

GRAPeVine



www.grapelder.org

OCTOBER 2009

IN THIS ISSUE

PRESIDENT'S MESSAGE

NEW CONSUMER GUIDE UPDATE

WELCOME NEW MEMBERS

SPONSOR OPPORTUNITIES

OCTOBER AND NOVEMBER MEETING DATES

UPCOMING EVENTS

JUMP IN!

G.R.A.P.E. is well into the swing of the 2009-2010 membership year. I can attest to that since my calendar for September was filled with G.R.A.P.E. committee meetings. I have been attending all of the committee meetings to become acquainted with the committee members, and to keep abreast of what each committee is doing. I am happy to report that I have found each committee to be dedicated to its charge. The meetings can range from very boisterous, with everyone talking and stating their opinion all at once, to the exact opposite. The most important thing that I take away from these meetings is that every individual that serves on a committee is dedicated to the success of this organization.

Our membership has swelled to 300+ members, and each member brings value to the organization. I know our committees would like to tap into that value. If you are a new member or have been a G.R.A.P.E. member for a long time, and have thought about serving on a committee, this is the time to do so. Most committees are just starting to plan their goals for this year. This is a great time to jump in! I highly urge you to contact the Committee Chair and express your interest. I would venture to say that you would be welcomed to "check out" the committee before committing. The Committee Chairs and their contact information are listed in this newsletter.

By serving on a committee, you not only bring your expertise to a committee, you will also meet some very great people and have fun in the process. You won't be wined and dined at the meetings, but there may be a bagel, a plate of fresh fruit, a doughnut hole, a bottle of water or a Pez candy dispenser waiting for you. Check it out- I am sure you will be glad you did.

Kathleen Krauss
Executive Director

Judith Holender Loeb, Esq.

announces the relocation of her law practice

to

290 Linden Oaks, Suite 220
Rochester New York 14625-2815

Elder Law & Disability Law
Trust and Estate Planning & Administration

Tel: 585-264-1880 Fax: 585-586-7393

Email: LoebElderlaw@frontiernet.net

President's Message

www.grapelder.org



**BY G.R.A.P.E. PRESIDENT
MATT TONSICH**

It's great to see how active our G.P.A.P.E. organization has become. If you were unable to attend our first breakfast meeting, you missed almost 100 GRAPE members networking, re-establishing relationships, and receiving an informative lecture on healthcare reform.

In addition to our well attended breakfast meetings to do networking, you can also join one of our twelve Committees. Our Committees include: Advocacy, Annual Dinner, Budget & Finance, Business Development, By-Laws, Marketing, Membership, Newsletter, Nominating, Program, Services Directory, and Special Interest Group-Senior Housing Alliance.

Serving on one of these Committees is the first step to getting the most out of your G.R.A.P.E. membership. After you join as a Committee member, then you may choose to Chair that Committee in the future if the opportunity arises. Holding a Chair position then puts you on the Board of Directors of G.R.A.P.E.

If you would like additional information on joining a Committee you can contact me or the G.R.A.P.E. office. Kathleen Krauss, our Executive Director, can help answer any questions you may have. I also want to introduce our newest G.R.A.P.E. staff member Jan Osborne. She will be working closely with Kathleen in the office. Please give Jan a warm welcome when you speak with her.

Matt Tonsich is the President of G.R.A.P.E. and General Manager of Angels in Your Home. He can be reached at (585) 392-1118 ext 301 and gmhc@hiltoneast.com

The GRAPEvine: October 2009

Membership

Membership Year: July – June

Individual Professional - \$85 * Matriculated Student - \$40

Retired Professional - \$40

Membership Co-Chairs: Kathy Scott & Madelyn McCarthy

E-mail: info@grapelder.org

www.grapelder.org

Welcome New Members

Sue Chepelsky
408 McKinley St.
East Rochester, NY 14445
585-387-9062
sue_chepelsky@frontiernet.net

Susan Bussey
Rivers Run
50 Fairwood Dr.
Rochester, NY 14623
585-292-5440
sbussey@livingcommunities.net

Lucy Anne Duffy
The Northfield
4560 Nine Mile Point Rd.
Fairport, NY 14450
585-377-1810
lduffy@fsr.org

Susie Rose
SMR Resources, Inc.
268 Sibley Rd.
Honeoye Falls, NY 14472
585-455-3676
serose@rochester.rr.com

*****MEMBERSHIP ALERT*****

New G.R.A.P.E. Consumer Guides are targeted for January 2010. Be sure your Provider Information is included and up to date. **This is your responsibility.**

Deadline for Corrections is December 1, 2009.

