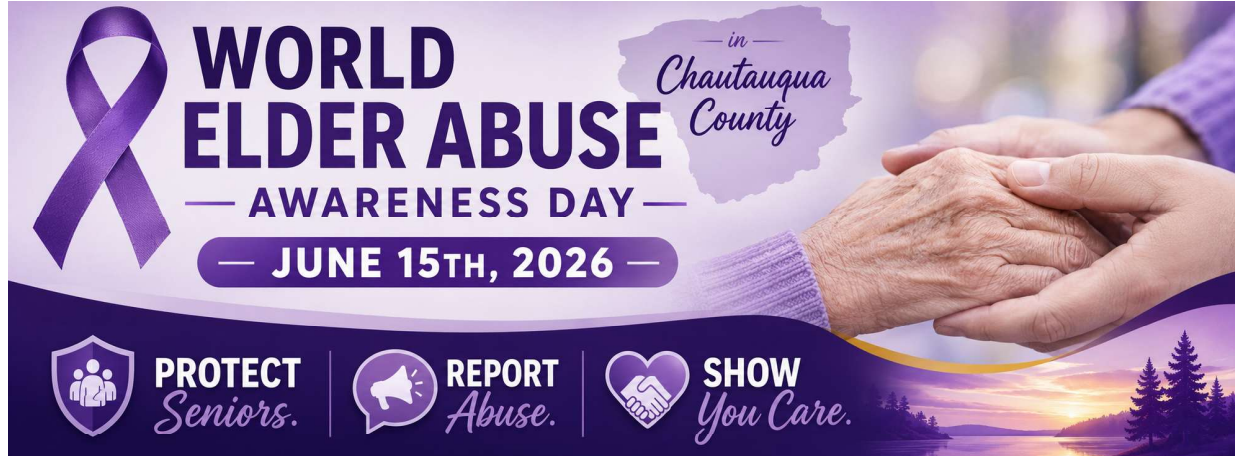


The latest updates for aging well in our community.



Protecting Older Adults in Chautauqua County

DIRECTOR - DANA CORWIN

On June 15, 2026, communities across the nation will observe World Elder Abuse Awareness Day (WEAAD). Here in Chautauqua County, this day highlights our shared responsibility to ensure that older adults live safely, with dignity and respect, in the communities they call home.

Elder abuse includes physical abuse, emotional mistreatment, financial exploitation, neglect, and self-neglect. Abuse can occur in private homes, community settings, or care environments — and often involves someone the older adult knows and trusts. Because of fear, dependence, isolation, shame, or uncertainty about where to turn, many cases go unreported.

Why This Matters Locally

Chautauqua County's rural geography and aging population make community awareness especially important. Social isolation, caregiver stress, and financial scams targeting older adults continue to be key risk factors. Preventing abuse requires strong partnerships among families, neighbors, service providers, financial institutions, healthcare professionals, and law enforcement. To the older adults in this community: Know that your voice matters. Your experiences, your stories, and your presence are deeply valued. If you are facing abuse, neglect, or feel unsafe, please speak out. Help is available. You deserve dignity, respect, and peace every day of your life.

Continued on next page

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Volunteer Opportunities	Pg. 10
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Protecting Older Adults in Chautauqua County

Continued from pg. 1

Recognizing the Warning Signs

To family members, caregivers, and community members: Let us be protectors, not just providers. Let us check in regularly—not just for needs, but for signs of distress. Listen closely, act compassionately, and when in doubt, reach out.

Be alert for:

- Unexplained injuries or sudden changes in behavior
- Withdrawal from usual activities or increased isolation
- Unusual banking activity or sudden changes in financial status
- Poor living conditions, lack of food, or unmet medical needs
- Expressions of fear, confusion, or anxiety around a caregiver

If something feels concerning, do not ignore it.

