

The latest updates for aging well in our community.



Volunteers Needed!

DIRECTOR - DANA CORWIN

Americans have a strong tradition of helping their neighbors through volunteerism and civic engagement. In the most recent national data, more than 75.7 million Americans—about 28.3 % formally volunteered through an organization, contributing. Additionally, over half of all Americans engage in informal helping acts like running errands or helping neighbors, which reflects a broad, community-oriented culture of service.

Volunteering and civic engagement are the backbone of a strong community. Volunteers help solve problems and meet needs that might otherwise go unmet. You deliver vital services to our community and help make it a better place to live.

Our volunteer program connects older adults to meaningful opportunities in the community. We match volunteers' valuable skills and experiences with appropriate roles—whether it's delivering a meal, driving someone to a doctor's appointment, providing friendly visits, serving on a committee, coaching a fall-prevention class, visiting with a pet, or offering health insurance counseling.

You can bring many different life experiences to your roles, yet all of you share at least one thing in common—a willingness to give your time to serve others.

*Be well,
Dana Corwin*



In this newsletter you can expect:

A Letter from
the Director

NY Connects
Updates

Health
Insurance
Counseling
Updates

Caregiver
Support Services
Updates

Wellness
Program
Updates

Dining In and
Dining Out
News & Menus

VOLUNTEER OPPORTUNITIES

Home Delivered Meal Drivers:

Volunteers deliver meals to homebound clients throughout Chautauqua County. Volunteers can choose the day(s) they deliver, whether that is every day, once a week, or as little as one day a month. Volunteers deliver the meal and check on the elder's well-being.



Friendly Visitors and Telephone Reassurance Volunteers:

There are residents of our county who lack the social support of friends and family. Our friendly visitor and telephone reassurance programs connect volunteers with older adults who may be at risk for isolation. With routine phone calls and/or visits, older adults are given the gift of socialization, friendship, and peace of mind.



Volunteer Transportation Services:

Volunteers provide rides for those who don't have other means of transportation. Outings may include medical appointments, social engagements, and other life-enriching trips. The services will be provided by volunteers using their own vehicles or using the CCOFAS vehicle. Transportation services are needed in the county and out of the county to Erie, Pennsylvania, or Buffalo, New York, and the surrounding towns. This is for medical appointments that are needed.



Pet Visiting:

Allows volunteers to bring trained companion animals to visit with older adults participating in the Senior Pet companion program. The presence of animals can provide emotional comfort, reduce loneliness, stimulate conversation, and enhance the well-being of participants.



CarFit:

This is an educational program developed by AAA, AARP, and the American Occupational Therapy Association to enhance drivers' safety. Trained volunteers will assist older drivers in finding their safest "fit" in their vehicle by helping to adjust the seat, steering wheel, seat belt, and headrest at CarFit events.



See next page for more volunteer opportunities

VOLUNTEER OPPORTUNITIES CONTINUED

Health Insurance Information Counseling and Assistance Program volunteer:

Assists older adults and people with disabilities to understand their Medicare, Medicare Advantage programs (managed care), Medicare prescription drug coverage, Medigap, and other health and long-term care insurance. Training is provided.



Shopping Service Volunteer:

Volunteer's grocery shop for older adults without any other means of transportation. Shopping trips are done by the volunteer alone, on behalf of the client, and take place twice monthly.



“Nothing liberates our greatness like the desire to help, the desire to serve.”
—Marianne Williamson



Training to assist in evidence-based health promotion community classes.

- **Powerful Tools**-Volunteers facilitate the six-week caregiving series. The volunteer attends a two-day training and earns a certification. The volunteer must agree to facilitate two Powerful Tools for Caregivers series within the first year to keep their certification
- **Fall Prevention**- Volunteers facilitate a multi-session class for fall prevention in older adults. The volunteer attends training and obtains certification, and must also attend annual training to maintain knowledge and certification.
- **Senior Exercise**- Volunteers facilitate a regular class for older adults. The volunteer attends training and obtains certification, and must also attend annual training to maintain knowledge and certification.

See next page for more volunteer opportunities

VOLUNTEER OPPORTUNITIES CONTINUED

CCOFAS Advisory Council and/or CCOFAS Long Term Care Council-Members represent the interests of older adults, and review and comment on community policies, programs, and actions of the Area Agency on Aging. The Advisory Council and the long-term care council are key links between the community and the AAA. The council helps to enhance the understanding and expertise of elected officials with respect to the needs, services, challenges, and opportunities to improve service delivery to the local older adult population.



Other volunteer opportunities:

Occasional projects like yard work, snow shoveling, minor home repairs, delivering holiday gifts, office greeters in any of the CCOFAS offices, assisting at CCOFAS events, etc.

The Chautauqua County Office for Aging Services (CCOFAS) Volunteer Program is established to enhance and expand services authorized under the Older Americans Act (OAA). Volunteers supplement, but do not replace, paid staff and are utilized to strengthen service delivery capacity. The volunteer program expands service capacity, strengthens community engagement, and supports Older Americans Act programs. We welcome you to call us to explore how you can help others! 716-753-4582 and ask about volunteering!

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." —Margaret Mead

Staff Recognition



Kate Finch

Kate Finch has worked for the Chautauqua County office for the Aging Services for thirty years! Please help us congratulate her on her milestone!

Kate has worked in many CCOFAS programs, including SNAP, HEAP, Medicaid, Health insurance counseling, elder abuse awareness, and Grandparents Raising Grandchildren, the blue light program, 911 cell phone program, and more! Kate is most thankful to be part of the very start of our Santa for Seniors program, which continues and has grown very much! She was in the first and every Chautauqua County annual Walk to End Alzheimer's event! She currently serves as an aging services specialist and case manager in our in-home care program. Thank you, Kate, for thirty years!

Nancy Papalia



Nancy Papalia has worked for the Chautauqua County Office for Aging Services for fifteen years! Please help us congratulate her on her retirement and thank her for her many years of dedicated service!

