

WYOMING COUNTY OFFICE FOR THE AGING SENIOR COURIER

Volume 26, Issue 5

Editor: Tess Phillips

September/ October 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

This is going to come as a complete surprise to most of our readers of the OFA Newsletter. This will be my final “Letter from the Director!” And I am having a difficult time writing it. When I look back on almost 19 years, I am overwhelmed at how fast my time here has gone, and I get choked up thinking it is soon to come to a close. I have spent 38 years working with kids and seniors – heck I was a kid when I started and now I am a senior citizen! When you’re young, life seems to pass slowly, and now it seems I blink and another year has gone by. I have looked forward to this day when I could say I’ve made a difference, and knowing that the staff we currently have at OFA is so capable, and so hard working, makes it a little easier to go.

So where should I start? I want to thank all of you for trusting our office to help you with programs and services for not only you, but your loved ones and friends. I want to thank the countless staff members I have had the pleasure of working with. I was able to list 45 staff at both OFA and Youth Bureau that I have had the personal pleasure of working with in my position as Director - calling each one my friend, and spending many hours of my life getting to know and love. If you are one of those 45 – you know who you are, and I am so glad you were part of my career journey. You taught me how to work hard, and shaped me into the person I am today.

A special thank you to the Wyoming County Board of Supervisors who first gave me a chance. And then all the others who put their faith in me and the OFA and Youth Bureau Staff over the years and honestly held us to task and did it kindly and professionally. I certainly need to thank the OFA Advisory Council who met regularly to advise and monitor the programs and services of the agency and the Youth Board of Director’s who helped guide our programming and helped me to realize when something we were doing was old and needed to be changed.

To my fellow Department Heads- your constant guidance, friendship and trust made every day enjoyable!

Continued on next page...

The community organizations that I became a part of and helped me learn that by giving my time and talents to my community, I would feel so fulfilled I thank you. I sat on many boards and many committees from Community Action to the Business Education Council, United Way, The Community Services Board, many Public Health Committees, Early Intervention and Pre-School Programs, Cooperative Extension and Camp WYOMOCO, The YMCA, Charlotte House, Homecare & Hospice and Headstart. I hope to continue as a volunteer in many of these places.

I can't believe how much fun I had sharing my life with all of you through my newsletters. You lived through the raising of my children, their ups and down, their accomplishments and some lessons I learned along the way. You were there while I raised my parents (lol) I was learning about growing older every day from them. I lost my Dad, I lost some friends and neighbors, I lost many of you and your friends. I shared my holidays with you. My trials and tribulations as a caregiver. My health issues, my views on life in general and I lived through COVID with all of you. I shared my love of my beagles. Let's just say, I shared EVERYTHING!

It has taken me almost a month to put this in writing, and I've had to stop a number of times because I was getting choked up. It's hard to stop doing what you have been doing for so many years. I thank those of you that took the time to call me about my articles, and your letters telling me about how you felt on topics I discussed. I look back on all of those with great memories and fondness. I look forward to bumping into all of you and finding you on the other side of work. Hopefully volunteering for my favorite causes and finding new hobbies along the way!

Lastly, don't forget that I'm leaving you in the very capable hands of the Office for the Aging and the Youth Bureau. You can be confident that you will always get taken care of by the smartest, most caring, and kind people.

Let's not say "goodbye" let's just say, "until we meet again!"

****THE OFA GRIEF GROUP IS CANCELED UNTIL FURTHER NOTICE****

Arcade Bereavement Support Groups
Coping with loss is never easy. HomeCare & Hospice offers free monthly bereavement support groups, guided by a licensed Family Support Specialist. Sessions provide a safe space to share, listen, and heal — open to anyone.

Upcoming meetings at 563 W Main Street, Arcade:

- **Tuesday, Sep. 17, 4–6 p.m.**
- **Wednesday, Oct. 16, 3–5 p.m.**

Info or registration: 585-653-5290 | ablock@homecare-hospice.org

OPEN TO THE PUBLIC

Annual Card Party & Basket Raffle



(WEDNESDAY, OCTOBER 8, 2025)

\$8.00 per Person Admission (Cards, Food & Beverage)

Event Location: Curriers Grange Hall

983 Chaffee Rd, Arcade, NY 14009

Check in @ 12:00pm/Luncheon @ 12:30 pm/Game Starts @ 1:00pm
(no partner needed)

1 prize per table, will add a prize for any duplicate score!
(Prizes & Raffle)



Basket Raffle (12-3:30pm)

\$5 for 25 chances, basket raffle does not include entry into main event. Drawings following completion of card party approximately 3:30pm.

