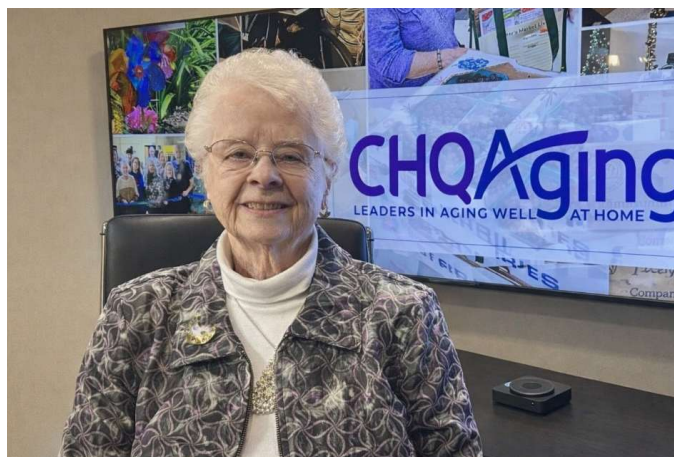




April is National Volunteer Month – Celebrating Volunteers in Chautauqua County

DIRECTOR - DANA CORWIN

April is National Volunteer Month, a time to recognize the incredible impact volunteers make in communities across the country. The Chautauqua County Office for Aging Services (OFAS) is proud to celebrate the individuals who give their time and compassion to support older adults throughout our county.

During this National Volunteer Month, the Chautauqua County Office for Aging Services would also like to recognize and celebrate our 2026 Volunteers of the Year. Please join us in congratulating Ellen Coffaro and Shirley Vandenburg (shown above) who have been selected as the 2026 Chautauqua County Volunteers of the Year. Their dedication demonstrates the tremendous impact volunteers have in strengthening communities throughout Chautauqua County.

Each year, on Older New Yorkers' Day, the New York State Office for the Aging (NYSOFA) honors older adults from across the state for their outstanding volunteerism. The event celebrates healthy aging and highlights the power of community engagement.

The program is also one way NYSOFA works to overcome stereotypes about aging—by showcasing the many older adults who remain active, engaged, and committed to giving back to their communities.

Volunteers play a vital role in helping older residents remain connected, independent, and supported. OFAS is currently seeking caring individuals who are willing to share their time and talents in a variety of meaningful roles.

Volunteer opportunities include:

- Friendly Visiting
- Friendly Calling
- Senior Pen Pal Program
- Home Delivered Meals Delivery
- Visiting Pets Program
- Office Assistance
- OFAS Event Support
- Volunteer Transportation Drivers
- Peer Leaders for Classes

Continue on next page

In this newsletter you can expect:

A Letter from
the Director

Health
Insurance
Counseling
Updates

Caregiver
Support Services
Updates

Health
Promotion
Program
Updates

2026 CHQ Aging
Expo &
Conference Day

Dining In and
Dining Out
News & Menus

Wellness
Information

CONTINUED FROM PREVIOUS PAGE

- **Health Insurance Counseling Volunteers** – Help older adults understand Medicare and health insurance options through our counseling programs.
- **Computer Help and Technology Training** – Assist older adults with basic computer skills, smartphones, email, internet use, and accessing online services.

Whether you can give a few hours a week or help occasionally, your time can make a meaningful difference in someone's life. Volunteering is also a wonderful way to stay active, meet new people, and strengthen our community.

If you are interested in becoming a volunteer with the Chautauqua County Office for Aging Services, please call 716-753-4471 to learn more and register.

Join us this April in celebrating National Volunteer Month and all the dedicated volunteers who make Chautauqua County a stronger, more connected community.

If you have questions about services, programs, or benefits for older adults and caregivers, you can contact NY Connects Helpline: 716-753-4582. Or ccnyc@chqgov.com.

*Be well,
Dana Conwin*



How Can You Volunteer with Office for Aging Services?

- **Friendly Visiting** – Spend time with an older adult to reduce isolation and build meaningful connections.
- **Friendly Calling** – Provide regular check-in phone calls to brighten someone's day.
- **Senior Pen Pal Program** – Exchange letters with older adults to create lasting friendships.
- **Home Delivered Meals Delivery** – Help deliver meals to homebound older adults and provide an important daily wellness check.
- **Visiting Pets Program** – Certified, friendly pets and their owners can visit older adults to bring comfort, companionship, and joy.
- **Office Assistance** – Help with administrative tasks and support daily operations.
- **OFAS Event Support** – Assist with community outreach events, health fairs, and special programs.
- **Volunteer Transportation Drivers** – Help older adults get to medical appointments, grocery stores, and other essential services both within and outside of Chautauqua County.
- **Peer Leaders for Classes** – Lead or assist with wellness, health education, or evidence-based programs.
- **Health Insurance Counseling Volunteers** – Help older adults understand Medicare and health insurance options through our counseling programs.
- **Computer Help and Technology Training** – Assist older adults with basic computer skills, smartphones, email, internet use, and accessing online services.

Stay Connected



Chautauqua County uses the Blooming Health notification system to share important information with older adults, caregivers, and families across our community.

Blooming Health is a simple, reliable way to receive timely updates about programs, services, and resources through voicemail, text messages, or email - delivered in the way that works best for you.

Ready to sign up or want to learn more? Call NY Connects at 716-753-4582 or email CCNYC@chqgov.com and ask to be signed up for Blooming Health notifications.



Medicare Savings Program: A Lifeline for Eligible Seniors

By Bridgette Paoletta, Outreach Coordinator

Healthcare costs can be challenging for many older adults and people with disabilities. The Medicare Savings Program (MSP) is offering much-needed financial relief for eligible seniors and individuals with disabilities in New York. This state and federally funded initiative is designed to help individuals with limited income and resources pay for some or all of their Medicare premiums, deductibles, and co-payments.

What Is the Medicare Savings Program?

The Medicare Savings Program is available to people who are eligible for Medicare and meet certain income and resource limits. The program consists of different categories, including:

- **Qualified Medicare Beneficiary (QMB):** Covers Medicare Part A and Part B premiums, deductibles, coinsurance, and copayments.
- **Qualified Individual (QI):** Pays for the Part B premium.

For many seniors, paying the Medicare premium can be a financial strain, especially when combined with other medical expenses. The Medicare Savings Program helps ease this burden, allowing individuals to maintain their health insurance coverage without depleting their savings. If you are found eligible, you will also automatically get Extra Help. The program is a federal assistance program managed by the Social Security Administration (SSA) that helps people with limited income and resources pay for the costs related to Medicare Part D, including monthly premiums, annual deductibles, and Prescription co-payments.

Medicare 101

A Medicare 101 presentation provides a simple, easy-to-understand overview of Medicare and how it works. Attendees will learn the basics of Medicare Parts A, B, C, and D, enrollment timelines, and the differences between Original Medicare and Medicare Advantage. This educational is to help individuals feel more confident about their Medicare options and make informed healthcare decisions.

The next Medicare 101 is being held on Tuesday April 21st at HRC Building, 7 North Erie St, 2nd Floor Conference Room, Mayville NY.

