

GRAPEvine



SUMMER 2010

www.grapelder.org

IN THIS ISSUE

PRESIDENT'S MESSAGE

WELCOME NEW MEMBERS

A JOURNEY

SUMMER BREAKFAST
MEETING DATES

SPONSOR OPPORTUNITIES

BUSINESS CARD PAGE



SAVE THE DATE!!!!

October 21, 2010

Social Networking for G.R.A.P.E. Members

MacGregor's on the Bay

Details for this event will be in the
September issue of the GRAPEvine.

Don't miss out on the fun, good food,
and genuine good time
with fellow G.R.A.P.E. Members.



- Rochester Home Builders Assoc. 2008 "Builder of the Year"
- Accessible Home Remodeling Since 1973
- Certified Aging-in-Place Specialist



ALBRIGHT REMODELING

accessible home remodeling for all ages

*A wheelchair power lift
allows easy access from
one level to the next.*

*Albright Remodeling creates a
comfortable, appealing, and
supportive living environment for
individuals and families who need
to adapt their homes to meet
changes in lifestyle, health, or
mobility caused by aging,
accidents, or health issues.*



Aging-in-place means living in one's home
safely, independently and comfortably, regardless
of age, income or ability level.

It means the pleasure of remaining in a familiar
environment throughout one's maturing years, and
the ability to enjoy the familiar daily rituals and the
special events that enrich all our lives.

Albright Remodeling is proud to have achieved
the "Certified Aging-In Place Specialist" builder
designation.

585.243.9797

www.AlbrightBuild.com

585.230.4280

President's Message

www.grapelder.org



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

I hope everyone enjoyed the Annual Dinner!
As always, this is the largest fund raiser for our organization. As the numbers come in, it was another very successful event. I wanted to thank all the organizations that participated by being a sponsor, donating to the raffle, or by supporting committee membership participation that drives this organization.
Although the annual dinner usually marks the end of the G.R.A.P.E. meetings for the membership year, we have something new in store for you this summer.

G.R.A.P.E. has solidified some “just networking” meetings for the summer months. The Breakfast Meetings will continue during July and August. The meetings will be held July 21st at Clare Bridge of Perinton and August 18th at Baywinde Senior Living. The summer meetings, which will be held outside, weather permitting, will be much more casual with open networking from 8:00 – 9:00 a.m.
I hope everyone can attend this new venture for our organization.
It’s an opportunity for everyone to just get together,
mingle, enjoy the summer weather
and have some fun!

Please be safe in your travels. Have a great summer!

*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*

Membership

Membership Year: July – June
Individual Professional - \$100 * Matriculated Student - \$40
Retired Professional - \$40

Membership Co-Chairs: Madelyn McCarthy & Kathy Scott

E-mail: info@grapelder.org

www.grapelder.org

Welcome New Members

Natasha Noras
Monroe County Legal Assistance
1 West Main St. Suite 400
Rochester, NY 14614
585-295-5658

nnoras@lawny.com

Cindi Norbut Smith
Caring Heart Companions
153 Long Pond Rd.
Rochester, NY 14612
585-227-5525

cindi@caringheartcompanions.com

Paul Johnson
Professional Member
23 Chapel St.
Canandaigua, NY 14424-1101
585-794-2746

pmjscout@gmail.com

Marti Balta
Advocate Companion
105 Shaftsbury Rd.
Rochester, NY 14610
585-482-9045

martibalta@frontiernet.net

325 G.R.A.P.E. Members

**80 members volunteer on a committee
are you one of them?**

Just one or two hours of your time
each month is all it takes to serve
on a committee.

Committee meetings will start
in September.

Start the year off right
and join a committee. You will be
surprised at the fun you will have and
the great people you will meet.



Thank You to all of our 2010 Volunteers.

