

Jan-Mar 2025

Celebrating **43** Years

Annual Meeting & Conference Highlights

“BETTER TOGETHER: AGE FRIENDLY AND DEMENTIA FRIENDLY”

WEDNESDAY, NOVEMBER 6, 2024

Congratulations to our 2024 annual meeting award winners! The **Program of Excellence** was awarded to **People Inc.'s NYS Ombudsman Program**. This



award has been established to showcase a program that has been successfully implemented to enhance the WNY geriatric citizenry. Susan Fenster, Program Director, NYS Long Term Care Ombudsman Program accepted the award.

The **Dr. Evan Calkins Meritorious Service award** was presented to **Dr. Christopher Jacobus** from **Hospice & Palliative Care Buffalo**. This award was to honor lifetime contributions to the field of aging in WNY. Kelley Clem, RN, MSVP Clinical Education and Patient Advocacy and Rachel Ruffino, RN, BSN Manager, Facility



Based Services, accepted the award on Dr. Jacobus' behalf.



Speakers

Thank you to our speakers who donated their time to present to us at the annual meeting. Presentations from our keynote speaker, **Bill Armbruster** from **AARP** and **Andrea Koch** from **Alzheimer's Association, WNY**



Chapter were well received by all attendees. Lots of positive feedback.

Basket Raffle

Thank you to everyone who donated to our basket raffle! We appreciate your tremendous



support in making it a success! There were 5-6 unclaimed baskets/gift cards which will be auctioned off at the progressive event in April. All proceeds from the 50/50 have been put towards our scholarship fund. We'd like to acknowledge Olivia Paulo-Lee for graciously donating her winnings back to the fund.

2024 Board Members



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MEMBERSHIP RENEWAL

Membership renewals are due 1/31/25

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

Please review the membership levels and benefits to determine which level best suits your business or organization.

We are now offering payments via credit card this year. A small processing fee will be added to offset our high credit card fees.

Renew online www.networkinaging.org and pay by credit card, check or Venmo (@Network-In-Aging).

Password is required! Email lisa@networkinaging.org if you need a reset or if you require an invoice.

Membership Referral Raffle

In our efforts to bring in new members to the network, we are offering a chance to win a **\$150 Amazon gift card**. The referring person will receive one chance for each new member individual or organization who joins and pays for their membership by May 31, 2025. The new members must not have been a member in 2024. Please help us grow our organization so we can expand our referral networks!

(NIA Board, Lisa Boron and Membership Committee members are ineligible for this raffle).

Membership changes for 2025

In our effort to keep membership dues the same as last year, we have made minor changes to the membership levels in our efforts to better meet our budgetary needs.

- **Platinum** will now receive 2 free tickets to the annual meeting.
- **Gold** will now receive 1 free ticket to the annual meeting.
- **Individual membership** will increase from \$50 to \$100

MEMBERSHIP LEVELS and BENEFITS:

PLATINUM (\$750) GOLD (\$400) BRONZE (\$250) INDIVIDUAL (\$100) STUDENTS (\$50)

PLATINUM Membership Benefits

- Your logo displayed on our home page with a link to your website
- Membership Plus Program (for multiple logos/links to website (\$100 per logo/link)
- 2 free registrations to annual meeting (\$60/ticket)
- Promotional email blast to membership – Once per year
- Display table at senior resource fair *fee*
- Recognition on Platinum board at all Network events
- Included in Business Directory as resource to community
- 4 business card size ads and 1 article in the quarterly newsletter
- Enhanced ad in newsletter – 1/4 page – once per year
- **Unlimited** social media exposure and posts added on Facebook page
- Recognition at Network events
- Opportunities to introduce speakers or present awards at annual meeting
- Your brochures at Network table at all events
- Opportunity to represent the NIA & spotlight your company in advertising features (1st priority)
- Host/co-host a Networking event (1st priority)
- Join members-only Facebook page
- Receive newsletter/event updates

GOLD Membership Benefits

- Your logo with link displayed on membership page
- Membership Plus Program (for multiple logos/links to website (\$100 per logo/link)
- 1 free registration to annual meeting (\$60/ticket)
- 3 business card size ads and 1 article in the quarterly newsletter
- Display table at senior resource fair *fee*
- Enhanced ad in newsletter – 1/4 page – once per year
- **Unlimited** social media exposure and posts added on Facebook page
- Included in Business Directory as resource to community
- Host/co-host a Networking event
- Opportunity to represent the NIA & spotlight your company in advertising features (2nd priority)
- Join members-only Facebook page
- Receive newsletter/event updates

BRONZE Membership Benefits

- Your logo with link displayed on membership page
- Membership Plus Program (for multiple logos/links to website @ \$100 per logo/link)
- 1 business card size ad and 1 article in the quarterly newsletter
- Display table at senior resource fair *fee*
- Included in Business Directory as resource to community
- **Unlimited** social media exposure and posts added on Facebook page
- Host/co-host a Networking event
- Opportunity to represent the NIA & spotlight your company in advertising features (3rd priority)
- Join members-only Facebook page
- Receive newsletter/event updates

INDIVIDUAL Membership Benefits

- Join members-only Facebook page
- Included in Business Directory as resource to community
- Display table at senior resource fair *fee*
- Receive newsletter/event updates

STUDENT / RETIREE Membership Benefits

- Join members-only Facebook page
- Receive newsletter/event updates



Est. 1981

Network in Aging
of Western New York, Inc.

