

WYOMING COUNTY OFFICE FOR THE AGING SENIOR COURIER

Volume 26, Issue 2

Editor: Tess Phillips

March/April 2025



Mission Statement

Wyoming County Office for the Aging is dedicated to improving the health and well-being of individuals 60 and older by using a holistic approach to empower all seniors by promoting independence, dignity and respect through education, outreach and advocacy, and to provide quality services for those in need.

Notes from the Director: Andrea Aldinger

I may have mentioned this before, but over the last several years working at the Office for the Aging, and getting more involved with understanding Comfort Care and End of Life Care, I have started keeping track of trends I see when it comes to aging. Mostly because I am aging, and even though I have listened to numerous family, friends and clients tell me what I might expect, you just don't believe it until it happens to you. For example, gardening. I used to be able to get out there early, weed my flower beds, edge them, mulch them and keep right on moving to the next one. I would spend all day working and finally fall into bed at 9pm feeling like I really accomplished something. Now, I can't find the energy to even do a half a day. And Lord knows, I need a nap in there.

But now as I officially enter my "Golden Years" every day is a new adventure. It causes me to think more and more about what retirement might look like. Although that scares the life out of me too! I do relax a little when I hear from other retirees that somehow they are busier retired than they were when they were working. They say that now they do things when they want, where they want, how they want and with who they want without worrying about work in the morning!

All this aging has definitely made me more inquisitive. I like to get advice from those that have experience, and when I do, I file it away so when I need it, I can get it. For example, my Uncle tells us often, "Stop holding grudges! It doesn't hurt anyone except yourself." My mother who is not able to walk far distances reminds me to, "Take that vacation while you can!" And some friends I have worked with at the Comfort Care Home have told me to, "Stop worrying about money!" That's a hard one isn't it? But what they are saying is, 'live within your means.' Don't fall prey to making big unreasonable purchases in retirement. In other words, live your money. Whether it is a small amount or a large amount, it's important to make good choices while on a fixed income. I understand what they are saying, but I guess the worrying part is just human nature.

So, I want to encourage you to offer any positive advice you can to your younger friends and family. While I don't like to be told what to do, or how to manage my own life, I do like to hear what folks have experienced and what they learned from making good and poor decisions. If only to better prepare myself for my "Golden Years!" If I were to ask you today what one piece of advice you would give, what would it be?

Dear Marci,

Some of my friends were chatting about health care directives and future health care wishes. Is this really important to do right now? I'm in good health.

-Rafael (Garden City, UT)

Dear Rafael,

It's understandable to feel that you don't need to think about this topic when you're in good health! You should know, however, that putting your future health care wishes in writing can be very helpful to your family members, if you were to suddenly find yourself in a position where you can't make health care decisions for yourself due to being incapacitated by injury or illness.

Every state has different rules about who makes decisions about your treatment if you are physically unable to do so. In many cases, the decision-making is left in the hands of your health care providers, unless you've assigned someone as your legal representative in advance.

If medical decisions are casually left up to your family, it can be difficult and time-consuming for them to agree on different treatment options. It can also be costly for them to get the legal right to make medical decisions for you, and they may also disagree on who should make these decisions for you. Having a plan with your wishes written out ahead of time can help to avoid confusion and disagreements, and it ensures your wishes are honored if you're unable to speak for yourself!

Start by talking to your family about your wishes. When you're ready, completing an advance directive is one of the most important things you can do for yourself and your family to ensure your healthcare wishes are met.

Good luck!

-Marci

MORE INFO CAN BE FOUND AT;
<https://ag.ny.gov/publications/advance-directives>

Medicare Savings Program (MSP) and Medicaid

The Medicare Savings Program (MSP) will pay for the Medicare Part B premium of \$185.00

If you meet the income limits below, contact the Wyoming County Office for the Aging at (585) 786-8833 to apply. If you apply for MSP, you will be required to submit a signed application and copies of the following documents:

- * Social Security card
- * Proof of address (e.g. electric or phone bill)
- * Medicare card
- * Proof of date of birth
- Proof of income (e.g. Social Security Administration award letter, income tax return, pay stubs)

To apply for Medicaid in 2025, you can contact the Wyoming County Department of Social Services at 585-786-8900 and ask for a copy of the application to mail in or apply in person.

