, NY: Age 18+ and income-eligible.
 Preferences for people with physical disabilities or vision impairments are provided.







MEDICARE ANNUAL OPEN ENROLLMENT

The Medicare Annual Open Enrollment period starts October 15th and runs until December 7th. Be prepared by attending one of our community meetings, Understanding Medicare Plan Choices for 2023, presented by Niagara County Office for the Aging and NY Connects, NYS EPIC Program and Medicare Advantage Plans Sales Representatives. Medicare Advantage Plan Sales Reps will also be present at these events.



Niagara County Office for the Aging

111 Main Street, Suite 101 Lockport, New York 14094 Phone 716-438-4020 / Fax 716-438-4029 Darlene S. DiCarlo, Director



Medicare Health Insurance Community Meeting Understanding Medicare Plan Choices For 2023

Get updates and learn about the changes to Medicare, the Medicare Health Plans: Medicare Part D, NYS EPIC, and "Extra Help" Low Income Subsidy Program

Be prepared for the Medicare Annual Enrollment Period that runs from October 15 to December 7, 2022.

DATE	LOCATION	TIME
Oct. 20, 2022	Town of Lockport Town Hall 6560 Dysinger Rd.	5:30-7:30 PM
Oct. 25, 2022	Lewiston Senior Center 4361 Lower River Rd.	10:00-12:00 Noon
Nov. 2, 2022	John Duke Senior Center 1201 Hyde Park Blvd., Niagara Falls	9:30-11:30 AM
Nov. 10, 2022	Lockport Senior Center 33 Ontario St.	9:30-11:30 AM
Nov. 18, 2022	North Tonawanda Senior Ctr. 110 Goundry St.	9:30-11:30 AM

Presented by representatives of the Niagara County Office for the Aging and NY Connects, NYS EPIC Program, and Medicare Advantage Plans Sales Representatives. Medicare Advantage Plan Sales Reps will be present at this event.



Go to our website and make sure we're using your correct logo!

WWW.NETWORKINAGING.ORG



It's time to grab your bier stein and yodel your way over to Resurgence Brewery to celebrate Oktoberfest!! Appetizers included!

Registration open! Includes appetizers (drinks excluded)

THURSDAY, OCTOBER 20, 2022 • 4:30 - 7:00 PM

Resurgence Brewing Company • 55 Chicago Street, Buffalo, NY 14204

CO-SPONSORED BY:





UNITED CHURCH MANOR

SENIOR WISHES

Seeking nominations for Veteran and Holiday Gift Giving programs









Founded by the United Church Home Society, Senior Wishes strives to bring special moments and joy to seniors in Erie, Niagara, Orleans, Wyoming and Genesee counties. That means granting numerous life enriching wishes each year for seniors (65+) who are either permanent residents of a care facility or have annual incomes under \$38K (\$44K couple) and cannot fulfill their wish on their own. Seniors do NOT need to have a medical condition to be eligible. Wishes have included attending sporting and cultural events, visiting long missed family, taking art or music lessons, new bedding and riding a boat down the Niagara River rapids!

In addition to our wish granting, we recognize select Veterans each year with a HERO box, filled with patriotic items, to thank them for their service. In 2021, 35 HERO boxes were delivered, nine of whom were WWII Veterans, who are given priority. With support from GEICO, we hope to deliver 50 boxes this year!

We know the holidays can be a difficult time for seniors who are isolated and alone, may not hear from or be included in family

plans, or who may be facing a health crisis. We will once again bring gifts to these seniors as part of our "Simple Wishes for the Holidays" program. Let a senior know they are thought of this year by asking them what they would like, up to a \$50 value. All seniors receive a soft throw blanket and stuffed animal as well as their gift. Common requests are pajamas, bathrobes, radios, books, small appliances, bedding and craft supplies. Last year, one senior stated, "I can't remember the last time someone gave me a gift."

Have a Veteran or a senior in mind? You'll find guidelines and applications for HERO boxes and Simple Wishes at www. SeniorWishes.org under "Apply for a Wish." It is never too early to nominate a senior for a campaign. Nominate someone you know today! Read inspiring wish ideas by visiting and liking our Facebook page!

For more information, contact Wendy Miller Backman, Executive Director at wbackman@uchsinc.org, or (716) 508-2121



COME AND JOIN THE EDUCATION COMMITTEE!

Do you have passion for supporting the growth of others in the senior care industry and connecting people with resources? We need you!

The co-chairs are currently seeking others to become part of their group. The committee plans and carries out educational workshops and the annual meeting. Meetings are on the 2nd Thursday of the month at 9am via Zoom.

Contact one of the co-chairs listed on page 4 of the newsletter.

AMBERLEIGH

Sonida Senior Living

What I see at The Amberleigh is a refreshing beginning for many of our residents. The residents are worry-free from everyday maintenance, cooking, and housekeeping if they are home alone. The residents enjoy each other's company while making new friends and participating in activities at their leisure. New residents are welcomed in with open arms, and the vibe at The Amberleigh is nothing but a friendly and safe place to be. I see the residents going to the beauty salon,



going on weekly shopping trips, and celebrating life together in an everyday community that genuinely becomes their home. In addition, as part of our activity program, our residents are actively enjoying wellness and exercise sessions. Since The Amberleigh offers a variety of floor plans, the residents choose which apartment they would like to call home.