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Jane Nogowski

Sacred Heart Home – Brothers of Mercy

Olivia Paulo-Lee

Long & Paulo-Lee, PLLC

Crystal Selk

West Side Community Services

PRESIDENT'S MESSAGE



Happy New Year! As we step into January and the start of a new year, it's the perfect time to reflect on our professional growth and set fresh goals for the months ahead. Whether you are looking to expand your network, explore new opportunities or to strengthen existing relationships, the beginning of the year offers a unique chance to reset and reignite your career ambitions. Let's make the most of 2025 and build meaningful connections that will support your success all year long.

Our Annual Meeting, held on November 6th at the Ironworker's Banquet Hall in West Seneca, was a great success, with 174 attendees joining us to hear how we are *Better Together*. The event featured insightful presentations from Bill Armbruster, our Keynote Speaker on livable communities, and Andrea Koch from the Alzheimer's Association who shared valuable information about Dementia friendly living.

In December, our Network with the Network event was hosted by Solstice Senior Living, where members enjoyed a festive Ugly Sweater theme and Cookie Contest. Congratulations to our winner Darryl Young from Solstice Senior Living. He took home the prize for his Holiday Lemon Curd Drops. And congratulations to Kelsey Sorge from Senior Helpers whose shark sweater beat out others in the competition for best ugliest sweater of the night.

Looking ahead to 2025, be sure to mark your calendars for several exciting events. Our first Network with the Network will be on January 23rd at Santora's for a Happy Hour. In April, we'll host our beloved Progressive Dinner, and in May, we will once again offer a Health Resource Fair.

I am thrilled to welcome our newest board members for 2025: Ryan Kozyra; Olivia Paulo-Lee, Esq; and Laura Nightingale.

As a reminder, membership renewals are due January 31st. Please take a moment to review the benefits and pricing for each membership level on our website www.networkinaging.org. I encourage you to renew and invite others to join, as your continued support is vital to the strength and success of our organization.

Our committees remain committed to providing diverse networking opportunities throughout 2025 and we will continue working together to ensure the Network stays strong, connected, and focused on the needs of our members. The ongoing support of our member agencies and individuals is more important than ever for the health of our Network.

It is a privilege to serve as your president for another two-year term and I'm excited to embrace the challenges and opportunities that lie ahead!

With Warm Wishes,
April Romanowski
Network in Aging President

WELCOME NEW MEMBER AGENCIES



HUNT – SHARON BAKSHI



AARP



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PLATINUM MEMBER AGENCIES



DID YOU KNOW. . . COOKIE EDITION!

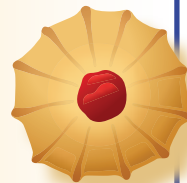
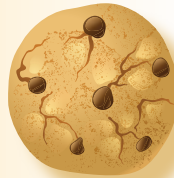
. . . the first cookies have been traced back to 7th Century Persia? The first cookies were known as “kolompeh” or “qoluche” and were made from nuts, honey and spices.

. . . the world’s largest chocolate chip cookie weighed more than 40,000 lbs and measured 102 feet wide? It was baked by the Immaculate Baking Company in Flat Rock, NC in 2003. The company had to build a special oven to bake this giant!

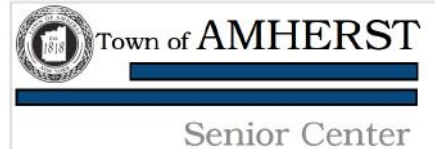
. . . Buffalo native and former U.S. President, Grover Cleveland’s favorite dessert was the snickerdoodle? While the origin of the cinnamon sugar cookie’s name is not confirmed, one possibility is that it comes from the German word “schneckenudeln” which is a round cinnamon pastry.

. . . the first food ever baked in space was the DoubleTree by Hilton chocolate chip cookie? The batch of cookies were baked in a special zero-gravity oven at the International Space Station in 2019. They were sealed in individual silicone pouches to keep crumbs from affecting the space station.

