

# NETWORK AGING

OF WESTERN NEW YORK, INC.

EST 1981

Celebrating **42** Years

**Jan-Mar 2023**



Est. 1981

Network in Aging  
of Western New York, Inc.

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# January Jingle & Mingle!

## “Eat, Drink & Be Merry”

**Tuesday, January 24, 2023**

**6:00pm – 8:00pm**

**COST \$40**

**(includes food and dessert stations and open bar)**

**MEMBERS ONLY**

**Go to [www.networkinaging.org](http://www.networkinaging.org) to register  
RSVP by Tuesday, January 17th**

**THE COLUMNS BANQUETS  
2221 TRANSIT ROAD, ELMA, NY 14059**

## HONORARY CHARITY: WEST FALLS CENTER FOR THE ARTS

A non-profit organization that is dedicated to offering visual and performing arts in a rural community. Their Musical Memories Café has served over 600 caregivers of loved ones with dementia and Alzheimer's. Currently, there are 4 sites across WNY offering this free program.

## EVENT SPONSORS



**HARRIS BEACH PLLC**  
ATTORNEYS AT LAW  
*Discover True Engagement*

**THE OLEAR TEAM**

Sell the house. Keep your home.

# HIGHLIGHTS OF ANNUAL MEETING & CONFERENCE - November 3, 2022

## "Focus Forward: The Future of Healthcare"

For more pictures go to page 26



### Congratulations to our 2022 annual meeting award winners!

The **Program of Excellence** was awarded to the **Cheektowaga Senior Mobile Food Pantry** (Resurrection Life). This award has been established to showcase a program that has been successfully implemented to enhance the WNY geriatric citizenry.



### Basket Raffle

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



The **Dr. Evan Calkins Meritorious Service** award was presented to **Danette Porto** from **West Side Community Services**. This award was to honor lifetime contributions to the field of aging in WNY.



### Grad Student Research presentations

Congratulations to the 10 students whose abstracts were accepted for judging. 1st and 2nd place awards (\$750 and \$400) went to **Mike Seils**, with 3rd place (\$250) going to **Yihua Yue**. (pictured with judges Marian Deutschman & Charlie Battaglia)

**Patty Mascaro** won the 50/50 drawing and graciously donated half back to the Network.



### Speakers

Thank you to our speakers who donated their time to present to us at the annual meeting. Presentations from our keynote speaker **Bobby Guy, Esq.** and **Cathy Braxton** were all well received by all attendees. Lots of positive feedback from both.



**Angie Crawshaw** passing the gavel to the Network in Aging's new president, **April Romanowski**.



Outgoing board members, **Sharon Plant** and **Kristin Surdej**

## 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**



**RUBY**

**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   Family Choice of New York  
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**



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

## OFFICERS

### President

**April Romanowski**  
*Lawley Insurance*

### V.P. — Community Relations

**Paula Venné-Clendening**  
*Walsh Duffield Companies, Inc.*

### V.P. — Networking

**Stephanie Mruczek**  
*Solstice Senior Living at East Amherst*

### V.P. — Professional Development

**Pam Ricksgers Pace**  
*Amazing Home Care*

### Secretary

**Mimi Piciullo**

### Treasurer

**Suzanne Nawojski**  
*Tennyson Court*

### Past President

**Angie Crawshaw**

### Founding President

**Dr. Evan Calkins**

## BOARD MEMBERS

### Mary Baty

*Brothers of Mercy*

### Steve Buzzelli

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

### Kara Calandrelli

*The Amberleigh (Sonida)*

### Stacy Jasinski

*Glenwell, a DePaul Senior  
Living Community*

### Ben Kanaley

*Fallon Health Weinberg PACE*

### Ann Marie Klosko

*Elder Transition Consulting*

### Thomas Lang, JD, MBA

*Magavern Magavern Grimm, LLC*

### Nancy Maira

### Erin Mahoney

*Erie County Senior Services*

### Bonnie McMorrow

*FeedMore WNY*

### Jane Nogowski

*Park Creek Senior Living Community*

### Kristin Scholz

*Beechwood Continuing Care*

### Lynn Westcott

*Alzheimer's Association WNY Chapter*

### Julie Whitbeck-Lewinski

*CarePatrol of Buffalo Niagara*

## PRESIDENT'S MESSAGE APRIL ROMANOWSKI



As we look forward to the New Year, let's resolve to recommit ourselves to the values we share! Welcome to 2023. I hope you all had a happy and healthy holiday season.

My name is April Romanowski and I am your new President for the Network in Aging. I am a Medicare Sales Consultant with Lawley Insurance, and have recently opened an office in the Southtowns at the Southgate Plaza. I have been in the Medicare business for over 20 years. I have been a member of the Network for many years as well, serving on the Education and Special Events committees before joining the board in 2019. I am a true WNYer having been born and raised here. I am married to my college love David, and we have two daughters, Samantha who is a nurse at Roswell, and Kaitlin who is studying to be a Physician Assistant at Gannon University. I look forward to the next couple of years working with all of you!

In November, our Annual Meeting was held on November 3rd at the Wurlitzer. It was a big success with close to 200 attendees. I want to thank our many sponsors, we couldn't have done it without you. Kudos to all that organized the event on the Education and Special events committees, you did an amazing job! Our Annual Basket Raffle raised over \$3000. WOW! The most we have raised yet!

In December we had a great turnout of over 40 people at Santora's for our Holiday Happy Hour!

Be sure to mark your calendar for some upcoming events in 2023. Next up is our January Social Event "January Jingle & Mingle" on January 24th being held at The Columns on Transit Road in Elma. And don't forget the next Network with the Network event being sponsored by Tennyson Court on February 16th. The networking committee is busy preparing for another Senior Resource Fair in May and a Progressive Dinner at the Reikart House on April 27th.

I would like to welcome our newest board members for 2023: Kara Calandrelli from Sonida Living (The Amberleigh), Erin Mahoney from Erie County Senior Services, Kristin Scholz from Beechwood Continuing Care, Ben Kanaley from Fallon Health Weinberg PACE, Lynn Westcott from Alzheimer's Association, WNY Chapter and welcome back to Jane Nogowski from Park Creek Senior Living.

Membership renewals for 2023 are due 1/31/23 and I encourage you to help keep our organization strong. Invite new members to join! We need YOU!

I look forward to what the new year brings! I look forward to serving this organization as your President!

Sincerely,

**-April Romanowski**  
**Network in Aging President**

## WELCOME NEW MEMBER AGENCIES



**Comfort Keepers**

**aetna™**  
**medicare solutions**  
**Aetna Medicare Solutions**

**NOBLE COMPANION**  
**Noble Companion**





# NETWORK AGING

OF WESTERN NEW YORK, INC  
EST 1981



## 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 Venné-Clendening  
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 8:30am. No meetings in August and December.