When I look around at The Amberleigh, I can see the interactions between the residents and the employees, which warms my heart. Therefore, the staff does everything to ensure The Amberleigh residents feel at home. I see the team go above and beyond to accommodate the requests of the resident's wishes and bring joy to their lives. Here at The Amberleigh, we offer Independent Living, Assisted Living, and Memory Care, allowing our residents to age in place.

My name is Kara Ann Calandrelli, MHSA, LNHA; I am the Executive Director of the Independent Living at The Amberleigh, and what I have seen and feel here is JOY.



WELCOME NEW MEMBER AGENCIES!



Eden Heights of West Seneca

Eden Heights of West Seneca is a welcoming assisted living facility nestled in a small, serene suburb of

Buffalo, New York. Our facility's fundamental goal is to provide an independent and enriched atmosphere for our residents. We assist our residents with their day-to-day needs so they can enjoy activities, create new friendships, and, most importantly, feel at home. Life at Eden Heights of West Seneca assisted living facility is meant to enhance our seniors' lives by providing a cozy, home-like atmosphere, with all the advantages of living in an active retirement community with the assistance they need. We encourage participation in as many activities as possible, in a relaxed environment. Our residents are constantly stimulated with activities of their choosing, from concerts, holiday celebrations, parties to trips to local restaurants, and bowling tournaments.



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WNY Independent Living

Headquartered in Buffalo, WNY Independent Living (WNYIL) is a family of agencies that provides an

abundance of services and programs which assist individuals with disabilities to remain independently living, working, and thriving in the communities of their choice.

Services include: Advocacy and Public Policy, Independence Express (transportation), Taking Control (consumer directed personal assistance services), Health Homes Care Coordination, Niagara Frontier Radio Reading Service, Independent Living Services, Mental Health Peer Connection, Young Leaders and Advocates Network, Open Doors Transition Program, Olmstead Housing Subsidy Project, Adult Behavioral Health Home and Community Based Services and CORE, Medicaid Application Assistance Program, NY Connects Program, Young Peers/Youth Peer Advocacy Program, State Opioid Response Project, Addict2Addict Peer Support, Family2Family Peer Support.

Locations include: Erie, Niagara, Genesee, Livingston, Orleans, Wyoming, Monroe, Cattaraugus, Allegany, Chautauqua, Jefferson, St. Lawrence, Lewis, Essex, Franklin, Chenango, Ostego, Delaware, and Schoharie Counties.

ELITE HOME HEALTH CARE

Caring for Your Senior Loved One During the Winter Months

by Leah Ganz

It can be difficult to have an older loved one experiencing difficulty while on their own at home. They may insist that "everything is fine" and they can handle every challenge on their own. Nevertheless, it's important for caregivers to watch out for signs that their senior loved one may need some additional assistance. Since wintertime can present unique challenges even for the young and healthy, it's particularly important for caregivers to consider how the challenges of the winter months may adversely affect their senior loved ones.

SLIPS AND FALLS DURING THE WINTER MONTHS

Challenges - Wintertime is the premier time to experience a slip or fall, both inside and outside the home. Snow and ice can make it hazardous to perform even simple outdoor tasks, such as checking one's mailbox. Indoors, items such as wet boots can leave wet tracks and puddles. This can make even indoor walking potentially hazardous for seniors.

Solutions - Caregivers can reduce the risk of slips and falls around their senior loved one's home either by hiring a snow removal service or maintaining the exterior grounds themselves. Perhaps even more important than snow removal is ensuring that a generous layer of ice melt is placed on porch steps and sidewalks. Doing this consistently after every precipitation event will help provide traction and will melt both snow and ice. Caregivers should also make sure that porch railings and other supports are located in strategic areas.

For the interior, place a rubber mat near the door or inside a coat closet during the winter months. This can act as a place to store their wet boots, shoes, etc. Placing a chair or bench nearby for people to sit on while they are putting on or taking off their boots adds another measure of safety as well. Lastly, placing a rubber-backed rug in front of all exterior doors can help absorb some of the moisture from footwear and help provide traction as well.

ENGAGEMENT OUTSIDE THE HOME

Challenges - An unexpected snow or ice storm can interrupt a senior's ability to engage in activities outside the home. This may include trips such as:

- Picking up a drug prescription
- Shopping for groceries
- Visiting their local library
- Attending their regular church or other religious service

Solutions - If there's one good thing that evolved from the pandemic, it's the explosion of home delivery services. Caregivers can order everything their senior loved one needs online, then have it delivered directly to their loved one. Unlike services like the post office, which will simply drop off packages on a doorstep, delivery services provide further assistance by placing packages just inside the home. This can be particularly helpful when dealing with heavy items such as cat litter or water softener salt.

For other trips such as visiting the library or picking up a prescription, make sure your loved one knows you're available to

make those trips with them.

ISOLATION

Challenges - While winter can offer some cozy moments such as enjoying a hot cup of steaming coffee, it can also be a dreary time of year. Between the snowstorms, the chilly temperatures, and the gray skies, many people begin to feel at least mildly depressed. Seniors, especially, may begin to feel isolated as the winter weather makes it more difficult to stay active and engaged with others.

Solutions - If their doctor gives them the OK, consider encouraging your senior loved one to find some free exercise videos on YouTube. Many of YouTube's videos are geared toward seniors and offer exercises performed in a chair. Most health professionals agree that exercise is an important part of good health and can increase longevity and mental alertness.