New York State Gross Monthly Income Limits

New York State Asset Limits

Program	Individuals	Couples	Individuals	Couples
QI	\$2,446	\$3,299	No limit	No limit
QMB	\$1,820	\$2,453	No limit	No limit
Medicaid	\$1,820	\$2,453	\$32,396	\$43,781

These estimates are based on 2025 federal poverty level (FPL), and include a standard \$20 disregard. You may qualify even if your income is slightly higher. Ask a Medicaid counselor about whether you can subtract certain expenses from your income.

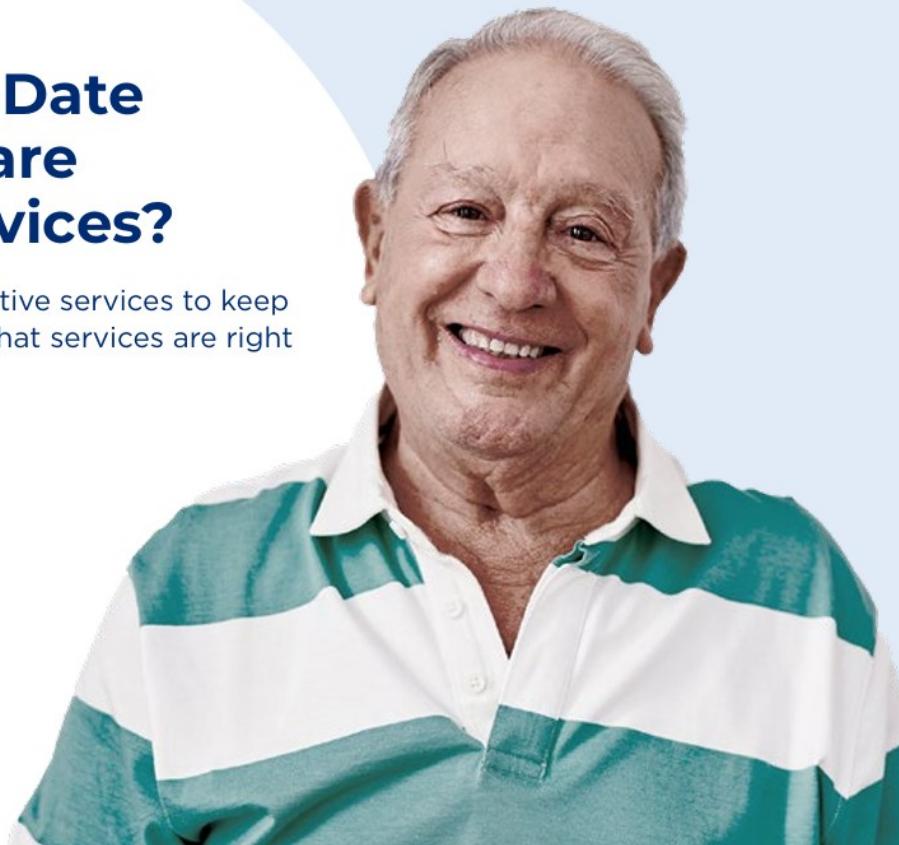
Are You Up-To-Date on Your Medicare Preventive Services?

Medicare pays for many preventive services to keep you healthy. Ask your doctor what services are right for you.

Medicare.gov



Medicare



- One time "Welcome to Medicare" preventive visit—get this visit within the first 12 months you have Medicare Part B (Medical Insurance)
- Yearly "Wellness" visit—get this visit 12 months after your "Welcome to Medicare" preventive visit or 12 months after your Part B coverage starts
- Abdominal aortic aneurysm screenings
- Alcohol misuse screenings & counseling
- Bone mass measurements
- Cardiovascular behavioral therapy
- Cardiovascular disease screenings (cholesterol, lipids, triglycerides)
- Cervical & vaginal cancer screenings
- Colorectal cancer screenings
- Counseling to prevent tobacco use & tobacco-caused disease
- COVID-19 vaccines
- Depression screenings
- Diabetes screenings
- Diabetes self-management training
- Flu shots
- Glaucoma screenings
- Hepatitis B shots
- Hepatitis B Virus (HBV) infection screenings
- Hepatitis C screenings
- HIV (Human Immunodeficiency Virus) screenings
- Lung cancer screenings
- Mammograms (Breast cancer screenings)
- Medical nutrition therapy services
- Medicare Diabetes Prevention Program
- Obesity behavioral therapy
- Pneumococcal shots
- Prostate cancer screenings
- Sexually transmitted infection screenings & counseling

For more details about Medicare's coverage of preventive services, including your costs in Original Medicare, visit [Medicare.gov/publications](https://www.medicare.gov/publications) to view or print the booklet "Your Guide to Medicare Preventive Services."