Reporting Concerns in Chautauqua County

If you suspect abuse, neglect, or exploitation of a vulnerable adult, contact:

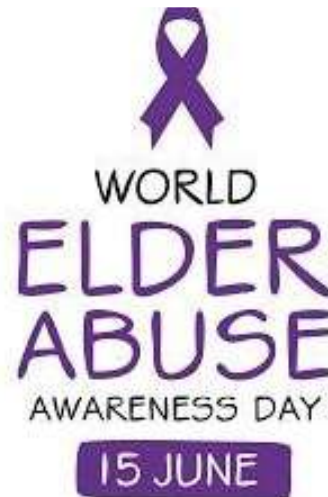
Chautauqua County Adult Protective Services
The role of Adult Protective Services is to provide protective and preventive services to individuals over 18 where there is an inability to act on their own behalf with the aim of ensuring self-determination, and the ability to live as safely and independently as possible in the community.

716-753-4447 (Daytime)

After hours, contact local law enforcement.

Reports can be made confidentially. Trained professionals assess each situation and coordinate appropriate services to protect the individual's safety and well-being.

For information, referral, or assistance navigating services, residents may also contact:
NY Connects – Chautauqua County
716-753-4582



A trusted source for long-term services and supports information.

How You Can Participate

- Wear purple on June 15 to show support.
- Share educational materials with friends and family.
- Check in on older neighbors or relatives.
- Promote respect and inclusion of older adults in everyday community life.

The Chautauqua County Office for Aging Services remains committed to protecting older adults and supporting safe, independent living. Together, we can strengthen awareness, reduce risk, and ensure that every older adult in our community is treated with dignity and care.

Education is our first tool. Equip yourselves with information. Knowledge of what to look for and who to call when you suspect or are concerned. Advocacy is our second tool. We must ensure that laws are enforced, support services are funded, and that respect for our elders becomes not just a value, but a visible practice.

*Be well,
Dana Conwin*




NEW YORK
 STATE OF
 OPPORTUNITY.

NY Connects
 Your Link to Long Term
 Services and Supports

716-753-4582
 CCNYC@chqgov.com

**“EVERY PERSON CAN
MAKE A DIFFERENCE,
AND EVERY PERSON
SHOULD TRY.”**

**– PRESIDENT JOHN F.
KENNEDY**



Medicare Basics: Understanding Parts A, B, and Medigap

By Bridgette Paoletta, Outreach Coordinator

Understanding the basics of Medicare starts with knowing the difference between Part A and Part B. Medicare Part A helps cover inpatient hospital stays, skilled nursing facility care, hospice services, and some home health care, making it essential for major medical needs. Medicare Part B, on the other hand, covers outpatient care such as doctor visits, preventive services, lab work, durable medical equipment, and certain home health services. Together, Parts A and B are often referred to as “Original Medicare” and provide a strong foundation of coverage, though they do not cover everything, which is why many beneficiaries explore additional coverage options.

One of the options for coverage is a Medigap. A Medigap can also be known as Medicare Supplement Insurance. It is designed to help cover some of the out-of-pocket costs that Original Medicare does not pay. While Medicare Part A and Medicare Part B provide essential coverage for hospital and medical services, beneficiaries are still responsible for deductibles, copayments, and coinsurance. Medigap policies, which are sold by private insurance companies, help fill in these “gaps” by paying for some or all of those remaining costs, depending on the plan selected. These plans are standardized and labeled by letters, such as Plan G or Plan N, making it easier to compare coverage across insurers. Medigap plans do not include prescription drug coverage, so individuals who choose a Medigap policy typically enroll in a separate Part D plan for medications.

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!



June 16, 2026 at 1PM
Office For Aging Services

51 E. 3rd St Suite #2

Dunkirk, NY

Register with NY Connects at

716-753-4852

Seating is limited



StateWide's Grassroots Advocacy Day a Success

By Tiffany A. Erhard, NY Senior Medicare Patrol Director

Several hundred older New Yorkers arrived in Albany on May 11 to participate in our Advocacy Day. They took to the Capitol to speak with their state Assembly and Senate representatives following a briefing. Topics covered included budget funding for senior services and our Helplines, and 3 bills that have been introduced at our request:

1. Accountability and transparency on the implementation of the Master Plan for Aging (See bills [S9091/A10168](#).)
2. Providing comprehensive dental coverage for all on Medicaid (See bills [S3566/A1931](#).) and
3. Allowing New York's age 65 and older to purchase stand-alone comprehensive and affordable dental insurance on the NY health insurance exchange (See bills [S7594/A11235](#).)

