

Oct-Dec 2023

Celebrating **42** Years

Annual Meeting & Conference 2023

"BALANCING THE AGING LANDSCAPE"

THURSDAY, NOVEMBER 2, 2023

8:00AM – 2:00PM

Ticket prices: \$55/members • \$75 /non-members

M Hotel Buffalo (formerly Millenium)
2040 Walden Avenue • Buffalo NY 14225

REGISTRATION NOW OPEN!



KEYNOTE SPEAKER

Greg Olsen

Acting Director
New York State Office for the Aging



SPEAKER

Nancy Weil

The LAUGH ACADEMY
Stress Less, Laugh More!

CONFERENCE AGENDA

8:00am – 9:15am	Registration, continental breakfast, networking
9:15am – 9:30am	Opening Remarks
9:30am – 10:45am	Keynote Speaker – Greg Olsen
10:45am – 11:30am	Networking
11:30am – 12:30pm	Speaker – Nancy Weil
12:30pm – 2:00pm	Lunch/Annual Meeting

FULL DETAILS ON PAGE 29

THANK YOU TO OUR CURRENT SPONSORS!

DIAMOND LEVEL

Bristol Village • Brookdale • Tennyson Court

EMERALD LEVEL

Alzheimer's Disease & Memory Disorder Center • Harris Beach PLLC
Health Foundation for Western & Central NY • PB Elder Law

RUBY LEVEL

Hospice & Palliative Care Buffalo • Laping, Surdej & Associates
Trusted Choice Homecare

SAPPHIRE LEVEL

Aging Well Care Management • Amberleigh (Sonida Living) • Brompton Heights
CarePatrol • Center for Elder Law & Justice • Erie Co. Dept. of Senior Services
Family Choice of NY • FeedMore WNY • Glenwell • Heathwood • Health Force
Nascentia Health • People Inc. • The Olear Team
Simply the Best Cleaning Services • Solstice Senior Living
Walsh Duffield Companies • Wheatfield Commons • WNY Coalition Pooled Trusts



1st Annual Progressive Cocktail Event

THURSDAY, OCTOBER 19, 2023

4:30 – 8:00PM • COST \$30 (pre-paid)

4:30PM – 5:30PM Networking/Appetizers

(Event starts promptly at 5:30PM)

Drink pairings included; cash bar

RSVP BY OCTOBER 13TH

Small plate & cocktail pairing!

Come "mix & mingle" for a fun progressive pairing event!



STO LAT BAR

(at Eastern Hills Mall)

4475 Transit Road • Buffalo, NY 14221

FULL DETAILS ON PAGE 27

THANK YOU TO OUR 7 EVENT SPONSORS!



Oct-Dec 2023



Est. 1981

Network in Aging
of Western New York, Inc.

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JERRY FLASCHNER HUMANITARIAN AWARDS RECIPIENTS



Richard Brooks III
Bristol Village



Sara Carlson
FeedMore WNY

Congratulations to the two recipients of the **Jerry Flaschner Humanitarian Awards**. Each received a \$1,000 scholarship towards their Fall tuition. They were presented at the Taste of the Network.

TASTE OF THE NETWORK – WINNERS! Tuesday, July 18th

Special thanks goes to our three Network in Aging judges, **Steve Buzzelli, James Conley, and Michael Olear**. As always, we appreciate the Amherst Senior Center staff for graciously hosting this terrific event at their Center!



People's Choice: Wheatfield Commons
Baklava



Best Entrée: selected by Amherst Senior Center judges
Glenwell – Orange Chicken Lettuce Wrap

Best Ethnic: Solstice Senior Living at East Amherst
Mini Shrimp Tostadas w/fresh avocado & Homemade Salsa w/Patitos Bravas



Best table presentation:
Weinberg Campus



Best Dessert: Brompton Heights
Italian Cream Cake



Best Vegetarian: Bristol Village
Pear Salad with Shaved Pecans



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

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Suzanne Nawojski
Oasis Senior Advisors

Past President

Angie Crawshaw

Founding President

Dr. Evan Calkins

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CarePatrol of Buffalo Niagara

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Lynn Westcott

Alzheimer's Association WNY Chapter

Julie Whitbeck-Lewinski

CarePatrol of Buffalo Niagara

PRESIDENT'S MESSAGE APRIL ROMANOWSKI



Anyone who thinks falling leaves are dead has never watched them dancing on a windy day. -Shira Tamir

As we transition into the fall and winter seasons, it's the perfect time to reflect on the abundant successes and opportunities that 2023 has brought to our organization. The past year has been nothing short of exhilarating, and as we look ahead, we can anticipate even more exciting developments on the horizon. We extend our heartfelt gratitude to every committee, member, and agency that has played a vital role in fostering a sense of unity, learning, and camaraderie within our organization.

The Membership Committee successfully achieved its annual goal.

We extend our heartfelt gratitude to our generous Platinum, Gold, and Bronze members, as well as to our new and returning members and member agencies. We eagerly anticipate the Membership Committee's upcoming initiatives that will stem from our new strategic plan, promising exciting changes for our membership.

The Networking Committee has organized exciting events, including the beloved Progressive Dinner, which will return next year. We're also thrilled about the upcoming Progressive Pairing event in a few weeks – it's bound to be a hit! Make sure to visit our website to register for this event on October 19th. Throughout the year, the Networking Committee has arranged numerous "Network with the Network" gatherings, with more planned to wrap up the year. We extend special thanks to our sponsors: Tennyson Court, Orchid Adult Day Care, Fredonia Place, FayeBrooke on Youngs, Touching Hearts at Home, Brookdale Kenmore, Fallon Health Weinberg, Glenwell, Lawley Medicare Solutions, Brompton Heights (and our missing co-sponsors), Trusted Choice Homecare, The Olear Team, and Venture Forthe. Your support is greatly appreciated!

The Education Committee achieved success with their June workshop on alcoholism and is currently dedicated to preparing an exceptional 43rd Annual Meeting titled "Balancing the Aging Landscape," set for Thursday, November 2nd at the M Hotel. This event will feature two dynamic speakers: Greg Olsen, Acting Director of the NYS Office for Aging, and Nancy Weil from the Laugh Academy. Together, we will delve into the current state of aging in New York State and discover innovative ways to incorporate humor, fortify our teams, and redefine our approach to aging.

The Special Events Committee treated us to an enjoyable January Social, featuring the elegant saxophone melodies of Saxman Slim, as well as a delightful "Taste of the Network" event in July. And, let's not overlook the exciting basket raffle scheduled for our upcoming Annual Meeting, promising to be the grandest one we've ever seen.

The Communications Committee remains committed to promoting the Network on social media and actively seeks innovative methods to disseminate information to both our valued members and the wider community.

I extend my sincere gratitude to our dedicated board of directors, whose unwavering commitment and tireless efforts are instrumental in driving the prosperity of our organization. They are diligently crafting a new strategic plan, and we anticipate sharing it with our valued membership by January 2024.

We extend a warm welcome to our new board members Sharon Plant and Deb Mathur, and at the same time, I wish to express my heartfelt appreciation to Bonnie McMorro, Mary Baty, and Julie Whitbeck-Lewinski. Bonnie is finishing up her board term after eight years. She has been a valuable asset contributing significantly not only to the board but also serving as the Co-Chair of our Special Events Committee. Mary and Julie are both leaving the board for different reasons and will truly be missed.

Continued on page 14

WELCOME NEW MEMBER AGENCIES





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 3:30pm.

CO-CHAIRS

Mary Baty
mbaty@carepatrol.com
(716) 906-9014

Mike Ford
michael.ford@vitalhomecare.com
(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@brothersofmercy.org

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

Dr. Kara Calandrelli
kcalandrelli@sonidaliving.com
(716) 689-4195 ext 111



Private Group for Members ONLY

Haven't joined our MEMBERS ONLY Facebook group yet?

- Share resources and expand referral network
- Announce events and post job opportunities at your organization
- Engage in discussions with other NIA members
- Ask for recommendations and pose questions
- Share ideas

This page can only be viewed by other NIA members – not to the public. If you belong to or are associated with a member agency, go to <https://www.facebook.com/groups/niamembers> and request to join! Or go to our home page and click on Join Members Only page at the top.

LIKE

Beginning 10/1 and ending 11/1, we're offering a \$25 gift card to those that like this page. The announcement will be made at the annual meeting on 11/2.

WHAT COMES NEXT?



EXPERT PRESENTATION ON HANDLING A LOVED ONE'S DEATH

Join Attorney Daniel P. Schaus and Funeral Director John Biddlecom (Lombardo Funeral Home) for a presentation on how to handle the passing of a loved one. Learn about what to expect when a loved one passes away and what you might need to do next.



Amherst Senior Center
370 John James Audubon Pkwy.
Amherst, NY 14228



OCTOBER 12, 2023
4:00-6:00pm

Call 716-636-3050 to pre-register!



SCHAUS & SCHAUS LLP
ATTORNEYS AT LAW

For More Info or to Request Accommodations
(Requests Required One Week in Advance):

Rachel Baldassaro - 716-853-3087 x243
rbaldassaro@elderjusticenyc.org

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- Business card size ad
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- Job postings
- Acknowledgements and Recognitions



Looking for
ARTICLE AND
AD SUBMISSIONS
for the
Jan-Mar 2024
edition!

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

CAREPATROL

The Silent Struggle: Caregiver Stress

by Dr. Julie Whitbeck-Lewinski, OTD, OTR/L, CSA, CDCS, CFPS

National Family Caregivers Month is celebrated every November. It is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

Caregiving is a noble and often selfless act of love and compassion, where individuals dedicate their time and energy to support loved ones who are ill, disabled, or aging. While it can be a deeply rewarding experience, it also comes with a significant emotional, physical, and psychological toll. Caregiver stress, also known as caregiver burnout, is a prevalent and often overlooked issue that affects millions of people worldwide. In this article, we will explore the challenges caregivers face, the signs and symptoms of caregiver stress, and practical strategies to manage and mitigate this silent struggle.

The Role of a Caregiver

Caregivers play a vital role in the lives of those they care for. Whether providing assistance to aging parents, supporting a spouse with a chronic illness, or caring for a child with special needs, caregivers perform a range of tasks that include:

- Personal care: Assisting with bathing, dressing, and grooming.
- Medication management: Administering medications and monitoring their effects.
- Household chores: Managing daily chores and responsibilities.
- Emotional support: Providing companionship, empathy, and reassurance.
- Advocacy: Navigating healthcare systems and advocating for their loved one's needs.

The Challenges of Caregiving

Despite the deep sense of fulfillment that caregiving can bring, it also presents a myriad of challenges that contribute to caregiver stress:

1. Emotional Strain: Witnessing a loved one's suffering or decline in health can be emotionally draining, leading to feelings of sadness, guilt, and helplessness.
2. Physical Demands: The physical demands of caregiving, such as lifting, bathing, and constant vigilance, can lead to exhaustion and physical strain.
3. Financial Stress: Caregivers often incur additional expenses related to healthcare, medications, and home modifications, which can strain their financial resources.
4. Isolation: Caregivers may become socially isolated as they dedicate more time to caregiving, leading to feelings of loneliness and isolation.
5. Time Constraints: Balancing caregiving with work, personal life, and other responsibilities can be overwhelming, leaving little time for self-care.