Lastly, personal interaction, especially with family and friends, is what most seniors value the most. Oftentimes, the most important thing a caregiver can do is to simply regularly check in on their loved one. Sometimes that means stopping in for a cup of coffee and a 20-minute chat. Other times, it means spending an evening playing cards or having a Zoom meeting.

CONSUMER DIRECTED PERSONAL ASSISTANCE PROGRAM (CDPAP)

CDPAP is a New York State Medicaid Program that will compensate the caregiver, the consumer chooses to help with daily living activities. In order to qualify for CDPAP, a person must be eligible for Medicaid, be able to direct their own care, choose their caregiver and need help with their activities of daily living.

ELITE CHOICE

Elite Choice, is a fiscal intermediary for CDPAP, supporting athome caregivers and their loved ones so that being cared for in your own home is a blessing for everyone.

LEARN MORE ABOUT CARING FOR A SENIOR DURING THE WINTER MONTHS

Elite Choice is proud to have resources available to help support caregivers. Have questions? Call us today and we will be glad to help!

Leah Ganz, RN, BSN is the Director of Patient Services at Elite Home Health Care. She has an extensive background in homecare and previously worked in various specialties including pediatrics, pain management and internal medicine. She oversees all patient services across Elite's departments.





FOREVER YOUNG

We are thrilled to invite you to join us at the 2022 Forever Young Expo from 9:00 a.m. to 1:00 p.m. on Thursday, October 20 at the Buffalo Marriott Niagara, 1340 Millersport Highway, Amherst. The event is held in partnership with Big WECK radio.



The free event is open to the public and there is no registration necessary. The day

includes free health screenings, giveaways at the door every hour, and more. Flu shots will be provided by Tops Pharmacy (with proof of insurance). In addition, Vital Pharmacy will be administering Covid boosters – for those who qualify.

Stop by and say hello to WECK's Joe Chile and some of your favorite Forever Young columnists, talk to Western New York experts specializing in products and services for the fifty-plus crowd, and enjoy product giveaways, contests, free parking, a photo booth, and a special appearance (at 10am) by the Amherst Symphony Orchestra's Ambassadors Jazz Trio.

The Expo is designed for those enjoying life over fifty and is a great way to learn more about everything available to help you get the most out of life in Western New York.

For more information on the Forever Young Expo, call 972-2230, follow ForeverYoungWNY on Facebook, or visit foreveryoungwny.com.

HIRE THE CAREGIVER YOU WANT! Do you or a loved one have Medicaid and need homecare services? Get the care you need from a family member, friend or neighbor through CDPAP (Consumer Directed Personal Assistance Program). Your family members can get paid to take care of you! The application process is easy and we will help you each step of the way! Get care the way its meant to be!

Call us today for more information on the CDPAP program!

Rachel Eckert 585.524.6033 Rachel@elitehhc.com



AMHERST SENIOR CENTER

The Town of Amherst Center for Senior Services is a human service agency serving the community's older residents and their families. The Department's mission is to foster the physical and mental well-being of senior citizens by providing educational and recreational activities, nutritional, health-related,



and social and support services, and opportunities for volunteerism. The Department is an advocate for senior citizens and seeks to promote and sustain independence or optimal level of well-being. The Center originally opened in 1962 and we are celebrating our 60th Diamond Anniversary this year!

We moved to our location on John James Audubon Parkway in 2000. The Center is a 53,000 square foot facility that includes:

- Art Gallery
- Audubon Cafe (Hours Vary)
- Billiard Room
- Card Room
- Computer Lab
- Gift Shop
- Library
- Wellness Room

Senior Services

Discover What's Next!

Happy 60th Anniversary to the Amherst Senior Center!



PLATINUM MEMBER AGENCIES





The Food Bank & Meals on Wheels are now **FeedMóre** wny

NOVEMBER

HOLIDAYS

- 1- World Vegan Day
- 1-Author's Day
- 3-Sandwich Day
- 4-National Candy Day
- 4-Men Make Dinner Day
- 6-National Nachos Day
- 7-Daylight Savings Ends (1st Sunday)
- 8-National Steam Day
- 10-Sesame Street Day
- 11- Veteran's Day
- 11-National Sundae Day
- 13-World Kindness Day
- 14-National Pickle Day
- 15-National Recycling Day
- 16-National Fast Food Day
- 17-Take a Hike Day
- 18-Mickey Mouse's Birthday
- 25-Thanksgiving Day (3rd Thursday)
- 26-Buy Nothing Day (day after Thanksgiving)
- 28-National French Toast Day 30-National Day of Giving

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OUR 30TH YEAR

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DECEMBER

HOLIDAYS

- 1-SoFestive.com's Birthday!, Rosa Park Day
- 3-Civing Tuesday (day after Cyber Monday) 4-National Cookie Day
- 5-Bathtub Party Day
- 6- St. Nicholas Day
- 7- Pearl Harbor Day
- 8-National Brownie Day
- 9-Christmas Card Day
- 10-Jane Addams Day
- 12-Poinsettia Day
- 13-Official Lost and Found Day
- 14-Start 12 Days of Christmas
- 15-National Cupcake Day 16-Chocolate Covered Anything Day
- 20-Ugly Sweater Day
- 21- Winter Solstice, National Flashlight Day
- 23-Christmas Adam, Festivus
- 24- Christmas Eve
- 25- Christmas Day
- 26-Boxing Day, National Thank You Note Day
- 28-Card Playing Day
- 31-New Year's Eve

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LAWLEY



The Annual Open Enrollment period for Medicare Advantage Plans begins October 15th, and our brand-new Medicare Center is open and ready! We provide valuable resources to Western New York Medicare eligible's, with knowledgeable staff to assist your clientele in making important decisions about their health plans. We are licensed with Aetna, Highmark BCBS, Humana, Independent Health, United, Univera, Wellcare and others. We are also licensed in the majority of the United States so that we can offer assistance to all who need it.