Nancy has made a meaningful difference in the lives of countless older adults and families throughout Chautauqua County. Her kindness, and dedication have left a lasting impact on both the community and her coworkers. Nancy has been someone people could always count on for help or encouragement. While we are excited for Nancy as she begins this new chapter filled with relaxation and freedom, she will be greatly missed by everyone at CCOFAS. We wish you all the happiness and adventure retirement can bring! Thank you, Nancy, for fifteen years of service.



Tami Berg

Tami Berg has worked for the Chautauqua County Office for Aging Services for five years! Please help us congratulate her on this milestone and thank her for her dedication to serving older adults in our community!

During her time with CCOFAS, Tami has been a valued member of the case management team, providing support and assistance to older adults and helping connect individuals with important services and resources. Her hard work and commitment have made a positive difference in the lives of many throughout Chautauqua County.

Thank you, Tami, for five years of service!



716-753-4582

CCNYC@chqgov.com

“As you grow older,
you will discover that
you have two hands —
one for helping
yourself, the other for
helping others.”
—Audrey Hepburn



Medicare 101

By Bridgette Paoletta, Outreach Coordinator

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. Call NY Connects at 716-753-4582 to register for the upcoming session.

Understanding the Basics: Medicare Parts A, B, and D

Medicare is divided into different parts, each covering specific services:

Part A – Hospital Insurance

Part A helps cover inpatient hospital stays, skilled nursing facility care, hospice care, and some home health services. Most people do not pay a monthly premium for Part A if they or their spouse paid Medicare taxes while working.

Part B – Medical Insurance

Part B covers outpatient care such as doctor visits, preventive services, lab tests, and durable medical equipment. Unlike Part A, Part B requires a monthly premium, and beneficiaries typically share costs through deductibles and coinsurance.

Part D – Prescription Drug Coverage

Part D provides coverage for prescription medications. These plans are offered through private insurance companies approved by Medicare. Costs and covered medications vary by plan, so it's important to review options annually.

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!

May 19, 2026 at 1PM
Office For Aging Services
107 Institute St. Suite #220
Jamestown, NY
Register with NY Connects at
716-753-4852
Seating is limited

Fraud of the Month

REMOTE PATIENT MONITORING SCAMS

Remote Patient Monitoring (RPM) is a legitimate service that allows your doctor to track your health using devices like blood pressure cuffs or glucose monitors from home.

But scammers are exploiting this service to bill Medicare for care you never needed or received.



How the Scam Works:

- 1 You receive a call, text, or online ad offering a "free" medical device.
- 2 The caller may claim to be from Medicare, a pharmacy, or your doctor's office.
- 3 They ask for your Medicare number or personal information.
- 4 You may be signed up for monitoring without your knowledge or medical need.
- 5 Medicare is then billed for:
 - Equipment you didn't request
 - Setup or training that never happened
 - Monthly monitoring that never occurs

Protect Yourself:

- ✓ Never share personal or medical information with unexpected callers.
- ✓ Talk to your doctor first before accepting any new device or service.
- ✓ Refuse deliveries of equipment you didn't order.
- ✓ Review your Medicare Summary Notices (MSNs) and Explanation of Benefits (EOBs) for unfamiliar charges.

If you've been contacted by a scammer or suspect Medicare fraud, report it to the NYS Senior Medicare Patrol (SMP)! **Call our Helpline at 800-333-4374.**



This project was supported, in part by grant number 90MPPG01701, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201

NYS SMP FRAUD HELPLINE 800-333-4374

ALZHEIMER'S ASSOCIATION®

Presenting at the EXPO

Come to our 2026 CHQAging Expo and Conference on May 21 from 10 a.m. to 2 p.m. at the Williams Center on the campus of SUNY Fredonia and attend breakout sessions presented by the Alzheimer's Association.

Space is limited, and registration is required. Participants may register for one, two, or all three sessions. To reserve your spot, please call (716)661-8940.



Classes will be held in Room S204A at the Williams Center

10:30am:
Building Foundations of Care

11:30am:
10 Warning Signs/10 Senales De Advertencia del Alzheimer (Bilingual)

1:00pm:
Impact of Alzheimer's on Community

Scan here to register!

or Visit

ChautauquaCountyNY.Gov/CHQAgingExpo



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](http://NCCMemoryCafe.com).



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 Mind

(Only 30 minutes a week for 4 weeks)
Tuesday, April 28 at 11AM to 11:30AM

Relax & Recharge: For the Body

(Only 30 minutes a week for 4 weeks)
Thursday, April 30 at 7PM to 7:30PM

Events to Improve Your Care Skills

The Art of Staying Safe

Friday, May 1st at 1 PM to 2 PM

Role Reversal in Caregiving

Friday, May 8th at 8PM to 9PM

Support Groups & Topics

Comparison & Envy, Friday May 1st at 2PM to 3PM

Routine in Caregiving, Tuesday May 5th at 7 PM to 8PM

The Myth of Selflessness, Friday May 8th at 2PM to 3PM

Feeling Defeated in Caregiving, Tuesday May 12th at 12PM to 1PM

Negative Thought Patterns, Tuesday May 12th at 7PM to 8PM

Sleep Challenges in Caregiving, Friday May 15th at 2PM to 3PM

Verbal Aggression, Tuesday May 19th at 7PM to 8PM

Mindfulness in Caregiving, Friday May 22nd at 2PM to 3PM

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.



