

WYOMING COUNTY OFFICE FOR THE AGING SENIOR COURIER

Volume 26, Issue 4

Editor: Jess Phillips

July | August 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

As most of you know, I try to make my article in this newsletter about something more personal. Things that all of us have had happen in our lives, good and not so good - and so many times I hear from you on how much you can relate. So today, I decided to remind everyone how important it is to share your wishes with your loved ones so there are no questions as to what you want to happen.

On June 7, 2025 my husband's **wonderdad** passed away. Nelson was a great Dad, and he communicated and wrote down a lot of the information we would need when he left us. But as is with anything, he forgot a few details that have caused sleepless nights. Nothing intentional, just important to put closure on things the way he would have wanted.

He had completed a Health Care Proxy which was so important the day he died. Be sure to do this and name your health care proxy as someone you trust, to do what you want. In times of grief and loss, it is very emotional to make a decision that might mean you lose your spouse or your Dad or Mom. My husband and his sister had to make the decision to take his dad off of life support. It was an emotional decision, but because Nelson had spelled out his wishes it made a difficult decision a little easier.

He also had signed a DNR (Do Not Resuscitate) . He was 87, and had several health problems the last 4 years. His quality of life was OK, but each day was difficult. He did not want to be kept alive if his quality of life would not get better. His DNR was clear.

His Will and Testament were well designed. There was no question where he wanted his money and his assets to go. Everything was put together and stored in his Safe Deposit Box, along with copies in a fire proof box at his house. What I appreciated most about this, was the testament. Most of us have a will and it is pretty simple – mine simply says to split my entire estate 50/50 between my 2 children. I am going to modify that soon. Having a testament let my husband and his sister know exactly what Dad wanted. In the testament were some great stories about antiques and what their meaning was, so we could decide if we should sell them, or if they had a familial connection or emotional value to the family, we could keep them and continue to pass them down.

There was one small thing that has caused some sleepless nights. In the testament it described what was in the safe deposit box and his intentions with those items. We all knew about the box and now with the reading of the will and testament we knew what was in the box. But what happened next has been heart wrenching and upsetting to my husband and his sister. The bank records show that in February 2024 Nelson closed the box. There were some really cool things inside that didn't necessarily have monetary value, but sentimental value. Things like jewelry, coins from Germany, letters from deceased family members and even a few special antiques handed down from generation to generation. For a reason we will never know, Nelson didn't tell us where the contents of the box were taken. We have searched and cleaned his entire home. Maybe he opened a new box in a new location? Maybe he gave them to a friend or distant relative? Whatever happened, we may never know. We are certain this was just an oversight as Dad was proud of his heritage and these items placed in the box. So, my ultimate message to all of you is to share everything you can with your loved ones. Write things down. Without instructions or information on why he closed the box and what was done with the special contents, there is nothing more we can do. I'm sure we are not the only family with stories like this – but while you have your wits about you, take the time to share not only your special stories, but to make things easier in your loved ones' time of grief, **SHARE YOUR WISHES!**



Dear Marci

**Dear Marci,
I'm unsure if Medicare covers the cost of
durable medical equipment. Does
Medicare cover equipment?**

-Rose

Dear Rose,

Yes, Medicare Part B covers durable medical equipment (DME). DME is equipment that serves a medical purpose, can withstand repeated use, and is appropriate for use in the home. Examples of DME include wheelchairs, walkers, and oxygen equipment. Medicare also covers prosthetics, orthotics, and some medical supplies. Here is an overview of the Medicare coverage rules for these products:

Eligible equipment:

Medicare's DME benefit does not cover all medical equipment. Medicare covered DME:

- Is durable, meaning it can be used many times

- Serves a medical purpose

- Is for use in the home, although you can also use it outside the home

- And is likely to last for three years or more

Medicare does not cover:

- Equipment mainly for outside the home

- Most items intended only to make things more convenient or comfortable, like air conditioners or grab bars

- Items that get thrown away after use or that aren't used with equipment in most cases, like incontinence pads or surgical facemasks

- Modifications to your home, such as ramps or widened doors for improving wheelchair access

- Equipment that is not for use in the home, like some specialized hospital beds

Whether you have Original Medicare or a Medicare Advantage Plan, the types of equipment covered are the same

Coverage requirements:

Covered DME must:

- Be ordered by a provider who says it's medically necessary for use in the home

- Be obtained from suppliers who contract with Original Medicare or your Medicare Advantage Plan

- Medicare Advantage Plans may have additional requirements and different cost sharing rules

Coverage method:

Depending on the type of equipment you need, you may need to either rent or buy the DME. Medicare typically only pays for standard equipment that meets your health needs. If you want special features or upgrades, you may have to pay more.