You have the right to get Medicare information in an accessible format, like large print, braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

This product was produced at U.S. taxpayer expense.

Caregiver Corner

From the desk of Tanya Ludwig, Alzheimer's Caregiver Coordinator



After the last few months of being sheltered indoors with Western NY winter, many of us can't wait to escape the walls surrounding us and enjoy the fresh air of spring again. Warmer weather and increased hours of daylight brings the increased want to be outside. For caregivers of someone with memory and thinking problems, this change of season and nicer weather brings additional concerns of increased wandering for their loved one. According to the Alzheimer's Association, 60 percent of people with dementia will wander at least once, with many wandering repeatedly. Although it may be impossible to prevent, there are ways to reduce the risk for caregivers.

Wandering Prevention—take a look at your surroundings. Consider putting car keys and house keys in a secure spot, out of sight. Consider door or window alarms, so that you may know when the door opens. Door knob covers are a great idea, as they tend to be just enough for your loved one to not be able to open the door and get to the outside.

Schedules—what time of day does your loved one usually attempt to get out of the house? Is there a pattern of behavior? Are they looking for something to do or did they have a routine in their past that falls in line with the time of day they are trying to leave? Many of our loved ones with memory impairment have memories of having to pick up the children from school or leave work at a specific time for many years, which could come back to them and cause them to wander. Offer a snack or an activity that would distract them from wandering. In the past, we have used busy blankets with trinkets and activities that require fine motor skills to distract from wandering, while offering validations to how they are feeling about their need to leave at that time.

Prepare your neighbors—advise your neighbors that your loved one has memory impairment and that they may be at risk for wandering. Having multiple sets of eyes on your loved one is never a bad thing and quite possibly you could learn information from

a neighbor who may have been in the same spot as you before who has advice that could be useful.

Enjoy the moments with your loved ones. If you have the time to take a walk in the spring air and the sun beating down on you after this long, cold winter, take it. It's almost always guaranteed that you won't regret it and might be just as good for you as it is for your loved one that you are caring for.



Caregiver Support Group

for caregivers of those with
Alzheimer's disease and other dementia
meets at

**Wyoming County Office for the Aging
at 8 Perry Ave., Warsaw, on the
1st Monday of each month at 10:00 a.m.**

Facilitators are trained by the Alzheimers
Association of WNY Chapter.

LAUGHTER IS GOOD FOR THE SOUL

An insurance salesman is visiting a remote farmstead. He parks at the foot of the driveway and walks up to the house to find an old Labrador lying on the porch.

As he tries to step over it, it speaks! "Watch where you're stepping, buddy!" The salesman almost faints with shock. "You can talk!" "Yeah, sure", says the dog. "I've made a pretty good career out of it."

Intrigued, the salesman asks to hear more. "Well", says the dog, "it all began back in '81. My owner found out about this gift I had, and turned me into a travelling sideshow. 'Course, all I had to do was do simple skits, a few words, a couple jokes; it was pretty beneath me, but it paid well. Anyways, I was spotted by some government types, and got recruited by the CIA. They taught me to speak Russian, and I was infiltrated into secret bases all over the Soviet Union. I mean, who's going to suspect a dog, right? I was the most effective source of intelligence throughout the entire Cold War; I can't tell you how many times I saved the world with my timely intel."

"After the Cold War ended, I got moved to the FBI rooting out terrorist cells: same gig, different bad guys. In the end, after becoming the FBI's most decorated agent, I was retired; I had my pick of the lady dogs as they tried to breed a successor with my gift, but I guess I'm just unique. So I ended up in retirement here, filling my days in comfort and peace."

The salesman is practically bursting at this. Just then the farmer emerges from the farmhouse. "How much do you want for this incredible dog?" yells the salesman. "I'll pay any price!"

The farmer spits. "Y'all can have him for nothing." The salesman is even more flabbergasted. "How can you give away such an incredible animal? A talking dog with such an amazing story?"

The farmer laughs. "Cos he's a damn liar. He never did any of that stuff."

