



Welcome to Our First Newsletter - and to 2026!

DIRECTOR - DANA CORWIN

I am pleased to introduce the inaugural Chautauqua County Office for Aging Services newsletter, connecting older adults, caregivers, and community partners with timely articles, updates, and resources.

As I begin my second year as Director, I thank you for your support. In 2025, your feedback highlighted the need for better transportation, communication, home care, and caregiver support—and we acted. We expanded communication via Blooming Health and our website chautauquacountyny.gov/office-aging.

Our office hosted events and programs including CarFit, legal forums, Medicare counseling, Memory Cafés, caregiver support, brain health education, and the first CHQ Aging Expo. We provided farmers market coupons, safety devices, raised elder abuse awareness, walked to End Alzheimer's, and shared holiday joy through Santa for Seniors.

In 2026, we will expand transportation, enhance caregiver supports, modernize home care, and connect families to resources. The Second Annual CHQ Aging Expo will be May 21st at SUNY Fredonia—save the date!

Thank you for helping make Chautauqua County a great place to age.

*Be well,
Dana Corwin*

In this newsletter you can expect:

A Letter from
our Director

NY Connects
Updates

Caregiver
Support Services
Updates

Health
Insurance
Counseling
Updates

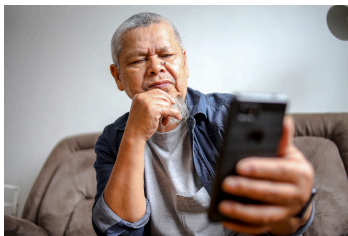
Wellness
Program
Updates

Dining In and
Dining Out
News & Menus



716-753-4582

CCNYC@chqgov.com



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.



NY Connects: Your Connection to Services and Advocacy

NY Connects is a No Wrong Door (NWD) system which is a one-stop access point for objective, free guidance about long-term services and supports. NY Connects Operators are trained to help connect older adults and their families, who are seeking to maintain independence in their homes, to correct and appropriate information.

At its core, our operators help you understand and navigate your options *before, during, and after* planning for your long-term needs such as in-home care, transportation, meals, housing, health insurance counseling, safety devices, estate planning needs and more.

As well as offering general information and assistance to identify available services and supports, our local NY Connects Operators act as both a navigator and advocate by translating complex systems into clear options. Person-Centered Options Counseling is a process to walk callers through specific options available in our local area, helping you understand what's available and how to access the services. This includes assisting in exploring different care choices and reviewing

eligibility requirements. Referrals can be provided to local partners including social services departments and a whole network of other agencies in the community.

In short, NY Connects Operators help you assess your or your family member's needs, identify the most appropriate services to meet those needs, and help link you to the agency or program that will meet those needs.

By providing free, unbiased information, coordinating services, and empowering people to make informed choices, it helps you preserve independence and quality of life, avoid unnecessary institutional care when community-based options are appropriate, and reduce stress for you and your families.

There are multiple ways to talk with one of our NY Connects Operators:

- Call 716-753-4582
- Email CCNYC@chqgov.com
- Visit your nearest Office for Aging Services location during normal business hours.



Caregivers Support Services

Sometimes we become caregivers by choice. Other times, caregiving shows up unexpectedly and finds us. Either way, having the support is key to maintaining your own emotional and physical health.

Caregiver Support Services through Office for Aging Services are free, confidential services providing caregivers non-biased information needed to make informed decisions for both you and the person you are caring for. It all begins with a conversation. Call our NY Connects Helpline at 716-753-4582 for more information.

Not sure if you identify as a caregiver? A few examples of a caregiver include the daughter who does the grocery shopping and other errands for her parents or a spouse who is caring for their loved one with chronic disease or dementia.

Do you feel stressed because of your caregiver responsibilities? Check in on yourself and see what's making everything more intense by taking a two minute survey called the Caregiver Intensity Index through Any Care Counts NY, a partnership with ARCHANGELS at <https://www.anycarecountsny.com/>.



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.

Are you a

CAREGIVER?

CHQAging
LEADERS IN AGING WELL AT HOME

**Questions? Call:
NY Connects 716-753-4582**

Email: CCNYC@chqgov.com

<https://chautauquacountyny.gov/office-aging>



Information & Assistance

Counseling

Caregiver Training

Support Groups

Case Management

Respite



Adult Day Services provide recreational activities, arts and music programs, and special events.

TRUALTA

The NY Caregiver Portal is a community of caregivers and experts who offer practical advice, compassion, and encouragement to help you provide the best care.

Go to
<https://www.newyork-caregivers.com/>

Join for FREE!

This material was funded in whole or in part by grants from the New York State Office for Aging (NYSOFA), 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.



Animatronic Pets are a great source of companionship without the responsibilities of a live animal.

ARCHANGELS™

Being a caregiver for a loved one is an honor...it's also really intense. But all those things you're "just helping out" - THAT is caregiving. You are not alone, ARCHANGELS is here for all of it.

Go to
<https://www.anycarecountsny.com/>

Create your account now!

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 Tuesday 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.



