

WYOMING COUNTY OFFICE FOR THE AGING SENIOR COURIER

Volume 27, Issue 3

Editor: Jess Phillips

May/ June 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

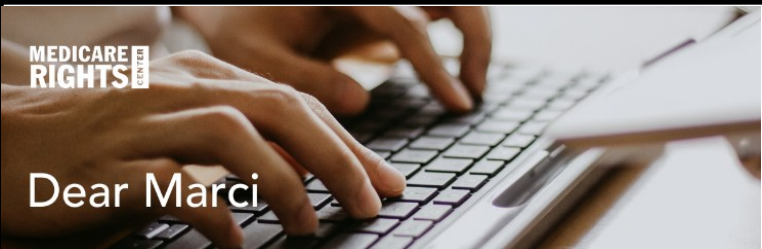
Rain, rain go away come again some other day! I feel like we need more sunshine! Does anyone else find that they feel better with puffy clouds and sunny skies? Maybe it is just me, but it seems this winter/spring is just lasting forever. Hoping Mother Nature will change things around for us soon!

Today I want to give a shout out to all the caregivers in our communities which I am one! So often I hear people say that taking care of a loved one is a special gift. I do think it is an admirable job, but quite honestly for me, it is the hardest, most frustrating, emotional job I have ever done. Caregiving is unique to each person doing it, and some just have a natural way of being good at it. I try to do my best, but I just don't like it, and I don't think I do a good job at it. It sounds so horrible to write those words. I want to let caregivers out there know that it is OK to sometimes get upset, resentful and just feel mentally drained. It's OK to feel like screaming. It's OK to feel like life isn't fair. And, it is OK to ask for help. I completely understand the feeling of not having anyone to help. It's on those days that I might take a 15 minute walk to cry it out, or disappear into the bathroom and read a chapter in my book, and try to talk myself off the ledge of a particularly difficult day. Because, the last thing I want my loved one to see is that their needs are breaking me. Usually a good nights sleep helps for me to get up and start over. And try not to let the small things upset me.

I don't have the perfect answer to help all the caregivers out there – but there are great resources available, and some of them are right under your nose. If you are computer savvy, you can visit our website at www.wyomingcountyny.gov, click on Office for the Aging, and then on Caregiver Resources. The State Office for the Aging and USAging also have many resources for you to use for support and training <https://www.newyork-caregivers.com/> (more info on page 7). This website has a NYSDOH Caregiver Guide that I found addresses some of the issues I needed help with: www.nyconnects.ny.gov/. And lastly, sometimes you just need to talk to someone. Call our office at (585) 786-8833 and someone can help you navigate all the resources available.

I want to leave you with a quote that has helped me many times. It's important to give yourself grace when your days are hard, and know it's OK to not be OK.

"There are only four kinds of people in the world: Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver." "Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." First Lady Rosalynn Carter.

MEDICARE
RIGHTS
CENTERDear Marci

Dear Marci,

I'm having trouble getting my prescribed medication paid for when I go to the pharmacy. What can I do?

- Bernadette (Salisbury, NC)

Dear Bernadette,

Not being able to access your medication can be very stressful. There are a few steps you can take to identify the issue and to ensure you have uninterrupted access to your medication going forward:

Know your coverage:

Call your plan and check if there are any applicable coverage restrictions. These are rules you must follow before your plan covers your drug.

Call Medicare to learn about which part of Medicare should cover your drug.

Check to make sure your Part D drugs are on your plan's formulary, or list of covered drugs.

Make sure your pharmacist submits claims properly:

Your pharmacist could be billing your prescription to the wrong part of Medicare or without required documentation. This could explain a drug coverage denial or why your pharmacist is having trouble with your plan.

If your provider doesn't know how to submit these claims, they can reach out to your plan or to Medicare for help.

Make sure your provider or pharmacist has the documentation they need:

This is helpful for drugs that are covered differently depending on the situation.

For example: If Part B should cover your insulin because you use an infusion pump to take it, you may need to show proof that you have a pump.

Know your right to appeal:

You have the right to appeal Medicare's or your plan's denial.

Ask your doctor to help prove your drug is medically necessary and that you meet the coverage criteria.