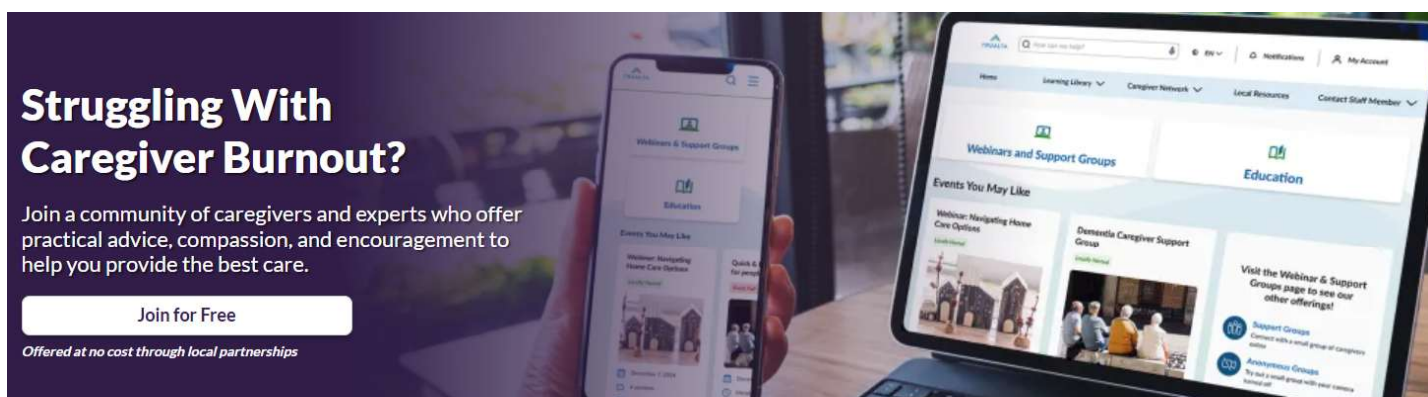
Struggling With Caregiver Burnout?

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](#)





Fresh Spring Foods That Support Your Immune System

By Ellen Colasuonno, MS RDN; Nutrition & Wellness Educator

Spring is in the air-- and so are seasonal allergies. Tree and grass pollen are especially high this time of year, and symptoms like congestion, itchy eyes, and fatigue can make it harder to feel your best. While food cannot prevent or cure allergies, a balanced diet can support your immune system.

Research shows that eating a variety of fruits, vegetables, whole grains, and lean proteins supports overall immune health. These foods provide important vitamins, minerals, fiber, and antioxidants that help protect the body and keep your immune system working the way it should. This is especially important as we age, since immune response can change over time. Certain nutrients are heavy lifters when it comes to immune health such as:

- **Vitamin C** supports immune cells. Found in strawberries, citrus fruits, bell peppers, and broccoli.
- **Vitamin A** helps maintain healthy skin and tissues that protect the body from irritants. Sources include carrots, sweet potatoes, spinach, and other leafy greens.
- **Omega-3 fatty acids** help support heart and brain health. They may also play a role in regulating the immune response. Found in fish, walnuts, and flaxseed.
- **Gut-supporting foods** may help regulate the immune system. Examples include yogurt and fermented foods.

Give some of these a try this spring!

Buying local, when possible, can also support farms in our community and improve access to fresh foods.

Cooking more meals at home is another simple way to support your health during allergy season. Preparing your own food allows you to choose fresh ingredients and limit excess sodium and processed foods. Be sure to wash fresh produce well to remove pollen and other residues. On days when pollen levels are high, keeping windows closed while cooking can also help reduce exposure.

I always say, start small. Add one extra serving of vegetables each day, try a new spring recipe, or swap processed snacks for fresh fruit. Frozen fruits and vegetables are also nutritious, affordable, and easy to use.

If you would like to learn more about healthy eating and aging, talk with your healthcare provider or connect with local programs in your community. You can also contact the Chautauqua County Office for Aging Services to learn about nutrition programs, home delivered meals, and seasonal produce options.



Chautauqua County Aging Services
CHQAging
 LEADERS IN AGING WELL AT HOME

EXPO & CONFERENCE
EXPO Y CONFERENCIA

SEE YOU THERE!
¡ALLÍ NOS VEMOS!

THURSDAY, MAY 21ST
JUEVES, 21 DE MAYO

SUNY FREDONIA
WILLIAMS CENTER
10:00AM-2:00PM



SCAN HERE TO REGISTER
ESCANEA AQUÍ PARA REGISTRARTE



75 + Vendors,
Wooden Trolley
from parking
lot 9A-D, Basket
Raffle, and so
much more!

¡Más de 75
vendedores,
transporte en
trolley desde el
estacionamiento
9A-D, rifa de
canastas y mucho
más!

To Register visit:
Para Registrarse visite:
<https://chautauquacountyny.gov/CHQAgingExpo>

Questions? Call:
¿Preguntas? Llame:
716-753-4582

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

Para solicitar una adaptación razonable o asistencia de transporte,
 por favor indíquelo en el formulario de inscripción en línea.

THANK YOU TO OUR GOLD LEVEL EXPO SPONSORS



**Michele
Hrichan**

Regional Medicare Sales Consultant

716.572.8315

205 Park Club Lane • Buffalo, NY 14221

michele.hrichan@univerahealthcare.com



UPMC
CHAUTAUQUA

TANGLEWOOD GROUP

Where caring and community come together.



EXPO Dining Options

Lunch will be available on your own time between 11 AM and 2PM.

SUNY Fredonia FSA will accept the CHQAging Dining Out Card as well as cash or credit, in the basement for a Picnic Box Lunch. There is plenty of seating in the basement or you can take your meal up to the Blue Lounge to enjoy the New Horizons Band, or out to the patio area if the weather permits.

Additionally, there will be two food trucks located outside the front doors of the Williams Center: Over the Rainbow and 3C's. Over the Rainbow will accept the CHQAging Dining Out card as well as cash or credit. The 3C's Food Truck will accept cash or credit.

EXPO: How to Plan Your Day

At this years EXPO, over 75 Exhibitors will be available in the Exhibitor Hall from 10AM to 2PM; while at the same time Breakout Sessions, 24 in total, will be offered around the perimeter of the Exhibitor Hall at 10:30AM, 11:30 AM, and 1PM. So how should you plan your day to maximize your access to these valuable resources?

It is our hope that you plan your day by **first** determining the sessions you are most interested in. Once you know the times and locations for the breakout sessions you plan to attend, you can then visit the Exhibitor Hall in between your classes.

If you have not registered yet, all the breakout session options, along with the time and classroom location, are available on the on-line registration form. Or take a look at the table of breakout sessions available on the next page of this newsletter.