To register, call NY Connects at 716-753-4582.

Medicare can feel confusing—but it doesn't have to be. ❤️

Join us for

Medicare 101 & Plan Finder Basics

Learn how Medicare works & compare plans with confidence!

April 21, 2026 at 1PM

Office For Aging Services
7 North Erie St. 2nd Floor Mayville, NY

Register with NY Connects at
716-753-4852

Seating is limited

Continued on next page

Medicare Savings Program: A Lifeline for Eligible Seniors

By Bridgette Paoletta, Outreach Coordinator

Continued from Pg. 3

Eligibility Criteria

To qualify for the Medicare Savings Program in New York, applicants must meet certain financial thresholds. For instance:

- For the QMB program, an individual's monthly income must be at or below \$1,856, or \$2,509 for a couple.
- The QI program has slightly higher limits at \$2,494 for an individual or \$3,375 or below for a couple.

Additionally, applicants usually need to meet certain resource limits, which are set by the state. In New York State there is no resource limit.

How to Apply

Individuals interested in applying for the Medicare Savings Program can do so through several ways. You can print an application at: <https://www.health.ny.gov/forms/doh-4328.pdf> or call the Chautauqua County Office for Aging Services NY Connects Helpline at 716-753-4582. You can also contact the local Medicaid office (Department of Health and Human Services) and ask for a copy of the application to mail in or apply in person. If you are in need of enrollment assistance, please contact NY Connects at 716-753-4582 or the Medicare Rights Center helpline 1-800-333-4114 or visit www.medicareinteractive.org/mspny.



For MSP enrollment you will need to complete an application as well as to provide required documentation. You will need a copy of your Medicare card, proof of income (Social Security award letter, pensions, retirements and pay stubs), proof of your date of birth, proof of residency and any premiums other than your Medicare premiums that you may pay. Beginning in 2026, applicants are no longer required to pursue other potential income sources, such as Social Security benefits, before qualifying for Medicaid or MSP assistance.

The Medicare Savings Program is becoming an increasingly essential resource. The aging population often faces fixed incomes, and healthcare costs can be a significant burden. For some, this program has been a lifeline, ensuring they can access the necessary healthcare services without the added stress of unaffordable premiums.

Looking Ahead

With healthcare costs rising, programs like the MSP are crucial in ensuring that no senior has to choose between paying for medication and covering basic needs. Individuals who think they may be eligible are urged to act now and explore the potential benefits of this important program.

For more information on the Medicare Savings Program and how to apply, visit the New York State Department of Health website or contact the Chautauqua County Office for Aging Services NY Connects Helpline. NY Connects can be reached either by stopping at one of our office locations, via email at ccnyc@chqgov.com or by phone at 716-753-4582.

ALZHEIMER'S ASSOCIATION®

Understanding Alzheimer's Disease and Dementia

Alzheimer's Disease is not a normal part of aging. This awareness program will teach you about the difference between Alzheimer's and Dementia, the impact of Alzheimer's, stages and risk factors, as well as current research, resources, and treatments available.

WHEN: Thursday April 2nd at 2 P.M.

WHERE: Chautauqua Adult Day Services, 358 East 5th Street, Jamestown.

Park in the rear of the building and enter up the ramp and rear canopied door.

Seating is limited. Register by calling NY Connects at 716-753-4582.

Building Foundations of Caregiving

Caring for someone living with dementia brings a unique set of challenges and rewards. With the right help and support, you can empower yourself to provide quality care while managing your own well-being.

WHEN: Friday April 17th at 2 P.M.

WHERE: Cassadaga Library, 18 Maple Ave in Cassadaga, NY

Seating is limited. Register by calling NY Connects at 716-753-4582.



National Comedy Center Memory Cafe

Caring for someone you love takes strength and sometimes, a pause for laughter is just what's needed. At the National Comedy Center (NCC) Memory Cafe, exhale together and share moments of joy and connection - one laugh at a time.

People living with dementia-related illnesses and their caregivers can join us on the **first Monday of each month** at 10 A.M. to check in and experience the museum followed by a short program and refreshments.

Space is limited. Register in advance by calling 716-484-2222 or go online to [NCC Memory Cafe](#).



Memory Cafe

Memory Cafe at The Reg is a FREE respite program to experience and enjoy the arts with local artists and performers in a safe space.

People living with dementia-related illnesses and their caregivers can join us on the **second Tuesday of each month** at 12 P.M. for lunch and a program. This month, join local artist, Leslie Calimeri, in creating an acrylic painting.

Space is limited. Register in advance by calling 716-484-7070 or email rsvp@reglenna.com.

Caregiver Webinars You Do Not Want to Miss!

No matter who you are taking care of, over 20 FREE events are offered each month on the New York Caregiver Portal, powered by Trualta. While spots are limited per event, there is no limit to how many you can register for. Call NY Connects to learn more about our Caregiver Support Services and how to get registered for classes like these and so many more at 716-753-4582.

Or Visit [the New York Caregivers Portal](#)

Events to Take Care of Yourself

Relax & Recharge: For The Body

(Only 30 minutes a week for 3 weeks!)

Thursday, April 9th at 7 PM to 7:30 PM

Relax & Recharge: For The Mind

(Only 30 minutes a week for 2 weeks!)

Thursday, April 14th at 11 AM to 11:30 AM

Events to Improve Your Care Skills

Caregiving 101

(Meets weekly for 3 weeks)

Friday, April 3rd at 10 AM - 11 AM

You Matter Too: Reclaiming Your Self-Worth

(This one time class explores common ways caregivers tie their value to performance, responsibility, or expectations from others.)

Friday, April 24th at 12 PM - 1 PM

Support Groups & Topics

Exhaustion & Endurance, Thursday April 2nd at 12 PM (weekly for 4 weeks)

Codependence in Caregiving, Friday April 10th at 2 PM

Repairing Relationships, Monday April 13th at 3 PM (weekly for 2 weeks)

People Pleasing in Caregiving, Tuesday April 14th at 12 PM

Caring Across Generations, Tuesday April 14th at 7 PM

Coping with Dementia Behaviors, Tuesday April 21st at 12 PM

Organization Amidst Chaos, Tuesday April 21st at 7 PM

After the Crisis, Friday April 24th at 2 PM

Caregiver Support Groups

Caregiving is a labor of love, but you shouldn't have to do it alone. Often, we don't realize how much we are carrying. Office for Aging Services provides a safe, judgement-free space to share experiences, access to resources, and receive emotional support monthly for Caregivers of loved ones with dementia.

NORTH COUNTY

Second Wednesday of each month

Domus Fare Restaurant

41 West Main St., Fredonia

9:30 A.M.

Meal not included.

SOUTH COUNTY

Fourth Tuesday of each month

Chautauqua Adult Day Services

358 East 5th St., Jamestown

1 P.M.

Park in rear parking lot; enter up the ramp and through canopied door.