The day also included advocacy for the NY Health Act - also known as Improved Medicare for All. (Read our [Frequently Asked Questions](#).) Luncheon speakers included NYS Comptroller Thomas P. DiNapoli, Senate Aging Committee Chair Cordell Cleare, and Assembly Ways and Means Committee Chair Gary Pretlow.

New York StateWide Senior Action Council is a non-profit grassroots organization that has been serving the community for over 5 decades. It was founded by a group of advocates from around New York State to ensure that people could retire in their communities with dignity.

We have chapters in every region of the state, and work to empower new York's elders through advocacy, and social action. We also operate 3 helplines: Health Care navigation, Patients' Rights, and Medicare Fraud Prevention. Our services are free and unbiased and are designed to help people make informed decisions regarding their health care and their rights.

We also work on issues to pass laws and policies that will make for a better quality of life for New York's elders. Our regional chapters, made up of volunteers, work to share information in the community, participate in tabling events, and arrange for presentations and workshops locally. On a state-wide level, we organize grassroots days, met with our elected officials, and work on a common agenda at our Annual Convention in Saratoga Springs.

If you are interested in getting more information about StateWide, call us at 1-800-333-4374.



FRAUD OF THE MONTH

SCAM ALERT: CATHETER KIT BILLING FRAUD



How this Scam Works

Medicare beneficiaries across the country are discovering charges for urinary catheter kits they did not need, did not request, and never received.

- Scammers use unsolicited calls, emails, or online ads to collect Medicare numbers.
- Medicare is billed for catheter kits that were never requested or ordered and claims may appear legitimate because a familiar provider's name is listed.
- The beneficiary is unaware until reviewing their Medicare Summary Notice (MSN) or Explanation of Benefits (EOB).

Protect Yourself

Since many people affected by this scam never receive any catheters at all, reviewing your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) is the only way to know your Medicare identity has been misused.

- Don't assume a charge is legitimate just because a familiar doctor's name appears.
- Report charges to the NYS Senior Medicare Patrol for items you didn't receive or need.
- Never share your Medicare number with unsolicited callers or advertisers.

DID YOU KNOW?



Scammers often bill Medicare for 200+ catheter kits at a time, resulting in suspicious claims ranging from \$1,200-\$2,400 or more on Medicare statements.

Call our Helpline at 1-800-333-4374

If you see charges for catheter kits on your Medicare statements that were never received or were not ordered by your doctor, contact the NYS Senior Medicare Patrol (NYS SMP) for help. Our SMP counselors can:

- Help you understand your MSN or EOB.
- Determine whether the charges may be fraud or an error.

STATE WIDE
New York Statewide Senior Action Council, Inc.
4 Computer Drive West, Suite 203, Albany, NY 12205 • Fax 518-426-7042
www.nysemp.org • 800-333-4374

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

This project was supported by grant number 90MPPG01701, from the U.S. Administration for Community Living

Medicare, Patients' Rights and Medicare Fraud Helpline - 800-333-4374

ALZHEIMER'S ASSOCIATION®

THE EMPOWERED CAREGIVER SERIES

HOSTED AT AND IN PARTNERSHIP WITH THE
MARY E. SEYMOUR MEMORIAL LIBRARY IN
STOCKTON AND CASSADAGA, NY
The Alzheimer's Association



Empowered Caregiver education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series.

Please call 1.800.272.3900 or
visit alz.org/crf to register for any
of the programs above



Three left in the series, join anytime!

Communicating Effectively
Friday, June 12th 2:00 PM
@Cassadaga Branch

Responding to Dementia-Related Behaviors
Thursday, July 9th 2:00 PM
@Stockton Branch

Exploring Care and Support Services
Friday, August 14th 2:00 PM
@Cassadaga Branch



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](#)

Talk Show For Dementia Caregivers

'Together in Care' Talk Show: Episode 5

The theme for this episode is "Inside Dementia Caregiving", where care coaches Monique and Ankita open an honest conversation about the many layers of caring for someone with dementia.