Recognizing Caregiver Stress

Understanding the signs and symptoms of caregiver stress

is crucial for early intervention and prevention. Common indicators include:

- Constant Fatigue
- Increased Irritability
- Neglecting Personal Health
- Withdrawal
- Depression and Anxiety
- Physical Ailments

Coping with Caregiver Stress

Taking steps to manage and alleviate caregiver stress is essential for the well-being of both the caregiver and the person receiving care. Here are some practical strategies:

1. Seek Support: Reach out to support groups, friends, and family members who can provide emotional support and share the caregiving responsibilities.
2. Set Realistic Expectations: Accept that you cannot do everything, and it's okay to ask for help or consider professional assistance when needed.
3. Self-Care: Prioritize self-care by getting enough rest, eating well, and engaging in regular physical activity. Consider meditation or relaxation techniques to manage stress.
4. Time Management: Organize your caregiving tasks and responsibilities to ensure a balance between caregiving and personal life.
6. Professional Help: Don't hesitate to seek professional help if you experience symptoms of depression or anxiety. Therapy or counseling can provide valuable coping strategies.

Being a caregiver is a deeply fulfilling role, but it also comes with its unique set of challenges and responsibilities. Caring for a loved one who is ill, elderly, or disabled requires a tremendous amount of time, energy, and emotional strength. However, there may come a point when the demands of caregiving become overwhelming, and it becomes clear that you need more help. When is it time for caregivers to seek additional assistance and explore the various resources available to support them?

Signs It's Time for More Help

Feeling Overwhelmed: If you find yourself constantly overwhelmed by the demands of caregiving, it's a clear sign that you may need more help. Feeling like you're drowning in responsibilities can have serious consequences on your own health and well-being.

Neglecting Your Own Needs: When you start neglecting your own physical and emotional needs, it's time to reassess your caregiving situation. Skipping meals, losing sleep, or ignoring your own health can lead to caregiver burnout.

Decline in Personal Health: Caregivers who experience a decline in their own physical health, such as frequent illnesses,



weight loss, or chronic fatigue, should consider seeking additional assistance.

Increased Care Demands: If the care needs of your loved one have escalated to a point where you're struggling to meet them adequately, it's a clear indication that more help is required.

Emotional Exhaustion: Persistent feelings of sadness, anxiety, or irritability can be signs of emotional exhaustion. Caregivers often experience a range of emotions, but when these feelings become overwhelming and persistent, professional help may be necessary.

Neglected Relationships: When caregiving consumes all your time and energy, your relationships with friends and family may suffer. Recognize when your caregiving duties are isolating you from your support network.

Loss of Personal Identity: If you feel like your own identity is slipping away, and you can no longer pursue your interests and hobbies, it's crucial to reassess your caregiving role.

Additional Help Available

Recognizing when to seek more help as a caregiver is a vital step in ensuring both your well-being and the quality of care you provide. There are various resources and options available to support caregivers in their role. Remember that seeking help is not a sign of weakness but a responsible choice to ensure the best care for your loved one and maintain your own health and happiness. Options to consider include:

1. **Respite Care:** Respite care provides temporary relief for caregivers. It can be arranged through home care agencies, adult day centers, or by enlisting the help of friends and family members. Taking regular breaks is essential for maintaining your well-being.
2. **Professional Caregivers:** Hiring a professional caregiver, either part-time or full-time, can provide much-needed assistance with daily caregiving tasks, medication management, and medical care.
3. **Support Groups:** Joining a caregiver support group can offer emotional support, information, and a sense of community. Sharing experiences with others who understand your challenges can be incredibly valuable.
4. **Home Modifications:** Consider making necessary modifications to your loved one's home to make caregiving tasks more manageable. This can include installing ramps, grab bars, or a stairlift.
5. **Financial Assistance:** Investigate financial assistance programs that may help cover the cost of caregiving, such as Medicaid, long-term care insurance, or veterans' benefits.
6. **Senior Living Advisement:** Consult with experts that navigate options based on needs, care, desires, and finances to ensure you're making the best decisions for your loved one's care and your own financial well-being.

Caregiver stress is a significant and often underestimated challenge faced by those who selflessly care for loved ones in need. Recognizing the signs of caregiver stress and taking proactive steps to manage it is essential for both the caregiver's well-being and the quality of care they provide. By seeking support, practicing self-care, and setting realistic expectations, caregivers can navigate this challenging journey with greater resilience and compassion. Caring for yourself is not a sign of weakness but an essential part of being a strong and effective

caregiver.

Caregiving can be a challenging journey, but you don't have to navigate it alone. CarePatrol provides senior care and living advisement at no cost. Navigating respite, in-home care, independent living, assisted living, and nursing home options can be daunting. CarePatrol takes the guess work out of it with a proven process and extensive team knowledge to find the best care and living options available and to connect with trusted resources such as Eldercare and Estate Attorneys, moving companies and realtors, downsizing and cleaning companies, durable medical equipment, electronic health monitoring, and more.

If you are serving seniors through your organization and would like to be part of our network of trusted providers, know someone who could benefit from our services, or you are a struggling caregiver looking for support, reach CarePatrol today at (716) 463-2966. There is no obligation and our services are FREE! 🌸

Dr. Julie Whitbeck-Lewinski, OTD, OTR/L, CSA, CDCS, CFPS
jlewinski@carepatrol.com
(716)463-2955



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ACCOMPLISHMENTS & RECOGNITION!

Lawley

MEDICARE SOLUTIONS



The Lawley Medicare Team is growing.

Janell Sluga is joining us as a Medicare account executive in our Jamestown office. Janell is a certified geriatric care manager who has extensive experience consulting individuals on Medicare for over 20 years. We are thrilled she is joining us August 1st! Welcome Janell!!!



Please congratulate **Janice Thurston**, who will be converting from a temporary on the Medicare team, to an administrative assistant supporting the Medicare team. Janice started with Lawley's medicare team when our Southgate location opened last year, and she has been an instrumental part of the success of that office.

Congratulations Janice!!



Our Medicare sales team is looking forward to welcoming **Michele Luthi** as a Medicare sales consultant! Michele has 10+ years of Medicare and many years of customer service, all from a regional health insurance broker. Welcome Michele.



Lawley's Medicare team is looking forward to welcoming **John Weatherby** as a Medicare sales consultant. John has an extensive sales background in healthcare/Medicare from a regional carrier, and we look forward to him joining the team. Welcome John!!!



Lawley

INSURANCE | EMPLOYEE BENEFITS



We are proud to share that our own **Kim Navagh**, director of people strategy and recruitment, has once again ranked on the Buffalo Business First Power 200 Women List. We congratulate Kim and all the fellow WNY women who also appeared on the 2023 list.

As we continue to expand, we welcome **Scott Dobosz** as the director of marketing and underwriting. Scott will lead the agency's property and casualty marketing and underwriting team, focusing on client retention and growth. Scott brings 15-plus years of experience and previously served as the president of the Insurance Club of Buffalo-Buffalo I-Day. Welcome Scott!



Oasis Senior Advisors is pleased to announce that **Suzanne Nawojski** has joined the Oasis team as a senior advisor. Sue provides a professional and compassionate approach to assist individuals and families who are navigating through the process of placement within the community. In addition to working with individuals and families, Sue will be concentrating on building the Oasis brand through business development and community engagement.

Prior to Oasis, Sue spent the past six years at Tennyson Court Assisted Living and Memory Care, first as the admissions director and then most recently as the executive director. Sue has been in the sales and marketing side of healthcare for over 25 years.

Sue serves as the treasurer for the Network in Aging and is proud to work with all the professionals in the network for the betterment of the senior community. Outside of work, Sue is a proud wife, mother, and nana!



CAREPATROL WELCOMES
BRIGID JOINT

Brigid Joint joins CarePatrol of Erie & The Southern Tier as Director of Business and Client Relations. Brigid joins us with extensive experience in business development for home health, hospice and palliative care services.

Brigid will be working with healthcare providers, seniors and their families to support navigation of in-home care options and transitions to senior living such as independent living, assisted living, and memory care communities.

Brigid's passion, dedication, and diverse background and skills provide for a great addition to CarePatrol!

Brigid Joint, Director of Business and Client Relations
bjoint@carepatrol.com
(716) 708-1588 or (814) 413- 0121



Aging Well Care Management, LLC recently acquired Geriatric Care Managers of WNY. **Michelle Spencer, CMC** will serve as President of the practice and **Beverly Kubala, RN, CCM** will continue her role in the practice as a consulting partner during the transition. **Sharon Costello, RN, MBA, CCM** will remain the dedicated Medicaid liaison and geriatric care manager within the practice. We can continue to be reached at our office at 716-204-1063 or by calling 716-218-9717.

ACCOMPLISHMENTS & RECOGNITION!



The Brothers of Mercy announced the hiring of **Jane Nogowski** as the sales & admissions coordinator for the Sacred Heart Home Assisted Living & Memory Care facility on the Wellness Campus in Clarence. She will be responsible for the sales and admissions for new residents at the Sacred Heart Home.

"Jane is well suited to guide families through this sometimes difficult transition to a long-term care facility with her level of experience and intent to provide the best quality of life," said Mindee McDonald, RN, BSN, Executive Director of Sacred Heart Home.

Nogowski previously worked for 14 years as the marketing director at Park Creek Assisted Living and Memory Care. She earned a bachelor of science in business from D'Youville College and is on the board of directors for The Network in Aging of Western New York, where she chairs the membership committee. She is also a member of the Erie County Caregiver coalition.

A Buffalo native who has lived her whole life in Western New York, Nogowski is a staunch supporter of all Buffalo sports teams and local musicians and resides in Williamsville.



The Brothers of Mercy has named **Liam O'Mahony** as the new director of marketing for its Wellness Campus.

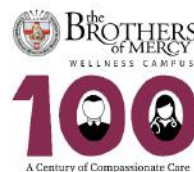
O'Mahony brings more than 20 years of public relations and marketing experience to the organization, including leadership positions with the former Seattle SuperSonics and the City of Chandler (Arizona) Community Services Department.

He returned to his native Western New York in 2012 and worked at Rich Products in corporate communications and led the marketing and communications for Niagara Hospice.

"It is a great privilege to join The Brothers of Mercy family and be a part of the organization's 100-year tradition of providing comprehensive care and comfort to Western New Yorkers. It is very rewarding to work with the different departments across the facilities on the Wellness Campus in Clarence, where I grew up," O'Mahony said.

He holds a bachelor of science in communication from Cornell University and earned a master's in business administration from Arizona State University's W.P. Carey School of Business.

"We are very happy to welcome Liam to the team. His versatility and expertise in marketing and public relations will be a great asset to our organization's internal communications and community marketing initiatives," said Peter Eimer, CEO of The Brothers of Mercy.



The Brothers of Mercy is a nonprofit Catholic provider of comprehensive, compassionate residential, health care and rehabilitation services for Western New Yorkers. The organization operates a Medicare-rated 5-star, 126-acre Wellness Campus in Clarence, NY. With a continuum

of lifestyle options, The Brothers of Mercy ministry of care features skilled nursing, inpatient & outpatient therapies, assisted living & memory care, independent living, spiritual care, respite, hospice and at-home companion care. It is the largest retirement community in the region, as ranked by Buffalo Business First, and is 13th on Newsweek's "America's Best Nursing Homes" list for New York State.

In 2024, The Brothers of Mercy's will commemorate its 100th anniversary of serving seniors seeking their best quality of life. From its origins of riding bicycles through the streets of Buffalo to deliver home care, the mission has remained devoted to serving the essential health needs of the community through the motto of "The Charity of Christ Urges On." For more information, call 716-759-6985, email info@brothersofmercy.org or visit BrothersofMercy.org.