ALZHEIMER'S ASSOCIATION®



Dementia Community Forum

For caregivers, people living with dementia, and community members

Wednesday, May 28 | 6:00-8:00pm

Hope Lutheran Church

2 E Main St., Arcade

No individual or family should navigate the challenges of dementia alone. This forum is an opportunity to bring together community members affected by the disease and dedicated staff and volunteers to talk about resources, programs and services to support those impacted by dementia. Join us to gain a better understanding of Alzheimer's, dementia and memory loss.

This event is free - all are welcome. Respite may be available - call Julie at 585.492.2530 to inquire. Refreshments provided to those who register.

Visit <https://bit.ly/WyomingForum25>, call 800.272.3900, or scan the QR code to register.
Space is limited - sign up today!



This program is supported in part by a grant from the New York State Department of Health

Sunday, May 25th, 2025

Call
716-998-4866
For Info!

12 pm to 4 pm



Curriers Grange #1273

113 yrs of service

Come enjoy real BBQ Chicken
with Hearty Home-Style
Scalloped Potatoes,
Baked Beans and Roll

Take Outs Only

983 Chaffee Rd, Arcade, NY 14009

www.Grange.org/Curriersny1273



Heating with Natural Gas?

Natural gas has an excellent safety record, but like all forms of energy, it must be handled properly. If improperly handled, it may cause a hazardous condition such as a fire, explosion, or asphyxiation.

How to recognize a leak



Natural gas is naturally odorless but may resemble a distinctive sulfur-like odor, similar to rotten eggs.



You may see a white cloud, mist, fog, blowing dust, or bubbles in standing water.



You may hear an unusual noise like roaring, hissing, or whistling.

If you suspect a leak

Get out fast and call 911

Do not use your telephone or cell phone in your home.

Provide your exact location with cross streets.

Do not smoke, light candles or operate electrical switches or appliances. Doing so can produce a spark that could cause an explosion.

Let us know if sewer construction or digging activities are going on in the area.



Do not assume someone else will report the odor.

NYSEG: 800.572.1121 / RG&E: 800.743.1702

Source: [NYSEG Gas Leaks](#)

Financial Preparedness Tips

Americans at all income levels have experienced the challenges of rebuilding their lives after a disaster or other emergency. In these stressful times, having access to personal financial, insurance, medical and other records is crucial for starting the recovery process quickly and efficiently.

1. Gather financial information and critical personal, household & medical information.
2. Consider saving money in an emergency savings account that could be used in any crisis. Keep a small amount of cash at home in a safe place. It is important to have small bills on hand because ATMs & credit cards may not be working during a disaster when you need to purchase necessary supplies, fuel or food.
3. Obtain property (homeowners or renters), health & life insurance if you do not have them. Not all insurance policies are the same. Review your policy to make sure the amount & types of coverage you have meets the requirements for all possible hazards. Homeowners insurance does not typically cover flooding, so you may need to purchase flood insurance from the National Flood Insurance program.

Source: [Ready.gov/financial-preparedness](#)



Wyoming County Emergency Services

151 North Main St.

Warsaw, NY 14569

585-786-8867

oem@wyomingcountyny.gov





5 Pine West Plaza, Suite 506, Albany, NY 12205
(518) 459-7911
Family Help Line (800) 228-8201
www.bianys.org

THE VOICE OF BRAIN INJURY

DID YOU KNOW...

Every 13.1 seconds, one American will sustain a brain injury

Brain Injury is the leading killer and disabler of children and young adults

There are currently 5.3 million people Americans living with a disability as a result of a traumatic brain injury in the United States

Annually, the national cost of traumatic brain injury is estimated to be \$76 billion

FACTS: Family, Advocacy, Counseling and Training Services Program

The Family Advocacy, Counseling and Training Services Program (FACTS) of the Brain Injury Association of New York State is a FREE support service for individuals who sustained a brain injury and their families. FACTS Coordinators are trained specialists in the brain injury field with the knowledge and experience with the brain injury community. Many have been personally impacted by brain injury and offer uniquely individualized services to families. FACTS Coordinators are located throughout the state and provide services in each county.

The FACTS Program provides the following services:

Supportive counseling and on-going emotional support for the individual and family

Assistance in locating appropriate services in the community

Information and linkage with state and local service systems

Education, advocacy, and training of persons with brain injury and their families regarding brain injury

Assistance with the development of brain injury support groups

Assistance with repatriation and the prevention of out-of-state placements

Outreach and prevention training to local service providers such as hospitals and schools regarding brain injury and assistance with the development of services for persons with brain injury

MORE INFORMATION

For the FACTS Coordinator in your area or additional information about support groups and resources, please call: 1-800-444-6443 or visit www.bianys.org.