ALZHEIMER'S ASSOCIATION®

Managing Money - A Caregiver's Guide to Finances

This course helps caregivers understand the costs of caregiving and the benefits of early planning; teaches how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed.



WHERE: Mayville Library at 92 E. Erie St., Mayville NY
WHEN: Thursday February 12th starting at 11 A.M.

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

Virtual Bereavement Support Group

When your loved one has Alzheimer's Disease or another dementia, the caregiving journey can be long, challenging, and painful. Navigating the grief you feel after the loved one has passed can be uniquely difficult.

This free support group will meet for a total of 5 every other week sessions beginning Monday, February 23rd at 5 P.M.

Space is limited. Register by calling the Western NY Chapter of the Alzheimer's Association at 716-626-0600 X313 or email to program.wny@alz.org.

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.

This presentation will be offered monthly in alternating locations. To find out where and when the next Medicare 101 is being held, 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!

February 17, 2026 at 1pm

Office for the Aging Services
107 Institute St, Suite #220, Jamestown

Register with NY Connects at
716-753-4582

Seating is limited.



Using your SNAP EBT Card to Stretch Your Food Budget.

By Carey Skelton, MS MPH RDN; Nutrition & Wellness Coordinator

SNAP or the Supplemental Nutrition Assistance Program, is a federal program that provides money for groceries on a debit-like card. With today's prices at grocery stores, we can use all the help we can get to eat nutritious foods. While these program funds are only to supplement your current grocery budget, there are tips to stretch your SNAP benefits further.

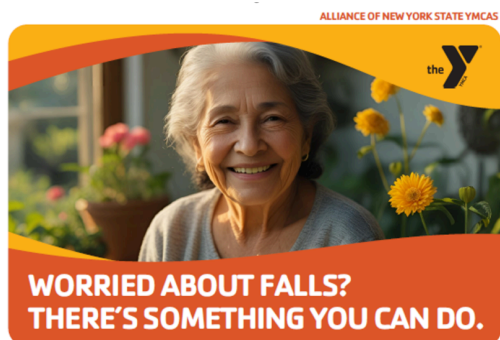
First, are you eligible? About 50% of older adults in Chautauqua County who are eligible for SNAP have not yet applied! Under federal law, household size and all income are counted to determine eligibility. A household with older adults may qualify for more relaxed income limits up to 200% of the federal poverty level. Additionally, federal poverty levels are updated annually. So, if you applied for SNAP in the past and didn't qualify, it's always good practice to check the annual updated income levels. Your benefit allotment is determined based on a few calculations and can range between \$23/month and \$298/month for a household size of one.

Household Size	Monthly Income Guidelines (200%)
1	\$2,265
2	\$3,052
3	\$3,839

Even if you receive the minimum SNAP benefits each month, this can be a big help to your food budget. It's important to note:

- Your benefits roll over for up to one year. So, if you are hosting Christmas dinner at your house, minimum SNAP benefits saved over 6 months (\$138) could make this feasible!
- Farmers Markets and some stores participate in programs like Double Up Food Bucks (DUFb). This doubles the quantity of fresh produce you can purchase. So instead of using your \$23 on staples, get \$46 worth of fresh produce. That's a nutrition win!
- Your benefit allotment changes if you have had a change in your income or deductions. While you are required to reapply annually, it is important to know you can request a recertification if you have had a change that might increase your monthly benefits.

If you think you might be eligible or want more information on SNAP, call our NY Connects Operators at 716-753-4582.



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 February 12th and again March 19th. Tuesdays and Thursdays from 2:30 P.M. to 4:30 P.M.

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



Dining In

The Dining In program delivers a nutritious and delicious meal right to your door. 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 $\frac{1}{3}$ 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.



DINING IN MENU

February First Course

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

FIRST WEEK

Mon 2/2 • Pork Roast
topped with apple slices, served with stuffing, red cabbage, whole wheat bread, applesauce & milk.

Tues 2/3 • Pepper Steak
served with brown rice, beets, pears, whole wheat bread & milk.

Wed 2/4 • Asian Chicken Salad
topped with onion, cabbage, carrots, Mandarin oranges, Chow Mein noodles, peanuts, and Asian-style dressing, served with whole wheat bread & milk.

Thurs 2/5 • Manicotti
topped with marinara sauce, served with Capri vegetables, spinach, whole wheat bread, fruit cocktail & milk.

Fri 2/6 • Corned Beef
served with baby bakes, sauerkraut, pear whip fruit salad, cornbread, & milk.

SECOND WEEK

Mon 2/9 • Corned Beef
served with baby bakes, sauerkraut, pear whip fruit salad, cornbread, green dessert & milk.

Tues 2/10 • Sausage Gravy
on a biscuit, served with home fry potato, peppers & onions, applesauce & milk.

Wed 2/11 • Sweet & Sassy Chicken
served with baby bakes, tomato & zucchini, whole wheat bread, tropical fruit & milk.

Thurs 2/12 • Bean & Cheese Burrito
served with brown rice, summer squash medley, orange dream fruit salad, salsa, sour cream & milk.

Fri 2/13 • Chicken Italiano
over whole wheat rotini pasta with marinara sauce, served with Prince Charles medley, whole wheat bread, peaches & milk.