*Lunch available for \$4 per person for non-card players!

Info: call Peter at 716-998-4866

Annual fundraiser to benefit the Strykersville Senior Citizens Group!
(Friends & Neighbors all welcome to attend)

HOW TO STAY SAFE WHEN A WINTER STORM THREATENS



Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.

Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

Learn to identify the signs of and basic treatments for frostbite and hypothermia. For more information, visit: www.cdc.gov/disasters/winter/staysafe/index.html.

Stay off roads if at all possible. If trapped in your car, stay inside.

Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.

Watch for signs of frostbite and hypothermia and begin treatment right away.

Check on neighbors. Older adults and young children are more at risk in extreme cold.

Frostbite causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

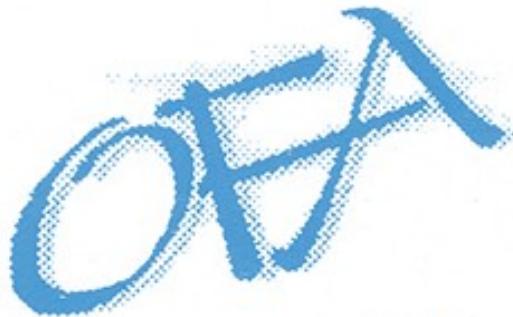


FEMA

FEMA V-1014

Take an Active Role in Your Safety

Go to Ready.gov/winter-weather. Download the **FEMA app** to get more information about preparing for a **winter storm**.



Medicare Advantage Plan Sales/Enrollment Events 2025

At the Valley Chapel
3415 Route 19 South
Warsaw, NY

9:00 a.m.—1:00 p.m.
Wednesday, October 29
Wednesday, November 12
Wednesday, November 26

Wyoming County residents only

Representatives will be present to assist with information and applications for the 2026 plans.

Please bring your Medicare card and list of Rx
Packets with 2026 prices for plans and copay amounts will be available by October 7th at the Wyoming County Office for the Aging, 8 Perry Ave., Warsaw

If you need reasonable accommodations,
please call (585)786-8833 one week prior to the event

This project was supported, in part by the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking project with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

Assistance is also available at 1-800-MEDICARE
1-800-633-4227



MEDICARE OPEN ENROLLMENT CHECKLIST

Medicare Annual Open Enrollment is from October 15th - December 7th

<input type="checkbox"/>	WATCH YOUR MAIL: Your current plan will send you an 'Annual Notice of Changes,' it is important to read through this to find out how the changes might affect you. You can always call the phone number on the back of your current insurance card to ask questions.
<input type="checkbox"/>	Office for the Aging offers 3 Open Enrollment events (flyer is located on Page 4). We only have 1 Medicare Counselor which makes it difficult to schedule a one-on-one appointment with everyone. PLEASE TAKE ADVANTAGE OF OPEN ENROLLMENT EVENTS TO HAVE YOUR QUESTIONS ANSWERED. Office for the Aging staff is present during these events.
<input type="checkbox"/>	DO YOU HAVE TO MAKE CHANGES? No! If you are happy with your current plan, and it is available in 2026, you do not need to do anything and your current plan will continue.
<input type="checkbox"/>	If you are already enrolled in an Advantage Plan, you can also make changes from January 1 st - March 31 st each year.
<input type="checkbox"/>	DO YOU HAVE A SEPARATE PRESCRIPTION PLAN? Compare the cost of your prescriptions for the upcoming year and decide if it would be beneficial to change plans.
<input type="checkbox"/>	Use Medicare.gov and compare plans yourself! You don't need to set up an account, click 'Find Plans Now' and it will walk you through questions to help pick the plan in your area. You can enter your pharmacy and prescriptions to compare costs as well!
<input type="checkbox"/>	DO YOU HAVE MEDICARE COVERAGE THROUGH A RETIREE PLAN? If so, you will receive information about changes to your plan from them, and much of this 'general public' information will not apply. Contact the phone number on your insurance card for specifics.
<input type="checkbox"/>	Please be patient with Office for the Aging staff during this time, we know how important health insurance is to each of us, and will do our best to answer your questions so you can be informed to make decisions.