Hope this helps!

-Marci

HEALTH DEPARTMENT HEALTH HINT

keep
MOVING

Regular exercise increase energy

Exercise improves balance

More exercise means more independence

Regular exercise improves brain function



Strykersville Senior Citizens



Annual Card Party Wednesday, June 4th Noon

Curriers Grange Hall
983 Chaffee Rd
Curriers, NY

\$7 Admission

Food & Beverage included

Euchre Tournament



Basket Raffle

1:30 pm – 3:30 pm

\$5 for 25 chances

**basket raffle does not include entry
into main event**

for info call: Peter
1-716-998-4866

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
July 21, 2025 @ 9am**

Avoid reverse mortgage scams.

Learn how to access equity in retirement through the HECM (“heck-um”) program.

Behind on your mortgage or property taxes? Watch out for investors or predatory “help.” HUD-Certified counselors help for FREE.



PathStone Batavia

585-343-2188

Memorial Gifts to the Office for the Aging

In Memory of

Andrew Chalmers
Gilbert Livingston
Sybil Landcastle
Melania Humphrey
Louis T. Boyer

From

Joanne Dickes
Joanne Dickes
Joanne Dickes
Shirley Biondolillo
Al and Carol Boldt



Change Is On The Horizon—submitted by Andrea Aldinger

President Trump's draft 2026 budget includes a major threat to the ability of older adults to age well at home and in the community. The budget as it stands now, will dismantle and destroy the integration of the cost-effective aging programs and services under the Older Americans Act (OAA), offered by our Wyoming County Office for the Aging as well as the other 613 offices across the country that serve millions of older Americans and their caregivers. The proposal also includes some cuts to the home delivered meal and congregate meal programs that provide food security to over 800 older adults in Wyoming County. In 2024, our OFA delivered 89,334 meals and had 6,164 go out to our congregate sites at Breezeway Barns, the Arcade Cabin and Pine Lounge in Cowlesville. Cuts to the food and nutrition programs we provide would be devastating to hundreds of frail seniors in our communities!

There are some programs proposed for complete elimination such as Chronic Disease Self-Management Programs, The State Health Insurance Assistance Program, Elder Justice and Adult Protection Programs as well as Long Term Care Ombudsman Programs. If you or someone you know participates in these local programs, and would help us spread the word of our disappointment, please call or google their website to send an email to our local federal representatives. If you have access to a computer, go to this link <https://agingny.org/> to sign your name to a letter!

Federal Representatives:

Claudia Tenney
169 Niagara Street
Lockport, NY 14094
(716) 514-5130

Joseph Morelle
255 East Ave Suite 150
Rochester, NY 14604
(585) 232-4850

Nicholas Langworthy
2-6 East Second St
Jamestown, NY 14701
(607) 377-3130

Timothy Kennedy
726 Exchange St – Suite 601
Buffalo, NY 14210
(716) 852-35021

If you have any questions or concerns regarding the information provided in the Senior Courier or if we can be of assistance to you in any way, please contact the Wyoming County Office for the Aging at (585) 786-8833 or if long distance 1-800-836-0067.

Andrea Aldinger—Director
Tanya Ludwig—Alz. Caregiver Coordinator
Darla Dabolt—Health Insurance Counselor
Kelli Goulet—Senior Case Manager
Alison Powers—Personal Care Aide
Christina Ferrin—Aging Services Specialist
Brittney Speicher—Transportation Coordinator

Tess Phillips—Deputy Director
Paula Beckstrand—Fiscal Officer
Dannyl Robb—Case Manager
Cierra Tiede—Aging Services Aide
Marianne Sicheri—Account Clerk
Susan Schell—Registered Dietitian
Cathy Martin—Personal Care Aide

LAUGHTER IS GOOD FOR THE SOUL

A man in Phoenix calls his son in New York and says, "Your mother and I are divorcing. Forty-five years of misery is enough." "Pop, what are you talking about?" the son screams. "We can't stand the sight of each other any longer," the man says. "Call your sister in Chicago and tell her." And he hangs up.

