

# WYOMING COUNTY OFFICE FOR THE AGING SENIOR COURIER

Volume 26, Issue 6

Editor: Tess Phillips

November/ December 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.

## *Get to know your Office for the Aging (OFA) Staff!*

**Name:** Paula Beckstrand

**Birthday:** December 8

**Hometown:** Warsaw, NY

**Job title and years at OFA:** Fiscal Officer, 24 years

**Favorite thing about OFA:** The satisfaction of being able to help our peeps and the appreciation that we receive from them

**Married:** Yes, to Ben for 32 years

**Kids:** Ashley & Justin/ grandkids: Alayna & Mason

**Pets:** no

**Favorite thing to do away from work:** Spend time with grandkids, watch Netflix, craft, camping

**Favorite candy:** depends on the day, I don't really have a favorite

**Favorite movie or book:** I don't have a favorite

**Bbq or burgers:** Chicken bbq

**What is something people don't know about you:** I can't tell, then everyone would know! :)

**Are you musical:** no, not anymore, used to play piano

**If you're known for one thing, what would you want it to be:** That I love my kids and grandkids more than anything.



Dear Marci

**Dear Marci,  
I'm turning 65 this year, and since early October I have been getting calls from Medicare Advantage Plans. How do I stop these unwanted calls?**

**- Daniel**

Dear Daniel,

Many people experience unsolicited advertisements or other communication from Medicare Advantage Plans as they approach Medicare eligibility or during Fall Open Enrollment Period. These calls can be overwhelming, especially when you're trying to make informed decisions about your healthcare coverage.

If you are receiving unwanted marketing calls from insurance companies, you can register with the National Do Not Call Registry. This is a free federal service that stops sales calls from legitimate businesses that follow the law. However, keep in mind that you may still get calls from scammers or those not following the rules. Join the list at [www.donotcall.gov](http://www.donotcall.gov) or by calling 888-382-1222 from the phone you want to register.

If you're getting repeat calls from the same callers, you should block those specific phone numbers. Also know that by engaging with these callers, you may get more calls in the future. So when possible, do not pick up calls that are likely unwanted, hang up immediately if you realize this is a call you didn't want to get, and report the number to the Federal Trade Commission at [www.donotcall.gov](http://www.donotcall.gov).

It is also helpful to be aware of Medicare marketing rules that private plans must follow when promoting their products. These rules are meant to prevent plans from presenting misleading information about a plan's costs or benefits. Medicare private plans can market their plan through direct mail, radio, television, and print advertisements. Agents can also visit your home if you invite them for a marketing appointment. However, insurance agents cannot:

Call you if you didn't give them permission to do so

Visit you in your home, nursing home, or other place of residence without your invitation

Offer gifts or prizes worth more than \$15 to encourage you to enroll

Market their plans at educational events or in health care settings (except in common areas)

Sell you life insurance or other non-health products at the same appointment (known as cross-selling), unless you request information about such products

Use the term "Medicare-endorsed" or suggest that their plan is a preferred Medicare plan

Plans can use Medicare in their names as long as it follows the plan name (for example, the Acme Medicare Plan) and the usage does not suggest that Medicare endorses that particular plan above other Medicare plans

Imply that they are calling on behalf of Medicare

If Medicare Advantage Plans or their agents engage in prohibited activity, you can report that behavior to the Senior Medicare Patrol (SMP) and to 1-800-MEDICARE (633-4227).

Hope this helps!

-Marci

# WYOMING COUNTY COMPREHENSIVE PLAN

Wyoming County is creating its first-ever comprehensive plan, and we want your input!

## SURVEY

Take the survey, it's quick, confidential, and focuses on six key themes that impact quality of life and economic vitality.

**SCAN TO TAKE THE SURVEY  
DEADLINE: DECEMBER 14, 2025**



Paper copies of survey are available upon request!

Call Office for the Aging at 585-786-8833 and we will mail one to you!