Please follow the instructions below to access your Provider Profile.

Go to: www.grapelder.org

Provider Login: Username (this is the email that you provided to the G.R.A.P.E. Office)

Password: n3tw0rk (that is a zero not a capital O, and this is the generic password). If you have changed the password please use your personal password. The G.R.A.P.E. Office does not have access to encrypted passwords.

A page will come up stating you have successfully logged into your provider profile. Fill in the box that describes your services. This is what consumers and providers will see when they click on your site. You want to be specific but please do not advertise (EX: I am the BEST whatever in Monroe County). Also, check and correct or add to the contact information. Look at the Functions section (Function=Service Category). This will be the service category under which you are listed in the Guide and in the on-line Services Directory. Take a good look at the choices to see if any of them fit your services.

If you want any changes in your function listings please e-mail the Services Directory Chair, Connie Craig at conniecraig179@yahoo.com. Please note: You will not be able to make a function change on your own, it must go through the committee.

Membership Application

Name: _____

Organization: _____

Program: _____

Address: _____

City, State, Zip: _____

E-Mail: _____

Phone: _____

Fax: _____

Type of Membership

— **Professional**
Individual membership for.....\$85

— **Student**
Matriculated students.....\$35

— **Retired Professional**
Retires from field of aging.....\$40

Send completed application and payment to:
Greater Rochester Area Partnership of the Elderly
100 McAuley Drive, Suite 2000
Rochester, NY 14610
(585) 265-4351

www.grapelder.org



Announcements

www.grapelder.org

“Challenges of Dementia: A Geriatrician’s Perspective”

SAVE THIS DATE:
Thursday, November 5, 2009
Monroe Community Hospital
435 E. Henrietta Road

The Alzheimer’s Association will offer this Community Education Seminar at Monroe Community Hospital, 435 East Henrietta Rd, auditorium A and B, 1st floor. Registration: Community Education Seminars are **free of charge** and open to the public. **Pre-registration is required.** To register, please call the Alzheimer’s Association at 585-760-5400 or 800-272-3900.

State Society on Aging of New York (SSANY) presents "Caregiving & an Aging Population"



October 15-17th, 2009



The Hyatt Regency, Rochester, NY

37th Annual Conference of the State Society on Aging of New York

Visit the SSA Webpage: www.ssany.org for detailed conference information: conference registration, and sponsorship / exhibitor / & advertising opportunities.



Family Health and Fitness Fair
UPSTATE NEW YORK'S LARGEST HEALTH CARE EXHIBITION

Senator Jim Alesi's
20th Annual Family Health and Fitness Fair
at the Fair & Expo Center — Thursday, October 15, 2009
UPSTATE NEW YORK'S LARGEST HEALTHCARE EXPOSITION

New testings and screenings, educational programs and exhibits highlight the 20th annual Family Health and Fitness Fair, at the Fair & Expo Center on Thursday, October 15.

More than 200 exhibitors, including 80 area health-related non-profit organizations, will be providing the region's only one-stop opportunity to learn about our community's wide range of support services for people living independently while adapting to changed lifestyles and for families caring for a loved one at home.

A dozen free testings and screenings are offered; including blood glucose, blood oxygen, blood pressure, cholesterol, carotid artery, depression, hearing aid checks, prostate cancer / andropause, vision and hearing. Flu shots are provided by Health Checkpoint at the U of R School of Nursing.