*People with dementia or Alzheimer's disease often experience a disturbance called Sundowning. Life gets more difficult for them as evening approaches.

But that occurrence at the end of the day also affects the loved ones away from them.

I wrote this poem one evening, feeling sad about my husband who is a resident in a nursing home.

WHEN THE SUN GOES DOWN

By: Barbara Mosher

When the sun goes down, I miss you.

The day closes its eyes

Birds wing toward home

to settle in their nests

The air turns cool and

flowers close their petals.

Peace prevails.

But you are not here.

Your home is another place,

One of nurses and aids and therapists

who work their shift and leave.

The light turns off over your nursing home bed.

Another night for you

In a strange place

Tomorrow I will see you again.

But I miss you now

When the sun goes down.

Caregiver Corner



Caring for the Caregiver

Tuesday, November 18, 2025

9am - 10am ♦ Zoom

Wellbeing coach and mindfulness facilitator Kim Perone shares tools and perspectives needed to ensure vitality, sustainability, productivity, and meaning for those who do so much for so many.

This session is about YOU! Self-care is not selfish, but rather essential. You will leave with tools and thought-provoking questions to maintain your own wellbeing.

This session is for individuals who are professional caregivers and/or care for their family/friends.



<https://us02web.zoom.us/meeting/register/O4RGB3IWQma-i9l9dNL0rA>



Questions? Contact Kelly Owens at kowens@hmaec.org



CECs approved for Social Work, LMHC, OT, PT and Speech Language Pathology for related content.



The Center4C offers coaching to individuals and organizations. Kim Perone, is a Certified Life Coach (CLC), with a Master's degree in Organizational Communication, Certified Workplace Mindfulness Facilitator (CWMF), a Certified Grief Educator, Culture Talk Certified Partner, T.E.A.M. Communication Styles® trainer, and author of *Finding Your Center: The Case for Clarity, Compassion & Contentment* (available on Amazon), specializing in wellbeing, communication, self-awareness, burnout, recovery, stress reduction, mindfulness, productivity, bereavement, resilience, and meaningful progress.

It is Kim's belief that when clarity, compassion, and contentment are present an inspired life is possible. For more information, feel free to contact Kim at kperone@center4c.com, (518) 301-3593, www.Center4c.com, Calendly.com/kimperone

Western New York Rural Health Education Center, Inc. (WNY R-AHEC) is recognized by the New York State Education Department's State Boards for Social Work (#SW-0083), Physical Therapy, Occupational Therapy, Mental Health Practitioners (#MHC-0268), and Speech Language Pathology as an approved provider of continuing education for licensed social workers, physical therapists and assistants, occupational therapists, and assistants, licensed mental health counselors, and speech language pathologists.



Caregiver Support Group

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.

Memorial Gifts to the Office for the Aging

In Memory of	From
Louis T. Boyer Mary Conrad Louis T. Boyer	Karen & Lunsford Loving Marie Redden Brenda Schmidt

Why Catching Dementia or Alzheimer's Early Really Matters

Dementia, including Alzheimer's disease, can be a tough topic to talk about, but it's one we shouldn't avoid. These conditions affect how people think, remember, and manage everyday life. While there's no cure yet, getting a diagnosis early can make a big difference for the person affected and their loved ones.

So, why is early diagnosis so important?

1. **It helps you understand what's going on** - If someone's having memory problems or changes in behavior, it can be confusing or even frightening. Knowing what's behind it can bring a sense of relief, and it opens the door to getting the right help.
2. **Treatments work best early on** - While we can't stop dementia, there are treatments and strategies that can slow things down or make symptoms easier to manage, especially if they started early.
3. **It gives people time to plan** - An early diagnosis gives individuals and families time to make important decisions about care, finances, and future wishes, while the person is still able to take part in those conversations.
4. **More support, less stress** - When dementia is diagnosed early, people can access support groups, services, and information sooner, making life a bit easier for everyone involved.
5. **It helps others too** - People who are diagnosed early may be able to take part in research studies that could lead to better treatment for future generations.
6. **Improve quality of life** - Early support helps people with dementia live independently and with dignity for longer.