VISIT: [WWW.WYOMINGCOUNTYNY.GOV/763/COMPREHENSIVE-PLAN](http://WWW.WYOMINGCOUNTYNY.GOV/763/COMPREHENSIVE-PLAN)

CONTACT: JENNY LOEWENSTEIN, G/FLRPC  
[JLOEWENSTEIN@GFLRPC.ORG](mailto:JLOEWENSTEIN@GFLRPC.ORG)



**WYOMING COUNTY**  
NEW YORK

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

Coping with loss is never easy — but you don't have to do it alone. HomeCare & Hospice invites you to two upcoming gatherings designed to bring comfort, connection, and hope.

**Arcade Bereavement Support Group**  
• Wednesday, Nov. 19, 3–5 p.m.  
• Dec 17, 3-5 p.m.  
**563 W. Main Street, Arcade**

Guided by a licensed Family Support Specialist, these free monthly sessions offer a safe space to share, listen, and heal — open to anyone, whether or not hospice care was involved.

Both sessions are free and open to all.

Info or registration: 585-653-5290 |  
[ablock@homecare-hospice.org](mailto:ablock@homecare-hospice.org)

Sometimes prayers aren't answered in lightning bolts or miracles. Sometimes they show up in the form of people. Quiet angels disguised as strangers, who change everything through simple acts of kindness.

—Jameson Arasi

## 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.

## Caregiver Corner



### Caring for the Caregiver: Why Self-Care Isn't Selfish

When someone you love is living with dementia your world can feel consumed by appointments, medications, emotional ups and downs, and constant vigilance. In the midst of caring for a loved one with this type of condition, it's easy to forget one vital truth: you matter too.

#### The Hidden Toll of Caregiving

Care partners often experience high levels of stress, fatigue, and emotional strain. Studies show that caregivers of people with dementia are at increased risk for depression, anxiety, and physical health issues. Why? Because caregiving is relentless and without proper support, it can lead to burnout.

#### What Is Self-Care?

Self-care isn't a luxury, it's a necessity. Taking care of your emotional, physical, and mental wellbeing are essential to your being able to care for and "be there" for your loved one. It's like the oxygen mask instructions given on a flight: you must first put on your mask before you can help someone else with theirs.

#### Simple Ways to Practice Self-Care:

- **Take breaks** Even short moments of quiet can help reset your nervous system.
- **Maintain social connections** Talk to and/or get together with friends and family
- **Move your body** A walk around the block or gentle stretching help to reduce stress.
- **Ask for help and support** You don't have to do this alone. Support groups and counseling can help ease the day-to-day stress you may be experiencing. Respite care, adult day programs, and home health aides exist to support your loved one and you.

#### You Deserve Support

If you're feeling overwhelmed, that's not an indication of failure but a sign you need additional support. Reach out to your local Office for the Aging, Alzheimer's support organizations, or your healthcare provider. There are resources designed specifically for the needs of care partners like you.

**Remember:** Caring for someone with dementia is a marathon, not a sprint. Prioritizing your own well-being isn't selfish, it's essential.

**Local Expertise: UBMD Neurology's Alzheimer's Disease and Memory Disorders Center** The center provides state-of-the-art diagnosis, treatment, and support for individuals with Alzheimer's and other cognitive disorders.



Alzheimer's Disease and Memory Disorders Center

A NYS DOH Center of Excellence for Alzheimer's Disease serving WNY

1001 Main St. 4th Fl., Buffalo, NY 14203 | 4851 Main St., Williamsville, NY 14221

Phone: (716) 829-5056 | Fax: (716) 829-3010

## Laughter is Good for the Soul

(submitted by Trish)

There are recent rumors that Julie Andrews did a concert for AARP. Ms. Andrews sang a favorite from the Sound of Music, "Favorite Things." There were a few changes to the words, to fit in with the AARP theme. Here are the new words to this tune:

Maalox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favorite things!