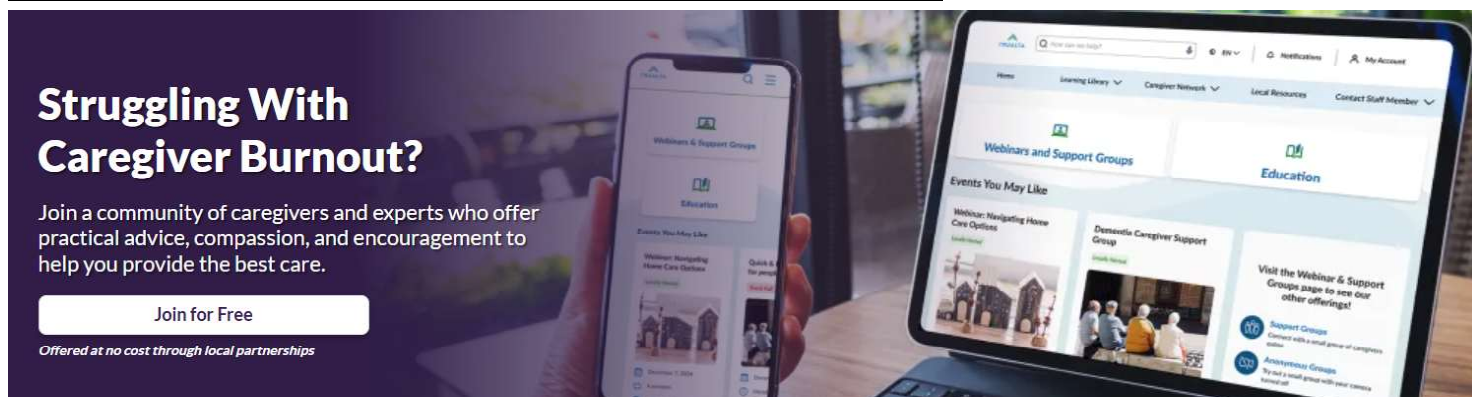
Struggling With Caregiver Burnout?

Join a community of caregivers and experts who offer practical advice, compassion, and encouragement to help you provide the best care.

Join for Free

Offered at no cost through local partnerships

Visit [the New York Caregivers Portal](#)

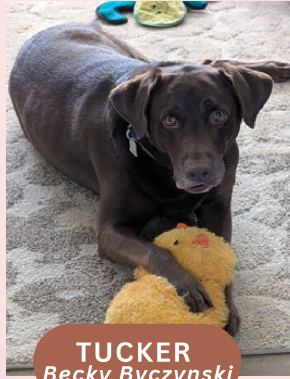


APRIL IS NATIONAL PET MONTH

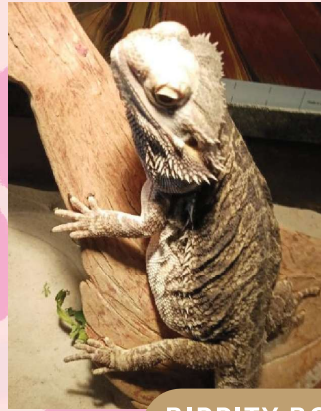
WE LOVE OUR PETS



NELLIE & LOLA
Ellen Colasuonno



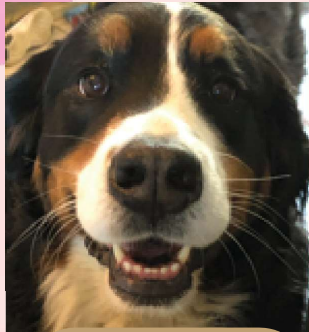
TUCKER
Becky Byczynski



BIPPITY BOB
Nancy Papalia



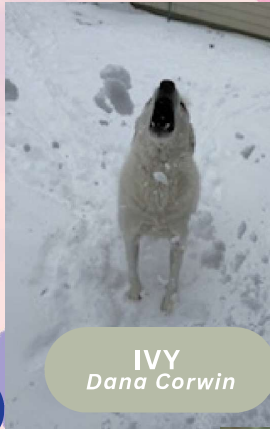
KIP & LEO
Carey Skelton



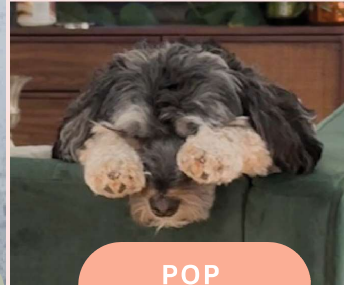
MAGGIE
Dana Corwin



CHASE
Dana Corwin



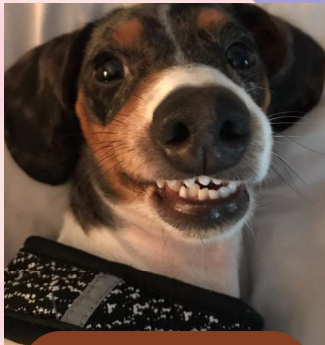
IVY
Dana Corwin



POP
Dana Corwin



MILLIE
Dana Corwin



MILES
Wendy Mathews



RAVEN & DORI
Tami Berg



Huxley, Charlie, & George
Angie Mosier



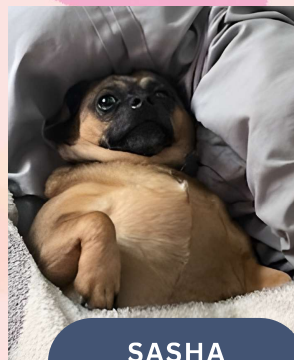
BELLAGIO
Alison Bulger



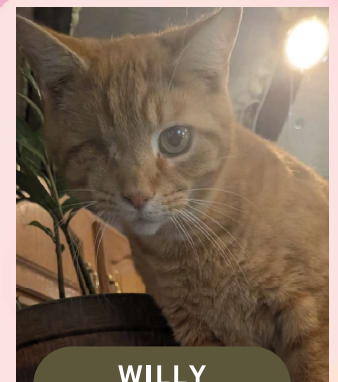
Peanut & Poppy
Linda Carson



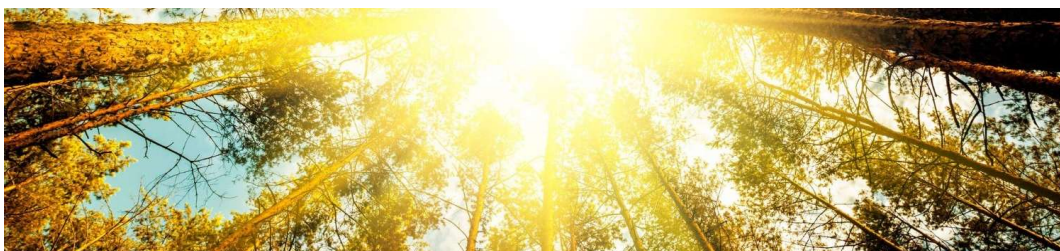
TWIGGERS
Sam Dorler



SASHA
Jen Ellman



WILLY
Karie Jurczak



Earth Day 2026: Celebrating Our Environment in Chautauqua County

By Dana Corwin, BSN, RN; Director of Aging Services

Earth Day, celebrated on April 22, is a reminder of the importance of protecting the natural beauty that surrounds us here in Chautauqua County. From the shores of Lake Erie to our parks, forests, and farmland, our community is fortunate to have many places to enjoy the outdoors.