QUESTIONS? WE HAVE THE ANSWERS.

Our Medicare Center is located at the Southgate Plaza in West Seneca. Each one of our Medicare Consultants can answer all of your clients' questions and help them find the plan that best fits their budget and lifestyle. Its especially helpful if they bring along a list of their current doctors and prescriptions so that we can make sure that they are enrolled on the right plan.

HOW DOES IT WORK?

Our Medicare center is open Monday through Friday from 8 am to 4:30 pm. To schedule an appointment, please call our office at 716-306-5543 or email April Romanowski at aromanowski@ lawleyinsurance.com. Walk-ins are always welcome.



INDEPENDENT HEALTH

Family Choice® plan designed for residents of nursing homes and assisted living facilities



For more than 15 years, Independent Health's Medicare Family Choice® HMO I-SNP plan has provided an extra level of care and support to our members residing in nursing homes and assisted living/adult care facilities in Western New York. By doing so, we have given family members and caregivers peace of mind knowing their loved one's quality of life is being maintained at the highest level possible.

How the plan works

Upon enrollment, each Family Choice member is assigned a Interdisciplinary Care Team consisting of the member's Primary Care Provider (PCP), a Family Choice Nurse Practitioner (NP) or Physician Assistant (PA), and a Social Worker/Care Manager. The specially-trained NP or PA are on call 24 hours a day, seven days a week to provide care and support as needed. Their responsibilities include:

- Working in collaboration with the member's PCP and the facility's staff to identify potential problems before they become serious.
- Providing as many clinical services as possible in the member's residence.
- Minimizing unnecessary and disruptive emergency room visits and hospital stays whenever it's safe and appropriate.
- Keeping in close contact with the member's family, updating them about their loved one's condition and making sure that they are involved in the care-planning process.

- Enrollment any time of the year
- Individualized care plan that addresses member's needs and preferences
- Single point of contact nurse or coordinator for benefit authorizations and care transitions when going from one health care setting to another
- Nearly 50 nursing home and assisted living facilities in Western New York currently participate with Family Choice

High satisfaction survey results

Over the years, the Family Choice plan has consistently received high satisfaction marks from families and caregivers. A recent survey** of people whose loved ones are enrolled in the program showed:

- 99% feel their NP or PA provides their loved ones with the quality of care they expected them to receive.
- 99% would recommend Family Choice to others.
- 98% are satisfied with Family Choice.

To learn more

For additional information about our Family Choice plan, please visit www.independenthealth.com/family-choice or call Independent Health at (716) 635-4900 or 1-800-958-4405 (TTY users call 711), October 1-March 31: Monday-Sunday, 8 a.m.-8 p.m.; April 1-September 30: Monday-Friday, 8 a.m.-8 p.m.

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. *This plan is available to all Medicare eligibles that are entitled to Medicare Part A and enrolled in Part B. Members must reside in a participating facility in Western New York. Members must receive all routine care from participating providers. *Survey conducted by Independent Health in January 2022 with 370 families surveyed and 47 families (13%) responding.

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Key features of Family Choice

Low or no out-of-pocket costs



BUFFALO CENTER

The GO Rehab Program is Back! Rated in the top 2.5% Nationwide Now at Buffalo Center

The GO™ Rehab Program offers a sweeping new approach that is redefining the rehab experience. The results are clear: It makes rehab more efficient and effective – as well as more comfortable and convenient.

And there are numbers to back that up. UDSMR data confirms that the GO Rehab Program is in the top 2.5% nationwide for successful rehabs. That's big news! UDSMR is an independent, not-for-profit organization affiliated with the University at Buffalo, the State University of New York.

The whole point is to improve clinical outcomes and to enjoy an enhanced rehab experience – and GO is right on point. GO Program clients are overjoyed to have access to an attending physician 5 days a week, to a registered nurse 24/7, and to the Program's cutting-edge equipment, like the Jintronix biofeedback system.

They all love the private and semi-private rooms, the smart TVs, Netflix, branded coffee, Chromebooks, and a full menu of healthy food choices. Most of all, they rave about the speedy recoveries, getting them back to their lives ASAP.

The GO Rehab Program is a win-win-win: Hospitals, medical personnel, and the clients themselves – everyone wins! Call 800-305-9151 to find out more.





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- * Day prior (10/2) between 12pm-5:00pm at Wurlitzer
- * Day of event by 7:30am

GLENWELL

Aging Gracefully at Glenwell







Left to right: Ralph Miranda, Ann Grosskopf, Robert Cirbus

September is a month filled with opportunities to celebrate the art of aging well. September 11-17 is National Assisted Living Week, September 21 is World Alzheimer's Day and September 22 is National Centenarian Day. There's been an abundance of ways to raise awareness and shine a spotlight on aging at Glenwell, a DePaul Senior Living Community in Cheektowaga!