Cadillac's and cataracts and hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things!

When the pipes leak,  
When the bones creak,  
When the knees go bad,  
I simply remember my favorite things,  
And then I don't feel so bad!

Hot tea and crumpets, and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heat pads and hot meals they bring,  
These are a few of my favorite things!

Back pains, confused brains, and no fear of sinnin',  
Thin bones and fractures and hair that is thinnin',  
And we wont mention our short shrunken frames,  
When we remember our favorite things!

When the joints aches, when the hips break,  
When the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad!

# VETERANS HEALING IN COLOR

Drop-in sessions are available on the 1<sup>st</sup> Wednesday of every month at 10 am or 5 pm



Certified Art Therapist & ACWC Executive Director

Krysta Aina: Krysta@ArtsWyCo.org

Enjoy some conversation, camaraderie, and maybe make some art...



[www.ArtsWyCo.org](http://www.ArtsWyCo.org)

ACWC  
arts council for wyoming county

Do you need help budgeting, paying bills, avoiding scams or staying organized?  
Are you 60 or over?

We can Help!

The Center for Elder Law & Justice Money Management Program



The Money Management Program links volunteers with older adults who need assistance. Meeting monthly and receiving continuing education, volunteers help to support others in their community!  
Call for more information.  
We can start immediately!

[www.budgethelp@elderjusticeny.org](mailto:www.budgethelp@elderjusticeny.org)

1-800-316-5103

## ANOTHER HEALTH DEPARTMENT HEALTH HINT

*Keep steady, don't fall,  
enjoy the fall season most of all!*

- Clear walkways and remove clutter
- Take your time, don't rush

- Wear sturdy, non-slip shoes
- Use handrails and grab bars

- Light your way at night
- Watch for wet leaves and ice

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!

**Please mark your calendars, our 2026 dates are:**  
**January 19**  
**March 16**  
**May 18**  
**July 20**  
**September 21**  
**November 16**

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  
Danniel Robb- Case Manager  
Julie Spink- Case Manager  
Marianne Sicheri- Account Clerk  
Susan Schell- Registered Dietitian  
Brittney Speicher- Transportation Coordinator

Paula Beckstrand- Fiscal Officer  
Darla Dabolt- Health Insurance Coordinator  
Taylor Lamb-Conlon- Aging Services Aide  
Alison Powers- Personal Care Aide  
Cathy Martin- Personal Care Aide  
Christina Ferrin- Aging Services Specialist



# Citizen Preparedness Corps



With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies

**Andrew M. Cuomo**  
Governor

**WHEN:** December 18th 2025: 2PM AND 6PM!

**WHERE:**  
Perry Library  
70 N Main St, Perry, NY  
14530

**CONTACT:**  
jessica demarte / 585-237-2243  
OR:  
perrylibrarydirector@owwl.org  
for more information! Register  
at the front counter, walk-ins are  
welcome!

For additional information, visit  
**www.prepare.ny.gov**

# Wyoming County Food Resources

## Foodlink Food Pantries

### **Attica Emergency Food Pantry**

72 East Ave., Attica, NY 14011

(585)591-1228 ext. 306

Wednesdays 5-7pm and Thursdays 9:30-11:30am

\*\*Open to residents of Western NY

### **Arcade United Methodist Church**

(part of Pioneer Association of Churches)

212 E. Main St., Arcade, NY 14009

(716)984-2455

Mondays and Thursdays 12:30-2pm

Open to residents in the Pioneer School District

### **Community Action for Wyoming County**

6470 Rt. 20A, Perry, NY 14530

(585)237-2600 *Call for appointment.*

Mondays through Thursdays 9am-4:30pm

\*\*Open to residents of Wyoming county

### **Hope Lutheran Church**

(part of Pioneer Association of Churches)

2 E. Main Street, Arcade, NY 14009

(585)492-2530

1st Wednesdays 4-7pm, 3rd Saturdays 9-11am

\*\*Open to residents in the Pioneer School District

### **Java Village Food Pantry**

at the Immanuel Ministries Church Ministries

4530 Main St, NYS Route 78, Java Village, NY 14083

(716)353-2863

Tuesdays 9-11am, Wednesdays 9-11am and 6-7:30pm

\*\*Open to residents in the surrounding areas, once a month.