PRIMACY FINANCIAL

Congratulations!

Tyler Diebold

We are pleased to announce that Tyler has earned the **Certified Financial Planner (CFP®)** certification. The certification is the fiduciary standard of excellence, meeting the rigorous education, training and ethical standards. He is committed to serving our clients' best interests today to prepare them for a more secure tomorrow.



Congratulations to **Grace Firzak**, new administrator at Elderwood Assisted Living at Cheektowaga.



Tennyson Court is excited to announce the appointment of **Torino Gasbarre** as our **administrator**. Torino brings many years of experience to our community, and we look forward to having him as a part of our team!



ACCOMPLISHMENTS & RECOGNITION!



Catholic Charities Chief Operating Officer, **Molly Oliver**, took the 164th spot in Buffalo Business First's Power 200 Women list! We are so fortunate to have her contributing to our organization's success with her remarkable skills and vision.



Leadership news! Excited to announce **Charles Hayes** has been appointed chief development officer. He brings more than 30 years of marketing and communications experience to his new role with us.

"Chuck's skills in relationship building, along with a collaborative, strategic and forward-thinking approach, will enhance the efforts and strength of the Appeal and other development initiatives," said Deacon Steve

Schumer, Catholic Charities of Buffalo president and CEO. "We welcome Chuck to the leadership team and look forward to working with him in increasing awareness of our programs and services, and continuing collaboration between Catholic Charities and both parishes and corporations." Congratulations and welcome, Chuck!



"Philanthropists. Lawyers. Businesswomen. Bankers. These women's talent and influence are fueling economic, social and cultural growth throughout Western New York." - @bflobizfirst

Today, we are proud to announce our very own president and CEO of People Inc., **Anne McCaffrey**, took the 13th spot on the distinguished "Power 200 Women" list!

Congrats Anne!

Nineteen executives from some of the region's largest companies and nonprofit organizations have been named honorees of the 2023 C-Level Executives Awards.

The 12th annual awards recognize Western New York's most effective business leaders.

We celebrate **Concetta Ferguson**, our chief innovation & program development officer!

Congratulations for over 35 years of service with People Inc.!



Please join us in welcoming **Rahsaan DeLain** to our board of directors!

Rahsaan is a native Western New Yorker. He and his husband are proud parents of four children, including a son with Autism. Rahsaan is a strong advocate for racial equity and dismantling social oppression.

Rahsaan currently serves as the executive director of Collaborating on Poverty Elimination WNY Inc., a newly formed non-profit organization committed to improving the health and well-being of communities of color and other historically excluded groups in WNY. He is also the project coordinator for health equity at the Community Health Center of Buffalo, Inc.

Rahsaan is an adjunct faculty at St. John Fisher University and is completing a Ph.D. in Counseling and Counselor Education; his research focuses on black male caregivers and their experiences of raising children with Autism.

When asked why he chose to join the WSCS board, Rahsaan said, "If you listen to stories of those who have touched this organization, you hear hope and a commitment to empowerment. It is an honor and a privilege to be a part of an organization with community credibility and proven effectiveness in improving the lives of those it serves. I am excited to collaborate with my fellow board members and get to work!"



Please join us in welcoming **Rachel Laster** to our board of directors!

Rachel is a registered dietitian and the program director of the Nutrition Empowerment Program at D'Youville University. In addition to her impactful role at DYU, she also spearheads her own private practice, Real

Life Dietetics + Consulting. Rachel is an active member of the WNY Dietetic Association NOBIDAN, and also serves as a board member of Feed Buffalo.

When asked why she chose to join the West Side Community Services board, Rachel answered, "West Side Community Services has a strong history of serving the local community. They make a point to serve everyone; from youth to elderly and everyone in between. After becoming more associated with the programming WSCS was aiming to provide through my work at D'Youville, I was honored to be invited to join the board."

ACCOMPLISHMENTS & RECOGNITION!

Western New York Integrated Care Collaborative (WNYICC) wins National Award

USAgings' Aging and Disability Business Institute present-ed the Western New



York Integrated Care Collaborative, Inc. (WNYICC) with The John A. Hartford Foundation 2023 Business Innovation Award for its work as a Community Care Hub to address the social determinants of health. Through its 25 contracts with health plans, WNYICC's more than 50 Network Members (all local community-based organizations) help reduce barriers older adults and people with disabilities may face in accessing medical care by addressing the health-related social needs of individuals living in western New York through a variety of programs.

"Western New York Integrated Care Collaborative (WNYICC) is honored to be recognized for our innovative partnership with Independent Health. Through contracting with this health plan, the WNYICC Network has helped over 1,500 people in the western New York region address health-related social needs such as food insecurity, social isolation, health literacy and more," said Nikki Kmicinski, executive director. "With over 50 local, trusted community-based organizations in the WNYICC Network providing these social services on the ground and in the homes of our community, we are reducing the cost of care and improving the lives of Western New Yorkers. WNYICC's Community Care Hub will continue to pursue partnerships with health care entities interested in addressing health equity and the social determinants of health for their members through interventions delivered by our community-based network members," she continued.



Congratulations to **Margaret J. Kleinmann** on being promoted to senior executive director at Solstice Senior Living at East Amherst! Proud to have her as a Platinum member of the Network in Aging.



Welcome **Robin**, our new activities director! Robin is originally from Brooklyn, NY and now resides here in Buffalo. She graduated from UB and has certifications in activities, dementia practitioner, and non-crisis interventions. Robin is a teaching artist for Arts for Learning of WNY. She has been in healthcare for over 25 years, her goal is to merge her artistic experience with healthcare to create a healing experience.

Thirty-Eight
Woods Oviatt Attorneys
Named to the
"2024 Best Lawyers in
America" List



RECOGNIZED BY
Best Lawyers

We are pleased to announce that 38 Woods Oviatt attorneys have been named to the "2024 Best Lawyers in America" list, the "Lawyer of the Year" list, and the "Ones to Watch" list.

Recognition by Best Lawyers is based entirely on peer review. Their process is designed to capture, as accurately as possible, the consensus opinion of leading lawyers about the professional abilities of their colleagues within the same geographical area and legal practice area.

Congratulations to **Bruce Reinoso**, past president, and current member of the Network in Aging of WNY! Proud to have him recognized as one of the best "Lawyers in America" for 2024.

SAS – Expanding Our Reach

Senior Advocate Services expands its team to meet increasing demands. Join them to welcome two seasoned professionals to their team of dedicated individuals serving the Medicaid and Medicare needs of seniors in Western New York and beyond. Mimi Piciullo and Paula Licata will play key roles in contributing to the growth and overall quality of service for SAS.



Mimi Piciullo is a familiar face to the Network in Aging and is widely recognized for her expertise in the industry. She has held administrator positions at several prominent assisted living and memory care facilities in the area. As a client liaison, Mimi is responsible for establishing and nurturing relationships with our valued clients and referral partners. Her experience and passion for marketing will play a pivotal role in promoting and showcasing the exceptional services offered at senior advocate services. Keep an eye out for Mimi, she is sure to stop by soon.



Paula Licata is an expert in nursing home Medicaid. She has over 20 years of experience in assisting applicants, and their families, to navigate the complexities of applying for and obtaining LTC Medicaid. Paula has a dynamic and engaging personality that makes a lasting impression on the individuals she assists. The experience and knowledge she brings to SAS doubles the capacity to process applications efficiently and at a proven level of success.

With the 2023 increase in Medicaid eligibility levels, more individuals than ever before will now qualify for Medicaid assistance. It is important to engage the services of a professional who possesses the knowledge and expertise to ensure that all the necessary steps are taken to maximize eligibility and appropriate benefits are received.

Welcome to the Senior Advocate Services team Mimi & Paula!

ACCOMPLISHMENTS & RECOGNITION!



REFERRAL BONUS of \$1,000 offered to any NETWORK IN AGING MEMBER!

FayeBrooke on Youngs in Williamsville – WNY's newest senior living community. Refer a friend, client, colleague, or family member, sign a 12-month lease and receive a check for \$1,000.

This is one of only a few local independent senior living communities to offer 3 restaurant style meals served daily in a dining room exclusive to FayeBrooke. They offer other services including weekly housekeeping, concierge service, valet parking, scheduled transportation and available attached garages. Open houses are held Monday-Saturday from Noon-4pm, no appointment necessary. For more info, visit FayeBrooke.com or contact General Manager, Annette Palmerton at 716-320-8200 or APalmerton@FayeBrooke.com.

Refer a client, friend, colleague or family member, sign a 12-month lease and receive a check for \$1,000.

NETWORK IN AGING REFERRAL BONUS!!!

Refer a client to FayeBrooke on Youngs and you will receive \$1,000. To participate in our Financial Advisor Referral Program, simply refer a client, friend, colleague, or family member FayeBrooke on Youngs. If they are approved, sign a 12 month lease and move in, you will receive a check for \$1,000. It is that easy!

To make a referral please let me know that you have referred a client and provide their information by completing the referral information below and email back to me. I will reach out to them to directly to schedule a tour.

YOUR NAME _____

CLIENT'S NAME _____

CLIENT'S EMAIL _____

CLIENT'S PHONE _____

I welcome you to come have lunch with us and tour our new "enhanced amenity" property. The executive chef and culinary team will be happy to accommodate you! Please email me or give me a call to set a day and time to see all FayeBrooke on Youngs has to offer your clients.

Annette Palmerton, General Manager
apalmerton@fayebrooke.com • 716-320-8200
FayeBrooke on Youngs
1055 Youngs Rd., Williamsville NY 14221



Gahr Named Administrator at Absolut Care of Aurora Park

Kate Gahr has been appointed as the assistant administrator at Absolut Care of Aurora Park, one of six nursing and assisted living facilities in the Absolut Care portfolio. Absolut Care is part of an enterprise that is jointly branded as Living Legends and includes sister portfolios, the McGuire Group, Taconic Health Care and VestraCare. Together they provide care to more than 2,800 individuals across New York state.

In this role, Gahr is responsible for assisting with the planning, development and operational oversight of the 177-bed skilled nursing and rehab facility in accordance with all state, federal and local regulations.

Prior to her appointment, Gahr held roles at Elderwood as an occupational therapist, director of therapy and assistant administrator.

Gahr holds a master's degree in occupational therapy from the University at Buffalo. She resides in Alden with her husband and children.

Absolut Care of Aurora Park provides skilled nursing care, subacute rehabilitation, memory care, hospice services, in-house dialysis, and respite/short-term care. To learn more visit: www.livinglegendshealth.com.



Walsh Duffield



Walsh Duffield is thrilled to add **Elizabeth Schyve** to our Medicare team! Liz joined us as a benefits consultant on September 5th. Prior to joining Walsh Duffield, Liz spent over 16 years in the rehabilitation and nursing industry, most recently with Lockport Rehab & Health Care Center. Her knowledge and experience working at the facility level will bring great value when working with our senior clients. Liz has a keen interest in expanding our services in the Eastern Niagara/Orleans County regions. Welcome Liz!

HOSPICE & PALLIATIVE CARE BUFFALO

Order online at
HospiceLightALife.com
or contact events@palliativecare.org
or call (716) 989-2010



Send a gift of a Light-A-Life Bell to your family and friends as a remembrance of their loved ones.