Contact Alexis Rutty CBIS

Western New York Coordinator 716-229-8036



**Attention
Vietnam Veterans:**
On Friday, 28 March, at the Warsaw Village Park, beginning at 10 AM, there will be a drive through around the loop from your fellow veterans and others to welcome you home and to pass items out to you as a "Thank You" for all that you did. Wyoming County Veterans' Services wants you to know that **your service is honored and respected** here in beautiful Wyoming County.

DID YOU KNOW...

Heart disease is the #1 health condition in older adults and high blood pressure is a major risk factor.



Do you know your blood pressure number?

A friendly reminder to schedule your annual physical today to find out!

A Health Department Health Hint

FOODLINK



**GENESEE WYOMING CATHOLIC SCHOOL
72 EAST AVE
ATTICA, NY 14011**

April 2 @ 10am
May 7 @ 10am
June 4 @ 10am
walk thru-
bring a wagon

**ALEXANDER FIRE DEPT
10708 ALEXANDER RD.
ATTICA, NY 14011**

April 14 @ 4pm
May 12 @ 4pm
June 16 @ 4pm
drive thru

**ARCADE VILLAGE PARK
1 GROVE ST.
ARCADE, NY 14009**

March 20 @ 10am
April 17 @ 10am
May 15 @ 10am
drive thru

**VALLEY CHAPEL CHURCH
3415 S MAIN ST
WARSAW, NY 14569**

 March 24 @ 3pm
April 28 @ 3pm
June 30 @ 3pm
walk thru-
bring a wagon

**WYOMING COUNTY CAP
204 N MAIN ST.
PERRY, NY 14530**

March 27 @ 10am
April 24 @ 10am
May 29 @ 10am
June 26 @ 10am
walk thru- bring a wagon

**MT. MORRIS
15 EAST STATE ST.
MT. MORRIS, NY 14510**

 March 25 @ 10am
April 22 @ 10am
May 27 @ 10am
June 24 @ 10am
walk thru- bring a wagon

We are looking for individuals interested in becoming a friendly caller for seniors seeking someone to talk to. If you're interested, please call Dannyel at OFA (585) 786-8833

The Friendly Calls Program connects volunteers ages 18 and over with "friends" through weekly telephone conversations that foster connection, reduce social isolation and cultivate relationships between participants. "Friends" include older adults and caregivers who sign up to receive weekly 20 to 30 minute calls from a volunteer for 8 weeks, which can be extended if both individuals express interest. "Friend" and volunteers are screened for appropriateness before being matched.

Friendly Calls Training includes a series of videos;

Part 1: Make New Friends Over the Phone

Part 2: Making a Connection through Effective Communication and Active Listening

Part 3: Building a Relationship through Engaging Phone Conversations

Part 4: Expectations & Boundaries Training Manuals for Providers for Volunteers Forms



**WYOMING COUNTY SUICIDE PREVENTION COALITION
INVITES YOU TO THE MOVIE SHOWING OF**

MOVING AMERICA'S SOUL ON SUICIDE

**MOVING
AMERICA'S
SOUL
on SUICIDE**

Time for
HOPE



I want to
LIVE



find your
WHY



have
COMPASSION



be the
VOICE



do something
HARD

Followed by a discussion aimed at breaking the silence, reducing stigma, and fostering understanding around suicide



Registration Required, Popcorn and drink provided

March 29th, 11 a.m.

Spotlight Theater- 23 S. Main St, Warsaw

MINDFUL EATING

Be aware of your food environment – plate size, food packages, and distractions – in order to achieve your goals for healthy eating.

Distractions create an environment for making poor food choices, such as eating too much at one time and munching on unhealthy snacks high in sugar, saturated fat and salt. Frequently, we are eating mindlessly, unaware of what and how much we consume, which contributes to our growing waistlines, as well as the onset of chronic diseases, including diabetes, heart disease, and cancer. The trick is to arrange your environment so that it supports healthier eating.

Make a dish swap. Replace your 12 inch dinner plate with a smaller one. The bigger the dinnerware, the bigger the portion you dish for yourself. A two inch difference in plate diameter can result in 22% fewer calories. If a typical dinner has 800 calories, a smaller plate would lead to a weight loss of around 18 pounds per year for the average adult.