Frantic, the son calls his sister, who explodes on the phone. "Like heck they're getting a divorce. I'll take care of this!" she shouts. She calls her dad and says, "You are NOT getting divorced! Don't do a single thing until I get there. We'll both be there tomorrow!" and she hangs up. The man ends the call, smiles and turns to his wife. "Good news! The kids are coming for Easter, and paying their own way."

The Warsaw Food Pantry is located at the corner of Rt. 19 and 20A, at The United Church of Warsaw. Residents of Wyoming county that are in need of food are welcome to get food at our pantry, once every thirty days. On your first visit, please bring in your driver's license or other proof of residency in Wyoming County. There are no income requirements.

We are open:

Mondays 4-6pm

Tuesdays 9-noon

Fridays 9-11am.

We will be closed Memorial Day.

Some ideas for individuals looking to help the food pantry are below.

(1) Donate non-perishable food to the Warsaw Food Pantry. The best time to drop off donations is when the food pantry is open. Our current food needs include pancake mix, spaghetti sauce, boxed mac+cheese, canned soups, and canned mandarin oranges.

(2) Take 5-cent returnables to either the Warsaw Redemption Center (next to Family Life Church) or the Warsaw Bottle Return (near Save-A-Lot), and ask that the proceeds be allocated to the Warsaw Food Pantry.

(3) Mail in a monetary donation, by check or money order, payable to the Warsaw Food Pantry. Our address is Warsaw Food Pantry, 10-22 South Main St. Warsaw, NY 14569

(4) Consider volunteering at the Warsaw Food Pantry. If interested in volunteering, please come to the food pantry during open hours and ask to speak with the pantry coordinator.

Thank you to everyone for your support of the Warsaw Food Pantry! It certainly takes a team effort to help those in need.



**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 YOUR DOL

BASIC COMPUTER SKILLS WORKSHOP with



This Workshop provides an introduction and demonstration of the Northstar Digital Literacy Program.



Northstar Digital Literacy provides a free, self-guided online set of assessments and training in the following areas.

- **Computer Skills** (Basic computer skills, Internet basics, Using email)
- **Essential Software Skills** (Word, Excel, PowerPoint, Google Docs)
- **Using Technology in Daily Life** (Social Media, Your Digital Footprint)

Register for a Workshop Today!

Tuesday June 17th, 9:00am

Location: **Wyoming County Community Action**
6470 Rt. 20a, Perry, NY

How to Register: **Call 585-237-2600**

NYS Department of Labor has partnered with **Northstar Digital Literacy** to offer **FREE Computer Training** New Yorkers.

Ask Career Center staff about other training offerings available through Northstar Digital Literacy, such as Microsoft Word & Excel Basics!

Caregiver Corner

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

Often times throughout meeting with families I am asked the question; how do I allow my loved one to maintain their independence without feeling like I am parenting them with their tasks? As a caregiver, although we know eventually our loved one will need more assistance as the disease progresses, but we want to make sure that they also maintain control over things while they can. Here are a few suggestions that I often tell my families.

*Try to keep a routine, such as bathing, dressing, and eating at the same time each day.

*Help your loved one with lists—for appointments, to do lists or reminders in a notebook or journal.

*Plan activities that your loved one enjoys and try to do them at the same time each day.

*Consider a system or reminders on a mobile device, Amazon Alexa or pill reminder box for medications to be taken at the same time each day.

*When dressing or bathing, allow your loved one to do as much as possible independently, chances are, if they need help, you will know.

*Buy loose fitting, comfortable, easy-to-use clothing, such as clothes with elastic bands, fabric fasteners, or large zippered or slip-on shoes that don't require shoelaces, buttons or buckles.

*Use a sturdy shower chair for showers, where your loved one can sit and give themselves a shower without the risk of falls or slips.

*Be gentle and patient—talk to your loved one each step of the way while helping them bathe or dress.

*Serve meals in a consistent space, at a consistent time and give them whatever time they need to eat. As we age, we tend to take longer to eat and that's ok!

*Be patient. This is their first-time navigating life needing assistance as an adult too.