On Saturday, September 24, several Glenwell staff members and residents' family members participated in the Walk to End Alzheimer's in Buffalo. Pictured left to right at the walk is Marketing Director Stacy Jasinski, Resident Care Director Monique Washington-Mathews, Administrator Tina Hagen and Assisted Living Program Director Dominique M.

Glenwell was mentioned at the walk for having one of the top fundraising efforts with a total of \$3,191 raised for the Western New York Chapter of the Alzheimer's Association through hot dog, ice cream, chocolate and bracelet sales, as well as football squares.

In celebration of National Assisted Living Week, September 11-17, residents headed to Hamburg Gaming. Pictured in the group photo are residents Barb Kreuzer, Helen Scolino, John Gerhardt, Carol Fazio (back) Dolores Dominiak.

Established in 1995, National Assisted Living Week is an opportunity for residents, their loved ones, staff, volunteers, and the community to recognize the role of assisted living in caring for seniors and individuals with disabilities.

Glenwell would like to thank the community for their support of their many sales to raise money for the Alzheimer's Association, as well as generous and thoughtful donations such as these exquisite handmade quilts and pillowcases from the Scrappy Treasures quilting group being displayed by residents Dolores Dominiak and Helen Scolino.

"Our residents and staff enjoyed creating joyful moments and making fun memories during the celebration of National Assisted Living Week" said Administrator Tina Hagen. "Glenwell is very lucky to have a community that recognizes the importance of assisted living in caring for our area seniors."

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 and Stacy can be reached at sjasinski@depaul.org. You can also visit Glenwell on Facebook.







Stacy, Monique, Tina & Dominque





Photo on left: Barb Kreuzer, Helen Scolino, John Gerhardt, Carol Fazio

(back) and Dolores Dominiak; right: Dolores Dominiak and Helen Scolino



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We are committed to the ongoing personal and professional growth of our employees, while offering outstanding benefits, tuition reimbursement and paid training. There is a place for YOU on our TEAM! Apply at people-inc.org/careers.



Advocate for Seniors in Long-Term Care Facilities

Virtual Training Starting in mid-October

Volunteer opportunities are available to advocate for older adults in our community! Join the NYS Long-Term Care Ombudsman Program Team, supported by People Inc. We connect caring and effective advocates with residents who live in nursing homes and assisted living facilities throughout Chautauqua, Cattaraugus, Erie and Niagara Counties.

As an ombudsman in your community, you will:

- Visit with residents and work to identify complaints and concerns.
- Assist with monitoring resident care, staffing and building conditions.
- Investigate complaints.
- Work with facility staff to correct problems, using a range of problem-resolution

and advocacy skills.

Only two hours a week is needed! Contact us soon to reserve a spot at our virtual training, which begins in mid-October. For more details, call 716.817.9222 or toll-free at 1.844.527.5509.

Send us your job posting or employment opportunities!



People Inc. has a **Service Coordinator** position for Oakwood Apartments, Blasdell, part time 20 hours a week, flexible schedule.

The Service Coordinator will provide general case management and referral services and link ESSHI qualifying tenants within the project to supportive services or medical services provided by public agencies or private practitioners within the general community. The service coordinator will assess service needs, determine the eligibility for public services, and coordinate the delivery of service with the appropriate state and local agencies. Please contact Sharon Plant 716-817-9229 for more information or www.people –inc. org- job openings.



Do you enjoy working independently and have a passion for helping others? Our Employment Specialist position may be the right fit for you! In this role, you act as a job coach and travel throughout the area, working in different communities helping people of varying abilities with applying for jobs, interviewing and completing training alongside them, and helping them to be successful. Applicants for this role must have their own vehicle and an Associate's Degree. If you are ready to start a rewarding career with **People Inc.**, apply at people-inc.org/careers.



Tennyson Court Assisted Living is looking for a nurse (LPN or RN) to join their team! Three 12-hour days, every other weekend.

If you are interested in learning more about this opportunity, please contact Suzanne Nawojski 716-632-9496 x4





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JOIN OUR TEAM!



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We have a great team, come work with us!





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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.

HEY-EY-EY! DID YOU KNOW BUFFALO BILLS EDITION

- The Buffalo Bills team name came from a 1947 naming contest held by then-owner James Breuil of the Frontier Oil Company? The winning entry suggested Bills in honor of the western frontiersman, Buffalo Bill Cody and reflected "opening a new frontier of sports in Western New York."
- The Buffalo Bills were a charter member of the American Football League, launched in 1960? For the first two seasons, their uniform colors were Honolulu blue, silver and white. Their helmets were silver with no stripes and no logo, only the players' numbers on each side.
- The charging buffalo logo with the red stripe streaming from its horn was introduced in 1974 by aerospace designer Stevens Wright? The charging buffalo replaced the red standing bison which had been used from 1962.
- Only three Bills jersey numbers have been officially retired all from the 90s Super Bowl teams. No.12 for Jim Kelly, No. 34 for Thurman Thomas and No. 78 for Bruuuuuuuuuce Smith.
- The Bills Mafia movement began in 2011 as an inside joke between three Twitter friends Del Reid (now of 26 Shirts fame), Breyon Harris and Leslie Wille after being blocked by ESPN sports analyst Adam Schefter for coming to the defense of then-Bills wide receiver Stevie Johnson.



PLATINUM MEMBERS!Promotional Email Blast!

Emailed to the entire membership.

Contact Lisa at lisa@networkinaging.org to schedule your blast.



SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM



Introduction

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

SCSEP participants earn minimum wage (\$13.50 per hour) while developing or enhancing their skills while continuing to seek employment outside of the program. Participants have various assignments (job) classifications, such as: clerical assistants, child/adult day care assistants, nutrition and janitorial assistants.

Earning While Learning

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

Become A Host Agency Site

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

For more information contact:

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

Visit our website: www.supportiveservices.org

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

Highlights of the September 29th "Wine" Down the Summer Event!







Thank you to the generous sponsors of our event!

Thank you to Kristin Scholz from Beechwood Continuing Care for hosting a great event at the Asbury Pointe location. Thank you also to Home Instead and Family Choice of New York for co-sponsoring. The Dining Services team put together a beautiful display of charcuterie sticks, salmon, stuffed mushrooms, cheese displays and dessert. Lisa Wiedemann was the lucky winner of a \$25 Amazon gift card in our business card drawing. Home Instead raffled off bottles of wine and the winners were Kristin Surdej and Andy Nogowski.



Kristin Scholz and Brenda from **Beechwood**



Margaritas and appetizers



Tower of charcuterie display and stuffed mushrooms



Home Instead sponsor table - Lisa and Eric Wiedemann, Tina Foy



Dana, Lisa, Mike and Wendy



Stephanie and Stacy



Board member Pam Pace



entertainment



Dana Dee, Lisa Wiedemann and Wendy Anzalone



Liz from Family Choice



Dining Services crew





Lisa and Eric Wiedemann from Home Instead

Family Caregivers: Do you care for a family member with dementia?

Would you like to do errands, exercise, shop, attend YOUR doctor appointment, have lunch with a friend, or just RELAX?

There are many Social "Respite" Programs in Erie County available at NO CHARGET

Trained volunteers provide fun, one-on-one, stimulating, supervised activities including games, crafts, pet therapy, gentle exercise, music/singing and lunch or snacks for your loved one while you take a much deserved break. ALL are welcome!

1st Wednesday, 10:30am – 2:30 pm First United Methodist Church 474 East Main St., Springville Contact: Barb Blesy 592-7451

2nd Wednesday, 10:30 am - 2:30 pm Hamburg United Methodist Church 116 Union St., Hamburg Contact: Lisa Rood 941-5703

3rd Wednesday, 10:30 am - 2:30 pm Eden United Methodist Church 2820 East Church St., Eden Contact: Kevin Karstedt 992-2248

4th Wed. & 2nd Thurs., 10:30 am - 2:30 Baker Memorial United Methodist Church 345 Main St., East Aurora Contact: Michele Engasser 652-0500

3rd Thursday, 10:30 am – 2:30 pm St. David's Episcopal Church 3951 Seneca St, West Seneca Contact: Annie Francowiak 674-4670

1st Thursday, 10:30 am – 2:30 pm Holland United Methodist Church 11699 Partridge Rd., Holland Contact: Cindy Cassavino 388-3150

2nd Saturday, 10:30 am – 2:30 pm Grace Lutheran Evangelical Church 174 Cazenovia St., Buffalo 14210 Contact: Susan Swanson 992-3814 1st Tuesday, 11:30 am - 3:30pm St. John the Baptist RC Church 1085 Englewood Avenue, Kenmore Contact: Mary Elias 716.874.0672

2nd Friday, 10 am – 2 pm Metropolitan United Methodist Church 657 Best St., Buffalo Contact: Lynelle Reed 891-5652

1st Saturday, 11am – 2 pm St. Gregory the Great RC Church 200 St. Gregory Ct., Williamsville Contact: Lee Zach 688-5678 ext. 339

4th Wednesday, 1:30 – 5:30 pm Golden Age Center 3278 Whitehaven Rd., Grand Island Contact: Jennifer Menter 773-9682

2nd Tuesday, 10 am −2 pm Asbury United Methodist Church 850 Dodge Rd., Getzville Contact: Pat Hair 580-3861 or <u>asburyangels@gmail.com</u>

2nd Thursday, 10:30 am - 2:30 pm First Church of Evans

7431 Erie Rd. Derby 14047 Contact: Debby Waddell 549-0908



Sponsored by Erie County Senior Services, DOH; volunteers are trained by the Alzheimer's Association. Please call the contact person for each program to register or for more information.

ALL are welcome to participate in any or all the programs.

WELCOME NEW BOARD MEMBER!

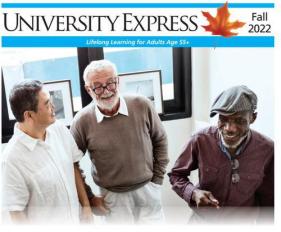
Lynn Westcott is the Senior Director of Development at the Alzheimer's Association WNY Chapter, leading the development team through the Walk To End Alzheimer's and The Longest Day signature events, major gifts, donor relations, and volunteer management. Lynn is a member of the Chapter's senior management team and has also served as the Director of Corporate Relations in her eleven years with the Association. Prior to her current role, she worked at Child & Family Services for

six years managing events and annual campaigns, and writing grants. She holds a BS in Biology from SUNY Geneseo and an MBA with a marketing concentration from the Rochester Institute of Technology. Lynn is also a volunteer with Habitat for Humanity Buffalo as a Family Services Liaison. She lives in Snyder with her husband David, and has three children and one very good boy, Porter the dog. Lynn has been a member of the Network In Aging for many years and looks forward to further contributing to advance the work and mission of the organization.