Adam Fabrizi	Kelly Allen
Aileen Fornuto	Kevin Curley
Alison Jones	Kim Arnold
Alyssa McNichols	Kim Kenna
Ann Julien	Kim Vogt
Anne Marie Hurley	Kristen Treadway
Ashley Greenman	Lauren Wentis
Bill Armbruster	Lisa Arrington
Bill Reeves	Lorre Anderson
Bob Weston	Lynn Pierce
Bobbie Goodridge	Madelyn McCarthy
Carol McDermott	Margot Long
Chris Gauvin	Mary Walker
Chris Schaller	Mary Ellen DeReu
Christine Stuhler	Matt Tonsich
Claudia Tuckey	Matt Whitcomb
Colleen Ussia	Mike King
Connie Craig	Mollie Traub
Cora Sprague	Myron Kowal
Courtney McGinness	Pam Trompeter
David Sadowsky	Paul Caccamise
David Steitz	Paul Richardson
Deborah Bernacki	Paul Ryan
Deborah Cardillo	Paula Casselman
Diane Rehse	Paula Kazmierczak
Ellen O'Reilly	Rebecca Johnson
Frank Mastrella	Rene Barnes
Gabe Geiger	Renee Elwood
George Kauffman	Rick Vogelzang
Glen Cone	Sara Klimasewski
Jacqueline Bell	Sequetta Sweet
James Birch	Sharon Vincent
James Horn	Steve Newcomb
Jeanne Jones	Susan Barnes
Joanne Glover	Susan White
Julie Merton	Theresa Downham
Karen Kremer	Tom Harner
Karen Witkowicz	Vesna Parks
Kathleen Allen	Will Irwin
Kathleen Dever	
Kathy Scott	

Consider being a volunteer next year!

Welcome Back, Mary!

By: Lauren Wentis

As we come to the end of our G.R.A.P.E. calendar year, we thank Matt Tonsich for the great job he has done for us as G.R.A.P.E.'s President.

As you may recall, he stepped into that role just before the new 2009-2010 G.R.A.P.E. calendar year began, taking the place of our President-Elect, Mary Simonetti. Mary stepped down two weeks before she was sworn in, because of a diagnosis of breast cancer. Mary is now back to work at Comfort Keepers and feeling great. We thought it would be a terrific idea to welcome her back to G.R.A.P.E.!

When we sat down with Mary, she told us that on March 16th, 2009, she went in for a simple, routine mammogram. It wasn't the news she was hoping for. After many surgeries, chemotherapy, many painful side effects, and bodily as well as life changes, as of November 7th, 2009, Mary is cancer-free. She'll tell you, it has been quite a journey.

Everyone knows a woman who has had breast cancer in her life (it does strike men as well, although much less frequently). Mary had some important words of advice she passes along to others. That March mammogram of Mary's, for instance, was what was called a "hard read." The doctors could not definitively tell what was happening by the mammogram alone, and Mary says in cases like that, it's important to push for an MRI (Magnetic Resonance Imaging) scan to more concretely determine whether there is cancer, and where. Mary also says she learned that getting one's Vitamin D levels checked annually is important, especially if you are feeling fatigued, as low levels can sometimes be a warning sign. Bottom line: it is critical to be proactive about your health. "No day at work should stand in the way of you having a symptom checked out or making it to your mammogram appointment," Mary insists.

True to her nature, the Mary Simonetti we all know and love, she turns the conversation away from

herself, and focuses on: love. Mary wanted us to be sure to mention that one of the most significant things she took away from this journey was a deep gratitude to the people who sent her so many cards, flowers, messages, gifts and e-mails along the way. "The beauty of friendship is just wonderful,"

Mary said. "And I am certainly in the right line of business to have had this happen to me," she also said. "Amy was my 'Comfort Keeper,' and so were all my friends, my parents, my husband, my kids, and all the rest of my family." She wrapped up our enlightening conversation together with a happy and excited message for our members: "Life is good! I'm so happy to be back to work, and back to GRAPE, and I missed everyone!" Welcome back, Mary, it's great to have you, and we missed you too!



Early detection is the best detection!

Detecting breast cancer in the earliest and most curable state could save the lives of many women.

There are three methods of early detection that all women should practice:

- Monthly self breast exams
- Annual clinical breast exams by a health care professional
- Regular mammograms

www.breastcancer.org



Mark your Calendar Membership Breakfast Meetings to continue For July & August

Come and meet, greet and mingle with fellow G.R.A.P.E. Members in a casual atmosphere!

By members request, G.R.A.P.E will continue the membership Breakfast meetings during July and August.



Wednesday, July 21, 2010
Place: Clare Bridge of Perinton
159 Sully's Trail, Pittsford
8:00am - 9:00am

Continental Breakfast will be served outside, weather permitting. Come and network with fellow G.R.A.P.E. Members in a casual summer fun atmosphere.



Wednesday, August 18, 2010
Place: Baywinde
100 Kidd Castle Way, Webster
8:00am - 9:00am

Continental Breakfast will be served outside, weather permitting. Come and network with fellow G.R.A.P.E. Members in a casual summer fun atmosphere

MARK YOUR CALENDARS FOR THE NEXT G.R.A.P.E. MEMBERSHIP BREAKFAST & LUNCHEON MEETINGS

Wednesday, September 15th—8:00 to 9:30 am
The Briarwood at St. John's Meadows

Tuesday, September 21st—12:00 noon to 1:30 pm
Jewish Home

Have a wonderful Summer!