. . . the fortune cookies you get with your Chinese take-out actually have their origin in Japan? As far back as the 1870s, some confectionary shops near Kyoto sold a savory cracker flavored with miso and sesame folded in the recognizable shape and containing a fortune tucked inside.



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OF WESTERN NEW YORK, INC
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MAKE THE MOST OF YOUR NETWORK MEMBERSHIP BY JOINING A COMMITTEE TODAY

ALL MEETINGS VIA ZOOM

COMMITTEE CO-CHAIRS & MEETING INFORMATION

Please be sure to verify meeting date, time and location
as there are occasional changes!

COMMUNICATIONS COMMITTEE

Establishes and directs the Network's print and online communications with its members and the public. Meetings are on the **second Tuesday** of the month at 10:00am.

CO-CHAIRS

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

Paula Venné-Clendening
pvenne@walshduffield.com
716-255-1593

EDUCATION COMMITTEE

Plans and carries out educational programs/workshops on aging related issues, along with planning and preparation for the annual meeting. Meetings are on the **second Thursday** of each month at 9:00am.

CO-CHAIRS

Crystal Selk
cselk@wscsbuffalo.org
716-884-6616

Ryan Kozyra
ryan.kozyra@prudential.com

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.

CO-CHAIRS

Jane Nogowski
jnnogowski@brothersofmercy.org

Mimi Piciullo
mimipiciullo@gmail.com
716-698-1089

NETWORKING COMMITTEE

Plans and carries out member-to-member functions, including Networking events. This committee meets the **first Thursday** each month at 9:00am. Additional dates may be scheduled.

CO-CHAIRS

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

Stephanie Mruczek
eastamherstdsm@solsticeseniorliving.com
716-688-7880

SPECIAL EVENTS COMMITTEE

Plans social functions for the Network, including the January Social, Taste of the Network and annual meeting venue. Solicits and accepts nominations for scholarship and annual meeting awards. 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

Dr. Kara Calandrelli
karaanncalandrelli@gmail.com
716-689-4195 ext 111

Michael Olear
michael@olear.com
716-481-9959



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SHARON BAKSHI, HUNT REAL ESTATE

Sharon Bakshi is a real estate professional specializing in meeting the unique needs of her clients with a special focus on assisting seniors in the real estate market. Her approach has always been defined by an unwavering commitment to exceptional customer service, making Sharon the ultimate choice for all your home buying and selling needs.

Sharon's educational background, including a finance degree from Miami University and an MBA from the University at Buffalo, underpins her profound understanding of finance and analytics, ensuring that your real estate experience is nothing short of exceptional.

HUNT REAL ESTATE – SHARON BAKSHI

Age in Place or Downsize? Find the Right Fit for You!

by Sharon Bakshi, Senior Real Estate Specialist

As time goes on, seniors often face the decision of whether to age in place or downsize to a smaller, more manageable home. Aging in place involves staying in one's current home and making any necessary modifications to accommodate changing physical or health needs. For many, the familiarity and emotional attachment of home make this an appealing option. Staying in a well-known environment close to friends, family, and community can enhance comfort and maintain independence. However, aging in place may require significant investments in home renovations, such as moving a bedroom, widening doorways, or upgrading bathrooms to ensure safety.

On the other hand, downsizing offers a fresh start and can reduce the burden of home maintenance, which becomes more difficult as one ages. Moving to a smaller home, apartment, or retirement community can provide financial relief, lower utility bills, and give seniors the opportunity to declutter their lives. Downsizing can also offer access to amenities that support aging, such as single-level living, community healthcare resources, and social engagement opportunities.

While it may be emotionally challenging to leave a long-time home, the benefits of downsizing often include greater convenience, improved mobility, and peace of mind knowing that one's living space is more suited to future needs. Each option requires careful consideration of lifestyle, finances, and long-term health to ensure the best fit for aging with dignity and comfort.

Why the SRES Designation Matters: Specialized Real Estate Support for Seniors

The Seniors Real Estate Specialist (SRES) designation is held by just over 1% of all realtors, making it a relatively rare certification within the real estate profession. This rarity underscores its value, as not all real estate agents are equipped to handle the unique challenges that seniors face when buying or selling property. SRES agents undergo specialized training that helps them understand the financial, emotional, and logistical concerns of older adults. This knowledge is critical as seniors often need guidance beyond a typical real estate transaction, such as downsizing, managing estate planning, or exploring housing options that support aging in place.

For the senior community, working with an SRES agent can make all the difference. The complexities of transitioning to a new living situation, whether it's moving closer to family, downsizing to a more manageable home, or finding a community with healthcare and social support, can be daunting. SRES agents are well-versed in addressing these needs, offering tailored advice that takes into account long-term health, financial security, and emotional well-being. The specialized expertise of an SRES agent ensures that seniors receive compassionate, knowledgeable support, making what can be an overwhelming process much smoother and less stressful.