THIRD WEEK

Mon 2/16 • Holiday Closure
In observance of President's Day!
Happy Shrove Tuesday!

Tues 2/17 • Turkey a la King
served with roasted root vegetable, Italian blend, cranberry relish, whole wheat bread, milk and a small donut.

Wed 2/18 • Vegetable Lasagna
served with broccoli, stewed tomato, whole wheat bread, orange dream fruit salad & milk.

Thurs 2/19 • Tuna Noodle Casserole
served with broccoli, stewed tomato, creamy fruit salad, whole wheat bread & milk.

Fri 2/20 • Shrimp Alfredo
served over whole wheat pasta, with Pacific blend, whole wheat bread, fruit cocktail & milk.

FOURTH WEEK

Mon 2/23 • Spaghetti
with meatballs and marinara sauce, served with Key West medley, whole wheat bread, pears & milk.

Tues 2/24 • Chicken Stir-Fry
served with brown rice, Oriental vegetable blend, whole wheat bread, Mandarin oranges & milk.

Wed 2/25 • Ham Dinner
topped with pineapple, served with sweet potato, green beans, whole wheat bread, fruited jello & milk.

Thurs 2/26 • Crustless Chicken Pot Pie
served with brown rice, mixed vegetables, mixed fruit, biscuit & milk.

Fri 2/27 • Beer Battered Cod
with tartar sauce, served with rice pilaf, Mediterranean blend, whole wheat bread, peaches & milk.



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 to find out dates and locations for upcoming classes! NY Connects 716-753-4582.

PREVENTION

WORKS

Educate ■ Collaborate ■ Motivate

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.

February 2026

Monday Feb 2nd

Chicken Noodle Soup served with Egg Salad on WW Bread, 3-Bean Salad and fruit.

Wednesday Feb 4th

Chicken Patty on WW Roll served with Baked Fries, Stewed Tomatoes and Fruit.

Friday Feb 6th

Fish Bites served with Mac & Cheese, Cole Slaw, WW bread and fruit

Monday Feb 9th

Tuna Casserole served with Peas, Carrots, WW bread and fruit.

Wednesday Feb 11th

Baked Chicken Drumsticks served with Parslled Potatoes, Brussels Sprouts, WW bread, and fruit.

Friday Feb 13th

Italian Wedding Soup served with Grilled Cheese on WW bread, Broccoli Salad, and fruit.

Monday Feb 16th

Roast Beef served with Mashed Potatoes, Green Beans, WW bread, and fruit.

Wednesday Feb 18th

Broccoli Cheese Soup served with Ham Salad on WW bread Carrot & Celery sticks and fruit.

Friday Feb 20th

Cheeseburger w/ TLO on WW Bun served with, Potato Salad, Beets, and fruit.

Monday Feb 23rd

Zuppa Toscana Soup served with Side Salad, WW bread, and fruit

Wednesday Feb 25th

Italian Sausage w/ Peppers & Onions served with, Baked Beans, Capri Blend, WW Roll and fruit.

Friday Feb 27th

Fish Sandwich on WW Bun served with, Sweet Potato Fries, California Blend and fruit.

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

Meals served with 1% Milk.
Beverage Options: Water, Coffee, or Tea.



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.

CHQAging Dining Out

COMMUNITY BUILT AROUND A TABLE

**Fredonia First
Methodist Church**

Temporarily Closed



More than Just Roses: Show Your Heart Some Love This Valentine's Day!

By Carey Skelton, MS MPH RDN; Nutrition & Wellness Coordinator

Many view February as the month of love with hearts decorating stores and home alike. My 6 year-old son will create the well-known heart shaped symbol with his fingers to show his affection. Our heart is central to love and life, yet heart disease is a leading cause of death.

Fortunately, you can make daily heart healthy choices that reduce your risk and strengthen your cardiovascular system for years to come. To celebrate American Heart Month, show your heart some love with these 5 tips.

Know your numbers. Heart disease is influenced by multiple factors including your weight, blood pressure, cholesterol, and blood glucose levels. Work with your health care team to know each number and maintain goals within the standard guidelines.

Quit Smoking. Tobacco smoke damages blood vessels. There are free tools and supports available at NY Quitline. Call 1-866-NY-QUITS.

Manage stress and sleep. Be mindful of your stressors, practice stress reducing activities such as deep breathing, prioritize sleep.

Stay active daily. The Institute of Medicine recommends 30 minutes of activity most days of the week. Cardiovascular types of exercises such as walking and dancing strengthen the heart muscle and lung capacity.

Eat a healthy diet. Make half your plate fruits and vegetables for fiber, vitamins, and minerals. Choose whole grains and lean proteins to manage saturated fat intake. Know the difference between saturated fats and unsaturated fats and how they affect your blood cholesterol numbers.

You can learn more about a healthy diet by attending a 10-Tips for Nutrition Workshop, led by our Dietitian. This interactive 4 week series provides you practical tips and tools to make simple and healthy choices. Classes come to the north, central, and south part of the county twice a year! For more information, call NY Connects at 716-753-4582.

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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