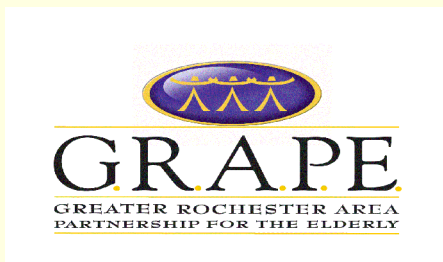
Four free programs are reserved for healthcare professionals, including 1) Aging, Dementia and Alzheimer's Disease, 2) Are You Hearing the Way You Want To Hear?, 3) Health Care Reform – Will reforms change our way of doing business?, 4) New York State Attorney General Health Care Bureau. Eight other presentations will attract both public and professional attendance.

For a complete list of exhibitors, programs, testing and screening locations and more information, see the special Health Fair section in your *Democrat and Chronicle* on Monday, October 12. Log on to: www.rochesterhealthfair.com

Sponsored by Senator Jim Alesi, the Family Health and Fitness Fair is entirely free, including parking and accessible admission. Entrance is reserved for only health professionals from 8:00am until 10:00am. Doors open to the public from 10:00am until 4:30pm, with testings and screenings ending at 4:00pm. Throughout the day, Golden Memories provides special bus service from midtown Rochester.

CONTACT Joe Groden 388-8824 for Exhibitor Information.

GRAPE Greater Rochester Area Partnership for the Elderly



Sponsor Information

Breakfast meetings and/or luncheon meetings**

The Sponsorship fee is \$125. Benefits include the following:

An article in the monthly GRAPE newsletter (written by you) about your organization. (Article due to the Kelly Allen by the 15th of the month prior to your sponsorship date. Ad size- horizontal ½ page)

A company display board and/or distribute collateral materials to the members attending the breakfast meeting or luncheon.

An opportunity to speak for approximately 5 minutes to the group about your program/organization/product.

There are usually 40-65 members at the breakfast meetings and 50-65 members at the luncheon meetings.

Luncheon Hosts

Provide lunch for approximately 50-65 members

Benefits:

1. Organization name published in the newsletter in addition to formal “thank you” in the newsletter for hosting our monthly luncheon.
2. Opportunity to have members tour your community after the luncheon and learn more about your organization.

(**Organizations that host a luncheon are first offered the sponsorship opportunity. If they choose not to sponsor the luncheon, the selected sponsor will be an organization other than a direct competitor.)

Annual Dinner Committee

Believe it or not, it's time to start thinking about this year's 2010 Annual Dinner.

This year's 2009 – 2010 co-chairs are Julie Merton and Kim Arnold.

The meetings will be held at the Cracker Barrel on Hylan Drive in Henrietta.

Dates will vary (no set day of the month).

We will start with 1 meeting a month, but after the first of the year we will meet more frequently.

We are accessible by phone or e-mail.

Julie: West Side Manor, 225-7210;

e-mail: westsidemanorrochesterprd@emeritus.com.

Kim: 402-0828; e-mail: perintonpark-md@emeritus.com.

The Annual Dinner takes a lot of planning and a lot of leg-work, especially as we enter into early Spring. Even if you can't make the meetings, we invite anyone who is willing to volunteer a few hours (TOTAL) to join the committee and let us know your level of time commitment. We will include everyone in on e-mails for meeting minutes and call upon "Friends of the Committee" to help as we get closer to the Dinner. Maybe you can volunteer a few hours to make phone calls and help increase attendance; maybe you already attend the G.R.A.P.E. lunches and can sit at the Annual Dinner table during the luncheon registration encouraging businesses to sponsor, or to take registrations for the dinner and/or workshop; maybe you know a lot of people and can ask for items to be donated to the Chinese Auction or Silent Auction.

Maybe you want to roll up your sleeves and help us make this year's Annual Dinner

The most successful ever!!!

What ever your level of involvement – we need you!

First meeting: Wednesday, October 14, 9:00 am at the Cracker Barrel on Hylan Drive in Henrietta.

Thank you in advance for volunteering for the Annual Dinner Committee. See you for breakfast.

Kim & Julie

Picture your ad here
For the November issue!
Only \$35

Use your web address in your ad for
Link to your website!