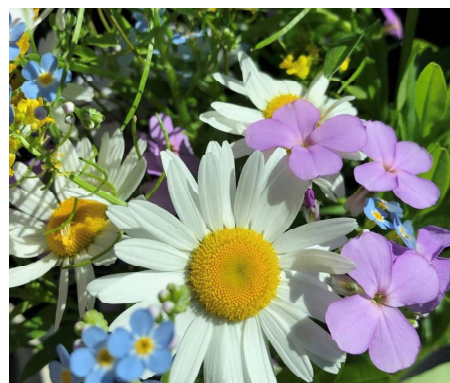
Many older adults have spent a lifetime caring for the land and teaching younger generations the value of conservation. Earth Day is a great opportunity for seniors to continue that tradition by recycling, planting flowers or trees, conserving energy at home, or simply enjoying a walk in nature.

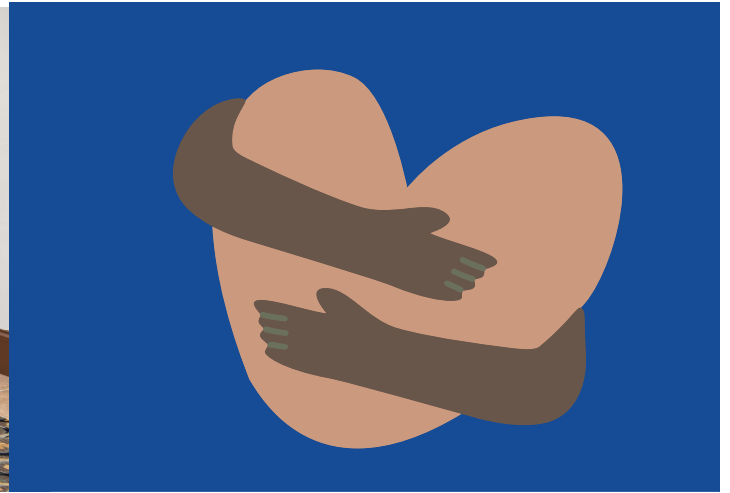
Local Earth Day events, park cleanups, and community activities also provide opportunities to connect with neighbors and celebrate our shared responsibility to protect the environment. Together, we can help ensure that Chautauqua County's natural beauty is preserved for future generations.

Several Earth Day 2026 events and environmental activities are scheduled in and around Chautauqua County, NY, focusing on conservation, cleanups, and education.

Key Earth Day 2026 Events in Chautauqua County

- **Findley Lake Cleanup (April 18, 2026):** A "Clean-up the Neighborhood" event at the Findley Lake Nature Trails, meeting at the Gazebo at 9:00 AM.
- **Volunteer Day at the Audubon (April 18, 2026):** Celebrate Earth Day early at the Audubon Community Nature Center in Jamestown from 9:00 a.m. to 1:00 p.m.
- **Jamestown Riverwalk Cleanup (April 22, 2026):** A cleanup event will be held from 10:00 a.m. to 12:30 p.m. near the Jamestown Board of Public Utilities at 34 Steele Street, focusing on restoration efforts.
- **Earth Day Expo at SUNY Fredonia (April 22, 2026):** An Earth Day Expo will take place on the SUNY Fredonia campus from 11:00 AM to 2:00 PM.
- **CWC Spring Garden Cleanup (April 24, 2026):** The Chautauqua Watershed Conservancy (CWC) will hold a cleanup of their native plant garden and no-mow mini-meadow at 71 East Fairmount Ave, Lakewood, from 4:00 to 5:30 p.m..
- **Goose Creek Wine on the Trail Walk (April 24, 2026):** A special hike and tree planting event for Earth/Arbor Day at the Goose Creek Valley Greenway Preserve (1955 Hoag Road, Ashville) starting at 6:30 p.m.





Reducing Minority Health Disparities

By Ellen Colasuonno, MS RDN; Nutrition & Wellness Educator

April is recognized in the United States as National Minority Health Month, a time to raise awareness about health differences that affect certain communities. A health disparity occurs when one group of people experiences worse health outcomes than others.

These differences can affect racial and ethnic minority communities, older adults, people living with lower incomes, rural populations, and others who face barriers to healthcare.

Health disparities may appear in many ways, including higher rates of chronic illnesses such as heart disease or diabetes, limited access to doctors or pharmacies, and challenges affording medications or transportation to medical appointments.

Many of these differences are linked to broader factors such as access to healthcare, safe housing, healthy food, education, and supportive community resources.

During April we recognize National Minority Health Month and encourage communities to learn about challenges and work together to improve access to care, share health information, and support programs that help everyone live healthier lives.

Several organizations in Chautauqua County work to reduce health disparities and connect community members with services and support.

Key advocacy and support resources include:

Chautauqua County I.D.E.A. Coalition – A partnership with YWCA Jamestown and United Way of Chautauqua County that works to identify barriers faced by marginalized communities and connect residents with local services.

Family Service of the Chautauqua Region – Hispanic Outreach Program – Provides advocacy, translation services, mental health support, and case management to help reduce barriers to care for members of the Hispanic and Latino community.

Chautauqua Health Network – Works to improve health literacy and address both physical and mental health disparities across the region.

The Chautauqua Center – A federally qualified health center (FQHC) that provides accessible primary care and supportive services aimed at improving health outcomes for underserved populations.

Chautauqua Tapestry – Focuses on health equity for children and families, including programs designed to reach underserved, minority, and homeless populations.

These organizations work together to ensure that minority and under-resourced populations in the community have better access to healthcare, information, and supportive services.

Note from the writer: This article aims to highlight trusted organizations and community resources that work directly with populations facing barriers to health care. Readers interested in learning more are encouraged to connect with these groups for additional information and perspectives.



THE BUTT STOPS HERE

A Virtual Program



Register Online



Sessions are one-hour a week for 7 weeks.

Upcoming Sessions:

- Thursdays, March 19 - April 30 @ 7 PM
- Tuesday, May 12-June 23 @ 7 PM
- Thursdays, May 14-June 25 @ 7 PM
- Mid-September

To register visit

<https://sphp.com/health-and-wellness/community-wellness-programs/the-butt-stops-here>



Introduction to Smoking Cessation Programs:

What Resources are
available to you?

Not sure if you are ready to quit? Want to learn more about smoking cessation programs and what resources are provided during one of these programs?

Then come to a short general information session to learn more, in 3 convenient locations through the county.

WHEN: Wednesday May 13th

WHERE:

1030 AM at Fredonia First Methodist Church at 25 Church St in Fredonia in the basement.

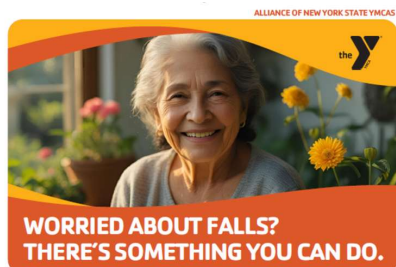
1 PM at Sinclairville Free Library at 15 Main St in Sinclairville.