### **Perry Area Emergency Food Pantry**

6 North Main St., Perry, NY 14530

(585)322-6486

Tues, Thurs, Fri 12-4pm, Wed 12-2pm, Sat 10am-1pm

\*\*Open to Village of Perry & Town of Castile residents.

### **Warsaw Food Pantry**

10-22 South Main St., Warsaw, NY 14569

(585)786-3868

Mondays 4-6pm, Tuesdays 9-noon, Fridays 9-11am

\*\*Open to residents of Wyoming county, once every 28 days.

Limit of one visit per calendar month.

## Food Pantries (not affiliated with Foodlink)

### **Bread of Life Food Pantry**

2443 Main Street, Rt. 20A, Varysburg, NY 14167

(585)535-4017

Wednesdays 10am-noon and 6-7pm

\*\*Open to anyone in need of food

### **Castile United Church of Christ Food Pantry**

4 Washington St., Castile, NY 14427

(585)493-2840

\*\*Open to residents of the Town & Village of Castile

## Foodlink Food Pantries, not in Wyoming County

### **Mt. Morris Food Pantry**

102 Main Street, Mt. Morris, NY 14510

(585)658-4466

Mon + Thurs 9am-noon, Wednesdays 1-3pm

\*\*Open to Mt. Morris School District residents.

### **Nunda Food Pantry**

4 Massachusetts St., Nunda, NY 14517

(585)739-3008 *Call for appointment.*

Pantry open on the 2nd and 4th Saturdays.

\*\*Open to Keshequa School District residents.

### **The Church in Alexander Food Pantry**

3389 Church St., Alexander, NY 14005

(585) 591-1765

Tuesday 5-7pm, Wednesday 9-11am

\*\*Must live within 15-mile radius

### **Pavilion Community Food Pantry**

11115 East Park St., Pavilion, NY 14525

(585) 880-2462 Sue, Appointment Only

\*\*Open to Wyoming & Pavilion school districts

### **Friends in Christ-Fillmore Community Food Pantry**

25 Minard St., Fillmore, NY 14735

(585) 567-8546, Call for Hours

Once a Month

Foodlink Pop-Up Pantries in/near Wyoming County

\*\*Check [www.foodlinkny.org](http://www.foodlinkny.org) under the "Find Food" tab for the current schedule.

\*Pop-Up Pantry customers may sign in as anonymous. They only need to provide zip code, # seniors, # adults, and # children in the household.

**Alexander** (at the Fire Dept) - drive thru  
**Arcade** (at Village Park) - drive thru  
**Avon** (at the Fire Dept) - drive thru  
**Batavia** (at City Church) - drive thru  
**Attica** (72 East Ave) - bring a wagon

**Perry** (204 N. Main St) - bring a wagon  
**Nunda** (at Highway Dept) - bring a wagon  
**South Warsaw** (at Valley Chapel) - bring a wagon  
**Mt. Morris** (in old Save-A-Lot bldg) - bring a wagon

Wyoming County Congregate Meal Sites

Call the Office for the Aging for meal reservation and info (585)786-8833 or (800)836-0067

Suggested contribution of \$5/meal if age 60 and above, or \$8/meal guest fee if under age 60.

**\*\* Arcade Congregate Meal Site** at Village Park Cabin Tuesdays 10am-2pm with meal around noon

**\*\* Bennington Senior Dining Program** at Pine Lounge, 164 Clinton St., Cowlesville Mondays 11am-2pm

**\*\* Perry Congregate Meal Site** at Breezeway Barn, 151 N.Center St. Thursdays 10:30-1:30pm

Meals on Wheels - a program by the Wyoming County Office for the Aging

\*\*home delivered meals for elderly or disabled residents of Wyoming county.