Maintenance:

Whether Medicare covers the cost of maintenance and repair for your DME will depend on whether or not you rent or bought the equipment. Medicare may also cover replacement of the equipment in some circumstances.

To find out if Medicare covers the equipment or supplies you need, or to find a Medicare approved DME supplier in your area, call 1-800-MEDICARE or visit www.medicare.gov. You can also learn about Medicare coverage of DME by calling your State Health Insurance Assistance Program (SHIP).

Hope this helps!

-Marci

NYS Senior Medicare Patrol

DON'T TRUST Caller ID. Scammers can **FAKE IT**, even your Doctor's Phone Number!



Scammers are getting sneakier. They can now manipulate your caller ID to make it look like your doctor's office, Medicare, pharmacy or even a local hospital is calling. **This trick is called**

"spoofing," and it's designed to gain your trust and steal your personal information.

Scammers often target older adults, believing they may be more trusting and less familiar with new technology. **But awareness is your best defense.**

What Scammers might say:

- This is your doctor's office. Your doctor says you need a back brace, please confirm your Medicare number to proceed.
- Your test results are ready, but we need your Social Security number to verify.
- This is Medicare. We need to confirm your Social Security number to keep your coverage active.
- This is your pharmacy. We need your date of birth and insurance information to refill your prescription.
- There's a billing issue with your last doctor visit — we need payment information to resolve it.



Here are some Ways to PROTECT YOURSELF:



- Don't share your personal information over the phone unless you're 100% sure who you're talking to.
- Hang up and call back using a number you trust — like the one on your doctor's website or your Medicare card.
- Do not respond to any questions, especially those that can be answered with "YES" or "NO."
- Check your Medicare Summary Notices (MSNs) and Explanation of Benefits (EOBs). Look for SUSPICIOUS CLAIMS, such as supplies or telehealth visits you didn't receive.
- Be cautious if you are being **PRESSURED** for information immediately.

If you've been contacted by a scammer or suspect Medicare fraud, report it to the NYS Senior Medicare Patrol (SMP)! **Call our Helpline at 800-333-4374.**

StateWide is committed to providing education about Medicare and Prescription Drug Coverage, Medicare Fraud, Patients' Rights and more. If you or your organization would like to request a presenter from StateWide, please call us.

This project was supported, in part by grant number 90MPPG01701, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201

STATE WIDE
New York StateWide Senior Action Council, Inc.
4 Computer Drive West, Suite 205, Albany, NY 12205 • Fax 518-436-7042
www.nytesolr.org • 800-333-4374

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

Medicare, Medicare Fraud and Patient's Rights Helpline 800-333-4374



Need Help With Medicaid?

**Western New York Independent Living offers
FREE assistance to people with disabilities
of all ages and the elderly**

- Community Medicaid programs
- Medicaid Buy-In for Working People with Disabilities
- Medicaid Spend-Down
- Managed Long Term Care (MLTC)
- Nursing Home / Chronic Care Coverage

We have a team of experienced Facilitated Enrollers throughout Western New York who are ready to assist you with the application process for Medicaid.

**Contact our Medicaid Application Assistance Program at
585-815-8501 X415 aabruzzo@wnyil.org**



12/18/2024

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**

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 Alzheimer's Association of WNY Chapter.



- Aug. 1–7: International Clown Week
- Aug. 3: National Watermelon Day
- Aug. 8: National Sneak Some Zucchini Onto Your Neighbor's Porch Day
- Aug. 10: National S'mores Day
- Aug. 12: Vinyl Record Day
- Aug. 13: International Left-Handers Day
- Aug. 20: International Geocaching Day
- Aug. 20: World Honeybee Day
- Aug. 25: Kiss-and-Make-Up Day
- Aug. 31: National Trail Mix Day



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: www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants OR call the Batavia office at 585-343-9167 ext.4

LAUGHTER IS GOOD FOR THE SOUL

Sherlock Holmes and Dr Watson went on a camping trip. After a good meal and a bottle of wine they lay down for the night, and went to sleep.