ORDER DEADLINES

NOVEMBER 7
order deadline for memorial plaque inclusion

NOVEMBER 20
order deadline for memorial tree tag inclusion

NOVEMBER 20
order deadline to receive bell before December 25

RECEIPTING PROCESS

- All giving levels are receipted at the tax-deductible amount. For example, if you purchase a bell at the \$60 level, your receipt will show \$45 (less the hard cost of the bell).
- Evergreen Society Members – if you decline your wreath, you will be receipted for the full amount of your donation, (less the hard cost of the bell and stand).

SHIPPING

- Order by October 20 for your bell to be shipped on November 6
- Order by November 20 for your bell to be shipped on December 11
- Wreaths ordered by November 20 will be delivered December 1 & 2 and cannot be delivered to a P.O. Box.

Questions? Contact: events@palliativecare.org • (716) 989-2010

The Hospice Foundation supports Hospice & Palliative Care Buffalo and its affiliates. If you know of someone who may need Hospice care, call (716) 686-8000.


















Join Us
**LIGHT-A-LIFE
MEMORIAL TREE LIGHTING
CEREMONY**

Saturday, December 2 | 5-5:30 PM

Hospice Milch-Mitchell Campus
at the Wilson Support Center
150 Bennett Rd., Buffalo, NY 14227

Held Outdoors • Parking Available at AppleTree Business Park



	<p>Collect the <i>Memories</i> and Support Hospice & Palliative Care Buffalo</p> <p>The Light-A-Life Bell has become a cherished collectible and a beautiful remembrance for family and friends who have lost someone they love. The Bell serves as a treasured reminder for loved ones who were cared for by Hospice & Palliative Care Buffalo. Order online at HospiceLightALife.com or call (716) 989-2010 to place your order today.</p>				
	Live hanging wreath professionally decorated by Trillium's Courtyard Florist	A silver swirl bell holder	2023 Bell inscribed with your loved one's name	Your loved one's name on the memorial plaque displayed at Hospice & Palliative Care Buffalo	A tag with a bow and your loved one's name on a Light-A-Life tree
EVERGREEN SOCIETY GIFT OF \$500					 <small>Green & Gold Bow</small>
GOLD PATRON GIFT OF \$100					 <small>Gold Bow</small>
SILVER PATRON GIFT OF \$60					 <small>Silver Bow</small>
RED PATRON GIFT OF \$30					 <small>Red Bow</small>

TOWN OF AMHERST SENIOR CENTER

Amherst Senior Center Partners with Sweet Home High School



For over a year now, The Amherst Center for Senior Services has been partnering with Sweet Home High School's Ready Academy. Senior Center Volunteers offer mentoring opportunities for students both at the Academy and in the Senior Center. These opportunities align with almost any interest and experience including

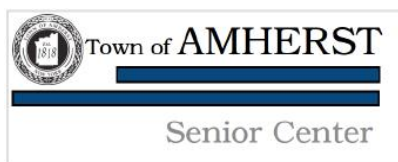
art, mindfulness, cooking, business, and other life skills.

Ready Academy Big Picture has been in existence for four years. The Academy services students who need more than a traditional classroom environment. They are associated with a national educational organization called Big Picture at bigpicture.org. Their mission is to educate one student at a time with a focus on relationships, rigor, and relevance. In addition, kids are placed with mentors throughout the community who can offer short and long-term internship opportunities throughout their four years of high school.

"The Amherst Center for Senior Services is a perfect partner with members with real-life work experience that intersects with their passions and interests," states Stephen Shepherd, Teacher on Special Assignment as Acting Principal.

"By interacting with younger generations, older adults are able to share important life lessons. On the other hand, younger generations can teach seniors new ways of looking at life. Our membership is 12,000 members strong and we are excited to assist children in improving their future," states Melissa Abel, Executive Director, Amherst Center for Senior Services. 🌸

If you would like more information on this partnership, please contact Jodi Kwarta, Director of Volunteer Services at kwartaj@amherst.ny.us.



LIGHTS, CAMERA, ACTION!



Is your organization listed in our **BUSINESS DIRECTORY**? Do you want other members and the public to search for you by name or specific service category? Go to our home page www.networkinaging.org, click on the yellow **BUSINESS DIRECTORY?** button and check to see if your organization is included.

Not listed? Go to <https://networkinaging.org/directory-listing-submission/>, put in password **nia2020**. Enter your organization name and select the categories that fit your services.



IS YOUR LOGO CORRECT ON OUR WEBSITE?

Is it linked to your own website?
www.networkinaging.org
Email lisa@networkinaging.org
if you need it updated.

PRESIDENT'S MESSAGE

Continued from page 3

In closing, let us remember that the true essence of our organization lies not only in its past accomplishments but in the limitless potential of its future. As we step into the seasons ahead, let's continue to embrace every opportunity to connect, learn, and grow together. Let the falling leaves remind us that change is a beautiful dance, and as we navigate the winds of time, let's keep our spirits high and our hearts open. We invite each and every

one of you to join us in our journey – attend our events, meet new friends, and dance on windy days. Together, we'll create a future that's as vibrant and promising as the autumn leaves themselves. Thank you for being an integral part of our shared success, and we look forward to an even brighter tomorrow.

Sincerely,

-April Romanowski, Network in Aging President

PEOPLE INC.

People Inc. Provides Affordable, Stress-Free Living

As we age, many everyday responsibilities become more challenging. The maintenance of owning a home, in particular, can morph into a number of overwhelming tasks. Lawns need to be cut in the summer months. Snow and ice pile up on blustery winter days. And plumbing, electrical or general repair issues can strike during any time of year!

With People Inc., older adults can enjoy affordable, comfortable living at one of our 20 Senior Living apartment buildings, located across Western New York. From a senior who receives a small pension and cannot afford an over-priced apartment, to a widow who can no longer handle the upkeep of a house, we assist hundreds of older adults with managing utilities, downsizing and removing the burden of home maintenance.

Apartments are for independent older adults ages 62 and over who are income eligible. As an added cost savings, some utilities are included. One-bedroom apartments feature a kitchen with appliances. Tenants and family members can feel at ease having a day-time manager on site and a live-in caretaker for building emergencies. Along with laundry facilities, each complex has a beautifully furnished community room with a kitchen that can be reserved for family gatherings. Tenants are welcome to have one small pet. For those who like to socialize, there are a variety of events and community outings held throughout the year.

"Even though I live alone, I never feel alone," said L.D., a tenant at our Walnut Senior Living Apartments, "There is always someone to make you feel welcome. It can be as simple as being smiled at or offered an invitation to join the group."

In addition to our Senior Living locations, People Inc. manages a number of affordable apartments across the region for people of various ages. Qualifications and amenities vary. 🌸

For information on all our affordable housing opportunities, including apartment applications, visit people-inc.org. Questions? Contact housing@people-inc.org or call 716-880-3890.



ALZHEIMER'S ASSOCIATION

We know caregiving isn't easy, but the Western New York Chapter of the Alzheimer's Association is here to help. In partnership with Exhale, the Family Caregiver Initiative, we are piloting a new program called VITALz WNY, which stands for Virtual Inclusive Technology for Alzheimer's Caregivers. Through this program, we will provide accessible virtual respite and support for Western New Yorkers caring for a loved one living with Alzheimer's or dementia.



Caregivers who participate in the VITALz program will receive a free Samsung Galaxy tablet as well as a free iN2L subscription for up to 12 months. With an iN2L subscription, regular tablets are

simplified and customized to make navigation a breeze. With large font size and on-screen controls, these tablets are easy to use with no need for previous technology experience.

VITALz was developed to make life a little bit easier for caregivers by making resources and support available at the click of a button. The tablets come customized with links to virtual support groups, caregiver resources, the Alzheimer's Association's 24/7 Live Chat Feature, care planning and more. The tablets also come loaded with entertainment options that your loved one can engage with, such as puzzles, videos, music, photos, and worship.

To ensure caregivers participating in VITALz WNY get the most out of the program, the Alzheimer's Association will host a virtual monthly support group, specifically designed for participants. To make sure this program is impactful, all we ask is that caregivers do their best to attend one virtual support group each month and answer three short surveys during the first 6 months of participation.

The VITALz WNY program will launch in early September, with a virtual kick off meeting on September 20th at 3pm for caregivers who sign up to receive a tablet. 🌸

If you have questions or are interested in receiving a tablet, please Lauren Gorney, Project Coordinator, from the Alzheimer's Association at 716-626.0600 ext.1020 or via email, lgorney@alz.org.



ALZHEIMER'S ASSOCIATION
Western New York Chapter

HARMONIA COLLABORATIVE CARE

Caring Comes Full Circle

Harmonia client, Mary Ann, loves her father very much. Daniel, a widower since 2005, cared for Geraldine – Mary Ann’s mom and his wife of 53 years – throughout her grueling battle with ALS.

Years later Mary Ann, a native of Hamburg, NY, found herself living in Alabama with her husband and two kids and facing a difficult decision: her father had reached a point where he needed full-time care of his own. After consulting with her brothers, they decided on a nursing home. However, after just a few visits, Mary Ann could see her dad was miserable.

“I just found it to be too...sad,” she says. “I couldn’t let him stay there anymore. He was losing his will to live.”

She convinced her husband to find a job closer to home. They got as close as Erie, PA, which allowed Mary Ann to move in with her dad and become his full-time caretaker. After all the years he spent caring for her and her family, she felt she owed him that.

All went well the first few years, but about a year ago Mary Ann began feeling tired and isolated, longing for more mental stimulation.

“Caregiving is very hard work,” says Jennifer Gunia, Harmonia’s Director of Senior Services. “It often takes a toll on people physically and mentally. That’s normal.”

As Mary Ann began recognizing her symptoms, she learned of a new caregiver initiative while at church. It was Harmonia’s new Pathways for Caregivers partnership with Cradle Beach Camp, through which their senior services and behavioral health teams collaborate to provide relief and group support to caregivers. The initiative came to life thanks to an Exhale grant, funded by the Ralph C. Wilson Jr. Foundation and Health Foundation for Western and Central New York.

First, Jennifer came to her father’s home and shared the options available to the family, which gave them a much better sense of strategy and direction. She advised them on ways to keep him safe and guard against falls, along with other helpful tips. Mary Ann was also surprised to learn these services wouldn’t cost her father anything; they were covered by various county and municipal funding.

Mary Ann and Daniel were then assigned a Harmonia mental health counselor, Julia, who helped them share their story with other providers. Julia enrolled Mary Ann in the Pathways Caregiver Support Group, where she could listen to others going

through similar situations and share her challenges as well.

“Julia and Jennifer were extremely helpful,” Mary Ann attests. “To have someone on your side is just such a blessing when you’re caring for others.”

That extra help has made a huge difference, allowing Daniel to age in place at his home with dignity – per his wishes. The immediate impact it had on his psyche was unmistakable.

“We wouldn’t be having this conversation if I’d left him in that nursing home. He wouldn’t have lasted,” she asserts. “But when he knew I was springing him out of there, he found his ‘superpowers.’ He was finally able to walk the steps he needed to get discharged, because he saw the chance to return home.”


A brief visit leaves no mystery as to why. Black-and-white portraits of his parents on their wedding day; mementos of military service; photos of his wife and their graduated grandchildren; and woodcarvings he created: birdhouses, figurines – and a spectacular moose made especially for

Mary Ann.

Daniel, now 95, is slowing down. He uses a walker. He’s had to give up driving and his strolls along the beach, “combing for goodies.” His hands no longer allow him to enjoy woodworking or firing pistols at the Cherry Creek Gun Club he belonged to for so many years. Still, for 95, this retired Ford Motor Co. worker gets around better than most his age – and younger.