##### CHAIR

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.

##### CHAIR

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

## Take advantage of your **NEWSLETTER** BENEFITS today!

### 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  
April-June 2023  
edition!**

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

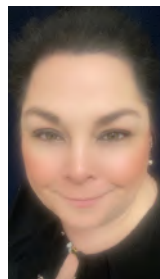
## WELCOME NEW BOARD MEMBERS: KRISTIN, ERIN AND KARA



**Kristin Scholz** is the Director of Development & Marketing for Beechwood Continuing Care, a non-profit senior care continuum serving WNY for close to 60 years. Beechwood Continuing Care includes senior independent living –

Asbury Pointe Retirement Community, Presbyterian Village at North church and Ken-Ton Presbyterian Village; skilled nursing, short-term rehab and Hospice care.

**Erin Mahoney** is Administrative Clerk to the Commissioner of Senior Services in Erie County. She has been with the Department of Senior Services for over two years and acts as a support for the Department as a whole. In the past two years she has attended two out-of-town conferences, developed relationships with community partners and has taken classes on dementia through Boston University. Erin is excited to join the Network in Aging board to continue learning about our aging population and to build relationships with community partners as well as older adults.



**Kara Ann Calandrelli, MHSA, LNHA** is the Executive Director at the Independent Living Senior Community of the Amberleigh. Amberleigh offers senior living including Independent Living, Assisted Living, and Memory Care located in Williamsville, NY.

## LET'S HAVE A FEBRUARY FIESTA!

**Network with the Network**  
**FEBRUARY 16, 2023**  
**4:30pm-6:30pm**

**Tennyson Court • 49 Tennyson Terrace  
Williamsville, NY 14221**

# HARMONIA COLLABORATIVE CARE

## Harmonia Collaborates to Support Caregivers

A Health Foundation for Western and Central New York (HFWCNY) Aging by Design study found that 90% of seniors want to remain in their homes for as long as possible. In addition, 32% see living independently as their highest priority. Caregivers play an essential role in supporting senior care recipient needs and wishes.

Harmonia Collaborative Care is collaborating on a three-year project, called “Pathways for Caregivers”, to support Caregivers and their loved ones. “Harmonia has served seniors from our inception. We understand the day-to-day challenges of seniors and those who care for them. We are excited to be part of this innovative project”, noted Valerie Nowak, LMHC, MPA, Harmonia CEO.

Harmonia, a long-time member of Network in Aging, offers mental health and senior care services to those in need of support in semi-rural southern Erie County since 1971. Harmonia operates out of a main location in Derby, with a satellite location in Hamburg.

Often caregivers suffer from extreme stress and mental health concerns. Research has also found that in their role supporting a loved one many do not recognize themselves as caregivers. An AARP study reported that 17-35% of responding family caregivers considered their health to be fair to poor. The challenge of caring for a loved one can be a rewarding experience while simultaneously being emotionally draining and physically exhausting.

To address these issues, the Health Foundation for Western and Central New York, the Ralph C. Wilson, Jr. Foundation and the Ann Arbor Area Community Foundation came together to create an innovative family caregiver initiative called Exhale. These visionary funders recognized that supporting caregivers and their family member would also positively impact the larger community. Their fundamental driving principle is that family caregivers provide essential support for many older adults living in the community who need extra support and compassion. A respite from their duties is a welcome opportunity for self-care.

Respite programs take many forms in the community. Respite can be more traditional in-home care and companionship, day-care programs or non-traditional community programming that engage the arts, dance and music.

This expanded approach to respite, led to the foundations funding three respite pilot programs as part of their first 2019-2023 Cohort Resources and Learning Community. The effort funds development program activities, timeline, and learning community activities as well as organization project administration. The goal is to help funded organizations work towards sustainability.

The Exhale 2022 – 2025 Cohort Resources and Learning Community includes a collaboration in which Harmonia will work with Cradle Beach and Lisa Rood, an Older Adults Program Developer & Implementation Consultant.

A geographic neighbor to Harmonia, Cradle Beach will act as the lead coordinating agency and provide expertise in respite services at their 66-acre campus on Lake Erie. “Pathways for Caregivers” delivered at Cradle Beach will include activities and support for both caregivers and their loved ones. Lisa Rood will bring her experience in informed respite programming, coordinate recreational, educational and/or fun outings for caregivers and their loved ones and conduct Train-the-Trainer sessions.



Beginning in March 2023, monthly, four-hour, respite sessions will allow family caregivers the choice to remain at Cradle Beach’s relaxing campus or leave Cradle Beach to have time to themselves. Trained volunteers offer activities and individual care to loved one’s during this respite time. Cradle Beach’s Campus offers a beautiful and safe oasis filled with nature greenery, trails, activities and the most beautiful

lakeshore views.

“Cradle Beach is thrilled to expand our longstanding and relied upon respite program to serve caregivers of aging loved ones. The cumulative strengths and expertise offered by Cradle Beach, Harmonia and Lisa Rood provide a one-of-a-kind respite opportunity in the Southtowns for caregivers to take a breath, access peer support and nourish their own health and wellness”, offered Ann-Marie Orlowski, LMSW and CEO of Cradle Beach.

Valerie Nowak is a graduate of the HFWCNY’s Health Leadership Fellows Program and Ann-Marie Orlowski is slated to graduate as a Health Fellow in the Fall of 2023.

Harmonia’s involvement in “Pathways for Caregivers” will be led by Director of Senior Services, Jennifer Gunia. Jennifer is the 2021 Network in Aging Dr. Evan Calkins Meritorious Award recipient, sits on the Hamburg Senior Advisory Board and has 19 years of experience in senior services in southern Erie County. The Exhale collaboration will tap into Harmonia’s Senior case management services which provide monitoring and linkages to community services; and CarePanion program which provides in home non-medical care and support allowing seniors to remain independent in their homes. Harmonia will conduct a support group for caregivers at the Cradle Beach site while their loved ones are engaged in other activities. The group will be facilitated by a professional mental health clinician from the agency. Additionally, Harmonia’s clinical team, including a geriatric psychologist, are well-trained in providing out-patient treatment in person or via telehealth to individuals, families, and groups.

“Harmonia’s professional staff takes pride in providing empathic care to help bring balance into the lives of our clients,” shared Valerie Nowak.

The NIH National Institute on Aging report on Aging in Place: Growing Older at Home report, identified that assistance with personal care, household chores, meals, money management and healthcare allow seniors to stay in their homes and save money. “Harmonia greatly understands the importance of supporting caregivers and is dedicated to identifying and implementing collaborative solutions, while offering knowledge and expertise to meet the needs of the community,” said Jennifer Gunia.