Some hours later, Holmes awoke and nudged his faithful friend. "Watson, look up at the sky and tell me what you see." Watson replied, "I see millions and millions of stars."

"What does that tell you?"

Watson pondered for a minute.

"Astronomically, it tells me that there are millions of galaxies and potentially billions of planets.

Astrologically, I observe that Saturn is in Leo.

Horologically, I deduce that the time is approximately a quarter past three.

Theologically, I can see that God is all powerful and that we are small and insignificant.

Meteorologically, I suspect that we will have a beautiful day tomorrow.

What does it tell you?"

Holmes was silent for a minute, then spoke.

"Watson, you fool. Someone has stolen our tent."

SENIOR WISHES PRESENTS



HERO BOXES FOR VETERANS



HELP US HONOR SENIOR VETERANS FOR THEIR SERVICE TO OUR COUNTRY!

NOMINATE A VETERAN AGE 65+ FOR A HERO BOX DELIVERY THIS NOVEMBER



Veteran must reside in Erie, Niagara, Wyoming, Orleans or Genesee Counties

SENIORWISHES®
It's never too late to have a wish come true.



VISIT WWW.SENIORWISHES.ORG FOR APPLICATION OR CALL 716-508-2121

ANOTHER HEALTH DEPARTMENT HEALTH HINT

Interested in brain health? It starts on your plate.



Consume fish, especially fatty fish like salmon, at least once a week.

Get a good mix of veggies each day, including at least one serving of leafy greens.



Include poultry at least twice a week.

Incorporate beans into your diet several times a week.



Choose whole grains for at least three servings daily.

Snack on nuts most days of the week, especially those rich in omega-3 fatty acids.



Use extra virgin olive oil as your primary fat source.

Prioritize berries, particularly blueberries, due to their potential cognitive benefits.





FARMERS MARKET COUPONS

The purpose of the program is to promote increased use of locally grown fresh fruits and vegetables and support local farmers. Coupons may only be used at authorized farmers' markets and farm stands participating in the program. Coupons may only be used to buy locally grown fresh fruits and vegetables from participating farmers.

Each coupon booklet is worth \$25 and contains five (5) \$5.00 coupons

Eligibility requirements:

- A New York State Resident
- 60 years of age or older
- Monthly income is at or below
 - \$2,413/ month for a one-person household
 - \$3,261/ month for a two-person household



ALL eligible persons in a household may receive a booklet of coupons

*Coupons will be available at the
Office For the Aging, 8 Perry Avenue, Warsaw
from 8:00am-4:00pm
July 10, 2025 until September 30, 2025*



Caregiver Corner



Is It Just Aging, or Something More?

Normal Aging vs. Signs of Dementia

As we age, it's natural to forget a name now and then, or miss an appointment. That's usually nothing to worry about. But if someone starts to forget important information more often, has trouble doing familiar things (like making coffee, preparing a recipe, or paying bills), or seems confused in places they know well, it may be time to take a closer look.

Warning signs that may go beyond normal aging include:

- Struggling to find the right words
- Withdrawing from hobbies or social events
- Trouble following conversations
- Making poor or unsafe decisions

If these signs are occurring frequently or get worse, don't ignore them. These could be signs of Alzheimer's disease or another form of dementia—and getting checked out early really matters.

Why Early Diagnosis Makes a Big Difference

A lot of people think memory problems are “just part of getting older,” and they put off seeing a neurologist. But the sooner someone gets help, the better. An early diagnosis can:

- Open the door to treatments that may help
- Give families time to plan and prepare
- Connect people to support and resources

Help Is Close to Home

If you're concerned about changes in memory or thinking—for yourself or a loved one—you don't have to figure it out alone. UBMD Neurology's Alzheimer's Disease and Memory Disorders Center is here to help. Located in Erie County and serving the surrounding eight WNY counties, the center offers:

- In-depth memory evaluations
- Expert care from dementia specialists
- Information on treatments, support groups, and research opportunities

You don't need a diagnosis to reach out—just a concern. Whether it's memory loss, confusion, or behavior changes, we're here to guide you toward answers and peace of mind.