The Alzheimer's Association provides care and support to people living with dementia and their care partners through free care consultations, education, early-stage programming, professional training, support groups, safety services and more. The Association is also the leading nonprofit funder of Alzheimer's research in the world.



alzheimer's 95



ERIE COUNTY DEPARTMENT OF SENIOR SERVICES NY CONNECTS

716-858-8526 | ERIE.GOV/SENIORSERVICES

FREE IN-PERSON & VIRTUAL CLASSES

It's Official – OUR NEW FALL 2022 University Express catalogs are ready for pick-up at all hosting sites and registration began today! Come learn with us!! We are so proud to offer older adults 142 different content-rich, FREE, educational classes this semester through partnerships with 22 senior centers & public libraries - OUR LARGEST semester ever! Please join us!

Visit www.4.erie.gov/universityexpress.com for more information.



Volunteers are critical to serving neighbors in need!

Transportation - In-Home Supports - Companionship

Volunteer Today!



(716) 406-8311 volunteerhnh.org

Volunteers Needed!

Help your older neighbors stay connected to the community by volunteering with Hearts and Hands. Volunteers pick their schedule and mileage reimbursement is provided. Join our great team of volunteers and make a difference in your community.

Ready to become a Hearts and Hands volunteer?



Erie County Senior Services, in collaboration with community partners, offers the Going Places Transportation Program as a service to older adults (aged 60+).



Erie County Parks makes its own maple syrup! 100% pure syrup is made in our "sugar shack" at the Bureau of Forestry in Sardinia/East Concord. Available in sizes from pint to gallon. Get at @GratefulGrindCo at Chestnut Ridge or at the Rath Building, Downtown. Makes a great gift!

More about the Erie County Bureau of Forestry and the rest of #YourErieCountyParks at: erie.gov/parks



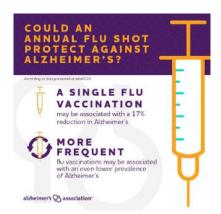
Did you know you can also text to our 9-1-1 Call Center? If you are in a situation where you can't make any noise, texting is now an option. Remember: Call if you can, text if you can't.

Learn more about 9-1-1 and Central Police Services at: erie. gov/cps



Erie County has been designated a "Clean Energy Community" by NYSERDA, recognizing the county's leadership in reducing energy use, cutting costs, and driving clean #energy locally.

Learn more at: nyserda.ny.gov/cec



With flu season fast approaching, you may be wondering if you should get a flu shot. Early research suggests a flu vaccination – especially multiple vaccinations over time – is associated with lower risk of Alzheimer's.



West Side Community Services

We've added hours at Provisions 139, our market-style food pantry located at 139 Vermont Street, Buffalo, NY 14213. We are seeking new volunteers to support the expanded schedule. Volunteers assist with unpacking, sorting, and shelving goods; welcoming and registering customers; and helping customers shop. Multilingual volunteers are especially helpful – the main languages spoken by pantry customers are English, Spanish, Arabic, and Burmese, though other languages are also represented. (You do not need to speak multiple languages to volunteer, though!). Volunteer shifts are Wednesdays from 11:45 a.m. - 3:15 p.m. and Thursdays from 4:45-7:15 p.m. The pantry especially needs volunteers for Thursday shifts.

The pantry is open on Wednesdays from 12-3 p.m. and Thursdays from 5-7 p.m.

If you are interested in joining our volunteer team, please fill out an application at bit.ly/WSCSVolunteer. Questions can be directed to 716-884-6616.





Cathy Braxton
CEO and Content Creator of Improv4Caregivers

"Start with Yes"

Bringing insightful, engaging and interactive trainings and conference seminars nationwide. With a focus on relationship centered care, Cathy utilizes the concepts of empathy blended with the rules of improv to enlighten caregivers, both personal and professional, on how to best create connection for all of those we are serving.

- Participants will gain a basic understanding of the rules of improv and the golden rule, "Yes, And...".
- Participants will gain an understanding as to why the 4
 basic improv rules is one of the most effective techniques in
 enhancing communication with others, specifically based on
 its simplicity, lack of technical jargon, ease of use with any
 caregiver regardless of age or education level.
- Participants will become more comfortable (through interactive practice) with ways I which to "be in agreement" with others even when the desire to confront, correct and deny are the first default agendas.
- Participants will exercise their understanding (through interactive practice) of the importance of "making our partners look good" in order to create meaningful moments of joy with persons living with dementia.
- Participants will gain an understanding of how the rules of improv can become a lifestyle in communication and not just a technical skill that is turned on/turned off.

"Focus Forward: The Future of Healthcare"

THURS, NOVEMBER 3, 2022 8AM-2:00PM

Wurlitzer Event Center 908 Niagara Falls Boulevard North Tonawanda, NY 14120

\$55 / MEMBERS • \$80 / NON-MEMBERS

REGISTRATION IS OPEN!
DEADLINE TO REGISTER 10/21T

Register online at www.networkinaging.org



KEYNOTE SPEAKER

Bobby Guy, Esq.Author, speaker and healthcare transactions attorney

"The Healthcare Revolution of Our Lifetimes: Opportunities to Influence the Curve, and the Five Trends that Matter"

- It's not just COVID we've been in the midst of the biggest healthcare change of our lifetimes, and it's been a multi-decade trend
- What are the most important changes in US healthcare over the last few decades, and what does the future hold? Change creates great opportunity to lead, to contribute, and to succeed.
- What are the five major trends you should be thinking about as your business adapts to the rapidly changing healthcare environment, and how do they create opportunities for you?
- Come hear Bobby Guy, host of *The 10 Minute HealthBizCast* and a frequent speaker and author on healthcare investing, talk through the new healthcare realities and our changing world.