**The “Pathways for Caregivers” Open House is on January 26 from 1-3pm at Cradle Beach. All those interested are welcome to RSVP to 716-549-6307.**

Follow our Exhale “Pathways for Caregivers” initiatives at [www.harmonia-care.org](http://www.harmonia-care.org) or on social media @harmoniacare. 🌸





## JUNIPER GLEN

### Alzheimer's meets Juniper Glen

Alzheimer's disease is an insidious illness that deprives individuals of their memories, personalities and relationships. Brain cells begin to deteriorate, behavior and social skills decline, eventually causing an individual to lose their independence. While there is no cure for the disease, there are strategies to help ease symptoms and improve quality of life.


Community Development Director, Mark Buscaglia of Juniper Glen Memory Care Assisted Living knows this well from his interactions with families who share their stories about their loved ones. "Calls begin ringing in as it becomes challenging for a loved one to live on their own in any environment," says Buscaglia. "I'm happy to help families through the screen and tour process needed when healthcare at home becomes too much for a family member."

Juniper Glen, (JG) offers life enrichment programs and activities, as well as out of community events using our shuttle bus. Our meals are nutritious and beautifully plated by our executive chef and served in our spacious, formal, dining room. We provide medication administration and case management for all our residents.

Resident rooms range from our companion, semi-private, and private suites. JG has outdoor courtyards, and they are secured and beautifully adorned with seasonal flowers and a vegetable garden during the summer months. Our common areas are spacious, warm, and inviting to our residents and guests. "The Spa Sensory room is one of my favorite places to relax at Juniper Glen," says Buscaglia.

November is National Alzheimer's Awareness Month. Juniper Glen and the Alzheimer's Association warn of common signs to look for in your loved ones this season.

- Personality changes.
- Memory loss that affects daily life.
- Trouble finding choice words.
- Disorientation with time.
- Difficulty following a plan.

If you would like to learn more about how Juniper Glen could help you or a family member, schedule a tour by calling 716-568-2099, or visit our website: [juniperglenret.com](http://juniperglenret.com) for more information. 

*(Please scan the QR code for more info)*



## KENTON MEALS ON WHEELS

### KenTon Meals on Wheels Board Opportunities


KenTon Meals on Wheels is looking for individuals to serve on the board as faithful stewards of our mission, vision and values. We anticipate several vacancies in 2023.

The board works along with the executive staff to develop policy, ensure sustainability and provide the support necessary for the most vulnerable seniors in our community to live independently. The mission of KTMOW is to promote the health, dignity and independence of people in the Ken-Ton community in need of nutritious meals. We have over 200 volunteers who contribute a combined total of more than 21,500 hours while making, packing and delivering over 85,000 meals each year.

The board is obligated by our By-Laws to meet at least six times during the year. When full board meetings occur, they are held on the second Monday of the month, typically 6-7:30pm. The actual meeting frequency is adjusted based on what needs to be discussed. In the recent past, the full board has met about ten times/year.

In addition to attendance at the full board meetings, board members are expected to join a subcommittee. The subcommittee choice will be based on a balance of the board member's interests and abilities and the staffing needs of the subcommittees.

For more specific information about the responsibilities involved in serving as a board member, please refer to the Board Member job description on the KenTon Meals on Wheels website at <https://kentonmealsonwheels.org/volunteer/job-descriptions/>. If you are interested in applying for board membership, the application can be found on this webpage below the job description.

If you are interested in learning more about serving on the board, please contact Pat Dowling, Board Development Chair, at [patdowling57@gmail.com](mailto:patdowling57@gmail.com) 



### Jan/Feb 2023 Life Lesson "WAYS TO ENJOY THE WINTER MONTHS"

Send in pics of your winter activity for the chance to win a \$25 Amazon gift card!

# ACCOMPLISHMENTS & RECOGNITION!

## THE OLEAR TEAM

Sell the house. Keep your home.

The new THE OLEAR TEAM logo is here! We are excited to roll out our new branding that showcases the evolution of our company. Come and check out our newly designed website [www.olear.com](http://www.olear.com)



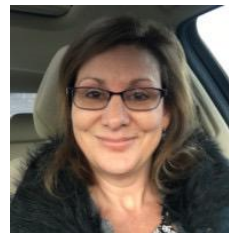
**Crystal Selk is executive director of West Side Community Services and a winner of this year's 40 Under 40 Awards.**

It's a week of awards! Please join us in congratulating our executive director, **Crystal Selk**, for receiving her 40 Under 40 award from Buffalo Business First! Crystal took the helm at West Side Community Services in the midst of COVID and has worked tirelessly to bring more resources, more partnerships, and more programming to the West Side community. Under her leadership, WSCS opened Provisions 139 (our market-style food pantry), launched Rock the Block (our annual community block party and fundraiser), and has continued to forge relationships with community leaders, neighbors, schools, businesses, and other nonprofits.

We are proud to have you leading our team, Crystal! Congratulations!



**Glenwell in Cheektowaga** was recognized as the top fundraising team in the long-term care facility category for the 2022 Alzheimer's Association WNY's Walk to End Alzheimer's in September! A trophy is now proudly displayed in Glenwell's reception area.



**Family Choice**  
OF NEW YORK

Congratulations to **Bonnie (Springborn) Govenettio** for starting her new position at Family Choice of New York. She's the new Community Development Network Manager.

**Judy N. Cuzzacrea Wagner**, Elder Law, Estates & Trusts Partner at Harris Beach PLLC, Board Vice Chair Hearts & Hands, Advocate, Public Speaker.

Yesterday I celebrated my 16-year anniversary at "The Beach" Harris Beach PLLC. I'm blessed to be surrounded by such wonderful talent, caring individuals and friendships built over the years. #harrisbeach #bestlawyers2023

*Lawyer of the Year*

**Robert G. Murray**  
Environmental Law

*One to Watch*

**Kirstie A. Mears**  
Commercial Litigation

### Announcing Our Buffalo Lawyers Recognized by The Best Lawyers in America® for 2023



**Terrance P. Flynn**  
Commercial Litigation,  
Product Liability Litigation,  
Defendants



**Brendan P. Kelleher**  
Employment Law,  
Management,  
Labor Law, Management



**Melanie C. Marotto**  
Real Estate Law



**Robert G. Murray**  
Environmental Law,  
Municipal Law,  
Public Finance Law



**Danielle M. Rizzo**  
Immigration Law



**Sharon J. Schwartz**  
Real Estate Law



**Judy N. Cuzzacrea Wagner**  
Trusts and Estates



**Jeffrey J. Weiss**  
Employment Law,  
Management



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SYRACUSE WHITE PLAINS NEW HAVEN, CT NEWARK, NJ WASHINGTON, D.C.



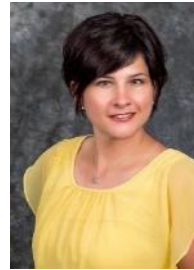
# ACCOMPLISHMENTS & RECOGNITION!