Call (585)786-8833 or (800)836-0067 Suggested contribution of \$5/meal.

Senior Farmers' Market Nutrition Program \*\*provides farmers' market coupons for low-income seniors

Contact the Wyoming County Office of the Aging, 8 Perry Ave., Warsaw, NY 14569 (585)786-8833

Livingston-Wyoming County WIC Program (Women, Infants, and Children Supplemental Nutrition Program)

**\*\* Mt Morris Main Office** - at the Livingston County Health Department, 2 Murray Hill Dr., Mt. Morris, NY 14510  
Open Mon-Fri 8am-4pm (585)243-7530

**\*\* Mt. Morris Clinic** - at the Livingston County Health Department, 2 Murray Hill Dr., Mt. Morris, NY  
Mondays 7am-4pm, Tuesdays 7:30am-4pm, Fridays 7:30am-4pm, 2nd&4th Thursdays 8am-8pm

**\*\* Warsaw Clinic** - at 31 North Main St., Warsaw, NY  
Wednesdays 8:45am-2:45pm

Supplemental Nutrition Assistance Program (SNAP) AKA Food Stamps

Contact Wyoming County Department of Social Services, 466 North Main St., Warsaw, NY 14569  
(585)786-8900 Mondays-Fridays 8:30am-4:30pm

Meal Offerings at Churches and other Organizations

**\*\* Valley Chapel & St. Michaels work together to offer quarterly free lunches.**

Check <https://www.valleychapel.org/events> for info.

Free lunches start at noon, at St. Michael's Roman Catholic Church, 171 N. Main St., Warsaw

**\*\* Family Life Church in Warsaw offers a free Thanksgiving dinner each year, at the Warsaw Moose.**  
Check the Warsaw Penny Saver, in October/November for details.

**\*\* The United Church of Warsaw offers a free Thanksgiving dinner each year, at their church.**  
Check the Warsaw Penny Saver, in October/November for details.

This resource list was created by the Wyoming County Food Insecurity Group.

\*\*If you would like to donate to one of the organizations on this list, please contact them directly.

\*\*For changes or updates to this list, please email [kcopeland@wyomingcountyny.gov](mailto:kcopeland@wyomingcountyny.gov) Last update 11/5/25

# Wyoming County Office For The Aging

## CONGREGATE MEAL SITE

### INFORMATION

#### WHAT

For older adults who wish for a tasty, nutritional meal combined with social activities and fellowship. Any person 60 years old or older and their spouse of any age are welcome regardless of income level or resources. A voluntary contribution is suggested in the amount of \$5.00 for people 60 and over and \$8.50 for people under 60.

#### OFA Contact Information

8 Perry Avenue  
Warsaw, NY 14569

(585)786-8833

**HOURS:** Monday-Friday

8:00am-4:00pm

#### HOW

Each new participant will need to fill out a Registration Form.

Pine Lounge & Perry Restaurant's: Call the OFA to request a "ticket" Tickets can be mailed to you or picked up at the OFA office. Contributions need to be made directly to the OFA.

\*Family style dining\*

Arcade & Breezeway: Call the OFA 24 hours in advance to RSVP

#### Pine Lounge

**LOCATION:** 164 Clinton Street,  
Cowlesville

**Days:** Mondays

**Time:** *Meal Served* from: 11:30am-2:30pm

#### Perry Restaurants

##### **LOCATIONS:**

**John & Sarah's:** 127 N Center St., Perry  
7 days a week 10:00am- 8:30pm

**Country Kitchen:** 34 Main St., S Perry  
Wednesday's & Thursday's  
10:30am- 2:30pm

**Charcoal Corral:** (Open Seasonally)  
7037 Chapman Ave, Perry, NY 14530  
7 days a week 11:00am- 4:00pm

**Heavy Evy's:** 22 N Main St, Castile  
Monday - Saturday: 7:00am - 8:00pm  
Sunday: 8:00am - 8:00pm

#### Breezeway

**LOCATION:** Breezeway Barn, 151 N.Center St., Perry

**Days:** Thursdays

**Time:** *Site Open* from 10:00am - 1:00pm  
*Meal Served* from 11:30am - 12:00pm  
\*Last Thursday of month is Closed\*