Office for the Aging
Powered by Truista

New York Caregiving Portal
Powered by Truista

Provided in Partnership With:
Association on Aging in New York



Free online training and support is available to caregivers like you

- Improve your confidence, reduce stress, and prevent burnout
- Connect with other caregivers through community chat rooms
- Access on-demand resources to suit your schedule
- Suit your learning preference with videos, articles, audios, interactive scenarios in English and Spanish

A Variety of Topics

• Communication changes	• Heart and lung health
• Behavior management	• Mobility and fall prevention
• Transition from hospital to home	• Documents and decision-making
• Personal care	• Meaningful activities
• Activities and recreation	• Grief and loss
• Your own wellness	• Caring for kids

NewYork-Caregivers.com



"The caregiver portal was my first support system when caring for my mother with dementia."

There is so much helpful information in one place and I learned so much about providing care."

Laura W, caring for her mother

Sign up today!
NewYork-Caregivers.com



© 2023 New York State Office for the Aging & Association on Aging in New York

Powered by Truista



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.



Senior Wishes – What would you wish for?

Senior Wishes, a program founded by the United Church Home Society, is dedicated to honoring and enriching the lives of older adults in Western New York. Senior Wishes grants meaningful wishes to individuals aged 65 and older who meet income qualifications or are permanent residents of a care facility. A medical diagnosis is not required.

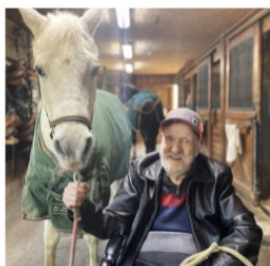
Since its inception in 2014, Senior Wishes has granted over 475 wishes—including reconnecting with long-lost loved ones, attending cultural or sporting events, and rediscovering passions and hobbies once set aside. Wishes must be for experiences the senior cannot afford or arrange on their own or with family assistance.

“Senior Wishes exists because we believe that seniors have dreams and meaningful wishes they are unable to accomplish on their own,” said Wendy Miller Backman, Executive Director. “It is incredibly moving to see the joy on their faces when a wish comes true—often something they’ve held in their hearts for years. We’ve had seniors take music or art lessons, attend a concert or sporting event and even fly to visit a loved one they haven’t seen in years. Our mission is to remind seniors that they are valued and not forgotten.

Eligible applicants must be:

- Age 65 or older
- Reside in Erie, Niagara, Orleans, Genesee, or Wyoming County
- Have an annual income of under \$38,000 (single household) or \$44,000 (two-person household)

Income guidelines do not apply to those permanently residing in care facilities.



- Be unable to fulfill the wish on their own or with family assistance.

Exclusions apply, see guidelines.

Senior Wishes also offers a Veterans recognition program each November, honoring 150 local seniors who have served. All Veterans are encouraged to apply for a “HERO Box”, using the application on the website. Income guidelines do not apply for the HERO Box program.

The Senior Wishes’ Century Club honors any senior who is turning (or already has turned) 100 years of age. Income guidelines do not apply for the Century Club.

All applications are available online at www.seniorwishes.org or by calling (716) 508-2121.

Money Management Program



Now linking clients with volunteers



The Money Management Program links volunteers with adults 60+ in need of budgeting help, day-to-day financial matters & bill paying. Trained staff & volunteers visit older adults at home to access & ensure proper assistance. This expanding program has great success in **Niagara & Erie** and is growing in **Cattaraugus, Chautauqua, & Wyoming Counties**.



Clients are referred from agencies or self refer and have budgeting, bill paying and organizing needs. We have received clients from all over WNY! **Clients are 60+** & agree that volunteers are there to help. **Their goal would be to receive budgeting help & remain in their home.**



Contact the **Money Management Program** if you would like to hear more or have us present at a staff, meeting. We are interested in partnering with you and have volunteers ready to assist clients.

Contact The Center for Elder Law & Justice
800 - 316 - 5103 budgethelp@elderjusticenyc.org



U.S. DEPARTMENT OF AGRICULTURE

USDA Rural Development provides low interest loans to very low-income homeowners to repair or improve homes located in rural areas. In addition, elderly homeowners 62 years of age or older can be considered for grant assistance to address health and safety issues or make the home accessible for persons with a disabling condition. Information regarding Rural Development's Section 504 Home Repair Program can also be found on their website: <https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants>

Rural Development
29 Liberty Street, Suite 2, Batavia, NY, 14020
(585) 343-9167

JOIN US
on Monday
June 16, 2025
at 5 pm



Prepared and Protected:

Living with Diabetes Through Emergencies

Made possible through the generosity of the Quincey Family Foundation.