330PM at Jamestown Office for Aging Services at 107 Institute St, Jamestown on the 3rd Floor.

Call NY Connects at 716-753-4582 to register.



STAY STEADY. STAY ACTIVE. STAY INDEPENDENT.



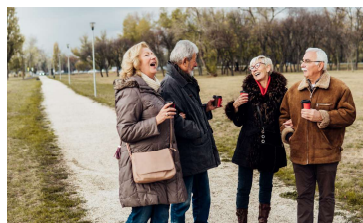
A Matter of Balance: Managing Concerns about Falls.

This live, online YMCA workshop helps you feel confident on your feet and do more of what you love. Learn proven tips to make falls more controllable. Set easy goals to increase your activity. Make simple home changes to reduce your risk. Practice gentle exercises that build strength and balance.

This is a 5 week series with 2 classes a week lasting 2 hours each session. The next series starts April 22nd and May 27th on Mondays and Wednesdays from 2:30 P.M to 4:30 P.M.

Register directly at FindYourY.org or email healthpromotions@ymcanys.org.

PREVENTION
WORKS
Educate • Collaborate • Motivate



Wellness Initiative for Senior Education (WISE)

Join us to celebrate the exciting aspects of healthy aging and all the benefits that come with it! Each fun and interactive 2 hour class runs for 6 weeks.

This evidence-based program promotes wellness through practical tips for safe medication use, communicating effectively with healthcare providers and strategies for healthy living.

The Wellness Initiative for Senior Education (WISE) Program is offered in Chautauqua County for adults 60 and older, in partnership with Prevention Works.

Call NY Connects 716-753-4582 to register for the next set of classes starting April 29th at Ashville Library, Sinclairville Fire Hall, North Harmony Senior Center, and at Meeders in Ripley.

This Parkinson's Awareness Month, Find Real Answers

By Nancy Nealon, LMSW

This April, we're joining with the Parkinson's Foundation to Find Real Answers about Parkinson's disease (PD). The campaign highlights the Parkinson's Foundation as a trusted source of information and resources while sharing the real stories of the people, families and care teams living with PD every day. How much do you know about Parkinson's disease? Take the #FindRealAnswers quiz to test your knowledge. See which answers you got right and learn more through Parkinson's Foundation resources.

Help us spread the word! Share the quiz and resources with your networks so more people can find real answers about Parkinson's disease. Visit Parkinson.org/Awareness for ways to get involved with Parkinson's Awareness Month.

What is Parkinson's disease? What causes Parkinson's disease? Is Parkinson's disease genetic? Can you get Parkinson's disease? What are the earliest symptoms of Parkinson's? Does everyone with Parkinson's have tremors? How is Parkinson's diagnosed? Is there a cure for Parkinson's disease? How does Parkinson's affect the different parts of the brain? What are the most common Parkinson's medications? What is levodopa? How do Parkinson's medications work? Can lifestyle changes help manage Parkinson's disease? How does Parkinson's affect movement? How does Parkinson's affect thinking? How does Parkinson's affect mood or mental health? How long can someone live with Parkinson's? Can exercise help with Parkinson's? How does Parkinson's affect daily life? How does Parkinson's affect speech and swallowing? How does Parkinson's affect balance? What is you can people with Parkinson's find support? Can stress make Parkinson's worse? Are symptoms the same for everyone with Parkinson's? How is Parkinson's different from Alzheimer's? Can Parkinson's be prevented? What is dopamine and why is it important? How does Parkinson's affect balance? Can Parkinson's cause pain? Are there different types of Parkinson's? How often should someone with Parkinson's see a neurologist? Can diet affect Parkinson's symptoms? How does Parkinson's impact caregivers? W

**One Diagnosis.
One Million Questions.**

**Find Real Answers
at the Parkinson's Foundation.**

Parkinson.org/Awareness

Humor Based Defensive Driving Class

\$39

Payable at the
start of
class



April 23, 2026 9am-3pm

@ The Chautauqua Center 107 Institute St. Jamestown

Defensive driving classes don't have to be boring. Take the **Safe Driver Academy Defensive Driving Class**.

NYS DMV's only approved **Humor Based** course and **SAVE 10%** on your Auto Insurance for 3 years.

Plus, reduce up to 4 points from your DMV record.

To enroll, call Ellen at (716)763-1012

News Release

DMV Alerts Residents

Chautauqua County Department of Motor Vehicles (DMV) have seen some customers using debit or credit cards getting double charged for a single transaction. The problem persists since the NYS DMV went live with a software update in February. Local DMV offices are not authorized to issue refunds directly, and the NYS DMV is taking 3-5 business days to process refunds.

Our local DMV joins in your frustration and is actively communicating with the NYS DMV. In the meantime, customers are encouraged to use cash or check when completing in-person DMV transactions until the state resolves the software issue causing the double charges. If you do use a debit or credit card to complete a DMV transaction, please monitor your account to ensure you are only charged once for your transaction.

CarFit Event

Helping Mature Drivers Find Their Safest Fit

There is a lot more to safe driving than how you drive. Having proper fit inside your vehicle can make a big difference and help protect you and those around you. With CarFit, an educational program developed by AARP and the American Occupational Therapy Association, you'll get information and resources on how you can enhance your safety in the driver's seat.

WHEN: Thursday April 23rd at 11 AM

**WHERE: Dunkirk Senior Center,
45 Cliffstar Court
Dunkirk, NY 14048**



WHEN: Friday April 24th at 11 AM

**WHERE: North Harmony Senior Center
5377 Stow Ferry Road
Stow, NY 14785**

Nutrition Workshops

Office for Aging Services & SNAP-Ed



What is it?

A four week nutrition series where participants learn the skills needed to make healthy eating part of their lifestyle.

What will I learn?

- Healthy Eating Patterns that reduce the risk of chronic disease and obesity.
- Reading your food packages
- Making quick, healthy meals
- Eating healthy on a budget
- Cooking for a 1-2 person house

Who should attend?

SNAP eligible residents of Chautauqua County, Cattaraugus County, Allegany County, or Seneca Nation who are 60 years of age or older, and their families.

Where & When

3 Convenient Locations
4 week series starting week of March 30th!

Tuesdays at 10AM
 Frewsburg Alliance Church
 60 Falconer St, Frewsburg NY

Wednesdays at 10AM
 Fredonia First Methodist Church
 25 Church Street, Fredonia NY

Wednesdays at 1:30 PM
 Sinclairville Fire Hall
 30 Main Street, Sinclairville NY

Register by March 27th

Call NY Connects at (716)753-4582.

Reasonable accommodations can be requested at time of registration.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This institution is an equal opportunity provider.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401.

This popular nutrition series is led by our Nutrition Educator and Registered Dietitian, Ellen Colasuonno.