What should I look for? Some early signs include forgetting recent events or conversations, struggling to find the right words, getting confused in familiar places, trouble handling money or daily tasks, changes in mood or personality.

What should I do if I'm worried? You don't have to figure it out alone. UBMD Neurology's Alzheimer's Disease and Memory Disorders Center is here to help. Many conditions can cause memory problems, and finding the cause early can make a big difference.

Located in Erie County and serving the surrounding eight WNY counties, the center offers:

- In-depth memory evaluations
- Telehealth appointments
- 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
Phone: (716) 829-5056 | Fax: (716) 829-3010

Gluten Free – is it necessary?

Let's start with the basics. Gluten is a protein found in wheat, rye, and barley that causes intestinal damage for individuals with gluten intolerance/allergy. Common symptoms include: diarrhea, abdominal pain, bloating, fatigue, forgetfulness and irritability. Celiac Disease is an auto-immune condition that when gluten is consumed causes the body to attack the small intestine, causing belly pain, nausea, bloating or diarrhea. Individuals with celiac can't tolerate gluten in any form, and need to follow a gluten-free diet for the rest of their lives. Another condition is non-celiac gluten sensitivity –often called gluten intolerance. Some people may have a wheat allergy and should avoid certain foods containing gluten, but not because of the gluten. Wheat triggers an immune response in their bodies, which can cause symptoms such as a skin rash, headache or sneezing. They can still eat gluten in other grains, including barley and rye. With the wide variety of food products available, it is much easier to follow this dietary change than it was years ago.

Going gluten free when you don't really need to can cause you to miss out on nutritious whole grains, fiber and micronutrients. Getting enough whole grains in your diet is especially important if you're at risk for heart disease or diabetes. Whole grains can lower cholesterol levels and help with blood sugar management. In addition, some gluten-containing foods are sources of important vitamins and minerals, such as B vitamins, iron and magnesium. When choosing gluten-free foods be sure to look at the content of the product, some are high in sodium, sugar and fat. Gluten-free doesn't necessarily mean healthy.



MOBILE MAMMOGRAPHY VAN

Bringing Breast Screenings to:

Connect 55+ Warsaw

UR Medicine has teamed up with:

to bring in-office quality mammograms directly to us.

Screening Appointments Available:

5378 Conable Way Warsaw

Location

October 2nd

9:30 - 2:30

Date & Time

This is a great opportunity for women ages 40+ to receive crucial breast care with the same technology and quality of care you'd get in the office but in a friendly and convenient location. The process is quick and easy, and it could save your life.

Schedule your screening appointment now.

Call 1-844-870-0002 or email mammovan@urmc.rochester.edu.

If you don't have celiac disease or gastrointestinal irritation, remove highly processed foods from your diet before removing gluten. Add in more fruits, vegetables, whole-grain bread or pasta, and lean proteins. Many find that they feel better just by eating better, not by removing gluten. When choosing items to fit into a gluten-free diet be sure to check for warnings on packages. Many products that don't contain gluten may have been processed in a facility where there are gluten products. Keep kitchen utensils, dishes and other food prep items that are used for gluten-containing foods separate from those used for gluten-free.

Celiac disease is diagnosed by blood test and/or endoscopy (with biopsy). It is a genetic disorder, meaning that it passes from parent to child via DNA. In some cases, stressful events such as pregnancy, surgery, infection, or severe emotional distress can trigger the onset of the disease.

Submitted by Susan Schell, RD/CDCES

Resources: BeyondCeliac.org; John Hopkins Medicine; Mass. General Hospital.

HEALTHY LIVING FOR YOUR BRAIN AND BODY

TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. We'll provide hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Tuesday, October 28
10:30am

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

Register at bit.ly/AlzWarsawOct25 or
call our free 24/7 Helpline at
800.272.3900

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

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



WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION®

GENESEE/WYOMING

Saturday, Oct. 4 @ 9 a.m.