📍 UBMD Neurology – Alzheimer's Disease and Memory Disorders Center
📄 A NYS Department of Health Center of Excellence for Alzheimer's Disease
✉ 1001 Main St. 4th Fl., Buffalo, NY 14203 | 4851 Main St., Williamsville, NY 14221
☎ (716) 829-5056

31 AUGUST 2025

Drug overdose can occur at any age, but older adults are particularly vulnerable. Older people have a high prevalence of multiple chronic medical conditions; therefore, they use more prescription drugs than those in other age groups.

Concurrent chronic medical disease emerged as the highest priority risk factor, followed by polypharmacy (multiple medications), concurrent psychiatric disease, low socio-economic status, female sex, and old age.

Chronic medical disease was shown to be the most important risk factor for prescription drug overdose in older adults. It was found that 93.9% of patients with drug overdose in the emergency department and 94.9% of patients admitted to the intensive care unit had at least one chronic condition. Furthermore, recent studies reported that adverse drug reactions were estimated to cause 10–20% of hospital admissions in older adults.

The prevalence and seriousness of chronic medical disease and polypharmacy are correlated; this causes older people to be more vulnerable to acute overdose and its associated consequences. In a study that conducted in-home interviews, 87% of older adults were using medications and 36% used five or more drugs simultaneously.

The occurrence of chronic diseases is difficult to control, but prescription and management of the corresponding drugs are judged to be more effective.

Consult with your doctor and pharmacist to learn about different side effects of your medications or before discontinuing any medications.

Source: Lee EH, Park JO, Cho JP, Lee CA. Prioritising Risk Factors for Prescription Drug Overdose among Older Adults in South Korea: A Multi-Method Study. *Int J Environ Res Public Health*. 2021 Jun 1;18(11):5948. doi: 10.3390/ijerph18115948. PMID: 34206039; PMCID: PMC8198076.



DID YOU KNOW?

Did you know that you can receive a free Naloxone (Narcan) training?

Contact the Wyoming County Health Department, Wyoming County Emergency Services, Partners for Prevention, or Spectrum Health & Human Services to receive a free training, or to restock your expired naloxone.



Everyone is at risk from the dangers of extreme heat.



NEVER leave anyone alone in a closed car.



Use air conditioners and stay in the shade.



Drink plenty of water, even if you're not thirsty.



Wear loose-fitting, light-colored clothing.

COOLING CENTER LOCATIONS

Arcade Free Library
Cordelia A. Greene Library
Eagle Free Library
Gainesville Public Library
Perry Public Library
Pike Library
Steven's Memorial Library
Warsaw Public Library
Wyoming Free Library

Hours of Operation vary. Call your local cooling center to ensure they are open the day of your visit.



Don't forget to stop by our booth at the Wyoming County Fair to see live demonstrations!



Wyoming County Emergency Services
151 North Main St.
Warsaw, NY 14569

585-786-8867
oem@wyomingcountyny.gov



VIA Low Vision Clinic

MAXIMIZE YOUR VISION. MAXIMIZE YOUR INDEPENDENCE.

VIA: Visually Impaired Advancement is the area's leading center for the visually impaired, and we're here to help you with every step of your vision journey.

WHAT DOES OUR LOW VISION CLINIC DO?

Your ophthalmologist will continue to monitor and treat the health of your eyes. Our Doctor of Optometry (a Certified Low Vision Therapist) will perform a thorough evaluation of your vision, talk with you about your goals, and determine what additional services will help you achieve your highest level of independence.

WHAT CAN OUR LOW VISION CLINIC HELP WITH?

- **READING PRINT**
- **IDENTIFYING MEDICATIONS**
- **COMPUTER USE**
- **WATCHING TELEVISION**
- **RECOGNIZING FACES**
- **ORGANIZING HOUSEHOLD ITEMS**
- **TELLING TIME**

CLINIC HOURS
MONDAY – THURSDAY
8:30 AM – 4:00 PM

CALL
(716) 888-4556

E-MAIL
visionclinic@viawny.org



Submitted from the Instagram page of 'jamesonarasi' with permission

Stephen Colbert once asked Keanu Reeves what he thought happens when we die.