Mary Ann has recently returned to the workforce part-time, at Jen and Julia’s encouragement, giving her some mental stimulation and respite from the constant toll of caretaking. And she’s telling her story to anyone she meets in a similar situation – including about Harmonia’s presence in the community.

“I’ve let a lot of people know about Harmonia,” she explains. “It’s an amazing service that’s here for us. We should all take advantage of it.”

Harmonia Collaborative Care provides behavioral health and senior services to individuals to improve their quality of life and support independence in the community. Visit Harmonia at www.harmonia-care.org or call 716-947-5025. 



TRUSTED CHOICE HOMECARE

Tips for Finding Quality Home Care Services

When it comes to caring for a loved one who needs assistance with daily activities due to aging, illness, or disability, finding the right home care service is paramount. Quality home care services can provide the necessary support and peace of mind for both the individual in need and their family. However, with numerous options available, it can be challenging to determine which one is the best fit. In this blog, we'll provide you with valuable tips to help you find quality home care services that meet your loved one's needs and ensure their well-being.

Assess Your Loved One's Needs: The first step in finding quality home care services is to understand your loved one's specific requirements. Consider their physical and emotional health, mobility, and daily living tasks they may need assistance with. Create a list of these needs and prioritize them. This assessment will serve as a guideline when discussing care options with potential providers.

Research Different Types of Home Care Services: There are various types of home care services available, each catering to different needs and circumstances. The main options include:

- Personal Care Aides:** They offer assistance with personal hygiene, grooming, dressing, and mobility.
- Home Health Care Providers:** Trained medical professionals who can administer medications, manage chronic conditions, and provide skilled nursing care.
- Companion Care:** Non-medical caregivers who provide companionship, light housekeeping, meal preparation, and transportation.
- Hospice Care:** Specialized care for individuals with terminal illnesses, focusing on pain management and emotional support.

Understanding these distinctions will help you select the most appropriate type of care.

Check Accreditation and Licensing: Quality home care providers should be accredited and licensed by relevant authorities. Verify that the agencies you're considering adhere to all state and federal regulations. Accreditation by organizations

such as the Joint Commission or the Accreditation Commission for Health Care (ACHC) can also be a sign of quality and commitment to excellence.

Seek Recommendations: Ask friends, family members, or healthcare professionals for recommendations. Hearing about the experiences of others can provide valuable insights into the quality of care provided by a particular agency. Online reviews and testimonials can also be informative.

Conduct Interviews: Once you've narrowed down your options, schedule interviews with potential home care providers. During these interviews, inquire about their:

- Experience:** Ask how long they've been in business and about their experience in caring for individuals with similar needs.
- Training and Certification:** Ensure that their staff members are properly trained and certified for the type of care they offer.
- Supervision and Oversight:** Inquire about how they monitor and supervise their caregivers to maintain quality care.
- Care Plans:** Request a detailed care plan tailored to your loved one's needs, including schedules and services provided.

Evaluate Compatibility: It's essential that your loved one feels comfortable with the caregiver. Personality compatibility can greatly influence the quality of care provided. Consider involving your loved one in the interview process to ensure a good fit.

Check References: Ask for references from the home care agency and follow up on them. Speaking to previous clients or their families can provide valuable insights into the agency's reliability and quality of care.

Discuss Costs and Payment Options: Understand the costs associated with home care services and discuss payment options. Inquire about insurance coverage, Medicaid, or other financial assistance programs that may be available.

Review Contracts and Agreements:


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To participate, a consumer must be eligible for long-term homecare and non-skilled home health agency services. A Trusted Choice representative can help you get started!

Contact our Western New York based team today!

 **Buffalo Office** 716-431-5550 **Rochester Office** 585-785-3004

 cdpap@trustedchoicehomecare.com

 www.trustedchoicehomecare.com

Carefully review all contracts and agreements before making a decision. Ensure you understand the terms and conditions, including cancellation policies and billing procedures.

Conclusion Finding quality home care services is essential to ensuring the well-being and comfort of your loved one. By assessing your loved one's needs, conducting thorough research, and following these tips, you can make an informed decision that provides them with the best possible care and support in the comfort of their own home. Quality home care services can enhance their quality of life and provide peace of mind for you and your family.

At Trusted Choice Homecare, our goal is to keep your care where you're most comfortable – at home. Driven by our commitment to serve, Trusted Choice Homecare is made up of real people in your community who understand the profound impact of a helping hand. We provide expert support and guidance to individuals receiving care at home and their dedicated caregivers. To learn more about how we can help your loved one get paid to take care of you, visit www.trustedchoicehomecare.com or call 716-431-5550. 



PLATINUM MEMBER AGENCIES



DID YOU KNOW. . . PUMPKIN EDITION

Did you know. . . a 2,554-pound pumpkin grown in Clarence, NY is the current record holder for the heaviest in the United States? However, the Guinness World Record holder is a 2,702-pound whopper grown in Italy in 2021. Now that's a lot of pie!!

Did you know. . . pumpkin pie has been around in some form or another since the first Thanksgiving in the 1600's? The earliest versions used the pumpkin shell instead of a crust. For hundreds of years, pumpkin pie had to be made by roasting and straining fresh pumpkins, but in 1929 Libby's made everyone's life a lot easier by introducing a line of canned pumpkin.

Did you know. . . Peter Dukes is credited as the father of the Starbucks Pumpkin Spice Latte? In 2001, he was in charge of Starbucks' espresso drinks. In search of a new Fall flavor, his team experimented by pouring espresso over slices of pumpkin pie. Since the PSL officially launched in 2003, there have been over 600 million of the season-defining beverages sold.

Did you know. . . six-year-old Cathy Steinberg was in a race against time to record her lines as Sally in the 1966 animated classic "It's the Great Pumpkin, Charlie Brown"? Why? Because like most six-year-olds, little Cathy had a loose front tooth, and the producers feared her speech would be affected when it came out. Legend has it that Cathy got the job done and her tooth fell out as she said her very last line.



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PLATINUM MEMBER AGENCIES



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Buffalo
Healthy
Living

BUFFALO HOMECARE, INC.

Identifying and Reducing Barriers to Homecare

by Dr. Lauren Nicholas, PhD, Consulting Director of Account Relations, Buffalo Homecare Inc.

Homecare services provide assistance with activities of daily living and instrumental activities of daily living, which enables people to live safely in their homes or reintegrate into the community. Funded through Medicaid, PCA and CDPAP homecare services can significantly improve quality of life while promoting independence and autonomy and reducing healthcare costs.

Unfortunately, this valuable service is not easily accessible to all and significant barriers are built into the process.

While almost all clients who inquire with us about initiating homecare services qualify for services under their existing plans, the level of difficulty to actually gain access to these benefits can be great.

At the very least, clients must undergo two assessments through the New York Independent Assessor Program (NYIAP). With perpetual NYIAP staffing issues, clients often endure a 30 to 45-minute phone hold time just to be told that no in-person appointments are available, and they either need to call back another day or accept virtual appointments.

Virtual appointments require the client, or someone willing to help the client, provide an email address, have a phone/tablet/computer with a working camera and microphone, have reliable access to the internet/wi-fi, and possess the working knowledge to operate Zoom.

Unsurprisingly, the majority of our clients do not have all of the components required to complete virtual NYIAP appointments independently. A few may have a friend or family member who can assist, but this is also not the norm. Consequently, the client is left to call NYIAP repeatedly to try and secure in-person appointments. This can become frustrating and defeating and make them want to give up on the process even when their need for homecare services is high.

When I came aboard at Buffalo Homecare, this was the most glaring social-structural barrier I identified that was preventing

getting clients to homecare services. And so, I worked hard with my colleagues to initiate our in-home consultation process.

When a client or referral source reaches out to us, we confirm eligibility and then deploy to the home to explain, in-person, the entire process that will be required to initiate homecare services. Requirements vary client-to-client (ex., some may need to select a MLTC and complete another nurse assessment), and so we come to the home consultation with all required paperwork and contact information specific to the client. During these visits we schedule NYIAP appointments with the client and if only virtual appointments are offered, we return to the home two more times to facilitate the technology required to complete those assessments. We also assist with and deliver or fax any required paperwork; the client never leaves their home.

Additionally, clients are offered direct contact with us during the course of the several weeks it takes to complete all required steps. If a NYIAP appointment cancellation occurs, we start over with them. Clients are assisted from beginning to end by our caring staff who build trust and rapport, and ensure that the client is able to successfully navigate all barriers and achieve initiation of homecare services.

At Buffalo Homecare, we don't believe that any person who is eligible for and in need of homecare should be kept from these valuable services due to inability to complete a very lofty and complicated process. We are proud to support our clients in this way and pride ourselves on a high level of responsiveness and unwavering dedication to client satisfaction and well-being. 🌸



BUFFALO HOMECARE, INC.

Quality care cannot be measured; it can be felt.

CDPAP

The CDPAP program allows you to hire a family member or friend to care for you in your home. Now enrolling new members!

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Referral and sign-on bonuses allow you to earn up to \$300 when making the switch Buffalo Homecare.*

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490 Delaware Ave, Buffalo New York 14202

www.homecarebuffalo.com

Erie County (716) 322-2780 / Niagara County (716) 322-2776

* Restrictions apply.

AGING WELL CARE MANAGEMENT, LLC

Have You Heard the Exciting News?

We are thrilled to share some exciting news with you! Recently Aging Well Care Management, LLC acquired Geriatric Care Managers of WNY, LLC to form one specialized Geriatric Care Management Practice. This momentous occasion marks a significant step forward in their shared mission to provide the highest level of care management services, support and advocacy to the aging population of Western New York.



Bev Kubala and Michelle Spencer have joined together to create a dynamic force in the field of elder care. Both continue to possess an unwavering commitment to enhancing the lives of seniors so they can live their best lives. The fusion of their expertise, resources and

dedication proves to bring forth innovative solutions, and an even higher standard of care for their clients.

What does this mean to you?

- **Expanded Services:** The combined strength of these two experts will offer an even broader range of services, ensuring that the diverse needs of seniors are met comprehensively.

- **Enhanced Expertise:** The merger will bring together a dynamic team of professionals, both with nursing and social work backgrounds, each possessing a wealth of experience in geriatric

care management, thus elevating the quality of services to their clients and their caregivers as well as outside referral sources.

- **Strengthen Advocacy:** United they will be formidable advocates for aging individuals, their loved ones and caregivers driving positive change in the industry of aging.

We invite you to celebrate this momentous occasion. Your support and partnership were instrumental in bringing us to this juncture and we look forward to your continued collaboration in our collective mission.

Michelle Spencer, CMC will serve as president of the practice and **Beverly Kubala, RN, CCM** will continue her role in the practice as a consulting partner during the transition. **Sharon Costello, RN, MBA, CCM** will remain the dedicated Medicaid liaison and geriatric care manager within the practice. We can continue to be reached at our office at 716-204-1063 or by calling 716-218-9717.

Please stay tuned for further updates and announcements as we embark on this exciting journey together! Thank you all for your support. 🌸

With Gratitude,
Michelle Spencer and Beverly Kubala



We are beginning to book for fall events and holiday parties. Please give us a call, 716-406-4577 and speak with Vicky or Laurie.

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(East Amherst Medical Park)

To book your event or
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716•406•4577
Info@marbonsocialclub.com

MB

POSITIONS AVAILABLE!