Centennial Park

151 State St., Batavia

Scan the QR Code
to register or visit
act.alz.org/GeneseeWyoming



For more information, contact
Lynn Hughes @ lhughes@alz.org
or 716.626.0600 ext. 8981

SENIOR CONNECTIONS

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

Hello Neighbors, My name is Luanne Hill

and please join me at the Arcade Free Library for this new free program assisting senior citizens. I have worked with seniors for 14 years navigating services.

First Friday of each month at 10:00 am, Upcoming speakers:

Oct 3: Identity Theft – M and T Bank; presented by Jessica

Nov 7: *Medicare– Essential Solutions with Bob Kindred– bring your current insurance/advantage plan and all prescriptions

Dec 5: Chiropractic Care- Delucci Chiropractic with Ray Delucci, DC– are you deficient with medications/supplements?

See Luanne for understanding these frequently asked questions: **Collection Agencies** – What to do if you receive a demand letter, **EPIC**: How this valuable program helps seniors, **HEAP** – Will I qualify for heating assistance and when do I apply, **HEAP Cooling** – Dates for applying. Did you know seniors no longer need a “medical exception” to receive a free air conditioner?, **Hospital bills** – Sliding scale availability – ranges from 0 repayment and up, **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 to apply, **Weatherization Program** – Receiving help with your home – are grants available?, **Life Lease** – How to protect your home, **Recertification of benefits** – Navigating the process

Bring any questions/mail for assistance. I'm available for confidential help during the sessions. contact Luanne Hill at: Luanne.seniorconnections@gmail.com

What I Learned From A Beautiful Pair of Hand-knit Socks:

By: Virginia Scott

As I was interviewing a patient before her procedure, I commented on her lovely hand-knit, wool-striped socks. She stated that she knitted them herself. She also mentioned that she stopped knitting socks after giving everyone she knows a pair (that's another story). I commented that I was impressed by her thoughtful gift of her time and talent. She shrugged and said that anyone could knit them, "it is easy".

My response was that I have all the materials and tools to make socks, but whenever I try, my cat jumps up on my lap and interferes with my efforts. My cat, Elsa, a noisy, bossy Siamese, bites the yarn in two or takes hold of it and runs across the room! In my mind, Elsa is my problem.

My patient abruptly told me that *I was the problem!*

Whoa! What! Hmm

Lots of introspection now. My wise patient hit the nail on the head. My self-analysis led me to question how much of my life I "blame" on others or circumstances. I could make a list of all of the projects started and dreams unfulfilled because I blame something or someone else.

Sitting here, creating this post, is the result of carving out time to do this. Yay!

I usually have a mental list of to-dos, but it's best to write them down for a visual reminder.



ANOTHER HEALTH DEPARTMENT HEALTH HINT

Live Fully, Age Wisely

- Want to stay sharp, active, and balanced at every stage of life? Discover simple habits that boost your energy, resilience, and joy.
- The Wyoming County CredibleMind website is full of tips to help you age with purpose and confidence.
- Whether it's your own journey or you're supporting someone else, you can get started today at wyomingcountyny.crediblemind.com.



moment and replied, "First, did your research also show that my mother is dying after a long illness, and has medical bills that are several times her annual income?" Embarrassed, the United Way rep mumbled, "Um... No."

"Second, that my brother, a disabled veteran, is blind and confined to a wheelchair?" The stricken United Way rep began to stammer out an apology but was put off.

"Third, that my sister's husband died in a traffic accident," the lawyer's voice rising in indignation, "Leaving her penniless with three children?" The humiliated United Way rep, completely beaten, said simply, "I had no idea..." On a roll, the lawyer cut him off once again, "...And I don't give any money to them, so why should I give any to you?!"

I do have the very wise sock knitter's info and will respond to her invite to teach me how to knit those beautiful, warm wool socks before winter sets in. Elsa and I will have a cat discussion, Meow.

Have you had a similar 'Ah-ha' moment with a stranger?

Laughter is Good for the Soul

The local United Way office realized that it had never received a donation from the town's most successful lawyer. The volunteer in charge of contributions called him to persuade him to contribute. "Our research shows that out of a yearly income of more than \$600,000 you give not a penny to charity. Wouldn't you like to give back to the community in some way?"