To Register visit:

Para Registrarse visite:

<https://chautauquacountyny.gov/CHQAgingExpo>



EXPO: BREAKOUT SESSIONS FREE EDUCATIONAL CLASSES

	10: 30 AM	11:30 AM	1 PM
Ground Floor Room 103 A	Uke Can Do It	Cellular Therapy & Regenerative Medicine	VIVO Exercise Demo
Ground Floor Room 103 B	SCAM Bingo	Senior Financial Check In	Maximizing Your Benefits
Ground Floor Room 103 C	Protecting Your Piece of Mind: Estate Planning	Legal Consultations with LawNY (walk-Ins only)	Legal Consultations with LawNY (walk-Ins only)
Second Floor Room 204 A	Building Foundations of Care (Caregiver Focused)	Know the 10 Warning Signs/10 Senales De Advertencia (Bilingual)	The Impact of Alzheimer's in our Community
Second Floor Room 204 B	Staying Safe & Maintaining Quality of Life as We Age (A Falls Prevention Program)	You are in Pain, Now What? Non-Opioid Interventional Procedures to Help Decrease Pain & Improve Quality of Life	Digital Literacy: Understanding Apple and Android Devices
Second Floor Room 204 C	Diabetes Management	Diabetes Prevention for Pre-Diabetes	10 Nutrition Tips
Second Floor Room 204 D	Medicare Fraud	Medication Safety by Upstate Poison Center	Medicare 101
Second Floor Room 204 E	Wellness Initiative for Senior Education (WISE)	Resilience & Stress Management	Taking Care of Tomorrow Today (Funeral Pre- Planning)

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>

HOW TO SCAN A QR CODE



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.



“Alone we can do so little; together we can do so much.”
—Helen Keller

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 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 next set of classes starting April 29th at various locations throughout the county.

There is hope.



If you or someone you know
needs support now,
call or text **988**
or
chat 988lifeline.org

988 SUICIDE & CRISIS
LIFELINE

Chautauqua County Launches Lead Rental Registry Program

Click the image or scan the QR code to learn more



<https://chautauquacountyny.gov/public-health/news/chautauqua-county-launches-lead-rental-registry-program>

WNY Clean Energy Hub

The Save Energy, Save Dollars workshops will be offered in 3 convenient locations throughout 2026. See the image on the right for more details.

May 27th, 2026

10:30 am - 12:00 pm

Fredonia First Methodist Church
25 Church Street
Fredonia NY, 14063

July 29th, 2026

1 PM - 2:30 PM

Sinclairville Fire Hall
30 Main Street
Sinclairville, NY 14782

November 4th, 2026

10:30 am - 12:00 pm

The Chautauqua Center
107 Institute St, 3rd Floor
Jamestown, NY 14701



Join us for a free Save Energy, Save Dollars Workshop

*Hosted by the WNY Regional Clean Energy Hub and
Chautauqua Office for Aging Services*

May 27th, 2026

10:30 am - 12:00 pm

Fredonia First Methodist Church
25 Church Street
Fredonia, NY 14063



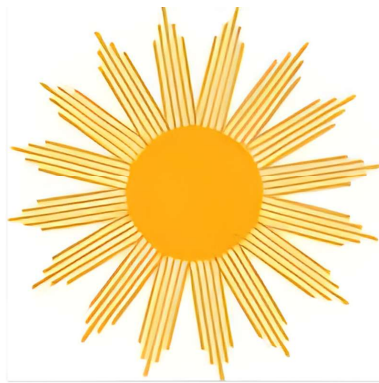
- Receive a **FREE** DIY energy savings kit!
- Learn how energy is consumed in your home
- Learn how to read and understand your utility bill
- Access programs to reduce your energy use

Whether you're a tenant or a homeowner, the WNY Clean Energy Hub will be on hand to talk with you about programs that can help make your home more comfortable and energy efficient during all seasons, at reduced or no cost.



**Regional Clean
Energy Hub**
Partnering Organization

To Register, call 716-753-4582 or email CCNYC@chqgov.com. For questions about the presentation, call 716-884-1780 ext. 220 or email phoebe@pushbuffalo.org.



CENTER FOR ELDER LAW & JUSTICE

New York's New Coerced Debt Law: A Significant Expansion of Consumer Protection and Economic Abuse Remedies

By Kevin M. Quinn

Managing Attorney, Center for Elder Law & Justice

The Center for Elder Law & Justice (CELJ) is a non-profit, civil legal services organization providing assistance to individuals throughout Western New York. CELJ has offices in Erie, Niagara, and Chautauqua County. CELJ's mission is to improve the quality of life for older, disabled, and low-income adults through the provision of free legal services, primarily in Western New York. CELJ uses the legal system to ensure that its' clients may live independently and with dignity.

New York recently joined a host of states in passing legislation that allows a victim of economic abuse to free themselves of debts that they are not responsible for. Governor Kathy Hochul signed Senate Bill S1353/A3038B into law on December 19, 2025, creating new statutory rights and procedures for individuals subjected to financial exploitation through coercion, fraud, or abuse.

The Center for Elder Law & Justice's Consumer Protection Department represents many clients who are victims of financial abuse. Our clients are saddled with debts incurred through fraud or coercion from another individual. Many individuals entrust another to help them with their finances, only to become victim to debts that skyrocket with high interest rates. Victims of economic abuse can be at extreme risk of losing their homes and their income as a result of the coerced debt. These debts can make it impossible for victims to find an apartment or apply for a loan.

Without this new law, victims and their advocates often ran into dead-ends trying to advocate with creditors as to why they should not be held responsible for a debt. Victims are often told that the dispute lies between themselves and the abuser, and that they are still responsible for the debt.

Coerced debt is a form of economic abuse where an abuser manipulates and forces a victim to incur a debt. This law was initially framed in a domestic violence context but has been expanded to include relationships between caregivers; family members; as well as individuals exploiting a victim through a fiduciary relationship, such as a power of attorney or guardian. Examples of coerced debt can include forcing a person to sign a mortgage, auto loan, or credit card application. On a broader scope, this law would benefit anyone who incurs a debt where an abuser receives a financial benefit. It is important to remember that these new protections pertain only to debts incurred on or after the time the law takes effect.

There is a detailed process that must be followed to make a showing that a debt is coerced. An individual who seeks protection under this law must provide proper documentation and a sworn statement under the penalty of perjury that the debt is coerced.