Tuesday, June 2

12:00–1:00 PM ET (9:00–10:00 AM PT)

Events to Improve Your Care Skills

Webinario en español: Demencia 101

Friday, June 5

7:00–8:00 PM ET (4:00–5:00 PM PT)

Webinar: Living in the Pause

Friday, June 8

5:00–6:00 PM ET (2:00–3:00 PM PT)

Support Groups & Topics

Who I Was Then & Who I Am Now, Monday, June 1st at 12:00–1:00 PM

Control As A Coping Mechanism, Monday, June 1st at 3:00–4:00 PM

The Unpredictability Of Care, Tuesday, June 2nd at 7:00–8:00 PM

Time Management, Friday, June 5th at 2:00–3:00 PM

Regret In Caregiving, Tuesday June 9th at 12:00–1:00 PM

Doing It Alone, Tuesday, June 9th at 7:00–8:00 PM

Being An Advocate, Friday, June 12th at 2:00–3:00 PM

Anticipatory Grief, Tuesday, June 16th at 12:00–1:00 PM

Compassion Fatigue, Tuesday, June 16th at 7:00–8:00 PM

Responding To Repetition, Friday, June 19th at 2:00–3:00 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.



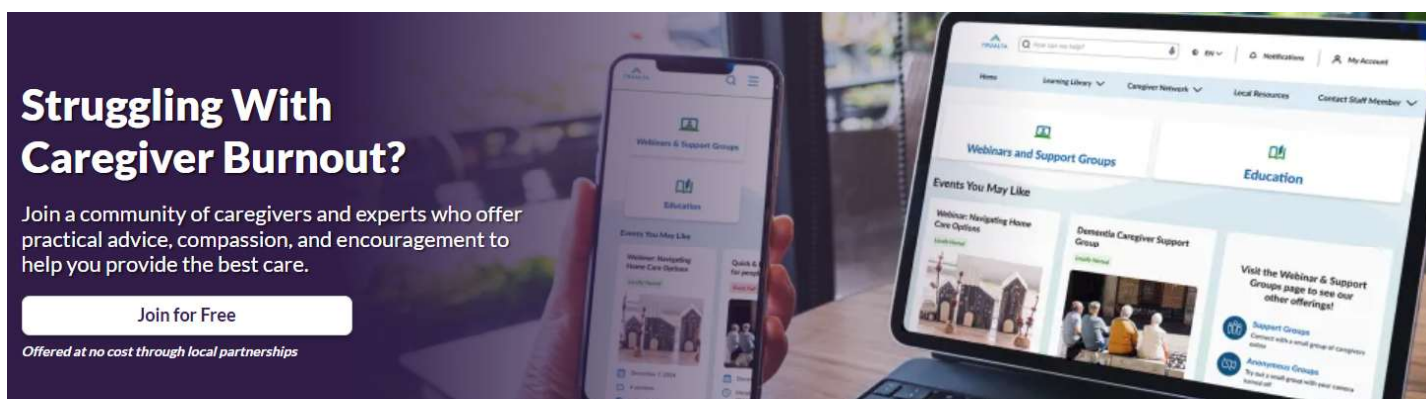
Struggling With Caregiver Burnout?

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](#)



10 Tips for Family Caregivers to Balance Caregiving and Self-Care



You pour your heart into caring for someone you love—but who's caring for you? Being a family caregiver often feels like putting everyone else's needs first while your own take a backseat. Taking care of yourself isn't selfish; it's essential.

These ten practical tips will help you weave self-care into your daily routine, making caregiving more manageable while ensuring you stay healthy, energized, and resilient for the long haul.

ACCESS ONLINE

www.caregiveraction.org/10-tips-family-caregivers/

1

Seek support from other caregivers. **You are not alone!**



2

Take care of your own health so that you can be strong enough to take care of your loved one.



3



Accept offers of help and suggest specific things people can do to help you.