Here's My Card

The GRAPEvine: SUMMER 2010

www.grapelder.org

Here's my card!

Your business card is another way
to network.
Let it work for you!
Connect with your
referral sources
For only \$35 each month



George W. Kauffman and Lucia Siena
Financial Advisors
135 Corporate Wood, Suite 320
Rochester, NY 14623
(585) 436-4510
gwkauffman@wradvisors.com

Seniors Real Estate Specialist (SRES)

Rich Vogelzang, CRS, SRES

Associate Broker with 28 years of real estate professionalism

www.RICHtheREALTOR.com

RichV@rochester.tr.com



(585) 703-7272



GLENMERE IS EXPANDING!
Additional Assisted Living Apartments and
New Memory Care Neighborhood Opening Summer 2010



GLENMERE

ASSISTED LIVING at *Cloverwood*

www.glenmere.org

CALL 585.248.1100

for more information and to schedule a tour.

Call today to place your ad
For next year's issues.

Discounts available for
multiple issues

This is an EASY way to market
your business!

Place your ad on the
Business card page

Only \$35 an issue

256-4351

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

2010 Annual Dinner Burgandy Basin Inn



Kelly Allen, Volunteer of the Year,
Newsletter Committee



Kayla Mitchell & Kathleen Krauss
G.R.A.P.E. Office



Matt Tonsich, G.R.A.P.E.
President welcomes attendees



Paula Kazmierczak, Atria Senior Living & Kathleen
Krauss man the registration table.



Adam Fabrizi, Program Committee Chair, starts the
annual dinner meeting



Attendees mingle and have a great time
at the event



Bill Reeves, Auctioneer extraordinaire &
Teri Silvesteri, St. Johns

Contact

The GRAPEvine: SUMMER 2010

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 cschaller@episcopalseniorlife.org
Secretary	Stacey Rowe srowe@seniorlifestyle.com
At-Large Members	Nancy Rivers nrivers@brookdaleliving.com Kim Kenna kkenna@comfortkeepers.com Lisa Gabel Lisa.gabel@lifetimercare.org Jennifer Lewis jennifer.lewis@southsidemedicalsupply.com

Committee Chairs and Contact Information:

Advocacy:	Paul Ryan pjscuba@frontiernet.net
Annual Dinner:	Ann Julien & Alyssa McNichols ann_julien@urmc.rochester.edu Alyssa_McNichols@urmc.rochester.edu
Budget & Finance:	David Sadowsky dsadowsky@homechex.com
Business Development:	Ellen O'Reilly egoreilly@gmail.com
By-Laws:	Lisa Arrington larrington@lacykatzen.com
Marketing:	Carol McDermott tandcmcd@aol.com
Membership:	Madelyn McCarthy & Kathy Scott mmcarthy@ultramobileimaging.com kscottbi@gmail.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:	Lucy Lester & Nancy Rivers llester@stannscommunity.com nrivers@brookdaleliving.com

ARE YOU ON A COMMITTEE?

If not,
We need you!

Those interested,
please contact
The G.R.A.P.E.
Office 256-4351.



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

\$175 = Front Page Sponsor
FOR NON-MEMBERS

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

See page 9 for ad specifications

Upcoming Meetings

www.grapelder.org

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

UPCOMING COMMITTEE MEETINGS:

**No committee meetings
for the Summer!**

**Volunteers needed to
serve on
committees in the fall.**

**Call the G.R.A.P.E
Office for details.**

256-4351



**Make 2010 your best yet!
Volunteer to serve
on a committee.**

New G.R.A.P.E. Consumer Guides. Be sure your Provider Information is included and up to date.
This is your responsibility. *IT'S NOT TOO LATE!*

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=Services). This will be the service 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.

**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 300 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"

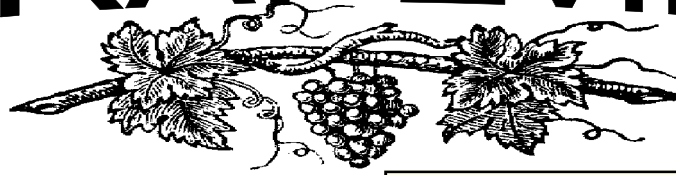
Half Page Sponsor ad
measures 7.25" x 5"

Business Card Sponsor ad
measures 3.25" x 2"

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

Debbie Bernaki
Happier at Home

Lauren Wentis
MetLife Financial Group

Kelly Allen
Layout and Design
Legacy at Clover Blossom

Kim Kenna
Comfort Keepers

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.