Aides Needed

- Flexible Hours
- No Formal Training Required
- Build a Meaningful Career

716.431.5550 Trusted Choice Homecare

Looking for a meaningful career in Caregiving?

We are looking for experienced home health aides or personal assistants to provide the consumer with basic care for a few hours per week or work regular shifts. Along with doing routine chores the care recipient can no longer manage, such as laundry, cooking and shopping, the aides must be able to:

- Assist with activities of daily living, including bathing, dressing, eating, grooming, moving from one place to another, toileting and cleaning up afterward.
- Check vital signs such as blood pressure, respiration and pulse.
- Monitor a client's physical and mental condition; level of exercise; and how much they are eating, drinking and going to the bathroom.
- Handle emergencies such as an accident, heart attack or stroke.
- Help advocate for their consumers' needs

Home health aides must be compassionate, have good communication skills and outstanding attention to detail. No formal certification or training is required, as consumers will train their aides on a personalized, case-by-case basis.

If interested please submit resume to cdpap@trustedchoicehomecare.com to or call 716-431-5550 for more information.



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BUFFALO**

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Hospice & Palliative Care Buffalo has immediate full-time and part-time openings for caring and compassionate team members.

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Visit HospiceBuffalo.com/Careers to see open positions

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THE COVID Vaccine Mandate HAS BEEN LIFTED!!

Was the vaccine holding you back from becoming a Legend?

Apply OR Re-Apply Today!

LIVING LEGENDS

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Employees are not required to be Covid-vaccinated

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Full & Part-Time positions available. Employees are NOT REQUIRED to be Covid-vaccinated.

OPPORTUNITIES FOR: RNs, LPNs, CNAs, Paid CNA Trainees, Dietary, Maintenance, Housekeeping, Activities & More*

YOU'LL ENJOY:

- Weekly Paychecks
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- Peer Mentorship & More!
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We're part of a 4-portfolio enterprise with 19 locations in NY state, including Allegany, Beacon, Boonville, Buffalo, Cheektowaga, Dunkirk, East Aurora, East Patchogue, Fishkill, Gasport, Hamburg, Highland, North Tonawanda, Orchard Park, Painted Post, Roscoe, Johnson City, West Seneca, Westfield, Williamsville.

*Positions may vary by facility



Bristol Village
Experiences the difference

We Are Hiring!

Part-Time and Per Diem Positions Available

- Personal Care Aide
- LPN/RN
- Dietary Aide

APPLY NOW!

Looking to join our extraordinary team? We're hiring! Our staff is compassionate, knowledgeable, and committed to taking care of the residents.

Bristol Village invests its resources in people by providing good wages and important benefits to the staff. This creates a stable work environment, promoting longevity and satisfaction. Our staff is family. Join our team today! <https://bristolhome.org/careers/>



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nascentiahealth.org/careers

Looking for a rewarding career in home care? We are hiring experienced RNs who are passionate about providing top-quality care and support to our patients. With Nascentia Health, you'll have the opportunity to work in a dynamic and collaborative environment while making a meaningful impact on the lives of others.

Learn more and apply today at nascentiahealth.org/careers to take the next step in your nursing career!

Nascentia Health
TOMORROW'S HEALTHCARE TODAY

POSITIONS AVAILABLE!

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Celebrating a Century of Compassionate Care



Create a New Career on Our Campus!

Part-Time & Full-Time Openings:

- RNs • Aides
- LPNs • Food Service

BrothersofMercy.org/Careers



Director of Community Engagement

Caring Environments is a home modification and renovation company, specializing in accessibility & mobility. We are looking for **enthusiastic and hardworking people** to join our team.

Successful Candidates must have a clean driving record, vehicle (travel is required). Will provide training. Will Participate in aging and disability and other community-based networking groups, maintain weekly, monthly, and yearly engagement schedules. Coordinates and collaborates hosting of marketing and educational events aimed toward individuals and groups identified in CE's community engagement plan. Ready to share Our Mission of helping Individuals Maintain their Independence, and find the right resources and products to help them do that with **Caring Environments**. **FULL or Part Time**
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To Apply Please Email:
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Working at Hospice & Palliative Care Buffalo is more than just a job. Your work changes lives every day and helps those in our community during their most vulnerable time. Apply online today <https://www.hospicebuffalo.com/careers>.



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hiring! See job
listings, download
an application, and
even sign up to get
notifications for future
job opportunities at:
[http://www2.erie.gov/
employment/](http://www2.erie.gov/employment/)

NOW HIRING

Registered Nurse
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Make a difference with a career at Glenwell!
Now hiring a full-time Registered Nurse (Assisted
Living Program Director) at our senior living
community in Cheektowaga: [http://ow.ly/
wb9q500Zih](http://ow.ly/wb9q500Zih)



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Starting at:

\$27.50/hr
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Up to \$31.50/hr based on experience

Evening Shift Diff: \$3.50/hr
Night Shift Diff: \$2.50/hr

HIRING LPNs



BUFFALO BUSINESS FIRST
B P t W
2023 BEST PLACES TO WORK

Happy Nurses Week! We have over 100 nurses on our team and are looking to add more both in our Nursing Home and Assisted Living. Offering shift differentials up to \$3.50/hr, sign on bonuses up to \$7,000, career ladders program for career advancement, tuition assistance, scholarships, free parking, and wide variety of personal benefit options.

Text "BOMCAREERS" to 716-421-1932 to talk to Taylor, our HR Specialist and Recruiter!

JOIN OUR THERAPY TEAM

1 Full Time & 1 Per Diem PTA
1 Full Time OTA
1 Per Diem PT

We have some openings on our Therapy Team due to re-opening a newly renovated Rehab Unit in our Nursing Home! Interested in learning more or submitting an application? Go to bomcareers.org to look at our current positions!



Send us your job posting or employment opportunities!

EARN \$26/HR AS A LPN Facilitator!

SHIFT 3PM-11PM

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LPNs- Earn \$26/hour as a Point Click Care Order Entry Facilitator

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NOW HIRING Environmental Services Manager

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Referral Bonuses
Generous Paid Time Off
Dental, Health, & Vision Insurance

Wetzel Dr between Transit & Harris Hill

Harris Hill Nursing Facility has an opening for an Environmental Services Manager at our Williamsville location! APPLY INSTANTLY: <https://lnkd.in/gsgQHH2z>



POSITIONS AVAILABLE!



Join our team! We are hiring a **Mental Health Programs Manager**. Our Program Manager will assist the Director in the implementation of policies and procedures, and responsible for the general operation and management of the mental health clinics. Provides clinical behavioral therapy services to adolescent and adult clients, and families.

WE'RE HIRING CAREPANIONS

Help the aging or individuals with limited mobility or access to resources remain independent at home! Our non-medical caregivers improve the quality of life for elderly and home-bound individuals by offering companionship, and assisting with chores they are unable to do.



Learn More
harmonia-care.org/careers



Please Email Us Your Resume:
mrjiggan@harmonia-care.org



We are HIRING CarePanions!

Harmonia's trained CarePanions offer personalized, in-home support to seniors or other individuals in need. CarePanions help you or a loved-one remain independent and safe at home with punctuality, empathy and hardwork. A personal care plan is developed for each participant, matched to meet your specific needs and interests. Email resume to: mrjiggan@harmonia-care.org

*** MARTON CARE IS URGENTLY LOOKING FOR A NEW TEAM MEMBER ***

WE ARE ACTIVELY SEARCHING FOR SOMEONE WHO IS **BI-LINGUAL WITH SPANISH**. WE ARE A VERY BUSY OFFICE AND ARE LOOKING FOR A GREAT PERSON WITH AN AMAZING PERSONALITY.

This candidate will be responsible for answering phones, providing guidance to our clients regarding what we can help them with. This candidate must be self-starting and very friendly. **This is a full-time position that starts at \$17.50 per hour.**

Marton Care is a certified provider of NY's Consumer Directed Personal Assistance Program (CDPAP) located in Amherst, NY.

Please contact Nichole at (716) 772-3727 to schedule an interview. Come grow with our company.



West Side Seniors Program Manager

Do you love working with older adults? Are you an experienced manager looking for a new opportunity to work directly with your neighbors and local community? Join our dedicated team at West Side Community Services as the West Side Seniors Program Manager! We are looking for someone with the energy and creativity to help this program grow. As a key member of the WSCS Leadership Team, you will play a vital role in planning, organizing, and implementing a structured older adult program, encompassing socialization, recreation, and education for older adults. Our West Side Seniors are looking forward to meeting you! Please visit our website for full job posting and to apply: <http://wscsbuffalo.org/about/careers/>



WELCOME NEW MEMBER AGENCIES!



CRANE HOME CARE – PLATINUM

BUFFALO HOMECARE, INC. – BRONZE

Quality care cannot be measured; it can be felt.

Founded in 2016, Buffalo HomeCare is a local industry leader in high-quality homecare services. We offer CDPAP services throughout all of New York State and have a satellite office in Rochester. Our PCA and private pay care options are available in Erie, Niagara, Chautauqua, Cattaraugus, Allegany, Wyoming, and Genesee counties.

We maintain a dedicated staff whose sole job is to help our clients with onboarding and initiation of homecare services. Providing one-on-one home visits to assist with all required paperwork and medical assessments – we pride ourselves on being the most responsive and dedicated homecare agency in the areas we serve.

Buffalo HomeCare is also proud to offer our Infusion Therapy Program that provides exceptional, compassionate, tailored services to pediatric and adult patients and their healthcare providers – all in the comfort of home.

Dr. Lauren Nicholas
Consulting Director of Account Relations
490 Delaware Ave. • Buffalo, NY 14202
716-322-2780 • homecarebuffalo.com



BUFFALO HOMECARE INC



HEALTH FORCE AN ACCORDCARE COMPANY – BRONZE

WELCOME NEW INDIVIDUALS!

ANNE CUMBO AND MARY JO AIKEN

Anne Cumbo and Mary Jo Aiken have joined Network in Aging as the HUNT Real Estate ERA Client Care Team.



Anne is a Registered Nurse. Before joining HUNT focusing on senior care, Anness specialized in infectious disease and primary care.

Mary Jo is a retired elementary school principal who also specialized in occupational medicine as an epidemiologist.

As mature real estate salespeople, we understand the nuances of life's different stages and the transitions they

involve. We appreciate the unique challenges and opportunities that affect seniors experiencing health and life events. Our mission is to aid in every aspect of these transitions, including investigating living alternatives, and easing the process of change.

Working as a team, our life experiences provide us with the expertise to reduce stress and guarantee a smooth result as seniors embrace each new phase of life.

We look forward to supporting our new colleagues through Network in Aging as we work together to serve our seniors!

Anne may be reached at: 716-870-4959
Mary Jo may be reached at: 310-384-8869

POSITIONS AVAILABLE!

VOLUNTEER OPPORTUNITIES



Needed: YOUR help to protect seniors!

Become an Ombudsman volunteer

Enrolling volunteers for upcoming training sessions
Call: 716.817.9222

Needed: YOUR help! The NYS Long-Term Care Ombudsman Program, supported by People Inc., connects people to become volunteers to advocate for residents living in nursing homes and assisted living facilities, who are in need of support to resolve complaints. We're looking for professionals and recent retirees to volunteer in Chautauqua, Cattaraugus, Erie and Niagara Counties. Training and support provided. Flexible schedules. To learn about volunteering, call 716-817-9222. people-inc.org/ombudsman



The NYS Long-Term Care Ombudsman Program,

supported by @peopleincwny, connects volunteers with residents living in nursing homes & assisted living facilities. Become a trusted advocate: residents' rights; environmental concerns; personal care issues; discharge & eviction; and quality of life issues.