Welcome **Jenna Bichler** and **Michael Murphy** as senior directors with Catholic Charities!

With a primary focus on programming to strengthen individual and family stability and connectedness, Jenna is responsible for supporting, coaching, and guiding Catholic Charities' district directors in the seven counties outside of Erie, and Emergency Financial Assistance and Housing Program leaders in Erie County.

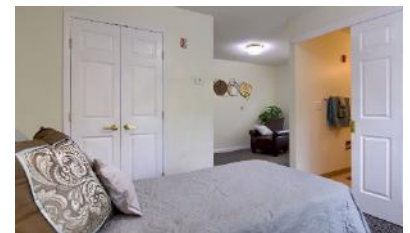
In his new role, Michael focuses on Immigration and Refugee Assistance, and Education and Workforce Training programming.



Join us in congratulating **Amy Krathaus** on her recent promotion to Assistant Business Manager here at Tennysen Court. Amy is an essential part of our business team and has been dedicated to the families, residents, and staff of Tennysen for over seven years! Congratulations Amy!



**Wheatfield Commons** staff were honored to accept the 2022 Non-Profit of the Year award from the Chamber of Commerce of the Tonawandas! Marketing Director, John Tomes, accepted the award on behalf of Wheatfield Commons and gave a wonderful speech about our community and DePaul. The award is now proudly displayed on our mantel!



## Memory Care Residence at Orchard Park

Currently our community is nearing the completion of remodeling. We have a male/female semi-private room available for our stand-alone secure memory care community. We have a private room, which will be available next week. Please contact Vickie Eberth at 716-288-4548 to schedule any assessments for patients who will need memory care.



## WELCOME NEW MEMBERS!



### Comfort Keepers – GOLD

Comfort Keepers has been locally owned since 2004. Our mission is to help seniors stay independent in the comfort and safety of their own home. We provide services such as meal preparation, medication reminders, light housekeeping, laundry, transportation, and companionship.



### Aetna Medicare Solutions – BRONZE

Aetna Medicare Solutions is dedicated to helping people live healthier lives! An estimated 39 million individuals rely on Aetna, a CVS Health Company, to help them make decisions about their health care and their health care spending. Every day, we work to make the system easier and more convenient for our customers. Aetna Medicare offers Advantage and Dual Advantage programs that include medical, dental, vision, pharmacy benefits and more! <https://www.aetnamedicare.com/>

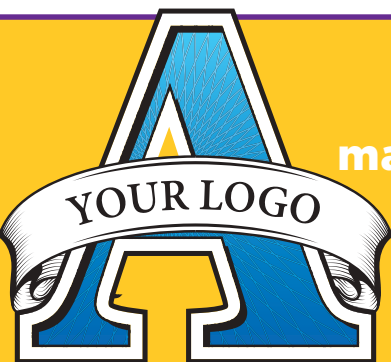


### Noble Companion – BRONZE

Noble Companion is a Western New York based home and companion care company that is proud to serve the greater Buffalo community. Our non-medical in-home care provides seniors with the support they need to thrive safely, comfortably, and independently, all while living in their own home.

Let us assist you with your activities of daily living, such as: Incidental errands, Transportation to appointments and events, Meal preparation and planning, Laundry, Light housekeeping, Medication reminders, Social engagement, Respite care, Shopping, and more; so that you can maintain your independence for years to come!

We here at Noble Companion know exactly how important extra help can be, so when choosing your personal care options, just remember, you can have it all, in the comfort of your home. If you would like to schedule a free home visit and see for yourself what Noble Companion can do for you, please give us a call! (716) 261-1886.



Go to our  
website and  
make sure we're  
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## COME AND JOIN THE MEMBERSHIP COMMITTEE!

The MEMBERSHIP committee needs YOU!!  
Looking for new members to join us! Try it out! Get Involved! Have fun! The Chair is currently seeking others to become a member of their group.

Meetings are on the 4th Thursday of every month at 8:30am via Zoom.

**Contact the Chair listed on page 4.**

## SAVE THE DATE! Progressive Networking Dinner Event

**Thursday, April 27, 2023  
4:30-7:00 PM**

**Networking: 4:30-5:30 PM  
Dinner: 5:30-7:00 PM**

**The Reikart House  
5000 Main Street (off 290)  
Amherst, NY 14226**

Join us for a networking progressive dinner with a change of seating 3 times! Come and experience a night of networking with other members and showcase your business.

### \*\*\* LOOKING FOR SPONSORS \*\*\*

(\$200 sponsorship includes: featured on all signage, can bring marketing materials, opportunity to speak to attendees)





# NASCENTIA HEALTH

## Nascentia Health Receives Three LeadingAge New York Awards

Nascentia Health is proud to announce that the organization received three achievement awards from LeadingAge New York in their 2022 Annual Awards at a ceremony on December 7. Founded in 1961, LeadingAge New York, represents not-for-profit, mission-driven and public continuing care providers. The organization's more than 600 members employ 150,000 professionals serving more than 500,000 New Yorkers annually.



Nurse Dea Kuiper, RN, was recognized as an Employee of Distinction for the CNY Region because of her decades of work as a home pediatric nurse, caring for some of the most fragile and challenging young patients. Throughout her 18 years with Nascentia Health, she has specialized in maternal and pediatric care, establishing life-long bonds with children and their families, earning a reputation for blending innovation and kindness, clinical skills and empathy. In 2013, Dea was named Home Care & Hospice Nurse of the Year by the National Association of Home Care and Hospice because of her incredible work with a refugee child with terminal heart failure.



Amy Davis, LPN, Nascentia's director of older adult services, was named Professional of the Year, an award that honors a long-term care, housing, and services professional's contributions to the well-being of the elderly or chronically ill in the community. Amy manages Nascentia's tenants in the Gardens at St. Anthony's, a new housing complex on Syracuse's south side for seniors experiencing homelessness. She works directly with tenants to address social determinants of health and improve their outcomes and stability. Amy has an incredible ability to connect with people from all backgrounds, earning their trust as she finds the best way to help them thrive. She knows every tenant by name and works with them one-on-one to connect with social services, medical care, and other support networks. The measurable improvements in their health outcomes are amazing, with many tenants stabilizing their medical conditions and reducing emergency room visits.

Nascentia Health and Upstate University Hospital's collaborative Hospital at Home Program was named Innovation of the Year for our holistic approach to delivering hospital-level care in patient homes. This program allows patients to leave the physical hospital and receive care in the comfort of home, freeing up needed hospital beds and improving outcomes for people and their families. It can often serve as a bridge between hospital care and hospice care. Homecare nurses, therapists, and other community partners work collaboratively to provide hospital-level care right in homes. Remote patient monitoring, telemedicine, and in-person visits provide care and supervision 24/7 while in the program. These patients are discharged from the hospital with homecare services that transition seamlessly.