Call TODAY to
Place your ad
Only \$35 an issue
256-4351

Upcoming Events

www.grapelder.org



Mark your Calendar For the October G.R.A.P.E. Membership Breakfast Meeting

Wednesday, October 21st
8:00 to 8:30am Networking
8:30 to 9:30 am Meeting

Topic: Regulation for the Assisted Living Residence Getting it Right

Presented by: Lisa Newcomb, Executive Director
The Empire State Association of Assisted Living
To learn more about the association prior to the workshop, go to www.esaal.org

Sponsored by: AXA Advisors

Location: The Briarwood at St. Johns Meadows
1 Johnsarbor Drive West (off Elmwood Ave)

In this presentation, Ms. Newcomb will discuss the recently issued court decision initiated by the Empire State Association for Assisted Living (ESAAL) pertaining to the Association's challenge of certain parts of the New York State regulation promulgated in 2008. Those parts included architectural/building standards, nurse staffing requirements, and the Department of Health's processing of ALR applications. She will also discuss other policy and implementation issues stemming from the new regulation, and the Association's efforts to shape them.

“You’d rather talk about anything other than your retirement plan. I should know, I’m the 800lb gorilla in the room.”

Now that you’re listening, let’s talk: • Personal & Business Strategies

Glen Cone
Registered Representative

glen.cone@axa-advisors.com

AXA Advisors, LLC
175 Corporate Woods, Suite 250
Rochester, NY 14623

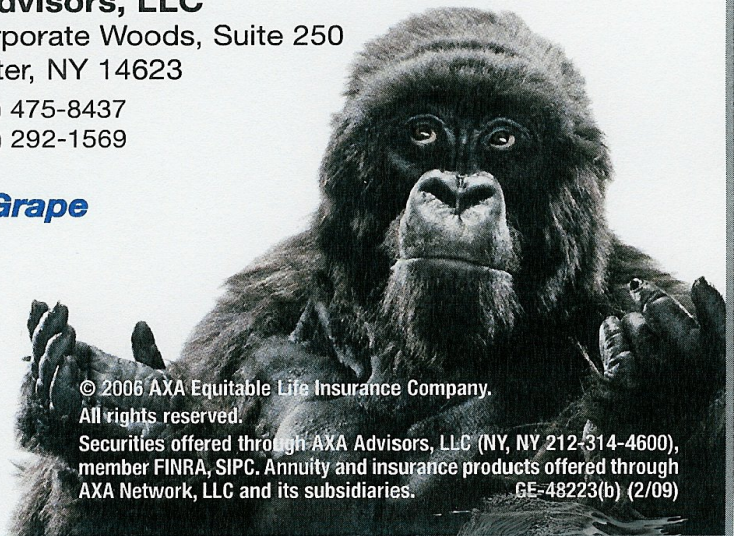
Tel. (585) 475-8437
Fax (585) 292-1569

*I am proud to support **Grape***



redefining / standards

www.axa-equitable.com



© 2006 AXA Equitable Life Insurance Company.
All rights reserved.

Securities offered through AXA Advisors, LLC (NY, NY 212-314-4600), member FINRA, SIPC. Annuity and insurance products offered through AXA Network, LLC and its subsidiaries. GE-48223(b) (2/09)

Upcoming Events

www.grapelder.org



Mark your calendar for the October G.R.A.P.E. LUNCHEON MEETING

Tuesday, October 27th—12:00 noon to 1:30 pm

RSVP required through the website www.grapelder.org

Topic: How Far is Too Far?

Freedom of Sexual Expression in
Congregate Housing Settings

Presented by: Cindy Steltz

Lifespan Director of Community Education

Sponsored by: Charlotte Harbor Townhomes

Location: Charlotte Harbor Townhomes

4575 Lake Ave, Rochester

“Freedom of Sexual Expression” is a video produced in New York State as a training tool for staff in senior living facilities. Cindy Steltz is adept at facilitating discussion of this video. She will preview the video and talk about ways in which the materials can be helpful. If you do not work in senior housing, you will benefit from learning about the questions that arise regarding sexuality in congregate housing, and about the issues we may soon face regarding our parents’ or our own sexuality.