In a market where so few agents hold this designation, seniors who choose to work with an SRES agent can feel confident that they are receiving the highest level of service, specifically designed to meet their needs. This focused attention can have lasting positive effects on their quality of life, making it a crucial choice for anyone navigating real estate decisions in their later years. 🌸

ACCOMPLISHMENTS & RECOGNITION!

Ariel Clay of Hospice and Palliative Care Buffalo named a 40 Under 40 winner for 2024

I am deeply honored and grateful to be recognized as a recipient of the 40 Under 40 award. This achievement would not have been possible without the support and encouragement of my family, friends, colleagues, and mentors.

I am committed to embracing every experience – learning from both successes and setbacks – and continuing to strive for personal and professional growth. Thank you to everyone who has been part of my journey.



Please Join Harris Hill Nursing Facility in Congratulating **Katie Dembik, RN, WCC, Director of Nursing**, on being the 2024 NYSHFA Caring Heart Award Winner. Katie is organized, knowledgeable and a resource to those she serves.



We're proud to announce that **Newsweek** has ranked The McGuire Group's **Autumn View Health Care Facility as No. 20** and **Brookhaven Health Care Facility as No. 21** out of more than 600 facilities in New York state for the **2025 Best Nursing Homes report**.

This makes them the second and third-highest-ranked proprietary facilities in the state and among the nation's top 1,050 facilities out of 14,858 analyzed.

Newsweek partnered with global data research firm Statista to create the annual ranking. The evaluation is based on four pillars including performance data, peer recommendations, accreditations and resident satisfaction. Nursing homes in the 25 states with the highest number of facilities, according to the Centers for Medicare & Medicaid Services (CMS, 2024) were considered in the study.

"The rankings reflect our desire to develop and implement clinically sophisticated programs and services that make an impactful difference in the lives of our residents and the health care community as a whole," stated Chief Executive Officer, Susan Grigg, RN, BSN, CRRN, LNC, LNHA.

CONGRATULATIONS to the TEAM of LEGENDS at Absolut Care of Aurora Park on being Rated 4 STARS OUT OF 5 by the Federal Government!

A 4-star rating is important because it places a quantifiable value on some of the most significant aspects of care including a facility's Department of Health survey, staffing levels and a variety of quality measures.

Facilities with high star ratings demonstrate a comprehensive understanding of what it takes clinically and operationally to achieve and maintain the rankings that are worthy of five stars. **THANK YOU FOR ALL YOU DO to make Aurora Park a Legendary Place to Live & Work!**



Now accepting applications for our relocated, remodeled, secured memory care unit. Call today for details, 716-345-2647 or www.LivingLegendsHealth.com/Aurora-Park/

Harris Hill Nursing Facility is among an elite list of facilities state-wide that has finished in the TOP QUINTILE of New York's Nursing Home Quality Initiative (NHQI).

The NHQI evaluates 600 nursing homes in the state and ranks them by quintile using performance measures in the components of quality, compliance and efficiency.

A high quintile rating highlights a company's long-term commitment to creating healthier communities and meeting a full spectrum of health care needs.

Teamwork makes the dream work! Congratulations to everyone who makes our facility a great place to live and work!



ACCOMPLISHMENTS & RECOGNITION!



Congratulations

Sarah Duval

New Managing Attorney in
Charge of Program Development



Sarah has been with CELJ since 2009. She is a strong advocate for our clients and has been a dedicated team member. We look forward to her continued success in this new role.

Congratulations **Sarah Duval** on your new position as the Managing Attorney in charge of Program Development!



Glenwell is now welcoming new residents!

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Call (716) 608-7000 today to schedule a tour! Please share with those who might benefit from our services. Thank you!



Welcome, Osa Amadasu, LCMHC-P!

We are thrilled to announce that **Osa Amadasu** has joined Harmonia Collaborative Care as a School-Based Mental Health Clinician! Her expertise and passion for supporting students' mental health will make a meaningful impact in our community. We're so excited to have her join our team and look forward to the incredible work she'll do!



Julie Borsz, PT, MSPT
Care Transition Advocate



315-503-1300



jborsz@carepatrol.com



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**OUR TRUSTED EXPERTS
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*Extending your hand in a
time of need can change the
course of someone's life.*

WHY CAREPATROL?

Helping to guide families in making the safest choice to protect their loved one is a passion of mine in addition to making sure aging adults feel respected and understood in challenging and sometimes very drastic life changes.

ABOUT ME

With almost 20 years of healthcare experience in the Central New York area, I bring a strong background in helping aging adults live safely and as independently as possible. My experience as a Physical Therapist has evolved through my work in acute hospital settings, acute inpatient rehab, and most recently in home health care for the past 10 years. I work hard to facilitate a smooth and safe transition for my patients as they learn to adapt and recover from significant changes in health or function.