4

Learn how to **communicate effectively with doctors.**



5

Caregiving is hard work so **take respite breaks often.**



6

Watch for signs of depression. Don't delay getting professional help when you need it.



7

Be open to new **technologies** that can make the job easier.



8

Organize medical information so it's up to date and easy to find.



9

Make sure **legal documents** are in order.



10

Acknowledge yourself for rising to meet one of the most demanding responsibilities there is.



Scan the QR Code to access this info online



Ask CHQAging

Have a question about aging, caregiving, Medicare, nutrition, senior programs, staying active, community resources, or just everyday life?

Ask CHQAging!

Our “Ask CHQAging” section is a place where older adults, caregivers, and community members can submit questions to be answered by OFAS staff. No question is too small! Whether you are curious about available services, healthy aging tips, benefits, caregiving support, transportation, meal programs, or technology help, we want to hear from you. We look forward to hearing from you!

Submit your questions by:

• Email:

CHQAgingEvents@chqgov.com

• Mail:

**Chautauqua County Office of the Aging
107 Institute Street, 2nd Floor, Suite 220
Jamestown, NY 14701**

Chautauqua County Senior Groups

Senior groups across Chautauqua County offer welcoming spaces for older adults to connect, stay active and engage with their community.



**Social
Connections**



**Educational
Programs**



**Activities
& Crafts**



**Group
Outings**

These groups help reduce isolation while supporting physical and mental well being. Participation can improve quality of life, provide meaningful connections and create opportunities to learn something new.



Click the link below or
scan the QR code to find
a senior group near you.

[Senior Group
Resource
Guide](https://chautauquacountyny.gov/office-aging/Senior-CentersClubs)



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

“THE BEST WAY TO FIND YOURSELF, IS TO LOSE YOURSELF
IN THE SERVICE OF OTHERS.”
~ GHANDI

Volunteer in Chautauqua County

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.

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.

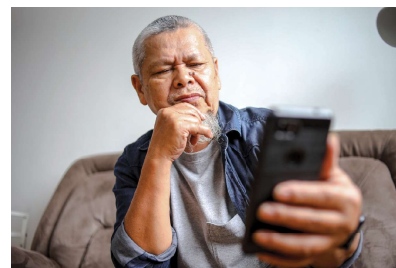
Peer Leaders for Classes – Lead or assist with wellness, health education, or evidence-based programs.

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

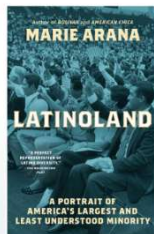


Blooming Health is a service being used by the Office for Aging Services to quickly communicate with our community about upcoming programs and services, program reminders, surveys, and emergency announcements. For example, you may receive a message reminding you that you signed up for a class, or you may get a message alerting you that a community meal site is closed due to bad weather.

You will see the phone number 716-303-3301 when a Blooming Health broadcast message is coming through. You will see the phone number 716-303-3301 for any surveys that are sent.

We encourage you to save this number to your contacts in your phone as “OFA Broadcasts” or “OFA Surveys” for the future. As always, if you ever have any questions or concerns, you can give the Chautauqua County Office for Aging Services a call at 716-753-4582.

5th Annual Chautauqua County BOOK READ



A countywide initiative to engage Chautauqua County residents, businesses, nonprofits and organizations to help heal our divides and propel participants to be engaged citizens working toward a more inclusive and just society.

Online and in-person book discussions across the county:
May 26–30, 2026 & June 22–26, 2026

Register online at:
ywcajamestown.com/chqbookread

More info at the following lead, sponsor and partner organizations:

**eliminating racism
empowering women**
ywca



CO-SPONSOR ORGANIZATIONS:

IDEA COALITION
Inspiring Healthy Youth and Adults

EvergreenHealth UNCONDITIONAL

RESOURCE CENTER
Helping you achieve your goals

ROBERT JACKSON CENTER

PARTNER ORGANIZATIONS:

- AALW Jamestown Branch
- Aulick Community Nature Center
- Chautauqua Region Community Foundation
- Christ First United Methodist Church
- Jamestown Community Learning Council
- New Neighbors Coalition
- Northern Chautauqua Community Foundation
- Zonta Club of Jamestown