Don't worry if you can make the registration deadline - join us anyways for part of the series! Or if you can't make our April sets of classes, you can look forward to participating in August at 3 locations in the north, central, and south parts of the county.

COMING SOON! Ask CHQAging

Got a burning question or curious thought? We're excited to announce our upcoming **Ask CHQAging** section, where your questions take center stage! Whether you're looking for expert advice, deep dives into specific topics, or just a little clarity, we want to hear from you.

Submit your questions to CHQAgingEvents@chggov.com, and keep an eye on future editions to see if yours gets featured along with an answer from our team.

Chautauqua County Aging Services

CHQ Aging

LEADERS IN AGING WELL AT HOME

EXPO & CONFERENCE



**75 + Vendors,
Shuttle from
parking lot 9A-C,
Basket Raffle,
and so much
more!**

Older Americans Month Celebrated with Annual Expo at SUNY Fredonia

By Ellen Colasuonno, MS RDN; Nutrition & Wellness Educator

Each May, communities across the country celebrate Older Americans Month, a tradition that began in 1963 under John F. Kennedy to recognize the contributions, wisdom, and lasting impact of older adults. This year, Chautauqua County will continue that tradition with the annual Older Americans Month Expo and Conference on **Thursday, May 21st, 2026**, at the Williams Center on the campus of State University of New York at Fredonia.

The event will take place from 10 a.m. to 2 p.m. and is open to older adults, caregivers, and families throughout the region.

A highlight of the day is the exhibition hall where local Community Based Organizations participate in a community vendor fair, where they share information about health and wellness programs, financial and legal services, housing and transportation options, caregiver support, and public benefits. This is a great opportunity to ask questions, gather resources, and learn about services available close to home. **No registration required for browsing the exhibition hall.**

Transportation assistance can be requested through the registration link below.

Educational breakout sessions will also be offered in 8 classrooms around the perimeter of the exhibition hall at 10:30 AM, 11:30 AM, and 1 PM. **Registration recommended to reserve your spot in these popular informational sessions. Walk-Ins welcome if space available.**

Topics include:

- Diabetes Education
- Scam Prevention
- Money Management
- Medicare 101
- Legal Planning
- Exercise Class
- Falls Prevention Screening
- Pain Management
- Wellness Initiative for Senior Education
- Nutrition for Older Adults
- And More!

The expo is designed to make accessing information simple and convenient by bringing many services together in one place. It also creates a welcoming space to connect, learn, and discover programs that support independence, health, and well-being. **Mark your calendar for May 21st** and plan to join us in celebrating Older Americans Month.

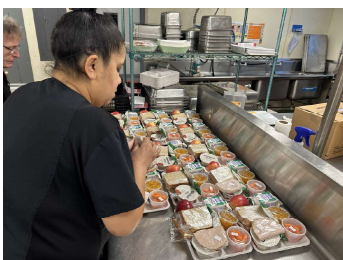
**SCAN HERE TO REGISTER
FOR BREAKOUT SESSIONS**



To Register visit:
<https://chautauquacountyny.gov/CHQ Aging Expo>

Questions? Call:
716-753-4582

To request a reasonable accommodation, please indicate on the on-line registration form or call.



DINING IN PROGRAM

A Meal Delivered to Your Door

The Dining In program delivers a nutritious and delicious meal right to your door, providing you the opportunity to dine in your home. This program serves the most frail, homebound, and isolated older adults in our community. Eligibility screening determines clients who have limited access to food through transportation, mobility issues, or kitchen skills. Menus are created by a Registered Dietitian to meet ⅓ of your nutrition needs in each meal. Meals are then produced out of UPMC and delivered by our partners at Dunkirk-Fredonia Meals on Wheels and Jamestown Meals on Wheels.

For more information about the Dining In program visit <https://chautauquacountyny.gov/office-aging/Nutrition-Meal-Services>. Or call NY Connects at 716-753-4582.



DINING IN MENU

April First Course

Allergen information for menu items is available. Ask an employee for details.

FIRST WEEK

Wed 4/1 • Chicken Stir-Fry
served with brown rice, Oriental vegetable blend, whole wheat bread, Mandarin oranges & milk.

Thurs 4/2 • Ham Dinner
topped with pineapple, served with scalloped potato, green bean casserole, whole wheat dinner roll, apple pie & milk.

Fri 4/3 • Closed for the Holiday
Have a blessed Easter holiday!

SECOND WEEK

Mon 4/6 • Beer Battered Cod
with tartar sauce, served with rice pilaf, Mediterranean blend, whole wheat bread, peaches & milk.

Tues 4/7 • Barbeque Chicken Drumsticks
served with wild rice, Normandy vegetable blend, pineapple, whole wheat bread, & milk.

Wed 4/8 • Beef Stroganoff
over pasta, served with Key West blend, peas, tropical fruit, whole wheat bread, donut & milk.

Thurs 4/9 • Meatloaf
served with mashed sweet potato, green beans, whole wheat bread, applesauce & milk.

Fri 4/10 • Beer Battered Cod
served with mashed potatoes, Brussels sprouts, pear whip fruit salad, whole wheat bread & milk.

THIRD WEEK

Mon 4/13 • Chili
served with carrots, spinach, cornbread, fruited jello & milk.

Tues 4/14 • American Pierogi Casserole
served with beets, green beans, creamy fruit salad, whole wheat bread & milk.

Wed 4/15 • Pork Roast
topped with apple slices, served with stuffing, red cabbage, whole wheat bread, applesauce & milk.

Thurs 4/16 • Pepper Steak
served with brown rice, beets, pears, whole wheat bread & milk.

Fri 4/17 • Asian Chicken Salad
topped with onion, cabbage, carrots, Mandarin oranges, Chow Mein noodles, peanuts, and Asian-style dressing, served with whole wheat bread & milk.

FOURTH WEEK

Mon 4/20 • Manicotti
topped with marinara sauce, served with Capri vegetables, spinach, whole wheat bread, fruit cocktail & milk.

Tues 4/21 • Creamed Chicken
on a biscuit, served with brown rice, peas & carrots, pineapple & milk.

Wed 4/22 • Corned Beef
served with baby bakes, sauerkraut, pear whip fruit salad, cornbread, & milk.

Thurs 4/23 • Sausage Gravy
on a biscuit, served with home fry potato, peppers & onions, applesauce & milk.

Fri 4/24 • Sweet & Sassy Chicken
served with baby bakes, tomato & zucchini, whole wheat bread, tropical fruit & milk.

LAST WEEK

Mon 4/27 • Bean & Cheese Burrito
served with brown rice, summer squash medley, orange dream fruit salad, salsa, sour cream & milk.

Tues 4/28 • Chicken Italiano
over whole wheat rotini pasta with marinara sauce, served with Prince Charles medley, whole wheat bread, peaches & milk.

Wed 4/29 • Loaded Baked Potato Soup
served with quinoa, Capri blend, whole wheat bread, fruited jello & milk.

Thurs 4/30 • Turkey a la King
served with roasted root vegetable, Italian blend, cranberry relish, whole wheat bread & milk.