Enrolling volunteers for upcoming certification training sessions. Call 716-817-9222.



Volunteer as a long term care ombudsman.
aging.ny.gov



Hearts & Hands

Volunteers Needed in Amherst & Buffalo to Help Older Adults With Yardwork

With summer quickly approaching, we are looking for volunteers who can help older adults with some light yardwork. If you are interested in volunteering, please fill out the application form on our website: <https://lnkd.in/ee-zWZ7B>



PATHWAYS for Caregivers

Volunteers Needed

We offer family caregivers a break from the daily tasks of caring for their aging loved ones. Caregivers and aging loved ones each engage in their own separate activities and opportunities. Our program's goal is to give caregivers peace of mind and rejuvenation.

Located at Cradle Beach
8038 Old Lakeshore Road
Angola, NY 14006

Are you looking to make a difference in a senior's life?

Volunteers are partnered with our senior participants to do fun activities on our 66 acre campus, including

- Supervised one-on-one activities with trained volunteers
- Music
- Pet therapy
- Gentle exercise, including walks on our beautiful 66 acre campus
- Lunch and refreshments provided

Pathways for Caregivers meets every third Thursday of the month year-round. 10:30am - 2:30pm starting March 2023, no cost to participants.

Volunteers **do not** need to commit to every session.

Interested? Reach out to
Nancy Grimes
Pathways@CradleBeach.org
(716) 549-6307 ext. 203

Volunteer Training Required

Contact
Nancy Grimes for training opportunities
(716) 549-6307 ext. 203
ngrimes@CradleBeach.org

Logos: exhale, Cradle Beach, harmonia, Lisa Rood Consultant



GIVE BACK! BE A VOLUNTEER!

VOLUNTEERS NEEDED!

100 YEARS SERVING THE NY/NJ AREA

CATHOLIC CHARITIES
INNY for all seasons

VISIT CCWNY.ORG/VOLUNTEER

Drawing up your summer bucket list? Add volunteering to the mix!

Our Immigration & Refugee Assistance Program has many opportunities for volunteers, including: English language tutoring, drivers and transportation guides, organizing donations, and more! Check out these and other opportunities at ccwny.org/volunteer.




Are you a good listener?

We're seeking compassionate volunteers to facilitate Caregiver Support Groups

Support Group Facilitators create a safe space where care partners can share their feelings, concerns, and experiences

Training and mentorship are provided
A one year commitment is requested

Contact Courtney Sipes at
csipes@alz.org or
716-626-0600 x2044
for more information

ALZHEIMER'S ASSOCIATION
Western New York Chapter



BECOME A HEARTS & HANDS TRANSPORTATION VOLUNTEER

Provide a ride for your senior neighbor so they may continue living independently.

What does a transportation volunteer do?

- Have Friendly Conversation
- Provide a ride to the store or medical appointments
- Mileage reimbursement and supplemental insurance coverage provided

How do you become a Hearts and Hands volunteer?
Visit www.hnhcares.org or call 716-406-8311.

Hearts & Hands is in need of Transportation Volunteers. Did you know that volunteering with us is really easy? You are able to schedule a time to volunteer based on your schedule at any time, no weekly or monthly scheduling required. Another benefit is that you can volunteer right in your local community! For more information and to fill out a volunteer application please visit our website at <https://hnhcares.org/volunteer-with-us/>

Are you age 55 or over? Looking to upgrade your job skills? Need information on career choices? Seeking full- or part-time employment? Start with these resources compiled by Erie County Senior Services: www2.erie.gov/seniorservices/employment



SENIOR JOBS

erie.gov/seniorservices

1st Annual Progressive Cocktail Event



THURSDAY, OCTOBER 19, 2023
4:30 – 8:00PM • COST \$30 (pre-paid)

4:30PM – 5:30PM Networking/Appetizers

(Event starts promptly at 5:30PM) Drink pairings included; cash bar



Small plate & cocktail pairing!
Come “mix & mingle” for a fun progressive pairing event!

STO LAT BAR

(at Eastern Hills Mall) • 4475 Transit Road • Buffalo, NY 14221

MEMBERS ONLY event and limited to the first 75 registrants

There will be a change of seatings 3 times

REGISTRATION OPEN!

COURSE I

Small Plate: Medallion sliced beef tenderloin, served over blueberry merlot sauce.

Pairing: New York Whiskey Sour

COURSE II

Small Plate: Pork tenderloin, served over fresh apple compote, topped with melted brie cheese compound butter.

Pairing: Bubbly Spiced Apple Cider Sangria

COURSE III

Small Plate: Shrimp, elote, and pico de gallo.

Pairing: Cucumber, Lime, & Jalapeño Margarita

THANK YOU TO OUR 7 EVENT SPONSORS!





For those living with a serious illness, help starts *here*.

At Hospice & Palliative Care Buffalo, we honor what is most important to you: **quality of life**. Our help addresses a patient's physical symptoms and **eases social, emotional, and spiritual stresses** of patients and their loved ones. Our experts are here to support you, no matter where you are in your journey.



Care from the only certified hospice program in Erie County



Guidance that provides peace of mind



Accessible support that is available wherever a patient calls home



HOSPICE &
PALLIATIVE CARE
BUFFALO

The right time to start the conversation is right now. Contact us today.

Call 716-686-8077

Visit HospiceBuffalo.com/Help



Help Starts with Support & Guidance Through Community Education Programs

Request education and resources for your workplace, faith community or service organization.

- Family/Caregiver Resources & Support
- Care Options for Those Faced with Serious Illness
- Spiritual Care - Finding Peace, Meaning & Comfort
- Hospice Care versus Palliative Care
- Sharing Healthcare Wishes
- Advance Care Planning - A Gift for Yourself and Your Loved Ones
- Self-Care Tips

Call (716) 901-0294 or visit HospiceBuffalo.com/resources to request education.



We are proud to provide care, support, advocacy, and education for the Western New York community.



Northwestern Mutual | PRIMACY FINANCIAL

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Primacy Financial offers exceptional advice, superior service, and personalized solutions that are focused on achieving your short- and long-term financial goals in the most straightforward way possible.

OUR SOLUTIONS

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* Financial Representatives are held to a fiduciary standard when acting as an Advisor with Northwestern Mutual Wealth Management. Financial Representatives do not render tax advice. Consult with a tax professional for tax advice that is specific to your situation.

CONTACT

primacyfinancial.com
primacyfinancial@nm.com
716.877.9202

OFFICES

4085 Seneca Street, Suite 3, West Seneca, NY 14224
5488 Sheridan Drive, Unit 100, Williamsville, NY 14221

Annual Meeting & Conference 2023

“BALANCING THE AGING LANDSCAPE”

THURSDAY, NOVEMBER 2, 2023

8:00AM – 2:00PM

Ticket prices: \$55/members • \$75 /non-members

M Hotel Buffalo (formerly Millenium) • 2040 Walden Avenue • Buffalo NY 14225

NYS boasts one of the largest aging populations in the US. As we acclimate to a post-pandemic world, we must consider how we balance the needs of the growing aging population with the needs of the organizations and

agencies, caregivers, and resources available to support those over 55. Let's explore the current state of aging in NYS and ways that we can embrace humor to strengthen our teams, services, and approach to aging.

KEYNOTE SPEAKER

Greg Olsen

Acting Director

New York State Office for the Aging

Greg will join us to provide insight into the most current critical aspects related to the NYS aging population. You will hear about the master plan stakeholder's committee and where it is and how we can support its efforts.

He will also provide us with an update on the governor's future plans for aging services for NYS and other initiatives that we should be aware of.



SPEAKER

Nancy Weil

The LAUGH ACADEMY

Stress Less, Laugh More!

Imagine a meaningful and lasting solution to stress. By using laughter and other simple tools, you can reduce stress immediately, boost the immune system and increase joy. Laugh your way to health and happiness at home and on the job. This program will leave you with the simple tools you need to look at life in an entirely new way. Nancy Weil has helped thousands of people across the country change their lives through laughter and get in touch with their “inner happy” through her company The Laugh Academy. She also works in funeral care and offers a virtual grief support group on Zoom. For information on her coaching, speaking or grief support, go to www.TheLaughAcademy.com



CONFERENCE AGENDA

8:00am – 9:15am	Registration, continental breakfast, networking
9:15am – 9:30am	Opening Remarks
9:30am – 10:45am	Keynote Speaker – Greg Olsen
10:45am – 11:30am	Networking
11:30am – 12:30pm	Speaker – Nancy Weil
12:30pm – 2:00pm	Lunch/Annual Meeting

**REGISTRATION
OPEN!**

THANK YOU TO OUR CURRENT SPONSORS!

DIAMOND LEVEL

Bristol Village • Brookdale • Tennyson Court

EMERALD LEVEL

Alzheimer's Disease & Memory Disorder Center • Harris Beach PLLC
Health Foundation for Western & Central NY • PB Elder Law

RUBY LEVEL

Hospice & Palliative Care Buffalo • Laping, Surdej & Associates
Trusted Choice Homecare

SAPPHIRE LEVEL

Aging Well Care Management • Amberleigh (Sonida Living) • Brompton Heights
CarePatrol • Center for Elder Law & Justice • Erie Co. Dept. of Senior Services
Family Choice of NY • FeedMore WNY • Glenwell • Heathwood • Health Force
Nascentia Health • People Inc. • The Olear Team
Simply the Best Cleaning Services • Solstice Senior Living
Walsh Duffield Companies • Wheatfield Commons • WNY Coalition Pooled Trusts

It's not just our name,
It's what we do!





Caring Environments
WWW.CARINGENVIRONMENTS.COM

30 Years Industry Experience

Accessibility & Mobility Solutions of WNY
6231 Transit Rd. Suite #3
Depew, NY 14043

We at **Caring Environments** are looking for an opportunity to speak with you and your facility and set up a time to tell you about our Company, Share our Mission, and let you now for over 30 years we have been Serving Western New York, helping Individuals throughout our Community and State to Maintain their Independence.

Wheelchair Ramps

- Accessible Bathrooms
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- Stairlifts
- Grab Bars (installed for Stability)
- Chairlifts
- All Home Modifications
- Ceiling Lifts
- Hand Rails
- Lift Chairs
- Scooters for Mobility & Lifts (FDA Class II Medical Device)
- Walk-In Tubs
- Barrier Free Showers
- Accessibility Assessments
- Pride Lift Chairs (FDA Class II Medical Device)

These are just a few Options and Services we offer!

Caring Environments
Would like to come give a presentation at your facility or at OUR Showroom, for Seniors or ANY other Individuals who may be interested in our services. Call and Schedule Today!

Commercial & Residential

Pride Lift Chairs

Our Showroom opened in 2019 to give an opportunity for people to come in and see the many options and products that we offer giving them a way to find all that is available to help with their needs. Our Owner & Staff works with each individual or agency to find the perfect solution to maintain their Independence.

*Accepting All Major Credit Cards
Financing Available

Tel: (716)848-9706
Info@caringenvironments.com
Contact Us Today!

Please let's work together to help individuals live life to the fullest and remain Independent!



Joy and Juan Santiago

Show your Buffalo & Erie County Public Library Card for discounts and perks to area merchants, including museums, theaters, and more!