PARTNER LIBRARIES:

- Chautauqua-Cattaraugus Library System
- Aulick Free Library
- Darwin R. Barker Library Association
- Dunkirk Public Library
- Hazlet Public Library
- James Prendergast Library Association
- Lakewood Memorial Library
- Patterson Library
- The Canisius Branch Library
- Smith Memorial Library



Author Marie Arana

2026 CHQ BookRead

YWCA Jamestown and Chautauqua Institution are pleased to announce the 5th Annual CHQ Book Read. We have selected [“LatinoLand: A Portrait of America's Largest and Least Understood Minority”](#) by Marie Arana as our common read book. We encourage you to purchase your own book, or contact the Chautauqua-Cattaraugus Library System soon to reserve a copy.

Participants are invited to take part in online and in-person book discussion groups hosted across Chautauqua County **June 22–26, 2026**

Discussion formats, times and locations will vary by host organization, offering multiple opportunities for participation throughout the county. Information on the times and locations of the book discussions is available via the [registration link](#).

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 July 20th or August 31st** on Mondays and Wednesdays from 12:30 P.M to 2:30 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 June 24th** at various locations throughout the county.



Bringing locally grown produce to communities across Chautauqua County

Local Roots is bringing fresh and local produce to the entire county! This is a community supported agriculture (CSA) style program through St Luke's and Office for Aging Services. Local Roots CSA is a \$15 value of produce, weekly for 10 weeks.

June 29th through September 4th

Important Changes for 2026

Local Roots is now a **PAY FOR SERVICE** program.

- Total program = \$150. See payment options for possible discounts.

Registration Information

- Online registration is required. Scan the QR code or click the link below.
- Need help registering or setting up your account? Call Nutrition Services at 716-661-8293 we can help walk you through the process.

<https://grownby.com/farms/jamestown-farmers-market/shop/csa/6IT3CBBr2JWGLxQu6tqR2>



Payment Options: SNAP EBT or Credit Card

If using SNAP-EBT:

- Choose the **SNAP-Local Roots Produce Share** when registering. Then bring your SNAP-EBT card weekly for \$5 fee, paid weekly. You get \$150 of produce for only \$50!



SNAP - Local Roots Produce Share



Local Roots Produce Share

If using Credit Card or Check (no cash):

- Choose the **Local Roots Produce Share** when registering. Payment options include:
 - Pay in full or weekly on-line with credit card (\$150), OR
 - Pay in Full with a check on your first day at pick up
 - Use discount code **OFAS26** at check out, and the first 50 participants will get \$5 off each week (a \$50 value)! Only non-SNAP participants are eligible.

Distribution Locations:

If you register late for the program, the cost is prorated for the remaining weeks.

Wednesday	Thursday	Friday
11:30 AM: Chautauqua Adult Day Services, Jamestown (Back Parking Lot)	12:00 PM: Portage Hill Apts, Mayville	11:30 AM: Charlotte Villa Apts, Sinclairville
12:00 PM: Chautauqua Colony, Lakewood	12:00 PM: Silver Tree Methodist Gardens, Falconer	12:00 PM: Office for Aging Services, 51 East 3rd St, Dunkirk
	1:00 PM: Community Connections @ Findley Lake	1:00 PM: Fredonia First Church, Fredonia

Pick-Up Information

- Each pop-up location lasts approximately 30 minutes
- A reusable bag will be provided your first week, bring it back weekly.
- CHQ Aging cards are NOT needed this year since produce is purchased.

Scan here for More SNAP-Ed Recipes





Senior Farmers Market Nutrition Program (SFMNP) Returns for 2026

By Ellen Colasuonno, MS RDN; Nutrition & Wellness Educator

Senior Farmers Market Nutrition Program (SFMNP) Returns for 2026

The Senior Farmers Market Nutrition Program, also known as SFMNP, is returning to Chautauqua County this summer. This program helps increase access to fresh, affordable produce for older adults while also supporting our local farmers. Fresh fruits and vegetables are such an important part of healthy aging.