This material was funded in whole or in part by grants from the New York State Office for Aging (NYSOPA), and/or the Administration on Aging (AOA) and/or Administration for Community Living (ACL). Nothing herein is intended, nor should be construed, as an endorsement by the State of New York.

Dining Out

CENTRAL STATION
RESTAURANT
Monday through Thursday

BREAKFAST

The Eye Opener

Two eggs any style served with one slice of toast, homemade home fries, fresh fruit, and choice of sausage or bacon.

The Early Bird

One egg any style served with fresh fruit, choice of pancake or French toast, and choice of sausage or bacon.

The Scrambler

Two scrambled eggs with cheese served with one slice of toast, homemade home fries, fresh fruit, and choice of sausage or bacon.

Breakfast Sandwich

Egg, cheese, and choice of sausage or bacon on your choice of bread. Served with fresh fruit.

LUNCH

Tuna Melt

Tuna salad on grilled bread with American cheese, served with choice of a deli salad and fresh fruit.

B.L.T

The All-American classic: Bacon, lettuce, tomato, and mayo on your choice of bread, served with choice of a deli salad and fresh fruit.

Greek Chicken Salad

Grilled chicken, feta cheese, Kalamata olives, red onion, tomato, and cucumber. Served with a roll.

1/2 Sandwich & Soup

Choose from ham, turkey, roast beef, tuna salad, or egg salad, served with a cup of soup and fresh fruit.

Chicken Salad Platter

Chicken Salad with grapes, and apples, served with cottage cheese, fresh fruit, and a roll.

Mandarin Chicken Salad

Grilled chicken, bacon, Mandarin oranges, almonds, greens, tomatoes, and cucumbers served with Sweet & Sour dressing and a roll.

Deli Salad Sides: Potato Salad, Coleslaw, or Macaroni Salad

Beverage Options: Water, Milk, Coffee, or Tea.

Menu created to meet nutrition standards of

Older Americans Act, no substitutions.

Gratuity not Included, please tip your server.



Dining Out

The Dining Out program allows you to enjoy a meal where a community is built around a table. In addition to a healthy meal, the program presents opportunities for social engagement, connection, information on healthy aging, and meaningful volunteer roles.

Participants are screened for economic and social needs and then assigned a CHQAging Card pre-loaded with an individualized number of monthly meal units (5, 10, or 15). The card is used at all Dining Out locations for no more than 1 meal per day.



HOURS
Dining Out Program is honored
Monday, Wednesday, Friday
Lunch served at Noon
Make meal reservations by 8AM
At 716-962-3455
Coffee and Socialization available
prior to meal service.

April 2026

Wednesday April 1st

Au gratin Potatoes
w/ Ham served with
Roasted Broccoli, WW
bread, and fruit.

Wednesday April 8th

Baked Chicken Breast
served with Seasoned
Rice, Carrots, WW bread,
and fruit.

Wednesday April 15th

Pepperoni Pizza served
with Tossed Salad, and
fruit.

Wednesday April 22nd

Swiss Steak served with
Roasted Potatoes, Brussel
Sprouts, WW bread and
fruit.

Monday April 29th

Vegetable Soup served with
Chicken Salad lettuce
wrap, WW bread, and fruit.

Friday April 3rd

Good Friday
Closed

Friday April 10th

Pork & Sauerkraut served
with Mashed Potatoes, Peas
WW bread, and fruit.

Friday April 17th

Fish Bites served with,
Baked Fries, Cole Slaw, WW
bread, and fruit.

Friday April 24th

Turkey /Stuffing Casserole
served with, Sweet Potatoes,
Green Beans, and fruit.

Menu created to meet nutrition standards
of Older Americans Act, substitutions
pre-approved by **CHQAging**
LEADERS IN AGING WELL

Meals served with 1% Milk.
Beverage Options: Water, Coffee, or Tea.
Alternate Meal: Chef Salad

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Dining Out

@ Meaders

BREAKFAST

Oatmeal Breakfast

Oatmeal and 1 slice of toast, served with 1 egg, and choice of applesauce or fresh fruit cup.

Breakfast Platter

Two eggs served with choice of 1 sausage or 1 bacon, and choice of white or wheat toast or homemade Home Fries.

Breakfast Sandwich

One egg served with choice of 1 sausage or 2 bacon on choice of English muffin or bagel, served with applesauce or fresh fruit cup.

The Griddler

Choice of one Pancake or Texas French Toast, served with two eggs, 2 sausage links and choice of applesauce or fresh fruit cup.

Omelette

A small American cheese omelette served with choice of white or wheat toast or homemade Home Fries, and choice of applesauce or fresh fruit cup.

LUNCH & DINNER

Sandwich

Choice Hot Ham, Cheeseburger, or Hamburger. Served with choice of vegetable side, and Applesauce or fresh fruit cup.

Dinner Platter

Choice of Meatloaf, Roast Beef with Gravy, or Grilled Fish. Served with mashed potato, choice of vegetable side, and applesauce or fresh fruit cup.

Spaghetti Dinner

Spaghetti with meat sauce as smaller portion, served with choice of vegetable side, and applesauce or fresh fruit cup.

Soup & Salad

Bowl of chili or Soup of the day with crackers, side salad, and choice of applesauce or fresh fruit cup.

Lite Platter

Tuna Salad, Cottage Cheese, coleslaw, and fresh fruit.

Vegetable Sides: Hot Vegetable of the day or coleslaw

Beverage Options: Water, Milk, Coffee, or Tea.

Menu created to meet nutrition standards of Older Americans Act, no substitutions.

Gratuity not included, please tip your server.

Dining Out

@ Shaw's Fine

BREAKFAST

Breakfast Platter

Two eggs served with toast, a choice of sausage, ham or bacon, and choice of applesauce or mixed fruit.

The Griddler

Choice of Pancakes or French Toast with syrup, served with one egg, and choice of applesauce or mixed fruit.

Omelet

A small omelet served with toast, choice of sausage, ham or bacon, and choice of applesauce or mixed fruit.

Beverage Options: Water, Milk, Coffee, or Tea.

Menu created to meet nutrition standards of Older Americans Act, no substitutions.

LUNCH

The Griller

Grilled Cheese or Tuna Melt, served with choice of vegetable side, and choice of fruit.

Soup & Salad

Soup with crackers, served with a side salad & dressing, and a choice of fruit.

Hamburger or Cheeseburger

The 3.5oz burger with choice of cheese, topped with lettuce, tomato, and onion. Served with vegetable side and choice of fruit.

Pizza Meal

A single slice of pizza served with a tossed salad and choice of fruit.

Vegetable Sides: Potato Salad, Coleslaw, or Side Salad with dressing

Fruit Sides: Applesauce or Mixed Fruit

Dining Out

@ UPMC

Choice of one meal per day

BREAKFAST

Served from 7am-10am

Oatmeal

Oatmeal served with fresh fruit, 2-hard boiled eggs, cottage cheese plus an additional choice of dairy.