DETAILS: tinyurl.com/LibraryVIP




Now your library card is like having a VIP pass! Check-out the Buffalo & Erie County Public Library's VIP (very important perks) program, offering discounts to numerous local, all-ages organizations like the Buffalo Zoo, Irish Classical Theatre, and many more local merchants & attractions. Details at: tinyurl.com/LibraryVIP

Amherst Center for Senior Services

FOLLOW US



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facebook.com/amherstnyseniorcenter

The Amherst Center for Senior Services has a new **Facebook page**. Our original page was recently corrupted which made this necessary. Please make sure and like or follow our page AND more importantly, please make sure and like or follow the correct page. There are several variations which have caused confusion, so let's get the word out there about OUR page. Thanks! <https://www.facebook.com/amherstnyseniorcenter/>



MUSIC LESSONS FOR VETERANS

**Harmonica
Guitar
Ukulele**

FREE TO VETERANS!
THURSDAYS 6:00-7:30PM

570-6520 to register
1683 Davis Rd, West Falls 14170 westfallscenter.org




Free Music Lessons for Veterans!

Beginning in October on Thursday evenings 6:30pm - 8pm. Please call 716-570-6520 to register.

- Ukulele: Any level welcome and we will provide an instrument if you need one.
- Acoustic Guitar: you will need to bring your own guitar and have a rudimentary knowledge of the instrument and basic chords.
- Harmonica: Any level welcome and we will provide an instrument if you need one.
- Proceeds from every ticket sold to one of our concerts support FREE music programs for Veterans, Kids Jam Band, and Musical Memories Café for loved ones with Alzheimer's and dementia.

Thank you to our Sponsors Sportsmens Americana Music Foundation, Vets Play Guitar, Buffalo Blues, LLC, Chef's Restaurant of Buffalo NY

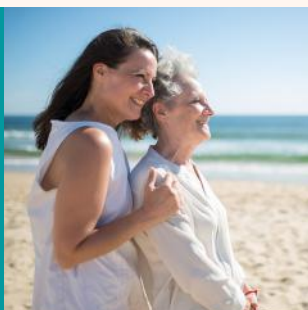
Pathways FOR CAREGIVERS

A Social Day Respite for Caregivers and Their Aging Loved Ones

Join Our Caregivers' Community of Support

We offer family caregivers a break from the daily tasks of caring for their aging loved ones. Caregivers and aging loved ones each engage in their own separate activities and opportunities. Our program's goal is to give caregivers peace of mind and rejuvenation.

Pathways for Caregivers is offered the third Thursday of every month from 10:30am to 2:30pm year-round beginning March 2023.



For caregivers, we offer:

- Support group
- Fun, stress reducing activities on campus
- Health and wellness opportunities
- Nature walks and beautiful beach views and access
- A place to make new friends and gain resources
- Lunch and refreshments provided
- Opportunity to tend to their own needs and well-being off-campus

For aging loved ones, we offer:

- Supervised one-on-one activities with trained volunteers
- Music
- Pet therapy
- Gentle exercise, including walks on our beautiful 66 acre campus
- Lunch and refreshments provided

To begin enrollment, contact Nancy Grimes
(716) 549-6307 ext. 203
Pathways@CradleBeach.org

Caregivers Support Group 10:45 am to 11:45 am

Facilitated by Harmonia
Collaborative Care, a New
York State Licensed Facility

Program Location

Cradle Beach
8038 Old Lakeshore Road
Angola, New York 14006

A collaborative
partnership



Lisa Rood
Consultant



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Call Jen at 716-634-5966.



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The New York State Office for the Aging (NYSOA) recently launched the state's first-ever comprehensive survey of older adults and their needs. If you are 60+, please take the survey today. Your feedback will help inform future state policies to support New York's 4.6 million older adults. The survey is anonymous and only takes 10-15 minutes of your time.
<https://polco.us/ny23op>



PLATINUM MEMBERS! Promotional Email Blast!

- Act today! There's only 2 remaining months to get your Platinum blast ready!
- Topic/Ad/Layout of your choosing
- Emailed to the entire membership (500+)
- Contact Lisa at lisa@networkingaging.org to schedule



Did you know you can submit your own event?

- On home page www.networkingaging.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!

NETWORK WITH THE NETWORK – BROMPTON HEIGHTS

Thursday, September 14th • “Buffalo Bills Tailgating Party”

Thank you to **Stefaniee Oneil** and staff for hosting this event!
Co-sponsored by Ann Marie Klosko from Elder Transitions Consulting



BROMPTON HEIGHTS
SENIOR LIVING



Elder Transition
Consulting LLC
A Senior Move Management Company



NETWORK WITH THE NETWORK – BROOKDALE KENMORE

Thursday, July 27th • “Garden Party”

Thank you to **Alison Potter** and the staff for hosting the event in their beautiful courtyard!
Co-sponsored by Fallon Health Weinberg PACE



BROOKDALE
SENIOR LIVING SOLUTIONS



fallonhealth
weinberg



NETWORK WITH THE NETWORK – GLENWELL

Thursday, August 17th • “Fun in the Sun”

Thank you to **Stacy Jasinski** and the staff for hosting this event
Co-sponsored by Lawley Insurance



A DePaul Senior Living Community



MEDICARE SOLUTIONS



LET'S HAVE A DISCO PARTY!



Network with the Network
Wednesday, November 15, 2023
5:00-7:00pm

Trusted Choice Homecare • 500 Seneca St.
Buffalo, NY 14204

COOKIE CONTEST & UGLY SWEATER!



Network with the Network
Thursday, December 14
4:30-6:30pm

Solstice Senior Living at East Amherst
6363 Transit Rd • East Amherst, NY 14051

SPONSOR

ANNUAL MEETING SPONSORSHIP & ADVERTISING OPPORTUNITIES (LAST CHANCE)

Last chance to submit an ad or become a sponsor for the annual meeting! Deadline 10/16. All ads in color.

Business card size: \$50

Quarter page: \$100

Half page: \$200

Sponsorships start at \$250

Go to www.networkinaging.org for more information!



UPDATE YOUR MEMBERSHIP PROFILE!

Do you want to make sure other members can look you up using your correct contact information? Did you switch jobs? Change your address or phone number? Updating your profile on the website is easy to do. Just go to our home page at www.networkinaging.org, login with your password and update your info!

You can even add a profile picture.

Email lisa@networkinaging.org if you aren't listed.

**DO YOU QUALIFY FOR A
MEDICARE SAVINGS PROGRAM?**

**THESE PROGRAMS COULD HELP
REDUCE YOUR MEDICAL EXPENSES.**

- ✓ SAVE MONEY ON YOUR MEDICARE PREMIUMS & PRESCRIPTIONS
- ✓ ACCESS PREVENTIVE SERVICES COVERED BY MEDICARE

FREE HEALTHCARE COUNSELING!!!

CALL 716-858-7883
Funding provided by NYS Office for the Aging

DEPT. OF SENIOR SERVICES

Could you save money on medical expenses?
Medicare Savings Programs (MSPs) help Medicare beneficiaries save money on premiums and prescriptions. They also provide access to preventative services covered by Medicare. The Erie County Senior Services Insurance Resource Center offers free healthcare information and counseling and can help you determine your eligibility. Give us a call at 716-858-7883 with your MSP or other insurance questions. We are happy to assist you.

Call for Presentations is Now Open!

**RAISE the Bar for
Respite**

Strategies to strengthen family caregivers

2024 National Lifespan Respite Conference • May 21-23, 2024 • Albany, NY

archrespite.org/2024-national-lifespan-respite-conference

Are you an expert or provider of respite care? Submit a proposal today for the 2024 National Lifespan Respite Conference in Albany. Submissions are due Oct. 16.



We are starting to source bulk eggs for our pantry customers at Provisions 139 but we need egg cartons to package and distribute them! Would you start saving your cartons for us?

When you have some to drop off, give us a call at 716-970-1325 or email dgenco@wscsbuffalo.org.



CLUB 99

Join our **FREE** exercise program!
We have classes at senior centers in Erie County and online.

Contact Julie Ruszala at 716-858-6403 to learn more.



UNIVERSITY EXPRESS FALL 2023
Lifelong Learning for Adults Age 55+
ERIE COUNTY DEPARTMENT OF SENIOR SERVICES • NY CONNECTS

FREE IN-PERSON & VIRTUAL CLASSES
ON CURRENT EVENTS, HISTORY, SCIENCE, THE ARTS, WELLNESS, & MORE
716-858-8526 • erie.gov/ue

University Express offers FREE educational classes to Lifelong Learners ages 55 and older! Be sure to check out classes being offered this Semester! Visit <https://www4.erie.gov/universityexpress/> for more information!

Affordable Connectivity Program

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

See if You Qualify and Apply
Visit: AffordableConnectivity.gov
Call: 877-384-2575

NEW YORK STATE OF OPPORTUNITY Office for the Aging

FCC

Learn more at: fcc.gov/ACP

Are YOU eligible to save a ton of money on your internet bill? Find out now. <https://www.fcc.gov/acp>

14 TOP SCAMS TO WATCH OUT FOR IN 2023

Criminals are quick to exploit current events and add new twists to well-known ruses

Please share this with anyone who may be the target of a scam, especially parents. <https://www.aarp.org/money/scams-fraud/info-2023/top-scammer-tactics-2023.html>



LIFE LESSONS

LIFE LESSON – JULY/AUGUST “CONCERTS & ROAD TRIPS”

Winner of the \$25 Amazon gift card
is Karen Coupal, Organized Matters



Annette Pinder at inclusion festival



Tracy Reese boating and at concert



Charlie Battaglia in Italy, Greece,
Crete, Turkey



Sue Nawojski at Taylor Swift
concert



Stacy Jasinski in Lexington, KY



Paula Venne-Clendening in
Las Vegas & NYC



Carey Creenan at Taylor
Swift & Dashboard
Confessional concerts



Karen Coupal in the Adirondacks



Ann Marie Klosko at Ed
Sheeran Concert in Toronto



April Romanowski in Maine



Kristin Surdej at Gateway Harbor – Chicago concert

LIFE LESSON – SEPTEMBER/OCTOBER

We sure know how to celebrate autumn in WNY! From festivals to tailgates parties, to pumpkin farms and farmer's markets, bonfires, and Halloween, we certainly embrace the fall season! Send in your photos to lisa@networkinaging.org for a chance to win. Every submission will get entered to win a \$25 Farmer's Market gift card so you can visit and support a locally owned market to buy some fresh fruits, veggies, homemade pies, and decorations to gear up for the holiday season!

One entry per person. Winner will be announced on October 30th.



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.

CALENDAR OF EVENTS

PROGRESSIVE COCKTAIL EVENT • THURSDAY, OCTOBER 19, 2023 • 4:30 – 8:00pm
Sto Lat Bar • 4475 Transit Road (in Eastern Hills Mall) Williamsville, NY 14221

ANNUAL MEETING & CONFERENCE 2023 • THURSDAY, NOVEMBER 2, 2023 • 8:00 am – 2:00 pm

NETWORK WITH THE NETWORK • WEDNESDAY, NOVEMBER 15, 2023 • 5:00 – 7:00 pm
Trusted Choice Homecare – “DISCO PARTY”

NETWORK WITH THE NETWORK • THURSDAY, DECEMBER 14, 2023 • 4:30 – 6:30pm
Solstice Senior Living – “COOKIE CONTEST & UGLY SWEATER”