Keanu paused, then said: "I know that the ones who love us will miss us."

It gets me every time. Because he couldn't be more right.

Grief isn't just about losing someone-it's about missing them, over and over again.

Since losing my brother 2 years ago, my grief has changed. It's no longer just about the day he left. It's about all the days since.

It's a longing for what was, and a mourning for what will never be. A bond that didn't break-it just moved beyond the reach of time.

I came across a poem by Donna Ashworth called "Miss Me Most"-one of those posts that stops you mid-scroll:

"When you feel you are without me, close your eyes. Float down beneath your skin, retreat within.

I am the blood that flows, I am the courage in your gut that grows.

I am the chamber in your heart that feels like home.

I am the seed from which your life was proudly grown. Only my body has flown.

But me, I dwell still within your bones.

My voice and all the good I've ever known,
is yours to own.

When you feel you are without me, listen close. I whisper louder, when you miss me most."

That last line? It says everything.

If you've ever lost someone, you know-grief doesn't just sit in your mind. It settles in your chest, your breath, your bones. And some days, the weight of missing them makes you wonder if they're truly gone.

But what if they haven't left-only changed form?

What if they show up in how we love, how we live, how we care? In our laughter, our strength, our quiet kindness-what if that's them, still moving through the world, through us?

Donna's poem isn't just comfort-it's a reminder:

The ones we've lost live on in how we carry them. Their voice may be softer, but it still echoes- in the love they gave and the good they left behind.

So if today's one of those days- when grief feels like its pouring from the inside out- read this again.

Close your eyes.

Remember, they're still with you.

And when you miss them most, listen close. That's when they whisper louder.

Because like Keanu said-the ones who love us will miss us.

And the ones we miss?

They never really left.

-Jameson Arasi



You're Not Alone—Join a Local Bereavement Support Group

Grief can be a lonely experience, but it doesn't have to be. HomeCare & Hospice offers free monthly bereavement groups that provide a safe and supportive space for anyone mourning the death of a loved one.

Led by a trained Family Support Specialist, the groups offer connection, understanding, and tools for coping. Meetings are held in two locations each month:

Arcade Bereavement Group: Third Wednesday of every month

Batavia Bereavement Group: Fourth Monday of every month

Upcoming sessions will take place on:

Arcade: July 16, August 20; 563 W Main Street, 4-6p

Batavia: Jul 28, Aug 25; 29 Liberty Street, 5-7p

Whether your loss was recent or some time ago, all are welcome to attend. The groups are open to the public and do not require previous involvement with hospice.

HomeCare & Hospice is dedicated to helping individuals and families live fully and comfortably at home through home health, hospice, and support services. Bereavement counseling is one of many resources offered as part of our holistic approach to care. For more information, please call 585-653-5290 or ablack@homecare-hospice.org.

TO LAUGH OFTEN AND MUCH
BY RALPH WALDO EMERSON

TO LAUGH OFTEN AND MUCH;
TO WIN THE RESPECT OF THE INTELLIGENT PEOPLE
AND THE AFFECTION OF CHILDREN;
TO EARN THE APPRECIATION OF HONEST CRITICS
AND ENDURE THE BETRAYAL OF FALSE FRIENDS;
TO APPRECIATE BEAUTY;
TO FIND THE BEST IN OTHERS;
TO LEAVE THE WORLD A BIT BETTER
WHETHER BY A HEALTHY CHILD, A GARDEN PATCH,
OR A REDEEMED SOCIAL CONDITION;
TO KNOW THAT ONE LIFE HAS BREATHED EASIER
BECAUSE YOU LIVED HERE.
THAT IS TO HAVE SUCCEEDED.

Wyoming County Grief Support Group

8 Perry Ave.,
Warsaw, NY
1:30pm—3:00pm

**2025 Group Meeting
Schedule**
(2nd and 4th Monday of the
Month)

****if weather is bad/dangerous the
group will be canceled**

July: 7/14 and 7/28

August: 8/11 and 8/25

September: 9/08 and 9/22

**October: 10/27 only (Closed
for Indigenous People's Day
10/13)**

November: 11/10 and 11/24

December: 12/08 only

Pride Paint Night

**Wednesday July 30
5:30 p.m.**

Wyoming County Arts Council
31 South Main Street, Perry NY

*Light refreshments provided
at this free event*

For more information, email
Director@GLOWOUT.org

ACWC
arts council for
wyoming county

**GLOW
OUT**

WNY Elderberries- Senior Cooking Group

*Why cook alone when you can enjoy
a homemade meal among friends?*



Elderberries is a monthly
social cooking group for
adults 60+ that meets in all
eight WNY counties.