Continued on next page

New York's New Coerced Debt Law Continued:

Proper supporting documentation may include a report made with a federal, state, or local law enforcement agency; an identity theft report made with the Federal Trade Commission; and/or a statement from a qualified third party (such as a social worker, attorney, doctor, nurse, therapist, employees from non-profit organizations that work with victims of domestic violence, clergy, elected officials, and law enforcement officers) verifying that the individual was a victim of coercion and did not freely choose to take on this debt. Victims can make the same showing as a defense to a lawsuit that is brought against them for the debt as well.

The creditor has certain responsibilities they must follow once an initial showing of a coerced debt is made by a victim. Upon receipt of the victim's sworn statement and accompanying documentation, creditors have ten days to cease collection activity until completion of their review. If the debt has been listed on a victim's credit report, creditors must also notify the credit reporting agency that the debt is disputed. Creditors must complete their investigation within thirty days.

The creditor must then determine whether the debt is coerced or not. If it is found to be coerced, collection against the victim must stop and the debt must be removed from the victim's credit report. If the victim provides sufficient proof that the debt is coerced as a defense to a lawsuit, the lawsuit can be withdrawn by the creditor or it can be dismissed by the court. If the creditor deems the debt to be coerced, this law gives them the ability to pursue collection activity against the abuser.



If the creditor does not find sufficient showing that the debt has been coerced, they must notify the victim in writing of their decision. As mentioned, the victim may still assert that the debt is coerced in court if they are sued for the debt. Additionally, the victim may bring their own legal action against the creditor and seek a judgment, finding that the debt is coerced. If successful, the creditor would then be required to cease collection and remove the debt from any credit reports.

This law is still new, so much remains to be seen as to how this will look in practice. Providing the sworn statement and accompanying evidence alone is not enough to relieve the victim of the debt. A victim is relieved of the debt only after the creditor finds there to be coercion, or if a court determines that the debt is coerced. But many advocates still see this as a big step in giving a voice to victims of economic abuse throughout New York State. Non-profit legal service providers like the Center for Elder Law & Justice look forward to the opportunity to advocate for victims to help them maintain their financial well-being while holding abusers accountable.

2026 ELDER LAW DAY

Free Event!

Tuesday, June 2nd
8:00am - 2:00pm

Buffalo Marriott Niagara
1340 Millersport Hwy - Amherst 14221

Providing information to assist older adults, family members and caregivers in making informed choices about their health and financial well-being.

Topics include:
 Long Term Care Planning & Asset Protection, Medicaid, Advanced Directives, Estate Planning Basics, and more!

Register in advance for FREE 20 minute legal consultation. Space is limited!

Save the Date!

Registration Opens April 1st!

Morning refreshments and a box lunch are available for those who pre-register online by 5/14/26!
 If you need a reasonable accommodation, please contact Jaclyn Strawnich at 716-858-6517

Hosted by the Erie County Department for the Aging in partnership with the Center for Elder Law & Justice

May is Arthritis Awareness Month

An estimated 58.5 million adults in the U.S. are affected by some form of arthritis, which breaks down to about 23.7% of the population. As the number of older Americans continues to grow, and the rates of obesity and overweight increase, the number of people with arthritis-attributable activity limitations will only increase.

Osteoarthritis (OA) is the most common type of arthritis, especially amongst older people. For the unfamiliar, OA mostly affects cartilage. The surface layer of cartilage breaks down and wears away. This allows bones under the cartilage to rub together, causing pain, swelling, and loss of motion of the joint. Over time, these changes can affect the bones, tendons, and other joint tissues.

While there is no cure for arthritis, joint pain and other OA symptoms can be managed through treatment, lifestyle changes, and education.

If you are wondering how, when, or where to get started, make an appointment with your healthcare provider and use the Talking With My Provider Worksheet to get you moving on a path to less joint pain.

The CDC and OA Action Alliance are promoting the 2nd week in May (5/8-5/14) as Osteoarthritis Awareness Week! Remember to add the hashtag #OAAwarenessWeek

**“SPREAD YOUR LOVE
EVERYWHERE YOU GO.”
—MOTHER TERESA**

STEP UP for BONE HEALTH

WHAT IS OSTEOPOROSIS?

OSTEOPOROSIS IS A DISEASE WHICH CAUSES THE BONES TO BECOME WEAK AND FRAGILE, SO THAT THEY BREAK EASILY, EVEN AFTER A MINOR FALL FROM STANDING HEIGHT, A COUGH OR A SNEEZE!



THE 5 STEPS

AT ANY AGE, THERE ARE FIVE STEPS TO BETTER BONE HEALTH THAT WILL REDUCE YOUR FUTURE RISK OF OSTEOPOROSIS AND BROKEN BONES

1 EAT BONE-HEALTHY FOODS



CALCIUM

e.g. Cheese, Yogurt, Milk, Fortified Soy Drink



PROTEIN

e.g. Meat, Nuts, Fish, Chickpeas



VITAMINS & NUTRIENTS

e.g. Vitamin D, K, Zinc, Magnesium

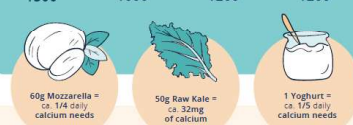
AND GET ENOUGH VITAMIN D FROM THE SUN

10-20 minutes of sun exposure every day (face, hands, and arms)



ARE YOU GETTING ENOUGH CALCIUM?

RECOMMENDED DAILY CALCIUM INTAKES* mg/DAY AT DIFFERENT AGES



2 EXERCISE FOR STRONGER BONES AND MUSCLES



AIM TO EXERCISE FOR 30-40 MINUTES, THREE TO FOUR TIMES EACH WEEK



WEIGHT-BEARING AND RESISTANCE EXERCISES ARE BEST
Practice balance exercises too!

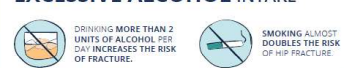
3 MAINTAIN A HEALTHY BODY WEIGHT

♥ A BMI ABOVE 19 kg/m²

BODY MASS INDEX	MEANING
Below 19	Underweight
19.1 - 24.9	Normal
25.0 - 29.9	Overweight
Above 30.0	Obese



4 DON'T SMOKE AND AVOID EXCESSIVE ALCOHOL INTAKE



5 BE ALERT TO ANY PERSONAL RISK FACTORS



HEIGHT LOSS
of 4 cm / 1 1/2 in. or more?