Make a color change. Change the color of your dishes. A study found that a serving dish that offered higher contrast (red marinara on a white plate) reduced how much people served themselves by 21%. The higher contrast makes the serving look larger.

Slow down and incorporate your senses. Instead of shoveling food into your mouth, slow it down. It takes time for your brain to register when you have had enough to eat. Slowing down and tasting, seeing, touching and actually, yes, *listening* to your food can make a more enjoyable eating experience.

Turn it off. Avoid reading and turn off your smart phone, television, and computer while you eat, as these activities can distract you from paying attention to what and how much you eat.

Reduce your package and serving size. The bigger the package you pour from, the more you will eat. Repackage your jumbo boxes into smaller bags or containers, and serve the food in smaller dishes.

Try new silverware. Choose a smaller spoon or eat with chopsticks for portion control. Even nutrition experts, given a larger serving spoon, served themselves 57% more ice cream than those given a smaller spoon. It will force you to take smaller bites and eat slower.

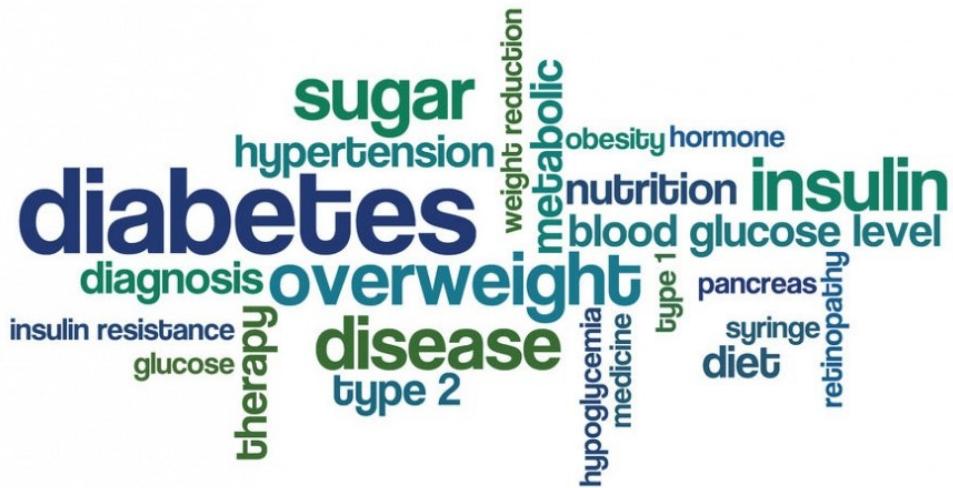
Add vegetables and fruits. For lunch or dinner, fill half of your plate with vegetables and fruits to increase your consumption of health-protective nutrients, and fiber, which can help you feel satisfied with fewer calories.

Don't put bowls on the table. Instead of placing food in serving bowls on the table, dish up your plate in the kitchen and leave the rest there.

First, serve salad. People tend to eat more of whatever they start with, and if given a choice, we tend to go for meat and potatoes first. So, starting with a vegetable salad creates a win-win situation.

Environmental Nutrition, May 2014.

Submitted by Susan Schell, RD



RECENTLY DIAGNOSED OR LIVING WITH DIABETES?

Come to a 4-part series and learn what it all means and how to put it together to manage your diabetes.

Classes will be held at:

YMCA

115 Linwood Avenue, Warsaw, NY 14569

1:30-3:00 p.m.

April 8th – April 15th – April 22nd – April 29th

Class size is limited – register by calling:

Wyoming County Office for the Aging (585) 786-8833

Registration deadline is March 31st, 2025

Led by: Susan Schell, Registered Dietitian, Certified Diabetes Care and Education Specialist.



Wyoming County is pleased to announce the launch of CredibleMind.

CredibleMind is a free online platform that brings together expert-rated and vetted videos, podcasts, apps, online programs, books, and articles all in one easy-to-use place.

Confidential, anonymous, and available 24/7, with CredibleMind you can learn new skills, understand your own mental health, take a mental health assessment, and browse our library of thousands of mental wellbeing resources.

Get started today by signing up & taking a mental health assessment. **To access the Wyoming County CredibleMind platform, visit <https://wyomingcountyny.crediblemind.com>**



Seasonal

Look how quickly
the snow melts
into spring --
blossoming things
will cast long shadows
over the land
and summer is
coming again.
The seasons teach us
how to feel
at ease with
letting things go
just as soon as we get
used to the snow.