We focus on healthy,
easy-to-make recipes using
common pantry items, and
can also include your favorite
recipes in the class.

There will be occasional canning and food preservation
instruction with experts from Cornell Cooperative Extension.

**Tuesday, August 5: Chicken & Tzatziki
Wraps with Fresh Fruit Salad**

To register: Email ceg256@cornell.edu

or Call: 585-786-2251

36 Center St, Warsaw Room LC4

Supported by a grant from the Health Foundation for Western and Central
New York. The Health Foundation is an independent private foundation that
advocates for continuous improvement in health and health care by investing
in the people and organizations that serve young children and older adults.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®



ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems
with memory, thinking and behavior.

Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer's Association resources.

**Wednesday, August 20
10:30am**

**CORE The Learning Center
29 N Main St.
Warsaw, 14569**

Register at bit.ly/AlzWarsawAug25 or call
our free 24/7 Helpline at 800.272.3900

Visit alz.org/CRF to explore additional
caregiver education programs in your
area.

**ALZHEIMER'S
ASSOCIATION**

Western New York Chapter

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

WYOMING COUNTY'S ANNUAL SUICIDE AWARENESS WALK



CALL THE MENTAL
HEALTH DEPARTMENT AT
585-786-8871!
REGISTRATION
PREFERRED, NOT
REQUIRED!

Collecting Donations of Baby
Hygiene products for Healthy
Families!



Nutrition & Mental Health Connection

Nutrition is often overlooked when treating mental health conditions. With mental health disorders impacting an estimated 264 million people globally, it is an important topic. Our food choices, mood, and mental health are very interwoven. Mood can drive food choices and food choices can drive our mood and, thus, future food choices. Cravings are also associated with mental health conditions. Carbohydrate cravings are correlated with low serotonin levels. Many refer to serotonin as the “mood” neurotransmitter. And an estimated 90% of our serotonin is produced in the gut. So, the health of

our gut is very important and beneficial. The good bacteria in our gut helps protect us from the bad bacteria. It also supports a healthy immune function and healthy GI function overall. Consuming foods such as whole grains, fruits and vegetables plays a key role in maintaining gut health. When the diet is lacking in these items and made up more of processed, low nutrient foods, then the gut health and thus serotonin levels can be impacted. In addition to regulating mood, serotonin is involved in regulating sleep, appetite and other body functions. Sleep is an important part of managing mental health. Low serotonin leads to increased carbohydrate cravings, can interfere with sleep quality, and can make depression worse. Also, when our brain has the nutrition it needs, we can cope more easily with stress, better manage our emotions (and often our cravings), and improve our sleeping habits.

A healthy diet includes a full range of vegetables, fruits, legumes (lentils, chickpeas, beans), fish, whole grains, nuts, avocados and olive oil to support a healthy brain. Sweet and fatty foods should be special treats, not the staples of the diet. Studies have found that young people with the healthiest diets are about **HALF AS LIKELY** to have depression. Those with the diets highest in junk and processed foods are **80% MORE LIKELY** to have depression.

Take Home Points:

- A healthy balanced diet pattern with nutrient dense foods can help manage mental health.
- Healthy choices for mental health include:
 - Avoid added sugar, highly processed foods, and sugary beverages.
 - Eat adequate fiber daily to promote a healthy gut microbiome.
 - Eat adequate protein to provide building blocks for neurotransmitters. Opt for lean choices.
 - A balanced diet includes vegetables, fruits, whole grains, legumes, nuts, seeds, fish and other lean protein and healthy unsaturated fat.
 - Make sure to get plenty of restful sleep and regular physical activity.

If you are taking steps to live a healthy lifestyle but still feel like you are struggling with your mental health, contact your physician or local mental health agency. You never need to walk alone.

**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
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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.