CHARLOTTE  HARBORTOWN
Home is where the harbor is.

4575 Lake Avenue
Rochester, NY 14612
(585) 621-4890

60 River Street
Rochester, NY 14612
(585)621-6220

Studio & One Bedroom Apartments!

Monday-Friday 9-5pm

Weekends by Appointment

Modernized Kitchens

Movie Theater

Aerobic Lessons

Yoga Lessons

Intercom Entry

Contemporary Onsite Laundry Room

Grocery Shuttles

Computer Lab and Lessons

Peaceful Views of Lake Ontario and Genesee River

Utilities Included

Daily Programs and Events

Charlotte Harbortown Homes Senior Living Community
Quality Housing for 55+ or otherwise qualified

www.charlotteharbortown.com

Announcements

www.grapelder.org



Mark Your Calendars for the G.R.A.P.E. Membership Breakfast Meeting

Wednesday, November 11, 2009
8:00 to 8:30 am - Networking
8:30 to 9:30 am - Program

Location: The Briarwood at St. John's Meadows
1 Johnsarbor Dr. West, Rochester

Presented By: Representatives from Workplace Vitality

Topic: H1N1 Virus/Swine Flu

Sponsored by: Call to Sponsor Breakfast! 256-4351

Mark Your Calendars for the G.R.A.P.E. Membership Luncheon Meeting

Tuesday, November 17th, 2009
12:00 Noon—1:30 pm

RSVP Required through the website

www.grapelder.org

Presented By: Greg Olsen,
Deputy Director, NYS Office for the Aging

Topic: Annual Budget Listen-In & Sharing of Aging Priorities
A representative of the NYS Department of Health
will be hearing your concerns

Location: **Rivers Run**
50 Fairwood Drive, Rochester

Sponsored by: Rivers Run

In Review



September Breakfast Meeting



Timothy H. Engstrom, Ph.D., Department of Philosophy, R.I.T., was the guest speaker at the September breakfast meeting. Dr. Engstrom gave a provocative and compelling talk on Health Care Reform. His remarks were well received and sparked many questions from those in attendance during the question and answer period. The debate on change in health care will continue to be a flash point no matter where one stands on this issue.



September Lunch Meeting

The September 22nd membership luncheon meeting hosted by Jewish Senior Life, featured Christy Prezyna and Ellen Tomer, members of HCR's Parkinson Disease Program. Their presentation was entitled **Parkinson's Disease, an Overview including Community Resources**. This complex, neuro-degenerative illness that progressively affects the control of movements has an incidence of 300 per every 100,000 people. It was reported that the average age of onset is 62.4 years of age. Very interestingly, 35% to 42% of cases are undiagnosed.

The source of Parkinson's symptoms is the loss of dopamine in the midbrain. A diagnosis is made by displaying the presence of at least two of the four main markers: a tremor when at rest; rigidity & increased muscle tone; slowness of movement; or loss of normal balance from postural instability. It was explained that besides the characteristic motor symptoms that were enumerated, non-motor symptoms exist as well. These non-motor symptoms may include depression, anxiety and an array of other varied issues.

Medications to address Parkinson's were discussed, as well as occasional surgical interventions. Other treatment options that include selected therapies were cited. It was reported that research has found exercise to be beneficial and indeed neuro-protective. National resources focus on education and include the National Parkinson Foundation, the Parkinson's Disease Foundation, and the Michael J. Fox Foundation. Local resources include the Parkinson's Support Group of Upstate NY (234-5355), exercise groups, National Parkinson Foundation Center of Excellence at the University of Rochester (341-7500), and home care specialty programs. Many interesting questions were posed by audience members. The presenters PowerPoint presentation can be accessed on the G.R.A.P.E. website.

www.grapelder.org/events.aspx

Contact

www.grapelder.org

Board of Directors and Contact Information:

President	Matt Tonsich gmhc@hiltoneast.com
President-Elect	Ellen O'Reilly egoreilly@gmail.com
Vice President	Kathy Scott kscottbi@gmail.com
Treasurer	Christine Schaller chris3884@aol.com
Secretary	Rene Barnes rbarnes@episcopalseniorlife.com
At-Large Members	Bill Beideck bbeidick@monroeambulance.com Kim Kenna kkenna@rochester.rr.com Lisa Gabel Lisa.gabel@lifetimecare.org Stacey Rowe srowe@seniorlifestyle.com

Committee Chairs and Contact Information:

Advocacy: Paul Ryan pjscuba@frontiernet.net
Annual Dinner: Kim Arnold & Julie Merton perintonpark-md@emeritus.com westsidemanorrochester-crd@emeritus.com
Budget & Finance: David Sadowsky dsadowsky@homechex.com
Business Development: Tom McDermott & Matt Tonsich tcm@touchingheartsnyc.com gmhc@hiltoneast.com
By-Laws: Lisa Arrington larrington@lacykatzen.com
Marketing: Carol McDermott tandcmcd@aol.com
Membership: Kathy Scott & Madelyn McCarthy kscottbie@gmail.com mmcarthy@ultramobileimaging.com
Newsletter: Gabriel Geiger ggeiger@lifespan-roch.org
Nominating: Courtney McGinness mcginness@episcopalseniorlife.org
Program: Adam Fabrizi adam.fabrizi@southsidemedicalsupply.com
Services Directory: Connie Craig conniecraig179@yahoo.com
Senior Housing Alliance: Colleen Ussia & Tom Harner cussia@unityhealth.org tharner@peregrine-companies.com

The GRAPEvine

...has gone green.

We appreciate your participation in G.R.A.P.E.'s efforts to go green. In addition to the PDF version you receive by e-mail, you can also read and print the GRAPEvine newsletter on the website: www.grapelder.org. It has been our plan to bring you the newsletter in a more cost-effective and timely manner, and we'd like your comments.

If you still wish to receive the newsletter through the regular mail, contact Gabe Geiger, Chair, Newsletter Committee, at ggeiger@lifespan-roch.org.

Sponsorship Opportunities

\$35 = GRAPEvine newsletter, business card size ad, FOR MEMBERS

\$40 = set of member mailing labels

\$50 = GRAPEvine newsletter, business card size ad, FOR NON-MEMBERS

\$125 = Front Page Sponsor **NEW!**

\$125 = Program Sponsor for Monthly Membership Breakfast and Luncheon Meetings

Upcoming Meetings

www.grapelder.org

The Senior Housing Alliance will meet on Friday, October 2nd at 8:30am. This special interest group of G.R.A.P.E. members provides the opportunity for representatives from independent, assisted living, enriched and memory care facilities to meet and discuss specific issues related to the senior housing industry. October's meeting will be hosted by the Highlands at Pittsford, 500 Hahnemann Trail in Pittsford.

October's meeting will feature a presentation by James A. Carra, Director of the Veterans Service Agency. Mr. Carra will be providing updates and fielding questions regarding the Aid & Attendance Pension for Veterans. Because some of the criteria for receiving this pension have recently changed, this meeting could be instrumental in helping you better serve your seniors.

Colleen Ussia (Villages at Unity) and Tom Harner (Crimson Ridge Gardens) will serve as this year's co-chairs for the Alliance. We are now asking for RSVP's for each meeting, in order to help host communities better prepare. You can secure your seat by calling Colleen (585-723-7817) or by reaching her on email at cussia@unityhealth.org. We hope to see you on October 2nd!

UPCOMING COMMITTEE MEETINGS:

- Senior Housing Alliance October 2, 2009**
8:30 am Highlands of Pittsford, 500 Hahnemann Trail
- Advocacy Committee October 7, 2009**
12 Noon Monroe Community Hospital, 435 E. Henrietta Rd
- Program Committee October 8, 2009**
8:15 am The Highlands of Pittsford, 500 Hahnemann Trail
- Board of Directors October 13, 2009**
8:15 am G.R.A.P.E. Office, 100 McAuley Dr. @
Legacy Clover Blossom
- Marketing Committee October 12, 2009**
8:30 am Bagel Bin, Twelve Corners
- Annual Dinner Committee October 14, 2009**
9:00 am Cracker Barrel Restaurant, Henrietta
- Business Development October 20, 2009**
3:30 pm G.R.A.P.E. Office, 100 McAuley Dr @
Legacy Clover Blossom
- Membership Committee October 28, 2009**
8:30 am G.R.A.P.E. Office, 100 McAuley Dr @
Legacy Clover Blossom