Volunteers to prepare the Senior Courier for mailing are needed on the **third Monday of the odd months** (January, March, May, July, September, November).

We begin folding and labeling at **9:00 a.m.** at the Office for the Aging, 8 Perry Avenue, Warsaw (next to the DMV).

Any and all help is greatly appreciated!

Our next date is May 19, 2025 @ 9am

Opportunity for LGBTQ+ of all ages to connect, be creative, and inspire each other!

PRIDE PAINT NIGHTS

ARTS COUNCIL FOR WYOMING COUNTY

31 S Main St, Perry, NY 14530

MARCH 12 • APRIL 9 • MAY 14

**2ND WEDNESDAY OF EACH MONTH
5:30 - 7 PM**

Registration requested, not required.
Free and open to the public.



SENIOR CONNECTIONS

Our mission is to empower seniors by fostering connections within our community

First Friday of each month | 10am | Arcade Free Library

HELLO NEIGHBORS!

My name is Luanne Hill, and I am a volunteer with 14 years of experience helping seniors navigate services. Please join me at the Arcade Free Library for this new, free program assisting senior citizens.

I will be available during each program to help with these frequently asked questions:

- Collection Agencies – What to do if I receive a demand letter?
- EPIC: How does this valuable program help seniors?
- HEAP – Will I qualify for heating assistance and when do I apply?
- HEAP Cooling – When can I apply? (Did you know you no longer need a “medical exception” to receive a free air conditioner?)
- Hospital bills – How do sliding scales work? (Ranges from \$0 repayment and up!)
- Meals on Wheels – Is this for me?
- Medicare/Insurance – Should I review my coverage annually during Open Enrollment?
- Medicare Saving Plan – How do I participate and what do I need?
- SNAP (Food Stamps) – Do I qualify for this program?
- Telephones for TTY – How do I apply?
- Weatherization Program – What grants are available?
- Life Lease - How can I protect my home?
- Recertification of Benefits - How do I navigate the process?

Please bring any questions, mail, or supporting paperwork for assistance. Further questions/inquiries: contact Luanne Hill at: Luanne365main@gmail.com. A special thanks to Lydia and her team at the Arcade Free Library for use of the library's beautiful space and the coffee!

UPCOMING SPEAKERS

March: Dr. Raymond Delucci, Chiropractor (Arcade)

April: Robin Fruehaus, Pharmacist

May: Susan Schell, Dietician for Wyoming and Livingston County Office for the Aging

OTHER UPCOMING TOPICS

Five Star Bank of Arcade, Jamie Border - Protecting yourself from scams and fraud.

Office for the Aging, Andrea Aldinger, Director – Services Available.

Arcade Historian, Jeff Mason – Learn all about Arcade and its rich history!

Arcade Mayor, Donna Schiener – What's trending in Arcade.

Robert Kindred - Medicare and its complexities

Howard Hanna Real Estate, Thomas Mason - Downsizing

Arcade Free Library | 365 Main St. | 585-492-1297



For accessible entry, park in the rear and enter using the ramp on the west side of the building.



**WYOMING COUNTY
OFFICE FOR THE AGING**

8 Perry Avenue
Warsaw, New York 14569

Phone: 585-786-8833
Fax: 585-786-8832
Email: officeaging@wyomingcountyny.gov



God Bless America

Presorted Standard
US Postage
Paid
Warsaw, NY
Permit No. 65

Address Service Requested

Wyoming County Office for the Aging Senior Courier Mailing Request

We continuously try to reach new seniors age 60 years or over living in Wyoming County. Please help us add to our mailing list by sending names and addresses to this office. Also, if your address has changed or if we do not have your correct apartment numbers, please let us know. You can help us avoid unnecessary postal costs by using this form for all changes. Please fill out the form and mail it to the address below. Please PRINT.

Wyoming County Office for the Aging

**8 Perry Avenue
Warsaw, New York 14569**

Name: _____

Last Name

Husband

Wife

Address: _____

Street or Box

City

State

Zip

Old Address: _____

Street or Box

City

State

Zip

New Moved Deceased

The publication of the Senior Courier is funded by: The New York State Office for the Aging, Wyoming County Office for the Aging, and your generous contributions.