Nascentia Health is one of Central New York's largest home healthcare agencies, offering in-home skilled nursing and



therapies and home health aides Across the state, Nascentia offers managed long-term care and Medicare Advantage Plans. Founded in Syracuse in 1890, the agency has more than 130 years of expertise in home care and more than 500 employees in offices in Syracuse, Rome, Rochester, Buffalo, and Albany. Learn more at [nascentiahealth.org](http://nascentiahealth.org).



### WELCOME NEW INDIVIDUAL MEMBERS!



My name is **Cindy Jarmusz, RN, BSN, BCPA**. Through my business, Care Source WNY, LLC, I have the privilege of living my passion by delivering high quality, customized client care. As a Registered Nurse, Board Certified Patient Advocate and Medically Fragile Medicaid Provider, I offer private consulting, patient advocacy, private duty nursing and case management. I have a soft spot in my heart for seniors and feel a pull to serve this population in a greater capacity. I joined Network in Aging to network, learn about needs/services and see where I may want to grow and serve professionally.



**FayeBrooke**  
An Adult Living Community

**FayeBrooke on Youngs**, WNY's newest community offers comfort, style and easy independent senior living. Located at 1055 Youngs Road in Williamsville, this luxurious new property is one of only a few local independent senior living communities to offer three restaurant style meals served daily in a dining room exclusive to the community. This community also offers other services, including weekly housekeeping, concierge service, valet parking, scheduled transportation and available attached garages. This property was recently opened in March of 2022 by developer Paul Bliss. Be cradled in luxury, surrounded by modern conveniences, stimulated by an active community and comfort in a place where you are pleased to call home. At FayeBrooke on Youngs, you can "LIVE THE LIFE YOU'VE EARNED," Open houses are held Monday through Saturday from Noon-4pm – no appointment necessary. For more information, visit [FayeBrooke.com](http://FayeBrooke.com) or contact Annette Palmerton, General Manager, at 716-320-8200 or [APalmerton@FayeBrooke.com](mailto:APalmerton@FayeBrooke.com)

# AMHERST CENTER FOR SERVICES

## 7 Tips for Marketing Effectively to Older Adults

When you think of marketing to older adults, you might believe it's all about increasing the size of fonts and displaying images of older people in your advertising. Although this is a common practice among many businesses, those elements alone are not going to capture the attention of this market.

The baby boomer generation isn't necessarily all that different from other markets, and contrary to popular belief, many seniors spend a good amount of time online. There are, however, some important distinctions to remember when marketing to an older demographic.

Here are some tips you can integrate into your marketing strategy to reach a senior demographic:

**1. Use Relatable Language.** If you want to market your product to someone, you have to speak their language. If you're going to market to older adults, you need to avoid using jargon, trendy language, and internet slang.

Unlike millennials who thrive on a heightened sense of drama, baby boomers just want to know how your product or service is going to improve the quality of their life.

### **2. Don't Assume Other People Make Their Buying Decisions**

Older adults are not helpless people who can't make their own decisions. They are often strong, healthy adults who like to make their own choices. Don't assume that you need to speak to a caregiving audience or their children in order to sell your product.

**3. Understand Their Criteria is Different than Younger Generations.** When you are selling a product or service to someone, it's basic marketing knowledge that you are not selling them "the product", but rather what the product will do for them. You can sell the same product to anybody as long as you can discover why they would want it.

**4. Make Things Easy for Them.** Baby boomers didn't grow up with an iPhone in their hand, so requiring certain actions on a web page or in an app won't necessarily be second nature for them. Everyone can benefit from an easy, clear sales process.

**5. Use Multi-Channel Marketing.** If you want to reach the majority of your senior market, you have to use multi-channel marketing by targeting them on and offline. This doesn't mean you can't use online marketing, but the majority of your efforts should be concentrated where the majority of your market can be found.

**6. Give Them Something Familiar.** People are naturally drawn to what is familiar. Since seniors grew up receiving advertisements and flyers in the mail, it makes sense to market to them through this channel.

**7. Personalize Their Experience.** When you personalize an experience for someone, they remember it for a long time. Since baby boomers are used to that personal touch, make sure you incorporate some personalization into your efforts. This can be as simple as having a live person respond to customer service inquiries.

### **Make Sure Your Message is Received**

Seniors want products and services they know are going to make their life easier in some way. And it's your job to make sure they know how your product or service will do that. If your target market is adults 55 and older, there is no secret that the Amherst Center for Senior Services is where your market can be found.

If you are interested in promoting your organization with us, please contact Christina Yensan, Public Relations Coordinator at [cyensan@amherst.ny.us](mailto:cyensan@amherst.ny.us).

I look forward to partnering with you and increasing your exposure to our membership. 🌸

<https://www.semrush.com/blog/7-tips-for-marketing-effectively-to-seniors/>





# PLATINUM MEMBER AGENCIES



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## 2ND ANNUAL SENIOR HEALTH & RESOURCE FAIR

**10AM-1:00PM • 9AM-10AM (member to member networking)**

**We need your help members!** The Networking committee is in search of a venue that can accommodate approximately 75 tables (6 foot). Everyone will have their own table this year.

Needs to have ample parking and be easily accessible to seniors and caregivers.

Email venue details and contact info to:  
Stephanie Mruczek at [eastamherstdsm@solsticeseniorliving.com](mailto:eastamherstdsm@solsticeseniorliving.com)  
or Stacy Jasinski at [sjasinski@depaul.org](mailto:sjasinski@depaul.org)

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## CENTER FOR ELDER LAW

### The Center for Elder Law & Justice Partners with the Alzheimer's Association of WNY

The Center for Elder Law & Justice Partners with the Alzheimer's Association of WNY

Through the Western New York Alzheimer's Disease Caregiver Support Initiative ("The Initiative") funded by the New York State Department of Health, Center for Elder Law & Justice partners with Alzheimer's Association of WNY and eight county Offices for the Aging to aid caregivers of people living with Alzheimer's disease or dementia. Alzheimer's disease is the nation's largest under-recognized public health crisis, as well as the nation's costliest disease. This degenerative brain disease is the sixth-leading cause of death in America and the only one among the top ten that cannot be prevented, cured or even slowed. The unfortunate reality is that one in three seniors dies with Alzheimer's disease or another dementia. Caregiver supports, like the Initiative, have shown proven success in keeping people living with Alzheimer's disease and dementia at home, where they live longer and happier lives.

Under The Initiative, Center for Elder Law & Justice attorneys provide free legal services and education to caregivers. The legal services offered spans a variety of legal matters, including such topics such as housing, health insurance, income maintenance, employment, consumer matters, and family issues. However, the most common legal issue referred has been assistance with advance planning and the preparation and execution of important legal documents such as Power of Attorney, Health Care Proxy, Last Will and Testament, and Burial Directives. Such documents are vital to ensuring caregivers can fulfill their duty to take care of their loved ones who are facing dementia, Alzheimer's disease, and other cognitive impairments.