We hope you'll join us in offering a warm welcome to **Julie Borsz, PT, MSPT**, as the newest member of our team. As a Care Transition Advocate for the Syracuse area, Julie will be a dedicated and compassionate advocate for her clients. We couldn't be more excited to have her on the team!

Welcome, Julie! You can reach her at jborsz@carepatrol.com

ACCOMPLISHMENTS & RECOGNITION!



People Inc. Wins Statewide Housing Honors

Award honors innovation and excellence.

The New York State Association for Affordable Housing honored People Inc. as the Non-Profit of the Year at a recent event in New York City. The award recognizes partners that have excelled in project completion, served their communities and special populations by going above and beyond, and have helped advance the industry over the past year.

With over 30 properties offering 1,300 affordable housing units across the region, People Inc. continues to foster independence and improve lives. The dedicated staff help to provide safe, high-quality, affordable housing to people who are income eligible, often in underserved communities. Some of the units are reserved to support frail older adults, adults with intellectual or developmental disabilities and/or people with mobility, vision or hearing challenges.

Our work goes beyond providing shelter — People Inc. is a leading provider of support services that help residents achieve stability and independence. These services include case management, mental health counseling, and transportation assistance. People Inc. staff ensure that residents are not only housed but are equipped with the resources they need to thrive.

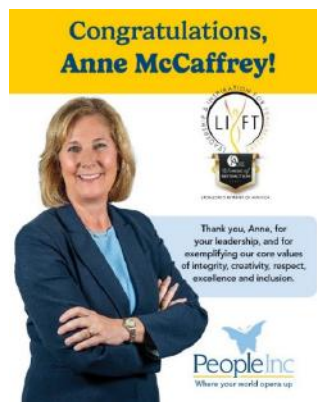
Additionally, People Inc. was recognized for its strong track record of providing a variety of unique residential opportunities for children, adults, and specialized homes for people with complex medical needs.

Learn more about our Affordable and Senior Living Apartments.

Pictured: Proudly accepting the New York State Association for Affordable Housing award are (left to right) Kevin Horrigan, People Inc. Vice President Public Affairs, Brian Smith, People Inc. Associate Vice President Real Estate Development, Concetta Ferguson, People Inc. Chief Innovation Officer, RuthAnne Visauskas, Commissioner/CEO of NYS Homes and Community Renewal, Anne McCaffrey, People Inc. President & CEO, Sarah Alessi, People Inc. Vice President and Jolie Milstein, President & CEO of NYSFAFH

Congratulations to our President & CEO, Anne McCaffrey, on receiving this year's Woman of Distinction Award!

This prestigious honor, awarded at Amherst Chamber of Commerce The Event Celebrating Business Excellence, highlights Anne's exceptional leadership and dedication. Presented in partnership with the Leadership & Innovation for Trailblazers (LIFT) Women's Group & sponsored by Bank of America, this award showcases Anne's impactful contributions to our community and beyond.



We are thrilled to welcome **Tanya Hernandez** to the WNY Chapter in the new position of bilingual program manager!



Les Robinson CLTC Speaks at National Convention of Financial Planning Association

Les Robinson CLTC, a renowned expert in long-term care planning and author of *Protect Your Money from Medicaid and Nursing Homes*, delivered a highly-anticipated presentation at the National Convention of the Financial Planning Association (FPA).

The session was "Strategies for Successful Aging Win! Win! Win!" was a highlight of the event, offering powerful insights into successful aging, financial security, and long-term care planning.

Les, alongside distinguished speaker and LTC planning specialist Margie Barrie, shared industry updates and key strategies for maintaining health, wealth, and lifestyle as individuals age. Their presentation drew an enthusiastic audience, and the energy in the room reflected the importance of these topics for financial professionals and their clients.

His expert advice addressed key concerns such as estate planning, beneficiary designations, and Medicaid protection strategies, which are essential for financial professionals and their clients.

Empower yourself with the LESLTC processSM and Les Robinson CLTC's expertise to protect your money from Medicaid and nursing home expenses. Secure your financial future today with Les Robinson's comprehensive guidebook, *Protect Your Money from Medicaid and Nursing Homes*. Take the first step towards financial security by ordering the book (<http://www.lesltc.com/book>)



ACCOMPLISHMENTS & RECOGNITION!



Congratulations to **Tony Blasting** on his 35th year with Northwestern Mutual. Tony joined forces with the Primacy Team in April of 2024, and his knowledge and understanding of this industry is quite impressive. We're so lucky to have him as part of our team. Congrats, Tony!