GENETICS
Parental history of hip fracture?



MEDICATIONS
e.g. Corticosteroids or cancer treatment?



DISEASES
e.g. Rheumatoid arthritis, diabetes?



MENOPAUSE
Before 45 years old?

TAKE THE IOF OSTEOPOROSIS RISK CHECK
To find out whether you could be at risk

TALK TO YOUR DOCTOR AND ASK FOR TESTING AND TREATMENT IF NEEDED.



* National Academy of Medicine (USA)

www.worldosteoporosisday.org

WorldOsteoporosisDay
October 20



Prevent & Manage Osteoarthritis



#OAAwarenessWeek

UPSTATE NEW YORK POISON CENTER

FAST • FREE • CONFIDENTIAL • OPEN 24/7

1.800.222.1222

A Message from Upstate New York Poison Center

By Mary Beth Dreyer, MEd

Health Education Program Manager

The Upstate New York Poison Center (UNYPC) serves as a vital health and safety resource for communities across upstate New York. Each year, the Poison Center responds to more than 50,000 calls, providing free, confidential, and expert guidance to individuals, families, healthcare providers, and first responders.

Calls to the Poison Center cover a wide range of exposures and poison concerns, from medications and household products to chemicals, plants, and environmental toxins. The most common reason people contact UNYPC is about acetaminophen (Tylenol®). While widely used and effective for pain and fever, acetaminophen can cause serious harm if taken incorrectly, in too high a dose, or combined with other products that also contain acetaminophen. This highlights the importance of reading labels carefully and using medications only as directed.

With cold & cold season upon us, an important step in preventing medication errors, especially with liquid medicines, is to always use the dosing spoon, cup, or syringe that comes with the medication. Kitchen teaspoons and tablespoons are not accurate and can easily lead to over or under dosing. And be sure to store all medicine (over the counter and prescription) up and out of site and reach of young children.

UNYPC's specially trained nurses, pharmacists, physicians and toxicology experts are available 24 hours a day, 7 days a week, helping callers determine whether care can be safely managed at home or if medical attention is needed. This timely guidance not only supports patient safety but also helps reduce unnecessary emergency department visits.

Whether answering questions from worried parents, assisting adults with medication errors, or supporting healthcare professionals with complex cases, the Upstate New York Poison Center remains committed to protecting public health and preventing poisonings through education, outreach, and expert consultation.

For poison emergencies or questions, call us at 1-800-222-1222. Scan the QR Code below to save our number in your cell phone, just in case. For more information and resources, visit us at www.upstate.edu/poison and follow us on social media @UpstatePoison.





Early Bird Registration Opens for the 2026 Hope & Healing Conference of WNY

*By Justin Gould
Media Information Officer*

FREDONIA, N.Y. – Early bird registration is now open for the 2026 Hope & Healing Conference of Western New York, a two-day event bringing together professionals, advocates, families, and community members for learning, connection, and inspiration around mental health and substance use prevention.

This year's conference will expand to a two-day format, centered around the theme "The Power of Story." You may register for just Day One or both

Day One and Day Two.

Day One: The Power of Story will focus on professional learning and powerful storytelling through keynote presentations, breakout sessions, and Hope Talks, short, impactful presentations that highlight personal and professional experiences related to mental health, suicide prevention and awareness, substance use, treatment, recovery, and prevention, grief and loss.

Day Two: Camp Hope: Where Stories Grow will open the event to the broader community with a family-friendly experience featuring resource tables, interactive activities, youth engagement, and opportunities for individuals and families to connect with local organizations and services that support wellness and recovery.

Organizations and agencies interested in sharing resources with attendees are invited to host a table during the conference. Groups wishing to participate must complete the conference registration form and select the tabling option within the registration process. Spaces are limited, so we encourage you to take advantage of the early Bird window.

Early bird registration and tabling registration are now open!

To register or learn more about the conference, visit:

HopeandHealingConference.com

Additional information about speakers, sessions, and conference programming will be announced in the coming weeks. Stay up to date by visiting our conference website, HopeandHealingConference.com or [Facebook event page](#).



ICYMI (In Case You Missed It)

Recycling Locations in Chautauqua County

Know Where to Go: County Recycling Hubs

The Division of Solid Waste makes it easy for residents to participate through four conveniently located transfer stations:

Facility	Address	Hours of Operation
North County	3688 Webster Rd., Fredonia	Tue, Thu, Fri, Sat: 7:00 am – 3:00 pm
South County	2570 South Work St., Falconer	Tue, Thu, Sat: 7:00 am – 3:00 pm; Fri: 12:00 pm – 3:00 pm
West County	121 Osborne St., Sherman	Tue & Sat: 7:00 am – 3:00 pm
Ellery	3889 Towerville Rd., Jamestown	Mon, Wed, Fri, Sat: 8:00 am – 4:00 pm

Accepted Materials: Cardboard, paper, plastic, scrap metal, used clothing, glass (food and beverage containers only), propane tanks, Freon-containing appliances (refrigerators, air conditioners), tires, and electronics

(Note: Electronics are not accepted at the Ellery location.)

A Critical Reminder on Hazardous Waste

To protect staff, facilities, and the environment, certain materials cannot be accepted at these locations:

- Used Motor Oil: Take to local service stations or auto parts retailers.
- Rechargeable Batteries: Do not dispose of in regular trash. These pose serious fire and environmental hazards and should be returned to retailers that sell them.

Everyday Actions That Make a Difference

Residents and businesses alike can take additional steps to reduce waste and environmental impact:

- Opt for digital communication by removing your name or organization from junk mail lists.
- Switch to electronic billing, receipts, and monthly statements to reduce paper use.
- Politely refuse single-use items like straws, stirrers, and plastic utensils at restaurants and events.
- Choose reusable cutlery, dishes, linens, and decorations whenever possible.
- When shopping, buy in bulk to reduce packaging waste. When packaging is necessary, choose recyclable materials or those made from post-consumer content.