This program places emphasis on reaching at risk, marginalized, and historically underserved caregivers. The primary targeted

underserved population of The Initiative are caregivers who reside in rural areas. Rural households face economic challenges such as higher poverty rates, lower median incomes, transportation and healthcare access barriers, and are more likely to live in counties with concentrated poverty. This presents social and economic disadvantages that contribute to higher rates of chronic disease, including Alzheimer's disease and dementia. The Initiative also expands services to minority populations who face health and health care disparities including Black, African America, Hispanic, Latino, LGBTQ+ individuals, Immigrants, Refugees, and American Indians.

Through Center for Elder Law & Justice, legal services are provided in-person, via phone, or virtually, depending on the client's particular needs. Caregivers who are interested in legal services or further information may contact Katelyn Nikel at (716) 853-3087 Ext. 265 or knikel@elderjusticenyc.org.

For other caregiving support, Alzheimer's Association of WNY provides a comprehensive continuum of community-based programs and services to those impacted by Alzheimer's Disease and dementia including a 24/7 Helpline, individualized care consultations, support groups, education programs, safety and early stage engagement services. At present, approximately 3,200 Western New Yorkers participate annually in these programs. The Alzheimer's Association of WNY may be reached at 1-800-272-3900 and the Helpline may be reached at 1-800-272-3900. 🌻



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Do you have a family member or someone you assist in need of an affordable senior apartment in the Southern Tier? NOW available in the Southern Tier: Two-bedroom apartment unit at Academy Place Senior Apartments, 1 School Street in Gowanda, NY, managed by People Inc. The HUD Section 202 Affordable Housing and NYS Tax Credit apartments are for independent, older adults age 62+ who meet income guidelines. Vouchers accepted for Tax Credit units. One-bedroom waitlist also available. Interested or know someone who is? Call 716.880.3890. For more information and an English or Spanish application, visit: <https://lnkd.in/em3AUNT>



## NIAGARA HOSPICE

### Niagara Hospice House New Residential Wing Opens to Patients



On December 14, Niagara Hospice announced the opening of the expanded residential wing at Hospice House in Lockport. The facility is now admitting patients to the six new suites that brings the total to 16, the maximum allowed by New York State.

"We are very pleased to open the new residential wing and admit our first patients this week, eliminating any additional waiting for placement for these individuals and their families," said John Lomeo, President & CEO of Niagara Hospice. "The added suites are furnished for optimal comfort and convenience like the original wing built 15 years ago, and our staff is ready to care for more patients. Thanks to the incredible community support we received over the last year, we are grateful to have completed this important project to enhance access to community care before the start of 2023."


With the large residential wing now having 60 percent more capacity, Niagara County hospice patients who need increased services or have an insufficient caregiver system at home will not have to wait any longer than necessary to be admitted to receive around-the-clock comfort care at Hospice House.

"This is a special time for our long-time staff and new employees as we embrace the opportunities to provide specialized care and personalized support for many more families," said Janet Ligammari, RN, Director of Hospice Facility Services at Hospice House. "We have always wanted the ability to admit more families, and now that this new wing is open, our staff stands ready to ensure each and every new family that enters the facility will receive the best care and attention throughout their most challenging times."

Since opening in June 2007, the facility has cared for more than 6,000 Niagara County residents and their families. The residential wing originally consisted of eight suites, and then it was expanded to 10 in 2010. The general inpatient wing continues to operate with 10 suites designed for patients needing short-term medical monitoring and symptom management. Each suite receives 24-7 care from staff and features a sitting area and easy-chair sleeper. The facility also has gathering rooms, a kitchen, a chapel and a children's game room.

Hospice House is the only general inpatient and residential facility for hospice patients in Niagara County, and the general inpatient wing is one of just 12 facilities of its kind in New York State.

Since 1988, Niagara Hospice has provided expert end-of-life care and caregiver relief to more than 30,000 Niagara County families facing a terminal illness. Doctors, pharmacists, nurses, social workers, counselors, aides and volunteers collaborate to bring comfort, dignity and guidance that enhances quality of life for the entire family during difficult times. Symptom management and support services are available in the home, skilled nursing facilities, hospitals, adult homes, David's Path at Schoellkopf Health Center in Niagara Falls, Jeanne's House at Northgate Health Care Facility in North Tonawanda and Hospice House in Lockport.

As the only Western New York hospice accredited by the ACHC (Accreditation Commission for Health Care), the organization also offers Pathways palliative care for symptom management, chronic illness education and telehealth to Niagara County residents with serious, progressive diseases. Anyone can make a referral to Niagara Hospice or Pathways by calling 716-439-4417 or 716-HOSPICE. For more information, visit [NiagaraHospice.org](http://NiagaraHospice.org). 

# Time to Renew Your Membership!

**Membership renewals are due 1/31/23**

It's that time of year to renew your membership with the Network in Aging! We look forward to continuing our mission in providing outstanding programs, events and exciting networking opportunities in the coming year!

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Please email a resume to [michelle.Kennedy@eldercarewny.com](mailto:michelle.Kennedy@eldercarewny.com)



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To learn more about this position or to apply online, go to <https://lnkd.in/d3knxPW> today!



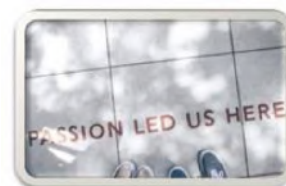
Do you have a passion for quality improvement and collaboration? **Nascentia Health** is now hiring a director of health plan operations to work with our health plan leadership team to plan, supervise, and evaluate health plan operations for all of our managed care plans. Qualified candidates who live near any of our regional offices are encouraged to apply, periodic travel is required.

To learn more about this position and to apply online, go to [https://lnkd.in/d\\_Hfxxj4](https://lnkd.in/d_Hfxxj4) today!



Do you have at least one year of nursing experience in a home care setting? Do you have excellent organizational and communication skills? We are hiring a community health RN to coordinate with our referral sources to ensure all required information is obtained and accurate during the referral process. This role also provides clinical support to our field staff and other departments across the organization.

Join our team and apply today at <https://lnkd.in/e8EGmaUV>!



We are hiring Registered Nurses & Hospice Aides for home care in Niagara County and Hospice House in Lockport! We offer generous paid time off and a great zero premium medical plan that starts on the first day! Apply at [NiagaraHospice.org/Careers](http://NiagaraHospice.org/Careers) or call 716-HOSPICE for more information.