Big things are happening at our Williamsville campus! We're thrilled to announce the construction of our brand-new bar, lounge, cafe, and dining room! Soon, our residents will have fresh spaces to relax, dine, and enjoy each other's company in style. Stay tuned for more updates!

Construction is underway at our Williamsville campus! Our community will soon enjoy beautifully updated spaces to gather, dine, and unwind together. Stay tuned for more sneak peeks and progress updates – we can't wait to reveal the new look!



Mary Baty starts new position

I'm happy to share that I'm starting a new position as Director at The Brothers of Mercy Wellness Campus! My heart is so full. On Monday I will be returning home to the Brothers of Mercy. I will be once again where I was the happiest – as the Director of Trier Woods Senior Apartments. These residents have kept me in their hearts for two years and let their voices be heard in wanting my return. As much as I may give them – they give back to my life 10-fold. I am so grateful for the opportunity to again help to enrich the lives of the residents there and returning to my “family.”



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39th Annual Hospice Spring Bouquet Sale

Look for these beautiful, fresh bouquets at various florist and public locations throughout Erie County.

Visit HospiceSpringBouquetSale.com for all locations and information.



Thank you for your support as it helps Hospice & Palliative Care Buffalo enrich programs that enhance quality of life for patients and loved ones.

INNOVATIVE RX SOLUTIONS, LLC

Transforming Medication Delivery and Security in Long-Term Care

The long-term care (LTC) industry faces challenges in ensuring safe and efficient medication delivery for residents. Addressing these concerns head-on, Innovative Rx Solutions is a pioneering company dedicated to revolutionizing medication management and security within LTC facilities. With a focus on cutting-edge technology and innovative products, IRXS is set to enhance the standard of care while ensuring the safety of every resident.


Our Mission: At Innovative Rx Solutions, our mission is to combine state-of-the-art technology with efficiency in medication management.

Innovative Solutions We Bring:

- 1. Secure Pharmacy Delivery:** Titan MDS (medication delivery system) is a safe, secure, contactless pharmacy delivery system.
- 2. Smart Medication Storage:** Our Smart Narc Box system utilizes keyless entry and RFID technology to track medication storage ensuring that all access is documented and safe.
- 3. Cold Storage Compliance:** Our Cold Traq fridge monitoring system is an IOT enabled device which checks temperature readings every 6 minutes and electronically documents eliminating the manual process of temping and documenting.
- 4. Comprehensive Training Programs:** We recognize that technology is only as effective as the people who use it. Innovative Rx Solutions provides thorough training for staff on medication management and security best practices, ensuring that all caregivers have the knowledge and tools they need to excel.

A Vision for the Future

Innovative Rx Solutions envisions a future where technology and care go hand in hand, ensuring that medication management is not only efficient but also safe. By integrating innovative solutions into the medication delivery process, we hope to empower caregivers and enhance the well-being of every resident in long-term care.

We invite you to join us on this important journey as we redefine medication delivery and security in the long-term care industry. To learn more about Innovative Rx Solutions and how we are making a difference, visit our website or reach out to us directly. 

Mike Maenza • 866-970-9194 • innovativerxsolutions.com



Private Group for Members ONLY

Haven't joined our MEMBERS ONLY Facebook group yet?

- Share resources and expand referral network
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- 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.



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- Topic/Ad/Layout of your choosing
- Emailed to the entire membership (500+)
- Contact Lisa at lisa@networkinaging.org to schedule

LONG & PAULO-LEE, PLLC

Securing Your Future: The Role of Elder Law

As we age, protecting our ability to make decisions about our finances, healthcare, and personal affairs becomes increasingly important. Elder law plays a key role in addressing the unique needs of older adults, helping them preserve assets, prepare for long-term care, and ensure their wishes are respected as they navigate later life stages. At Long & Paulo-Lee, PLLC, we work alongside seniors and their families, providing the guidance needed for thoughtful and effective planning.

Understanding Elder Law: What It Covers and Why It Matters

Elder law covers a range of legal areas tailored to address the issues that come with aging, including estate planning, healthcare directives, guardianship, Medicaid eligibility, and long-term care planning. By addressing these areas, you can help protect your finances, ensure your medical preferences are honored, and maintain your independence for as long as possible.

For instance, qualifying for Medicaid, which can assist with long-term care costs, often requires careful planning to avoid exhausting personal assets. Working with an elder law attorney to create a plan can allow you to access needed care while still preserving your financial resources.

Powers of Attorney and Guardianships: Protecting Your Autonomy

Facing the possibility of losing the ability to make one's own decisions is difficult, yet planning for this scenario is essential. Establishing a durable power of attorney ensures that a trusted person can manage your financial and legal matters if you become unable to do so. Similarly, a healthcare proxy allows you to designate someone to make medical decisions according to your preferences.