(Chautauqua County Landfill in Ellery, NY)



THE BUTT STOPS HERE

A Virtual Program



Register Online



Sessions are one-hour a week for 7 weeks.

Upcoming Sessions:

- 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.



American
Heart
Association.

ANSWERS
by heart



Lifestyle + Risk Reduction
Smoking


ANSWERS
by heart

 Lifestyle + Risk Reduction
Smoking

How Can I Quit Smoking?

Smoking harms almost every tissue and organ in the body, including your heart and blood vessels. Nicotine, one of the main chemicals in cigarettes, causes your heart to beat faster and your blood pressure to rise. Carbon monoxide from smoking also gets into the blood and robs your body of oxygen. Nonsmokers who are exposed to secondhand smoke are also harmed.

If you smoke or vape, you have good reason to worry about its effect on your health and the health of your loved ones and others.

Deciding to quit is a big step. Following through is just as important. Quitting tobacco and nicotine addiction isn't easy, but others have done it, and you can, too.



Is it too late to quit smoking or vaping?

It's never too late to quit. Quitting smoking has both short-term and long-term benefits for lowering your cardiovascular risk. No matter how much or how long you've smoked when you quit, your risk of heart disease and stroke starts to drop. People who quit smoking generally live longer than people who continue to smoke.

While you may crave tobacco or nicotine after quitting, most people feel that becoming tobacco-free is the most positive thing they've ever done for themselves.

How do I quit?

You are more likely to quit for good if you prepare for two things: your last cigarette and the cravings, urges and feelings that come with quitting. Think about quitting in five steps:

1. **Set a quit day.** Choose a date within the next seven days when you will quit smoking or vaping. Tell your family members and friends who are most likely to support your efforts.
2. **Choose a method for quitting.** There are several ways to

quit, including:

- Stopping all at once on your quit day.
- Cutting down the number of cigarettes per day or how many times you vape until you stop completely.
- Smoking only part of each cigarette. If you use this method, you need to count how many puffs you take from each cigarette and reduce the number every two to three days.

3. **Decide whether you need medications or other help to quit.** Talk with your health care professional to find out which medicine is best for you. Get instructions for using it. Therapies may include nicotine replacement (gum, lozenges, spray or patches) or prescription medications, such as bupropion hydrochloride or varenicline. You could also ask about a referral for a smoking cessation program.
4. **Plan for your quit day.** Get rid of all the cigarettes, matches, lighters, ashtrays and smoking products in your home, office and car. Find healthy substitutes for smoking. Go for walks. Keep sugarless gum or mints with you. Munch carrots or celery sticks.
5. **Stop smoking on your quit day.**

(continued)



ANSWERS
by heart



Lifestyle + Risk Reduction
Smoking

What if I smoke or vape after quitting?

It's hard to stay off tobacco and nicotine once you've given in, so do everything you can to avoid that "one." The urge will pass. The first two to five minutes will be the toughest. If you do smoke or vape after quitting:

- This doesn't mean you're a smoker again — do something now to get back on track.
- Don't punish or blame yourself — tell yourself you're still a nonsmoker.
- Think about what triggered the urge and decide what to do differently the next time.
- Sign a contract to stay tobacco-free.

What happens after I quit?

- Your senses of smell and taste improve.
- Your smoker's cough will go away.
- You'll breathe more easily.
- You'll be free from the mess and smell and the burns on your clothing.
- You'll increase your chances of living longer and lower your risk of heart disease and stroke.



HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721) or visit heart.org to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* e-news for heart patients and their families, at HeartInsight.org.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/SupportNetwork.

Do you have questions for the doctor or nurse?

Take a few minutes to write down questions for the next time you see your health care professional.

For example:

When will the urges stop?

How can I keep from gaining weight?

MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk of heart disease, manage your condition or care for a loved one. Visit heart.org/AnswersByHeart to learn more.

2026 Mental Hygiene CHQ Art Contest!

ACCEPTING SUBMISSIONS DIGITALLY
APRIL THROUGH MAY 15, 2026.



Theme:

"Real Life. Real Support."

WHEN IT COMES TO MENTAL HEALTH,
SUPPORT LOOKS DIFFERENT FOR
EVERYONE. WE INVITE YOU TO CREATE ART
THAT SHOWS WHAT THIS MEANS FOR YOU!



How Do We Submit Our Entry?

- CREATE YOUR MASTERPIECE
- SCAN IT ON YOUR PHONE OR TAKE A CLEAR PHOTO
- EMAIL US WITH MHAM 2026 ART IN THE SUBJECT LINE

*ONE SUBMISSION PER PERSON



Six overall winners will be chosen for a prize package!
Artwork will be featured on our social media channels and
the winners will be announced on **June 3rd!***



*Winners are notified directly by phone and email on June 3rd.

2026 Mental Hygiene CHQ Art Contest CONT.

ALL SUBMISSIONS MUST HAVE

- NAME: FIRST AND LAST
- CONTACT PHONE NUMBER
- AGE GROUP (SEE BELOW)

0-12 YEARS OLD 13-18 YEARS OLD YEARS OLD AND OVER

SEND DIGITAL ARTWORK
AND ENTRY INFO TO
CCMHMEDIA@CHQGOV.COM



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 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

June First Course

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

FIRST WEEK

Mon 6/1 • Shredded Beef Sandwich
on whole wheat bun, served with Italian veggies, peas & carrots, orange dream salad & milk.

Tues 6/2 • Chicken Breast Sandwich
on hamburger bun, served with baked beans, Capri blend, fruited jello & milk.

Wed 6/3 • Spinach & Bacon Quiche
served with breakfast links, apple slices, breakfast pastry & milk.

Thurs 6/4 • Creamy Tuscan Chicken
served with mashed potatoes, Mediterranean vegetable blend, whole wheat bread, pear whip salad & milk

Fri 6/5 • Spaghetti & Meatballs
served with broccoli, Mandarin oranges, whole wheat bread & milk.

SECOND WEEK

Mon 6/8 • Breaded fish
served with Mac & Cheese, stewed tomato, strawberry dream fruit salad, whole wheat bread & milk.