The lawyer mulled this over for a

moment and replied, "First, did your research also show that my mother is dying after a long illness, and has medical bills that are several times her annual income?" Embarrassed, the United Way rep mumbled, "Um... No."

"Second, that my brother, a disabled veteran, is blind and confined to a wheelchair?" The stricken United Way rep began to stammer out an apology but was put off.

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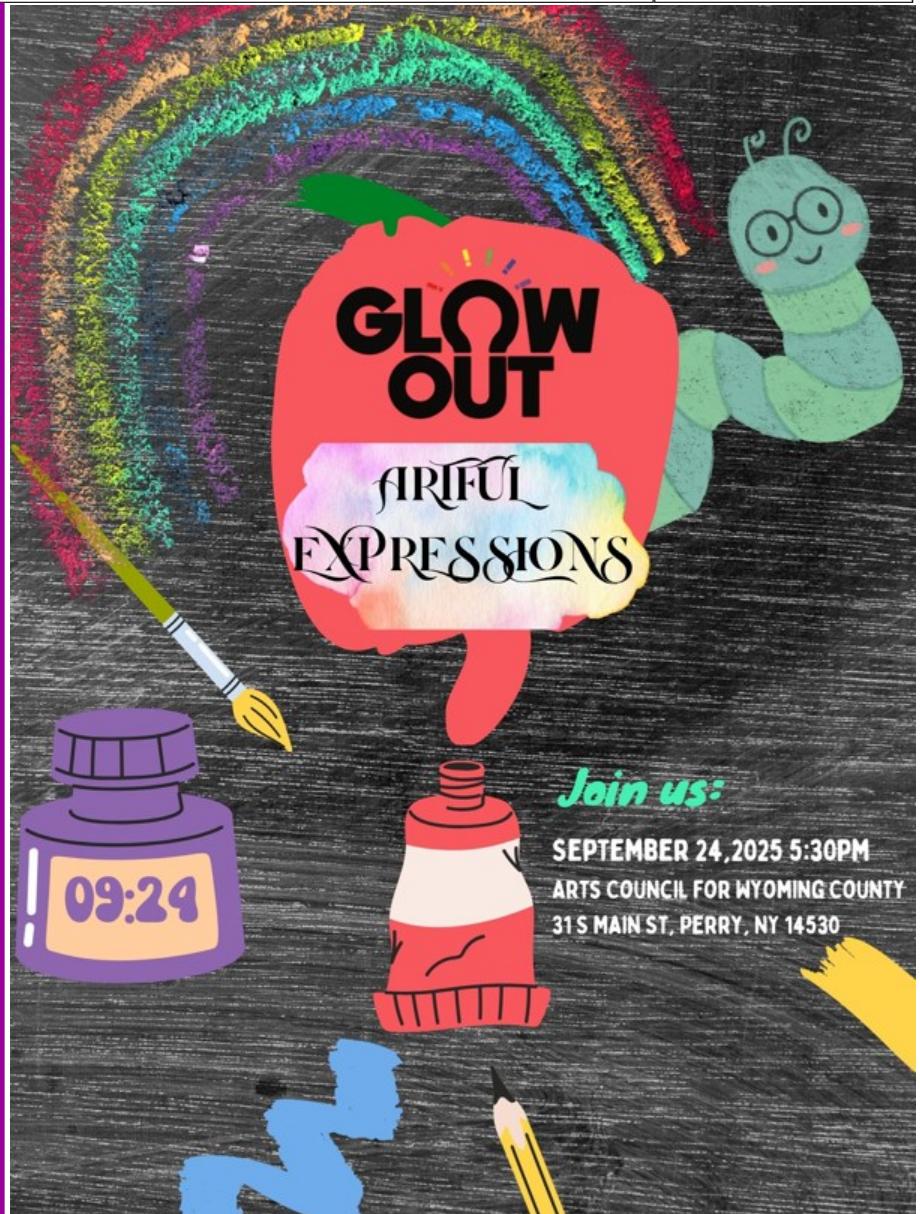
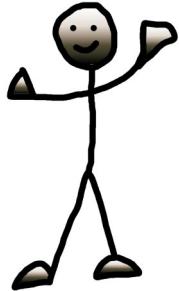
Volunteers to prepare the Senior Courier for mailing are needed on the **third Monday of the odd months**

(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 Department of Motor Vehicles).