In cases where no such documents exist and a person can no longer make decisions, a guardianship may be required. While this process can be complex, an elder law attorney can guide you through it, helping to ensure that any appointed guardian will act in the best interests of your loved one.

Long-Term Care and Medicaid: Planning for the Future

Long-term care can be a significant financial burden, especially for families who assume Medicare will cover all expenses. Unfortunately, Medicare's coverage is often limited. Medicaid can be a valuable option for support, but its eligibility requirements can be challenging to navigate. Working with an elder law attorney to pre-plan for Medicaid benefits allows you to protect your savings while positioning you to receive the care you need.

Achieving Peace of Mind through Elder Law Planning

Planning ahead helps secure your financial future, health, and personal decisions. Knowing you have a comprehensive plan brings peace of mind to you and your family. Proactive steps now can help you avoid unnecessary legal or financial complications down the road, providing security for whatever the future may hold.

How We Can Assist

At Long & Paulo-Lee, PLLC, we are committed to offering comprehensive elder law services to help you address these critical issues. Our team works to provide guidance for asset protection, long-term care planning, and ensuring your wishes are respected in both healthcare and financial matters. 🌸

Please note, prior outcomes do not guarantee future results. This article is for informational purposes only and does not constitute legal advice. For more information or to schedule a consultation, visit www.Longpaulolee.com or call 716-634-7400.



WELCOME NEW BOARD MEMBER



LAURA NIGHTINGALE, MJ PETERSON

Laura Nightingale, a Licensed Associate Real Estate Broker with over two decades of experience, has been a trusted professional in Western New York's real estate community since 2002. With a Senior Real Estate Specialist (SRES) designation and advanced training in architectural design, property disclosure, and fair housing law, she is well-versed in serving diverse clients, particularly older adults navigating significant life transitions.

A lifelong Western New Yorker, Laura grew up in North Tonawanda before moving to Kenmore while attending Buffalo State College. There, she earned a Bachelor of Arts in Psychology, which has enriched her ability to connect with clients and advocate for their needs with empathy and care. Laura now resides in Tonawanda, where she continues to serve her community with dedication.

Laura is eager to bring her experience and compassion to her work with the Network in Aging of WNY. She looks forward to fostering meaningful connections and improving the quality of life for older adults in the region.

LIFE LESSONS

LIFE LESSONS – SEPTEMBER & OCTOBER 2024 “SHOW US YOUR MUG”



Nothing is better than an iced pumpkin spice latte or iced butterscotch latte in the morning made with my Nespresso. Brumate keeps it cold until I am finished and usually there is still ice in it by the time I get home. I prefer the iced vs hot coffee. Submitted by Stacy Jasinski



These are the mugs Vicky and I use these every day (one of our member's son-in-law made them for us) and we like to use them for water, coffee, hot chocolate, and lattes. Submitted by Laurie Greco



I remind myself often, especially on the hard days, that I truly am “blessed beyond measure.” Submitted by Kerry Peek



Good morning! Enjoying my favorite beverage – Tim Horton's half decaf with a little milk while supporting my favorite hockey team! Go Sabres!! Submitted by Paula Venne-Clendening



I am enjoying my pumpkin spice coffee, with a splash of oat milk. I love my mug, because it reminds me of the hard work that I put into our firm each and every day, it reminds me of where I first started and how far I have come, and to continue to do the good work we do for our clients. I take great pride in my mug. Submitted by Olivia Paulo-Lee



Submitted by Michelle Claus



Good day! I got this at the start of COVID, and it was and still is, my fav mug ever! I drink my fav coffee with it with extra cream and vanilla cream! Submitted by Jennifer Gunia



Network with the Network

Join us for a HAPPY HOUR!

Thurs, January 23, 2025 • 4:00-7:00pm

Cheers to good times and cheers to meeting new friends!
Happy hour is here again! Join us for some drinks & appetizers! Feel free to bring a potential member.

Santora's, 7800 Transit Road, Buffalo, NY 14221

\$6.00 credit card
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BRING CASH FOR 50/50!

Registration Open!

LIFE LESSONS

LIFE LESSONS – NOVEMBER & DECEMBER 2024

“FAMILY TRADITIONS & HEIRLOOMS”



heirloom. It belonged to my great aunt "Gigi" and when she passed away, my sister and I were sorting through all the things her home. Her house was a tiny Cape in Sloan, NY but it was packed to the gills with stuff – much of which we were surprised we had never seen before. Since my sister was Gigi's godchild, she actually inherited all the house contents but being the generous sister, she agreed we would go through Gigi's things together and each take what we wanted before we donated or sold the rest. My sister originally "claimed" this lamp as her own but as my luck would have it, she didn't really have a spot in her house to put it and just put it in a cabinet in her basement. My brother-in-law, while cleaning out their basement one day, found the lamp again and brought it to me... he said I could at least be "the keeper of it" because he knew I would display it each Christmas and he knew how much I loved it. My house is tiny but he knew I'd find the perfect spot for the lamp. He was standing with me in Gigi's kitchen when we plugged it in for the first time. As it heated up, the SNOW WENT UP instead of down. I thought I was imagining things until

my brother-in-law said, “turn the plug over, it was made before plugs were polarized and how you plug it in makes a difference”. I thought he was pulling my leg but he was right, I flipped the plug over and the snow starting falling DOWN. It was magical and mesmerizing and I loved it!