# POSITIONS AVAILABLE!



Looking for a job that makes an impact? **People Inc.** is made up of dedicated, compassionate employees who help people with intellectual and developmental disabilities to achieve their goals. When you join our team, you can make a real difference, all while receiving outstanding benefits like generous time off, consistent schedules, paid training and more. Learn more at [people-inc.org/careers](http://people-inc.org/careers)

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](http://people-inc.org/careers).



## Career Spotlight: Recruiter – Western New York and Rochester Area

**Join the Talent Acquisition Team.** Staffing a leading health and human service agency that supports people in multiple counties – is rewarding and challenging! People Inc. is seeking motivated recruiters for both Western New York and the Greater Rochester area.



As part of a supportive team, the recruiter will manage all aspects of the recruiting life-cycle process, including sourcing, recruiting, conducting interviews, evaluating background checks, hiring and onboarding. This position requires a bachelor's degree with one to two years of experience or an equivalent combination of education and experience, and the ability to travel to various locations located in, but not limited to Erie, Niagara, Chautauqua and Monroe Counties.

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](http://people-inc.org/careers).



What's better than making a playlist together? A career at **Blossom** means doing this and so much more with your clients. Apply today at <https://lnkd.in/gS-rTfwp>

## VOLUNTEER OPPORTUNITIES



### Want to make an impact in your community and you have a few hours to spare?

We are seeking volunteers who would like to provide help at the front desk of our Herkimer Street office in Buffalo. This is the home base for our Workforce Development and Resettlement programs. Volunteers are needed weekdays during the mornings and afternoons.

If you are interested, please email Brittany Book at [brittany.book@ccwny.org](mailto:brittany.book@ccwny.org) for more information. Thank you!

Volunteers are URGENTLY needed for FeedMore WNY's home-delivered meals program. We have openings for individual volunteers as well as Adopt-A-Route opportunities for companies and community organizations looking to get involved.



Learn more and sign up today: <https://lnkd.in/eFFxzEpi>



### Volunteers are critical to serving neighbors in need!

Transportation - In-Home Supports - Companionship

**Volunteer Today!**



(716) 406-8311  
[volunteerhnh.org](http://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?



## Share your story with us on our Facebook page



- Are you running any seasonal campaigns or promotions?
- Do you have any client testimonials you want to share?
- New hires? Recent promotions in your organization?
- Are there any new services or products you want to promote?
- Do you have any job postings or employment opportunities?
- Any awards handed out? Grand openings?
- Notifications on any other acknowledgement and/or recognition

**NETWORKING**  
OF WESTERN NEW YORK, INC




## SUBMIT YOUR OWN EVENT!

- On home page [www.networkinaging.org](http://www.networkinaging.org), under EVENTS, Submit Your Event! It's EASY!
- Just fill in Title, Date/Time, Description, Cost, Venue and add an image!
- It gets added to our website calendar of events on the home page. We'll also post to Facebook!

## DID YOU KNOW? ... SNOW & ICE EDITION



- The first snow globe was invented accidentally by Austrian Erwin Perzy in 1900? Mr. Perzy designed and repaired medical tools by trade. The first snow globe was the result of his attempts to improve the lighting in operating rooms. The Original Snowglobe Factory (Original Wiener Schneckugelmanufaktur) in Vienna is still run by the Perzy family and currently produces over 350 designs!
- Valerjan Romanovski from Poland holds the world record for the longest duration full body contact with ice? Romanovski stood inside a glass box packed up to his neck in ice for three hours and 28 seconds. The feat was performed on the streets of Wilno, Wilenski, Lithuania. He trained for six months including only bathing in cold water!
- The intense fear of snowfall is called "chionophobia"? It derives from "chion," the Greek word for snow. It can cause extreme anxiety and can be triggered by just a weather report mentioning snow in the forecast.
- Igloos use snow and ice to trap body heat inside, making the temperature up to 40 degrees warmer than the outside air? The Inuit people developed the first igloos (meaning "snow house") centuries ago as a means for hunters to survive the brutal winters in frigid areas like the Canadian tundra. Today, you can rent a romantic igloo near the Swiss Alps with a private bathroom and sheepskin rugs!



**NETWORK in AGING**  
OF WESTERN NEW YORK, INC.  
EST. 1981

*Private Group for Members ONLY*

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

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

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



**PLATINUM MEMBERS!**  
**Promotional Email Blast!**

- It's time to start planning your week/month for 2023!
- Topic/Ad/Layout of your choosing
- Emailed to the entire membership (500+)
- Contact Lisa at [lisa@networkingaging.org](mailto:lisa@networkingaging.org) to schedule

## CALENDAR OF EVENTS

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**TASTE OF THE NETWORK • Tuesday, July 25, 2023**  
**Amherst Center for Senior Services**  
**370 John James Audubon Parkway • Amherst, NY 14228**

# Highlights of the Santora's Happy Hour on December 14th



Great turnout and lots of food! Here's a few pics of the night! Ryan O'Connor won the \$25 Amazon gift card for business card drawing and Kalie Mackenna from Venture Forthe won the 50/50 raffle.



## LOOKING TO HOST A NETWORK WITH THE NETWORK EVENT?

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 **JUNE-DECEMBER 2023** at this time. The Networking committee will be happy to help out with planning your event!

**Contact Lisa at:**  
**[lisa@networkinaging.org](mailto:lisa@networkinaging.org)**  
**for more info and to**  
**reserve your month!**







**CODE BLUE**  
BUFFALO & ERIE COUNTY

When it's below 32°F (including wind chill) people in need can get overnight shelter at:

**Harbor House**  
241 Genesee Street  
Buffalo

**Rural Outreach Center**  
730 Olean Road  
East Aurora

**Holy Cross**  
412 Niagara Street  
Buffalo

**FOR INFO: Call 211**




Get help with your home heating costs.

**HEAP**  
HOME ENERGY ASSISTANCE PROGRAM

erie.gov/heap

Need a hand with your home heating costs? HEAP can help. Be warm this winter! More information at: [erie.gov/heap](http://erie.gov/heap)

"Code Blue" is Buffalo & Erie County's emergency plan to provide shelter for homeless in dangerously cold conditions. If you know someone in need of refuge during subfreezing weather, direct them to a shelter or call 211. Details at: [wnycoalitionforthehomeless.org/codebluebuffalo.html](http://wnycoalitionforthehomeless.org/codebluebuffalo.html)

More resources to help protect you, your family, and pets: [www2.erie.gov/health/winter-storms-extreme-cold](http://www2.erie.gov/health/winter-storms-extreme-cold)



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

Learn more at: [nyserda.ny.gov/cec](http://nyserda.ny.gov/cec)

Use our Real Property Parcel Search to look up real property information, including tax history, on properties in Erie County. Delinquent Erie County property taxes may be paid online, and taxpayers who own property in the City of Buffalo may pay their current county property taxes online. Go to: [www2.erie.gov/ecrpts/real-property-parcel-search](http://www2.erie.gov/ecrpts/real-property-parcel-search)