Breakfast Platter

Two eggs with choice of 1- sausage patty or 2- bacon strips, a choice of toast, or English muffin or bagel, 1-cup fruit, and a choice of dairy.

LUNCH

Served from 10:30am-1:30 pm

Today's Entree

Hot entree of the day or deli sandwich with hot vegetable or side salad, fruit, and a choice of dairy.

Soup & Salad

Soup served with a side salad and dressing, fruit, crackers and peanut butter with a choice of dairy.

Choice of dairy includes: ½ pint milk, yogurt (not parfait), cottage cheese or 2 cheese sticks.

Meals include: Water, Coffee, or Tea.

Meals do not include desserts or snacks.

These items are available for separate purchase.

Dining Out

@ FFMCC
COMMUNITY BUILT AROUND A TABLE

Wednesday April 1st

Manicotti, meatballs, salad
Whole wheat garlic bread, and fruit.

Wednesday April 8th

Avogolemono chicken soup, salad, whole grain crackers, and fruit.

Wednesday April 15th

Hamburger stroganoff, pasta or potato vegetable, whole wheat roll, and fruit.

Wednesday April 22nd

Chicken pot pie soup, biscuits, salad, and fruit.

Wednesday April 29th

Meatloaf, potatoes, vegetables, Whole wheat roll, fruit

Friday April 3rd

Grilled fish, potato, rice or pasta, pineapple coleslaw, whole wheat roll, and fruit.

Friday April 10th

Grilled fish, potato, rice or pasta, pineapple coleslaw, whole wheat roll, and fruit.

Friday April 17th

Grilled fish, potato, rice or pasta, pineapple coleslaw, whole wheat roll, and fruit.

Friday April 24th

Grilled fish, potato, rice or pasta, pineapple coleslaw, whole wheat roll, and fruit.

Beverage Options:

Water, Milk, Coffee, or Tea.

Menu created to meet nutrition standards of Older Americans Act, no substitutions.

HOURS

Dining Out Program is honored
Wednesday and Friday
Lunch served at Noon

Wellness Programs offered
prior to meals, see activities
calendar.



Early Cancer Detection in Chautauqua County: Make It Part of Your Annual Medicare Visit

By Dana Corwin, BSN, RN; Director of Aging Services

Early cancer detection saves lives, and one of the most important opportunities to address preventive screening is during your Annual Medicare Wellness Visit.

For Chautauqua County residents age 65 and older, Medicare covers a yearly wellness visit focused specifically on prevention. This visit is not just a routine check-up — it is a structured opportunity to review risk factors, update health history, and ensure recommended screenings are scheduled.

Why Early Detection Matters?

Cancers such as breast, colorectal, cervical, and lung cancer often develop without noticeable symptoms in early stages. When detected early, treatment is typically more effective, less invasive, and associated with higher survival rates. Routine screening reduces cancer-related mortality and helps older adults maintain independence and quality of life.

The Annual Medicare Wellness Visit: A Prevention Tool: This annual visit is the ideal time to ask: “Am I up to date on my cancer screenings?”

During the Medicare Annual Wellness Visit, providers:

- Review personal and family medical history
- Assess risk factors
- Update preventive screening schedules
- Provide referrals for recommended tests

Medicare covers many preventive screenings at no cost to beneficiaries when criteria are met, including:

- Mammograms
- Colorectal cancer screening (colonoscopy or stool-based tests)
- Cervical cancer screening
- Prostate cancer screening (as appropriate)
- Lung cancer screening for high-risk individuals

Residents may access screening services through local healthcare providers and facilities such as local hospitals, community-based primary care practices, and regional diagnostic centers. Mobile mammography services and community outreach events also help reduce transportation barriers in rural areas of the county.

The Chautauqua County Health Department participates in the Cancer Services Program in partnership with the New York State Department of Health, offering free breast, cervical, and colorectal screenings to eligible uninsured and underinsured residents.

A Simple Step That Can Save Your Life

For many older adults, preventive care is postponed until symptoms appear. The Annual Medicare Wellness Visit shifts the focus to proactive health planning.

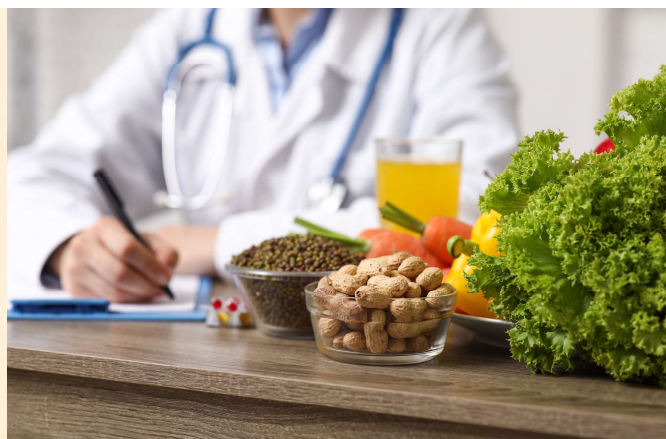
By combining your yearly Medicare visit with appropriate cancer screenings, you:

- Reduce your risk of late-stage diagnosis
- Increase treatment success rates
- Protect long-term independence
- Strengthen overall health outcomes

Chautauqua County encourages all Medicare beneficiaries to schedule their Annual Wellness Visit and discuss recommended cancer screenings with their healthcare provider.

Prevention begins with one appointment — and early detection makes all the difference.

*Thank you for
reading!*



Cancer Prevention and Nutrition

By Ellen Colasuonno, MS RDN; Nutrition & Wellness Educator

April is Cancer Prevention Month, a reminder that healthy habits can support wellness at every age. While cancer risk increases as we get older, research shows that nutrition, physical activity, and regular screenings all play an important role in prevention and healthy aging.

There is no single food that prevents cancer, but overall eating patterns matter. Diets rich in vegetables, fruits, whole grains, and beans are linked with a lower risk of several cancers. Aim to fill half your plate with fruits and vegetables and include a variety of colors throughout the week to provide fiber, vitamins, minerals, and antioxidants that support the immune system.

Limiting processed and red meats such as bacon, sausage, hot dogs, and deli meats is another important step. Choosing poultry, fish, eggs, or plant-based proteins like beans and lentils can support both heart health and cancer prevention. Maintaining a healthy weight through balanced meals, regular movement, and mindful portions also lowers risk.

Regular physical activity, such as walking, gardening, or participating in a senior exercise class, can improve strength, balance, and overall well-being. Prevention also includes early detection. Talk with your healthcare provider about recommended screenings based on your age and health history.

Small changes truly add up. Try adding one extra serving of vegetables each day, replacing processed meats with beans once a week, or inviting a friend to take a walk. The Office For Aging Services' programs can help support these goals through congregate dining, home delivered meals, nutrition counseling, and wellness programs designed to keep older adults healthy and connected.

Thank you for reading!

CHAUTAUQUA COUNTY OFFICE FOR AGING SERVICES	716-753-4582
https://chautauquacountyny.gov/office-aging	7 N. Erie St. Hall R. Clothier Building Mayville, NY 14757

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