#### Arcade

**LOCATION:** Arcade Cabin in Arcade Village Park

**Days:** Tuesdays

**Time:** *Site Open* from 10:00am - 2:00pm  
*Meal Served* from 11:30am -12:00pm

# EATING TO REDUCE INFLAMMATION

**What is inflammation?** It is one of the body's ways of protecting itself. It helps fight off infections, increases blood flow to places where healing is needed, and signals us through pain, that something is wrong. But if inflammation levels are too high, or if a person stays in an inflamed state for too long (chronic inflammation), it can lead to disease.

**Suggestions to help reduce inflammation:**

1. Pay attention to proteins. Opt for plant proteins from beans, whole grains, and nuts to help reduce inflammation. Limit red meats.
2. Eat more fiber. Good sources of fiber include whole grains, oatmeal, nuts, berries, beans, vegetables, brown rice and popcorn. If you don't already eat much fiber, increase your intake slowly to avoid bowel discomfort.
3. Eat your vegetables and fruits. Choose vibrant colored produce in a variety of colors. Plants get their colors from phytonutrients, helpful compounds that are anti-inflammatory. Strive for a minimum of 5 cups of vegetables and fruits per day. If you have diabetes or pre-diabetes, emphasize non-starchy vegetables over fruits.
4. Use more anti-inflammatory herbs and spices – such as paprika, rosemary, ginger, turmeric, sage, and cumin. Other great choices include: allspice, cinnamon, marjoram and tarragon.
5. Avoid trans-fats. Avoid foods that have labels listing "partially hydrogenated" oils
6. Limit saturated fats. Most (not all) saturated fats also promote inflammation. These fats mostly come from animal sources such as meats and dairy products. Opt for leaner choices, include fish and some seafood.
7. Balance omega-6's and omega-3's. These are included in essential fatty acids, meaning the body doesn't make them on its own, so we get them from our diet. Omega-3's are found in fatty fish like salmon, tuna, and mackerel, as well as whole grains, walnuts, and green leafy vegetables. Omega-6's come from plant oils like corn oil, soybean oil, and sunflower oil, as well as nuts and seeds.
8. Eat some dark chocolate. To help with inflammation, dark chocolate should be at least 70% cocoa mass. Keep it in moderation though, one and a half ounces.

Physical activity can help reduce chronic inflammation. Do your best to keep your stress at a healthy level. Explore ways to support good mental and emotional health. Get enough quality sleep. Establish and maintain healthy relationships. Including meditation, prayer, spirituality, etc can also help with reducing inflammation.

Submitted by Susan Schell, RD/CDCES



**Pop Up Pantry List**

<b>WCCA Cornerstone Building</b> <b>204 N. Main St (RT 39)</b> <b>Perry, NY 14530</b> <b>10AM</b> November 20, No December, January 22, February 19, March 19, April 23, May 28, June 25	<b>Valley Chapel Free Methodist Church</b> <b>3415 S Main St</b> <b>South Warsaw, NY</b> <b>14569</b> <b>3PM</b> November 24, December 22, No January, February 23, March 23, April 27, May 18 June 22
<b>Attica Pop Up Pantry</b> <b>72 East Ave</b> <b>Attica, NY 14011</b> <b>10AM</b> November 5, December 3, January 7, February 4, March 4, April 1, May 6, June 3	<b>Arcade Village Park</b> <b>1 Grove Street</b> <b>Arcade, NY 14009</b> <b>10AM</b> November 13, December 11, January 29, February 26, March 26, April 16, May 21, June 18

Updated 10/20/2025



## TOPS Tuesday Shuttle Service

RTS Wyoming operates a grocery run from Perry to the Village of Warsaw Tops Friendly Markets bi-weekly on **TUESDAYS**.