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Erie County Dept. of Senior Services FeedMore WNY Glenwell Hearts & Hands Heathwood Assisted Living HighMark WNY

Home Instead Juniper Glen Nascentia Health Park Creek Senior Living People Inc. Walsh Duffield Wheatfield Commons

CONVERSATION WITH PETER EIMER, CHIEF EXECUTIVE OFFICER AT BROTHERS OF MERCY CAMPUS

Who are we at Brothers of Mercy?

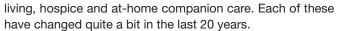
WELLNESS CAMPUS

1. What can you tell us about Brothers of Mercy that some people wouldn't know?

That we have well over 1,000 people on the campus! About 600 teammates and over 500 residents. We've become a pretty big place. But we still have that mission-driven, small place, one-on-one care feel.

2. You've been at Brothers for over 20 years, what changes have you seen in the industry and at Brothers of Mercy?

Well, we are not in just one industry – we are in a number of different industries and have a number of different service lines. We are in senior care – with skilled nursing, rehab, assisted living, memory care, different niches of independent



In skilled care there has been talk about what is referred to as value-priced reimbursement for a number of years and I see that really coming to fuller fruition now. This will mean that our 5-STAR quality and our relation with providers, hospitals and payers become critical. I'm happy to say we've always been 5-STAR since I can remember and that will serve us very well going forward.

Specifically at Brothers – when I first started here there were only 3 facilities and a few hundred employees. Each facility more or less operated on its own – now we are a very integrated campus where everyone helps each other. There were also many more Brothers when I started. Unfortunately many of them have passed away over the past 20+ years, and now there are 6 Brothers here. This has resulted in many changes, including now having a board of directors with many lay people on it.

3. Why is having a 5-STAR quality rating from New York State so important?

It's always been important to consumers who need our services. They shop for the best care. Going forward it's going to be more and more important to doctor networks and payers such as health insurance companies and Medicare. We're blessed to have great leaders in our facilities.

4. What would you say is Brothers biggest asset?

Simple - the caring people who provide hands on care.

5. Are you thinking about retirement?

I'm not. I love what I do and feel like I help people. I

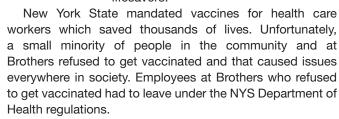
remember Marv Levy used to say, "If you're thinking about retirement, you're already retired." So I am not

thinking about it at all. I enjoy this too much, even though there are some tough days here and there.

6. What was the toughest time you've had in your time at Brothers?

Definitely the pandemic, not even close. When it first started there wasn't much data or information about it. We saw all the deaths that started in Europe and then in New York City. We knew it

was coming but there were so many questions about it. Remember, early on it was practically a death sentence for older people in nursing homes. That's why testing and then the vaccine were lifesavers.



Fortunately, now everyone at Brothers is vaccinated and we really have a wonderful team that is all on the same page.

Now our toughest challenge, as is the case in all industries, is finding employees. But we are starting to see light at the end of the tunnel.

7. Who has had the biggest influence on you during your time at Brothers?

Two people. Brother Jude was CEO of the campus as well as Superior of the Brothers congregation when I started. He and I went to lunch together four times a week for about 15 years. He had a great sense of humor and always had me laughing. He also had a great knack for reading and understanding people. If I brought an issue to him it was like he had already seen a similar thing many times over and always had good advice for me. My wife Betsy and I used to go to dinner with him and his friends as well as travel to Germany with him, where the Brothers of Mercy's congregation is headquartered. The other person who has helped me a lot is my wife who is an RN and worked at Kaleida for over 40 years. She worked in a lot of areas including infection control and also managed a clinic there. She experienced hospital administrative decisions that could have been better. So I try to avoid those mistakes and interact and get to know our team as much as I can. 🛞



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UPCOMING PROGRAMS:



November 2nd Avoiding Senior Fraud Presented By: Kristen L. Orr ELDER LAW &



December 7th Surviving the Holidays Don't Be Scared,

Be Prepared Presented By: Bonnie Springborn, CMC Serving light refreshments

REGISTER NOW: (716) 406-4577

FREE TO ATTEND *** LIMITED SEATING

MEMBERS!

Network with the Network events! We are reaching out to see if your agency would be interested in hosting/co-sponsoring a Network with the Network event in 2023. It can be at your facility or a different location. We are currently seeking hosts for the months of JANUARY-JUNE 2023 at this time. The Networking committee will be happy to help out with planning your event!

Contact Lisa at: lisa@networkinaging.org for more info and to reserve your month!





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.

CALENDAR OF EVENTS

Network with the Network for Oktoberfest Thurs, October 20, 2022 • 4:30 - 7:00 pm Resurgence Brewing Company 55 Chicago Street, Buffalo, NY 14204

Annual Meeting & Conference
Thursday, November 3, 2022 • 8:00 am - 2:00 pm
Wurlitzer Building • 908 Niagara Falls Blvd., N. Tonawanda, NY 14120