I still have the lamp and each year when I pull it out of my decoration tote I think of Gigi and all the wonderful memories I have of time my sister and I spent with her. Oddly enough, we never saw this lamp displayed in Gigi's house...it was packed away in a box up in her attic. We don't even know if she was the original owner or if Gigi inherited it from someone else in her family. I don't know how old the lamp is, I don't know if it's worth any money but I wouldn't EVER sell it anyway. As the lamp heats up and the "magic cylinder thingy" inside begins to spin, the snow begins to fall over the church and the horse and sleigh depicted on the lamp. It reminds me of the Christmas magic I always felt as a kid. I didn't question how Santa got all our gifts in our house even though we didn't have a fireplace, I just knew he did! This time of year, sometimes at night, after a busy day at work, I turn off all the lights in my living room except for my Christmas tree and Gigi's lamp and I lay on the couch and take a little holiday trip down memory lane. Submitted by Kerry Peek

Something my family does (and really my grandma) is we have handmade crocheted stockings that we hang. My grandma has created a stocking for every single family member, including all of the exchange students and spouses that our family has gained over the years. The exchange students in particular get to take them home with them at the end of their stay. Each stocking has a different design, and the name of the person it was made for.

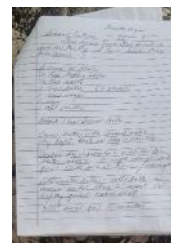


On Christmas Eve, the whole family gets together to fill and open the stockings at my grandparents' house, and it is one of the happiest childhood memories I have. There was a family rule that the kids couldn't participate in filling the stockings until they were 21, so now more of us are able to help fill the 31 total stockings (not including any exchange students there may be that year). My Aunt has since started helping crochet the stockings with my grandmother to keep the tradition alive.

The picture is of the stockings over the fireplace at my grandparents' house from a few years ago. Enjoy! Submitted by Allison Winiecki



The Santas are part of my moms old set! Every year for about 30 years my Grandma would give her a Santa for Christmas! The Santas are now split between my sister, mother and I. My kids love setting them up and playing with the little attached animals! Submitted by Kelsey Sorge



"I am lucky to have hand written Italian cookie recipes that allow me to remember loved ones who wrote them, but who are no longer here. Every year when I take them out to begin holiday baking, a flood of beautiful memories are renewed. Last year, I hand wrote all of these recipes and gave them to my children. One day, I hope they too can look at them annually with fond memories and heartfelt joy. Submitted by Helen Ferraro-Zucchi"



My favorite moment of the holiday season is putting up the stockings my mom made for us. What started as a project for my brother and me evolved into a beloved treasure for each of my cousins, their spouses, and their children. A beautiful legacy from my incredible mother!

Submitted by Paula Venne-Clendening



JANUARY & FEBRUARY 2025 – “What Are You Grateful For?”

As we start the new year, let's reflect on the moments, people, and things that fill us with gratitude. Whether it's a loved one, a cherished memory, a favorite hobby, or even the simple joys of daily life, we want to see what you're most grateful for! Share a photo that represents

your gratitude and tell us why it's meaningful to you. Each entry will be entered into a drawing to win a **\$25 "Thank You Treat" gift card** to a local coffee shop or bakery of your choice! Let's celebrate the little (and big) things that make life special – send in your photo and story today!

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* It can be at your facility or a different location *

Co-hosting opportunities available in any month.

February – Trusted Choice Homecare

March – Elderwood at Bassett Park

April – Progressive event (Date TBD)

May – Canterbury Woods – Gates Circle

June – JunkLuggers

July – Peregrine Cheektowaga

August – Glenwell

SEPTEMBER-DECEMBER – OPEN

Details of Event

- All planning details up to the discretion of the host/co-host (i.e. theme, food, etc.)
- Budget at the discretion of the host/co-hosts

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- Stacy Jasinski, sjasinski@depaul.org
- Stephanie Mruczek, eastamherstdsm@solsticeseniorliving.com
- Lisa Boron, lisa@networkinaging.org

COMING SOON!

Keep an eye out for future announcements
of our two upcoming events!

PROGRESSIVE DINNER EVENT April 2025