Effective November 18, 2025



The first Tuesday of every month at Tops is Young at Heart Day, savings club exclusively for Tops shoppers 60 years of age and older!



RTS Wyoming  
4300 Route 19  
Silver Springs, NY 14550  
(585) 786-6050

Enjoy the ride.

## Perry to Warsaw TOPS Grocery Run



Ride to TOPS for FREE with RTS Wyoming!

Effective Dates (bi-weekly Tuesdays):  
11/18/25, 12/2/25, 12/16/25, and 12/30/25

Location	Bus Arrival	Bus Arrives at TOPS	Bus Departs TOPS	Arrive at Perry
Knitting Mill Apartments	10:00am	10:45am	12:00pm	12:41pm
Family Dollar 124 N. Center Perry	10:06am			12:35pm
Birchwood Acres	10:14am			12:27pm
Champion Place Apartments	10:20am			12:20pm
Silver Lake Apartments	10:25am			12:15pm

RTS Wyoming is proud to operate a grocery run to Tops Friendly Markets bi-weekly on **TUESDAYS**.  
This run is subsidized by Tops and is free to you!

## Memorial Gifts to the Office for the Aging

In Memory of

From

Phillip and Grace Hoffman

Colleen Pac



# We saved the Best for Last! Introducing, our very own 2025 Older New Yorkers of the Year!



**AWARDEE:**  
**Virginia Fugle**  
Wyoming County

Virginia Fugle is a beloved community volunteer who has given to just about every organization in her town, volunteering for over 60 years. She has been a caretaker for her late sister, mother and stepfather. She continues in this role as a volunteer for two comfort care/hospice homes in the county, plus she makes herself available for any friends or community members who need rides to medical appointments.

Fugle has been known to take in people when they have been struggling and have nowhere to live. A retired special-education teacher, her civic work and volunteer activities would occupy many written pages.

Fugle is motivated and has been characterized by a selfless attitude. She adapts quickly and has a very impressive skill set. Through her caring and giving nature, she's truly a wonderful friend, neighbor and a model for others.

Her advice to others is to give your time to make someone else's life better.

"Volunteering helps keep you young!" she says.

Peter Pilc has served his country and community for decades, first as an Active Guard Reserve soldier, accumulating 35 years of service and retiring as a master sergeant. He then worked as a military family assistance specialist, helping service members and their families get needed resources and benefits.

Pilc is involved with many community service initiatives which have earned him accolades from the Erie County Legislature, Erie County Legal Aid Bureau, and the Buffalo & Erie County Naval and Military Park. Additionally, he has worked to develop the Western New York Military Freedom Lounge at the Buffalo International Airport to serve all first responders and their families during their travel. He is president of the Strykersville Senior Citizen group, which is comprised of older adults, veterans, and veterans' families, providing them with information on benefits. He is known as a take-charge person who successfully develops plans and implements them.

Together with his wife of 53 years, Joann, Pilc has three children, six grandchildren, and one great-granddaughter. They reside in the Hamlet of Strykersville, New York.

"Volunteering has social, career and personal benefits," he says. "It provides a sense of purpose and a sense of community. It strengthens existing connections and allows you to make new friendships."

**AWARDEE:**  
**Peter Pilc**  
Wyoming County



**WYOMING COUNTY  
OFFICE FOR THE AGING**

8 Perry Avenue  
Warsaw, New York 14569

Phone: 585-786-8833  
Fax: 585-786-8832  
Email: officeaging@wyomingco.net



*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