SFMNP is a United States Department of Agriculture program administered through New York State Agriculture and Markets in coordination with the Chautauqua County Office for Aging Services. Eligible older adults receive a coupon booklet valued at \$25 that can be used at participating local farm stands and farmers markets.

To qualify, individuals must:

- Be 60 years of age or older
- Meet the following income eligibility guidelines for 2026:
 - Household size of 1: less than \$2,460.50/month
 - Household size of 2: less than \$3,336.17/month
 - Household size of 3: less than \$4,211.83/month

Coupon booklets are limited to one per eligible person and are distributed on a first come, first serve basis while supplies last. Booklets are distributed by the Office for Aging Services between mid-July and September 30, or until all booklets have been claimed. Due to funding changes, there will be fewer distribution locations this year.

Farmers Market Distribution Dates:

- **Dunkirk Farmers Market –**
Wednesday, July 8 from 9:00 AM to 2:00 PM
- **Jamestown Farmers Market –**
Saturday, July 11 from 9:00 AM to 1:00 PM
- **Fredonia Farmers Market –**
Saturday, July 11 from 9:00 AM to 1:00 PM

After the farmers market distribution days, remaining booklets may be picked up at any of the three Office for Aging Services locations:

Wednesday, July 15th from 9AM-1PM

- Dunkirk: 51 E. Third Street, Suite #2, Dunkirk, NY 14048
- Mayville: 7 N. Erie St., Hall R. Clothier Building, Mayville, NY 14757
- Jamestown: 107 Institute St., Suite 220, Jamestown, NY 14701

If there are any coupon booklets remaining after these public distributions, they will be made available for walk-ins at our three office locations after Monday July 20th. So be sure to head out to one of our public distributions so you don't miss out!

The Senior Farmers Market Nutrition Program makes it easier for income eligible older adults to enjoy locally grown produce while supporting our farming community. If you or someone you know may qualify, we encourage you to participate. If you would like more information about eligibility or distribution dates, call NY Connects at 716 753 4582.

*Thank you for
reading!*



DINING IN PROGRAM

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.

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

JUNE MENU



NEW DINING OUT LOCATIONS COMING SOON

STOCKTON HOTEL



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.

HOW TO SCAN A QR CODE

CHQAging

1. OPEN YOUR CAMERA APP

- On most smartphones, just tap the Camera icon on your home screen.

2. POINT THE CAMERA AT THE QR CODE

- Hold your phone steady and make sure the QR code is centered in the screen.

3. WAIT FOR THE LINK TO POP UP

- A small message or web link will appear at the top or bottom of the screen.

4. TAP THE LINK

- Tap the link to open the website, video, or information tied to the code.

 **TIP:** SCANNING A QR CODE IS SAFE—JUST MAKE SURE THE SOURCE IS TRUSTWORTHY FOR THE LINK YOU TAP.





Dining Out Menus

Community Built Around a Table

Click the link or scan the QR code to see the menus!

SINCLAIRVILLE 76ER'S



**FREDONIA FIRST
METHODIST CHURCH**

**CENTRAL
STATION**



**MEEDERS
RESTAURANT**



**UPMC
CAFE**



**SHUR
FINE**



We Need Your Support

At the Chautauqua County Office for Aging Services, we are committed to helping older adults remain healthy, independent, and connected to their communities. As the needs of our senior population continue to grow, your support helps us provide vital services including home-delivered meals, transportation, caregiver support, wellness programs, and more. You can make a meaningful difference in the lives of older adults across Chautauqua County with a contribution, no matter the size. Contributions are accepted by check or credit card.

Contribution by Credit Card:

Please call our Finance line at 716-753-4471.

Contributions by Check:

Please make your check payable to "Chautauqua County Office for Aging Services" with "Dining Out Contribution" in the memo and mail to:

Chautauqua County Office for Aging Services
Finance - Dining Out Program
7 N. Erie St.
Hall R. Clothier Building
Mayville, NY 14757

**"EVERYWHERE IN LIFE, THE TRUE QUESTION IS NOT
WHAT WE GAIN, BUT WHAT WE DO."
—THOMAS CARLYLE**

*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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