Tues 6/9 • Meatball Sub
on whole wheat hot dog roll, served with Italian vegetables, apple slices & milk

Wed 6/10 • Bruschetta Chicken
served with mashed potatoes, beets, pears, whole wheat bread & milk.

Thurs 6/11 • Italian Sausage
on a whole wheat hot dog roll with peppers & onions, served with red potato blend, pineapple & milk.

Fri 6/12 • Pepperoni Pizza
served with spinach, carrots, fruited jello & milk.

THIRD WEEK

Mon 6/15 • Beef Tacos
on a soft tortilla with shredded cheese, peppers & onions, served with fire roasted corn, fruit cocktail & milk.

Tues 6/16 • Hawaiian Chicken
served with a pineapple slice, brown rice, Asian vegetable blend, whole wheat bread, pear whip fruit salad & milk.

Wed 6/17 • Pulled Pork Sandwich
on whole wheat bun, served with succotash, green beans, Mandarin oranges & milk.

Thurs 6/18 • Cheese Ravioli
topped with marinara sauce, meatball, brussel sprouts, beets, whole wheat bread, peaches & milk.

Fri 6/19 • Juneteenth Holiday Closure

FOURTH WEEK

Mon 6/22 • Chic'N Pasta
served with broccoli, stewed tomatoes, whole wheat bread, peaches & milk.

Tues 6/23 • Beef Stir Fry
served with brown rice, Oriental vegetables, whole wheat bread, applesauce, & milk.

Wed 6/24 • Kielbasa or Bratwurst
served with buttered whole wheat noodles, broccoli & cauliflower mix, whole wheat bread, tropical fruit & milk.

Thurs 6/25 • Sloppy Joe
on a whole wheat bun, served with summer squash, carrot blend, Strawberry Dream fruit salad & milk.

Fri 6/26 • Cherry Glazed Pork Loin
served with sweet potatoes, green beans, whole wheat bread, peaches & milk.

LAST WEEK

Mon 6/29 • Meatloaf
served with mashed potatoes, capri blend, wheat bread, pears & milk.

Tues 6/30 • All Beef Hot Dog
on a whole wheat hot dog roll, served with baked beans, Pacific vegetable blend, creamy fruit salad, & milk.

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.



May 2026

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.

Friday May 1st

Chipped Beef on Toast
served with Peas, Carrots,
WW bread, and fruit.

Friday May 8th

Fish Sandwich on WW bun
served with Baked Fries,
Cole Slaw, and fruit.

Friday May 15th

Broccoli Cheese Soup served
with, Ham Salad sandwich
on WW, and fruit.

Friday May 22nd

Cheeseburger w/LTO on
WW bun served with Potato
Salad, Three Bean Salad and
fruit.

Friday May 29th

Chicken Cordon Bleu served
with Au Gratin Potatoes,
Tossed Salad, WW bread,
and fruit.

Monday May 4th

Chicken Tenders served with
Sweet Potato Fries, Green
Beans, WW bread, and fruit.

Monday May 11th

Pot Roast served with
Mashed Potatoes, Brussel
Sprouts, WW bread and
fruit.

Monday May 18th

Baked Potato Bar served with
Tossed Salad, WW bread and
fruit.

Monday May 25th

Closed
HAPPY
MEMORIAL
DAY

Menu created to meet nutrition standards
of Older Americans Act, substitutions
pre-approved by

CHQAging
LEADER IN AGING WELL

Wednesday May 6th

Stuffed Peppers served with
Mashed Potato, Mixed
Vegetables, WW bread, and
fruit.

Wednesday May 13th

Chicken, Broccoli, Rice
Casserole served with Stewed
Tomatoes & Zucchini, WW
bread and fruit.

Wednesday May 20th

Italian Sausage w/Peppers &
Onions served with Baked
Beans, Beets, WW bread and
fruit.

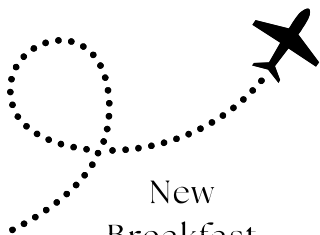
Wednesday May 27th

Pulled Pork served with
Mac & Cheese, California
Blend, WW bun, and fruit.

Meals served with 1% Milk.

Beverage Options: Water, Coffee, or Tea.

Alternate Meal: Chef Salad



New
Breakfast
Location
Coming
Soon!

Stay tuned
for details!



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 @ FMMC

COMMUNITY BUILT AROUND A TABLE

Wednesday May 6th
Manicotti, meatballs, salad
garlic bread, and fruit.

Friday May 8th
Grilled fish, potato, rice or pasta,
pineapple coleslaw, roll, and fruit.

Wednesday May 13th
Avgolemono chicken soup, salad
Crackers, and fruit.

Friday May 15th
Grilled fish, potato, rice or pasta,
pineapple coleslaw, roll, and fruit.

Wednesday May 20th
Tuna noodle casserole, vegetable, whole
wheat bread, and fruit.

Friday May 22nd
Grilled fish, potato, rice or pasta,
pineapple coleslaw, roll, and fruit.

Wednesday May 27th
Hot dogs/hamburgers, pasta salad,
rolls, and fruit.

Friday May 29th
Grilled fish, potato, rice or pasta,
pineapple coleslaw, roll, and fruit.

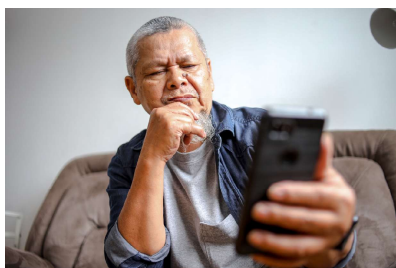
Beverage Options:
Water, Milk, Coffee, or Tea.

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

If you have an allergy, please call Office for Aging for details.

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

Wellness Programs offered
prior to meals, see activities
calendar.



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.

**NEVER DOUBT THAT A SMALL GROUP OF
THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE
THE WORLD; INDEED, IT'S THE ONLY THING THAT
EVER HAS." —MARGARET MEAD**

*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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