What You'll Learn:

- How to build a diabetes emergency supply kit
- What to do before, during, and after an emergency
- How to access emergency medication supplies
- Tips for managing insulin, medications, and devices in emergencies
- How to support someone with diabetes experiencing low or high glucose events
- Communication tips for family, caregivers, and friends

Guest Speakers:

- **Emergency Preparedness Educator** – Preparing for the unexpected
- **Pharmacist** – Preparing and navigating medication access in a crisis
- **Certified Diabetes Care and Education Specialist (CDCES)** – Tips for diabetes management under stress

Call to Register Today
585-344-5331

Healthy Living Campus
211 E. Main Street
Batavia, NY 14020

**Don't wait for an emergency to get ready—join us
and take control of your diabetes preparedness**

ROCHESTER
REGIONAL HEALTH

Prediabetes

Perhaps you've heard it expressed, "I have a touch of sugar", or "I'm borderline diabetic". While these terms may reach the same conclusion, the most up to date way to "label" it is – prediabetes. What this means is that an individual's blood sugar (glucose) is higher than a non-diabetic (or normal) range, but isn't yet high enough to be diagnosed with diabetes. In other words, the barn door is open but the horse hasn't gotten out just yet. Lifestyle changes can be made that can have a positive impact on the body and prevent or delay the progression to diabetes. These changes include – daily physical activity (such as walking); weight loss – if needed (losing even a few pounds will help); and medication – if your doctor prescribes it. Having prediabetes does place an individual at a higher risk for type 2 diabetes. **How do you know if you have prediabetes?** Bloodwork can reveal this diagnosis.

Glucose (blood sugar)		A1c (estimated average blood sugar over the past three months)
Non-diabetic	<100 mg/dL	<5.6%
Prediabetes	100-125 mg/dL	5.7-6.4%
Diabetes	≥ 126 mg/dL	$\geq 6.5\%$

Risk factors for diabetes/prediabetes include: being overweight, being age 45 years or older, having a family history of diabetes, having a history of gestational diabetes (diabetes during pregnancy) or of giving birth to a baby weighing more than 9 pounds, or belonging to an ethnic group at high risk – such as Native American, African American, Hispanic, or Asian.

What's going on in your body? A condition called insulin resistance increases the risk of getting both prediabetes and type 2 diabetes. Insulin is a hormone made by the pancreas, a large gland behind the stomach. Insulin helps sugar from food move from your blood into your body's cells for energy. Sugar from food can be from sweet foods and drinks, or from carbohydrates like fruit, bread, rice, pasta, milk, cereals, and snack foods that turn into sugar. When you have insulin resistance, your body produces insulin but does not use it effectively. Sugar then builds up in the blood. Most people with insulin resistance aren't aware they have it. Individuals can be living with prediabetes for many years.

What can I do? Know your numbers. Aim for a healthy weight. Be more active. And eat a healthy diet. Here are a few healthy eating tips:

****Limit portion sizes of carbohydrates. **Eat at least 3 meals of similar size each day.**

****Eat balanced meals and include foods from all the food groups every day.**

****Choose foods that are high in fiber (whole-grain bread and pasta, brown rice, oatmeal, bran cereal, fresh fruits and vegetables, beans, nuts, and seeds) – in other words, be wise about your carbohydrate choices. **Limit sweets **Eat less fat **Limit your alcohol intake.**

If you have further questions, have been diagnosed with prediabetes or diabetes, and desire additional information – contact the Office for the Aging 786-8833, and ask to speak with the Registered Dietitian.



JUNE IS PET PREPAREDNESS MONTH

Wyoming County Health Department will host a series of rabies clinics on June 3, June 12, July 16 and October 4. Call 585-786-8890 for more information.



Did you know there is a pet food pantry located in Warsaw? Available at Trinity Episcopal Church (62 W. Buffalo St.) on the 1st Sunday of the month from 12:00 pm to 1:00 pm.