Any and all help is greatly appreciated!

Our next date is November 17, 2025 @ 9am



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.

Tess Phillips—Acting Director

Kelli Goulet—Senior Case Manager

Dannyel Stangl—Case Manager

Alison Powers—Personal Care Aide

Christina Ferrin—Aging Services Specialist

Brittney Speicher—Transportation Coordinator

Paula Beckstrand—Fiscal Officer

Darla Dabolt—Health Insurance Counselor

Taylor Lamb-Conlon—Aging Services Aide

Marianne Sicheri—Account Clerk

Susan Schell—Registered Dietitian

Cathy Martin—Personal Care Aide

Light, Love, Luminaries & Freedom



November 8th, 2025, 5:00pm (Rain Date: Nov. 15th)

Perry/Warsaw Airport: 6522 State Rte. 20A Perry, NY 14530



Join us for an evening of remembrance and honor as we light the runway with luminaries in tribute to our loved ones, veterans and heroes.

Enjoy local musicians & warm refreshments.



\$20 donation personalized luminary

Visit our website at wccainc.org or send check payable to:

WCCA, 6470 Rte. 20A, Perry, NY 14530



In Honor or Memory of:

Veteran: _____ Branch: _____ Rank: _____

Living: _____ Passed: _____ Type of Luminary: Star _____ Flag _____

From: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Please fill out additional form for each individual luminary



THE WOMEN OF VALOR MEMORIAL AND VETERANS & COMMUNITY CENTER

HONORING THEIR SACRIFICE. BUILDING THEIR LEGACY.

THE VISION A national memorial and vibrant community hub honoring the courage and sacrifice of women in military service. Situated on 9 acres of donated land in Strykersville, NY, this will be the first national memorial dedicated to women who made the ultimate sacrifice, while also providing vital services and programs for veterans, their families, and the entire community.

EXECUTIVE SUMMARY & MISSION The Women of Valor Memorial Veterans & Community Center is a visionary project creating the nation's first memorial dedicated to all women service members who made the ultimate sacrifice. At its heart is the Cari Anne Gasiewicz Amvets Post #637, the first Amvets post named after a female service member killed in action. This historic designation reflects a legacy of courage and sacrifice, while expanding the mission to support all veterans and their families.

Cari's legacy also holds deep meaning within the labor community—her father, Paul Gasiewicz, is a retired Public Employees Federation DOT civil engineer, connecting this project to values of public service and solidarity. The memorial to Army Specialist Cari Anne Gasiewicz will stand as a symbol of valor, honoring the cost of freedom. Beyond remembrance, the center will deliver essential services, programs, and community engagement through social, educational, and recreational activities.

This project is a national statement of gratitude, remembrance, and continued service.

www.womenofvalormemorial.org
info@womenofvalormemorial.org
Facebook: @womenofvalormemorial



Day to honor all those who served their country during war or peacetime.

- 15.8 million is the number of military veterans in the United States in 2023, representing 6.1% of the total civilian population age 18 and over.
- Veterans Day Moment of Silence Act was passed in 2016. In 2016, President Barack Obama signed the Veterans Day Moment of Silence Act. At 2:11 p.m. EST each Veterans Day, the current president will order a moment of silence lasting two minutes.
- Americans honor veterans on many other holidays- Among them are Medal of Honor Day on March 25, Vietnam Veterans Day on March 29, Former POW Recognition Day on April 9, Armed Forces Day on May 20, Women Veterans Day on June 12, Korean War Veterans Armistice Day on July 27, Purple Heart Day on Aug. 7 and Pearl Harbor Remembrance Day on Dec. 7.

Sources: <https://www.aarp.org/veterans/veterans-day-facts/>, <https://www.census.gov/newsroom/facts-for-features/2024/veterans-day.html>

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VETERANS DAY FACTS

- Veterans Day originated as "Armistice Day" on Nov. 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 making it an annual observance, and it became a national holiday in 1938. Sixteen years later, then-President Dwight D. Eisenhower signed legislation changing the name to Veterans

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