**University Express**  
Free Online Classes for Older Adults



Go to: [Erie.gov/UniversityExpress](http://Erie.gov/UniversityExpress)

Did you know Erie County offers FREE online and in-person classes geared toward older adults (55+) on current events, history, science, and much more? For more info & class schedule, visit: [erie.gov/UniversityExpress](http://erie.gov/UniversityExpress)



**EMERGENCY CAR KIT**

**KEEP THESE ITEMS IN YOUR CAR:**

- HATS, COATS, MITTENS, AND BLANKETS
- WINDSHIELD SCRAPER
- SHOVEL
- FLASHLIGHT WITH EXTRA BATTERIES
- WATER AND SNACK FOOD
- FIRST AID KIT
- JUMPER CABLES
- CELL PHONE, PORTABLE CHARGER, AND EXTRA BATTERIES



Have you assembled your emergency car kit? Having these items in your car could save your life if you become stranded in a #winter #storm. More tips at: [www3.erie.gov/health/winter-storms-extreme-cold](http://www3.erie.gov/health/winter-storms-extreme-cold)

## Erie County Department of Senior Services

FOR INFORMATION AND HELP CONTACT US:



**(716) 858-8526**  
[erie.gov/SeniorServices](http://erie.gov/SeniorServices)



- Case Management
- Insurance Counseling
- Family Caregiver Assistance
- Transportation
- Wellness and Nutrition
- Home Care

95 Franklin Street • Buffalo • NY • 14202

The Administration on Aging and the NYS Office for the Aging help to fund these programs.

Erie County Senior Services can help you with transportation, wellness & nutrition, home care, case management, insurance counseling, family caregiver assistance – and more.

Call (716) 858-8526 or visit: [erie.gov/SeniorServices](http://erie.gov/SeniorServices)

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](http://erie.gov/cps)



Winter weather preparedness for

# Seniors

[www2.erie.gov/seniorservices/emergency-preparedness](http://www2.erie.gov/seniorservices/emergency-preparedness)



When extreme #weather events strike, the #elderly are often the most affected. Erie County Senior Services compiles resources to help #seniors and #caregivers better prepare for #emergencies. Check them out at: [www2.erie.gov/seniorservices/emergency-preparedness](http://www2.erie.gov/seniorservices/emergency-preparedness)



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](http://erie.gov/parks)



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 SENIOR SERVICES

Angela Marinucci  
From the Commissioner



Have you ever wondered exactly how television weather reporters get the information they read to us on-air? Or what supplements a pharmacist might recommend for you to maintain a happy and healthy lifestyle? If these things interest you or might benefit the population you serve – Erie County Senior Services has an amazing program I want to share with you that is FREE and open to all older adults in the County.

University Express is lifelong learning program developed by Senior Services in partnership with twenty-two senior centers and libraries throughout Erie County. This fall, we offered 150 different classes – our largest number to date. Older adults can join us to learn about finance, wellness, fitness, computers & technology, history, music, literature, gardening, pets – and so much more. We even had Andrew Baglini try to teach us the secrets Western New York meteorologists use to figure out when to expect snow! There really is something for everyone. For those who prefer to engage at home, we offer a great selection of virtual classes as well. I have learned that some adult living facilities show our recorded classes during activities time – which I loved to hear!

Older adults are the largest growing demographic in the United States and creating quality services and meaningful programming for them is my number one priority as Commissioner of Senior Services. I want everyone to live their best lives as they age, and my department is dedicated to finding innovative ways to do just that.

Whether it's providing delicious healthy meals through our Stay-Fit Dining Program or Frozen meal service, transportation to medical appointments or the grocery store, or connecting older adults to an exercise class, volunteer opportunities through our RSVP program or other socialization activities– my team at Erie County Senior Services can help. We even have case managers on staff to assist free of charge through NY Connects. If you or someone you know can benefit from any of our programs and services, please share our contact information below.

In closing, I want to take a moment to sincerely thank all members of Network in Aging for the very important work you do each and every day. Many of you served our community as front-line emergency workers during the pandemic, putting the lives of older adults in our community first. Please know I am truly grateful.

- Learn more about University Express ONLINE: <https://www4.erie.gov/universityexpress/>
- PHONE: 716-858-8793
- Erie County Senior Services/NY Connects: (716) 858-8526
- Online: <https://www4.erie.gov/seniorservices>





# MORE HIGHLIGHTS FROM THE ANNUAL MEETING & CONFERENCE November 3, 2022

## “Focus Forward: The Future of Healthcare”





# LIFE LESSONS

## LIFE LESSONS for NOV/DEC 2022 BUFFALO SPORTS TEAM FANDOM

The Life Lessons \$25 Amazon gift card went to Joy Crawford from The Amberleigh!



Submitted by **Alexandria Pender** from **Nascentia Health**.



Orchid Adult Daycare display! Submitted by **Victoria Freundsuh** from **Orchid Adult Daycare**.



Submitted by **Lisa Boron** from **Network in Aging**.



Amberleigh's Bills spirit! Submitted by **Joy Crawford** from **The Amberleigh**.



Baby shower celebration for Elizabeth Alvarado's brother and sister-in-law to welcome their new baby Poyer! Submitted by **Elizabeth Alvarado** from **Buffalo Medical Group**.



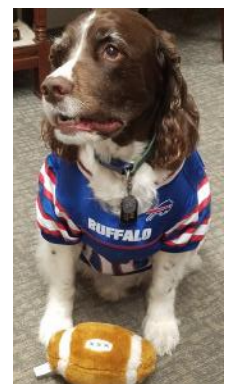
Little Buffalo Bills fan, Aidan from Lancaster, NY! Submitted by **Lauren Grawe** from **Brothers of Mercy**.



Bills snow game on 12/10/2017 against the Colts (stadium behind them). Submitted by **Ben Kanaley** from **Fallon Health Weinberg PACE**.



Celebrating with her dog Shelby. Submitted by **Shannon Radlich** from **Heritage Manor of Lockport**.



Celebrating "Fandom" with **Dylan the dog**. Submitted by **Jane Nogowski** from **Park Creek Assisted Living**.



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

7954 Transit Road, #254  
Williamsville, NY 14221

The Network in Aging of Western New York, Inc. is a non-profit, voluntary corporation, which brings together individuals and organizations involved in aging and long-term care. Our diverse membership includes educators, health and social service professionals, community leaders, government agencies and area businesses. **Our mission is “To help our members by providing opportunities for resource exchange, professional development and interdisciplinary collaboration through networking events, educational programs, strategic partnerships and promoting public awareness of the organization and its mission.”**

For more information about the Network in Aging of WNY, contact Lisa Boron at (716) 954-3075 or go online to [www.networkinaging.org](http://www.networkinaging.org).

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