PREVENTING TICKS BITES

Dogs and cats often come into contact with ticks when they are outside. Like humans, pets can get sick with tickborne diseases. In addition, pets can transport ticks from outside the home to inside, where the ticks may then bite people.

Watch your pet closely for changes in behavior or appetite if you know or suspect that it has been bitten by a tick. Signs of tickborne disease may not appear for 7-21 days or longer after a tick bite. Except for Lyme disease in dogs, pets cannot be vaccinated against tickborne diseases. Talk to your veterinarian about tickborne diseases that occur in your local area, or if you are considering a Lyme disease vaccine for your dog.

Source: US Centers for Disease Control and Prevention

HEAT EXHAUSTION VS HEAT STROKE

EXHAUSTION

- Dizziness
- Thirst
- Heavy Sweating
- Nausea
- Weakness

Heat exhaustion can lead to a heat stroke.

STROKE

- Confusion
- Dizziness
- Becomes unconscious

Heat stroke can cause death or permanent disability if emergency treatment is not given.

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve.

ACT FAST

- CALL 9-1-1
- Move person to a cooler area
- Loosen clothing & remove extra layers.
- Cool with water or ice.

Source: National Weather Services

Wyoming County Emergency Services

151 North Main St.
Warsaw, NY 14569

585-786-8867

oem@wyomingcountyny.gov





W & G TRAVELERS 2025 TRIPS

For Booking or more info: Contact
 Georgette Griffith 585 689 3195 or Jan Romesser 585 492 2322
First paid: First reserved

W+G TRAVELERS 2025 TRIPS W+G Pricing

Tuesday, June 24 - The Odd Couple & Lunch at Sherwood Inn \$113 / \$123

Enjoy this timeless comedy show at the Little York Lake Theatre in a beautiful setting in Preble, complete with a delicious sit-down luncheon (meal choices listed on flyer) at the historic Sherwood Inn located on shores of beautiful Skaneateles Lake. Also, bring your cooler and enjoy a shopping stop at Sauders Country Store where you can stock up on Amish & Mennonite meats, cheeses, baked goods and more!

Sunday, July 20 - Kinky Boots & Lunch at Lock 34 Bar & Grill \$109.00 / \$119

Begin today, not at a football game, but shopping for Buffalo sports gear at the BFLO Store & Café, the largest Buffalo-themed retailer in Western NY! Continue on to Lockport and enjoy a buffet lunch at Lock 34 Bar & Grill followed by a performance at the Palace Theatre of the fun and intriguing musical, Kinky Boots!

Tuesday August 12 - The Grand Lady Lunch Cruise & Hawks Creek Wildlife Center \$139 / \$149

Cruise the Buffalo River and Lake Erie in style on the luxury cruise vessel, the Grand Lady for 2 hours while learning about Buffalo's waterfront, harbor and other shoreline sites, while also enjoying a buffet lunch! Then, spend the afternoon at Hawk Creek Wildlife Center where you will learn about the unique birds of prey and eagles on a tour and presentation. En route home, shop at the locally owned and sourced Niagara Produce for flowers, meats, fruits, vegetables, and more!

\$844 Dbl / \$819 Tpl / \$1,244 Sgl

Friday-Sunday, September 19-21

\$854 Dbl / \$829 Tpl / \$1,254 Sgl

A Fall weekend in the Adirondack Mountains – what could be better? Only a fall weekend Hot Air Balloon Festival in the Adirondack Mountains! Join us for 3 days of beautiful fall scenery as we travel at a relaxing pace to Lake George for 2 overnights to enjoy time at the ADK Balloon Festival, a group dinner, shopping time in Saratoga Springs, Lake George and the Outlets, a sightseeing lunch cruise on Lake George, and cider & donuts at Indian Ladder Farms on the way home!

*For Cancellation Protection Plan, add \$10 for Day Trips or \$5 per \$100 (rounded-up) for Overnight Trips.
 See Cancellation Protection Plan document.*

Other Scheduled Trips...Stay Tuned

October 15 Seneca Allegany Casino, Spragues Restaurant and Rusty Rooster Market

December 3 Elton John Christmas Extravaganza at Salvatore's Italian Gardens: Dinner included

**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.