TOOL BOX CORNER



Advocacy Committee

November 17th

Listen In with New York State Office for the Aging

For non-partisan side by side comparison of health care reform proposals, follow this link:

www.kff.org/healthreform/sidebyside.cfm

Dr. Bomba's August/September issue of the Bomba Letter:

<http://www.yourlongtermcare.com/dpdfs/bomba/Bomba%20Letter%20Vol.%20IX%20No.7.pdf>

Family Health Care Decisions Act:
<http://www.compassionandsupport.org/index.php/legislation/advocacy>

Submit your photos of G.R.A.P.E. Events

ALL submissions must be clear. We reserve the right to refuse any item for publication in the newsletter.

Please submit as a PDF or JPG format at least 200 dpi.

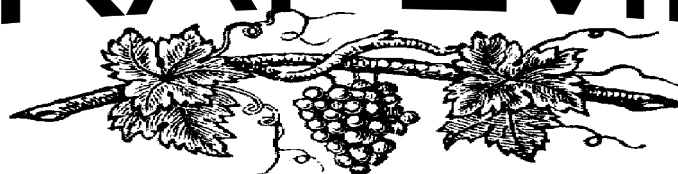
Ad copy should be submitted in full color in PDF or JPG format at 300 dpi.

Front Page Sponsor ad measures 7.25" x 3.75"

The GRAPEvine is the official publication of the Greater Rochester Area Partnership for the Elderly. It is published by the G.R.A.P.E. Board of Directors to communicate appropriate G.R.A.P.E. business, decisions and positions, and to keep membership informed about aging-related issues.

www.grapelder.org

GRAPEvine



G.R.A.P.E. is an organization of professionals and interested persons who aspire to improve the quality of services for older people. We accomplish this by sharing expertise, knowledge and skills, and by acting as their advocates in ways deemed appropriate by the membership. G.R.A.P.E. seeks to foster a sense of camaraderie among professionals; provide high-quality education and training; influence social and public policies and facilitate debate about emerging issues; and compile and disseminate an accurate and up-to-date listing of elder services in the Greater Rochester area.



100 McAuley Drive, Suite 2000
Rochester, New York 14610
(585) 256-4351; fax (585) 256-4352
info@grapelder.org
<http://www.grapelder.org>

Editorial Group

Gabriel Geiger
Lifespan

Renee Elwood
Jewish Senior Life

Debbie Bernake
Happier at Home

Lauren Wentis
Rochester Financial Group — MetLife

Kelly Allen
Managing Editor
Legacy at Park Crescent

Kim Kenna
Photographer

Kathleen Krauss
Executive Director

G.R.A.P.E. members are encouraged to submit ideas, pictures and articles, with subjects relating to elder care. We also solicit calendar events, announcements, and employment opportunities. Pictures should be submitted digitally to the G.R.A.P.E. office. Articles are subject to revision by the GRAPEvine Newsletter Committee. Please do not include politics, religion, or advertising in your submission. We are not responsible for errors or omissions. The information provided here does not constitute legal advice. Opinions and viewpoints expressed here do not necessarily reflect those of G.R.A.P.E. or its membership. Items for the newsletter must be submitted no later than the 20th of the month. Items may be submitted to the G.R.A.P.E. office at info@grapelder.org. We have the right to determine the size of the image and cannot guarantee its quality. All images should be clear.

Editorial Policy: G.R.A.P.E. welcomes items consistent with the mission of G.R.A.P.E. Items should be informational in nature, and of general interest to the membership. In general, content should pertain to aging-related issues that affect members or the aging populations they serve. G.R.A.P.E. does not accept or distribute items that contain advertising, or which are promotional in nature, with the exception of purchased advertisements.