

JUNE 2009

G.R.A.P.E. (Est. 1992)

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PRESIDENT'S MESSAGE

BY G.R.A.P.E. PRESIDENT COURTNEY MCGINNESS

I have now written 20 President Messages for the GRAPEvine. It seems like this last submission should be easy and, frankly, a relief...one less thing to do. However, that has not been the case. I have written and rewritten this particular message and confess: I am a little sad to send it off to the Newsletter Committee.

The past two years have gone by so quickly. We have done some great work together as an organization; we have been focused and dynamic. G.R.A.P.E. is an organization that is now... "on the map" in Rochester. I am proud to have had a hand in it. I have met some wonderful professionals involved with G.R.A.P.E. and could not have been successful without them.

Each Committee and Chairperson – our success relies almost solely on the strength of these groups of professionals. If you are not currently participating, join a committee next year! I promise you will find it rewarding.

My predecessor, Myron Kowal – what an act to follow! Myron taught me many things, but especially he taught me to be more comfortable in taking risks and taking stands for the betterment of the organization.

Kathleen Krauss – The office is the backbone of our organization. Kathleen stepped in and created a wonderful, organized environment in the G.R.A.P.E. Office.

Jeanne Jones – Jeanne has truly been "The Rock" of G.R.A.P.E. The lessons I have learned from her are endless. Jeanne says more with one look than most people say all day. I have come to truly appreciate this talent. Over the past two years, she has served as a wonderful partner and mentor. Her wisdom, knowledge and experience are also endless.

Episcopal SeniorLife Communities - without the support of my colleagues and particularly my supervisor, Loren Ranaletta, President/CEO, my involvement would have been impossible.

Finally, I wish the new leaders of G.R.A.P.E. the best of luck; I know the organization is in strong hands. I look forward to continuing my involvement with G.R.A.P.E., not as president, but in other capacities. I am and will remain a most devoted member of this wonderfully relevant organization.

Courtney McGinness is the President of G.R.A.P.E. and Director of Marketing for Episcopal Senior Life Communities. She can be reached at 585-426-4950 mcginness@episcopalseniorlife.org

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.

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.

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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.

Membership Year: July – June
Individual Professional - \$85 * Matriculated Student - \$40
Retired Professional - \$40

Sponsorship Opportunities

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

\$40 = set of member mailing labels

\$50 = GRAPEvine newsletter, bcsize, FOR NON-MEMBERS

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

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Deborah Bernacki
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Renee Elwood
Jewish Senior Life

Paula Hollinger

Kim Kenna

Lauren Wentis
Rochester Financial Group - MetLife

Kathleen Dever, Photographer
St. John Fisher College

Jeanne Jones
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.

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**TOOL
BOX
CORNER**

*See helpful
website below*

Courtesy of the Advocacy Committee

<http://www.census.gov/popest/states/asrh/SC-EST2008-02.html>

The Census Bureau has just issued the July 1, 2008, population estimates by age and state. They show a population 60 and older of 65.0 million (17.8% of the population) and 65 and older of 38.9 million or 12.8% of population. To find New York State estimates, go to: <http://www.census.gov/popest/states/asrh/SC-EST2008-02.html>

Thank you to Monroe County Office for the Aging for this timely information

UPCOMING COMMITTEE MEETINGS:

Committees will not meet on a regular basis during the Summer months.

*The next meeting of the Board of Directors will be the **third** Tuesday in September, 9/15/ 09, 8:15 am, at the G.R.A.P.E. Office.*

Board meetings are normally held the second Tuesday of each month. The second Tuesday of September is the day after Labor Day. The Board of Directors will resume meeting the second Tuesday in October.



Always at Your Service

Newsletter Sponsor

Welcome New Members

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REMINDER...

**...TO GET YOUR
ADS FOR THE
SEPTEMBER
NEWSLETTER
TO THE
G.R.A.P.E.
OFFICE BY
AUGUST 20TH**

**Have a great
Summer!!**

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.

You can send your comments by clicking here:
ggeiger@lifespan-roch.org

Under Construction



Watch for additional changes to the GRAPEvine newsletter and website: <http://www.grapelder.org> in the coming months!

How to Prevent Falls

Better Balance, Independence and
Energy in 6 Simple Steps'
Impact Your **Bottom Line**

Dr. Betty Perkins-Carpenter
is available for:
Workshops, Staff Training & Keynote Speaker

For info call 1.800.306.3137
www.howtopreventfalls.com



Newsletter Sponsor

Announcements

Unity Housing Fair

A program of the Senior Housing Alliance

Date: June 18th

Time: 10:30 to 3:30 pm

Place: 2nd floor I

in the hall by the cafeteria

All Independent, Adult Care, Enriched Care, and SCU Communities are invited to display information about their communities during this time period.

Lunch will be provided for the social workers, discharge planners, and vendors in a room located near the display area.

*Set-up at 10:30 am; cleanup ends 3:30 pm
\$20 is due by check (preferably) or cash before the event. Invoices and receipts are available.*

Contact Kim Arnold or Julie Merton with questions.

perintonpark-md@emeritus.com

Westsidemanorrochester-crd@emeritus.com

2009 Caregiver Speaker Series

DATE: June 9, 2009

TIME: 5:30 PM

LOCATION: Jewish Home of Rochester

**RSVP: 585-427-7760, ext.135 or
dstumbo@jewishseniorlife.org**

Balancing Life Roles

What are the components that make up one's personal identity and how do we balance them all?

Lifespan's Education Director, Cindy Steltz, discusses the roles we take on by choice, circumstance or default, and how to take control of the time and effort put into each of life's roles

Reception - Speaker -

Co-sponsored by Lifespan and Alzheimer's Association

Congratulations

To

G.R.A.P.E. Member

Doyle Security of Rochester, NY

The Better Business Bureau (BBB) announces the 2009 Torch Award winners for Marketplace Excellence:

The BBB Torch Award is the highest recognition given to area businesses by the organization and honors them for their ability to demonstrate the highest standards of customer service, community involvement, adherence to truthful and honorable business practices and outstanding reliability. "These businesses represent the best of the best," said David Polino, BBB President.

BBB is an unbiased not-for-profit organization that sets and upholds high standards for fair and honest business behavior. Businesses that earn BBB accreditation contractually agree and adhere to the organization's high standards of ethical business behavior.

Rochester Area Administrators of Volunteer Services Annual Conference Survive & Thrive

Wednesday, June 10, 2009

8:15 AM – 3:45 PM

Springdale Farm

700 Colby Street,

585-349-2090

Pre-registration is required.

Registration fee is \$45 for RAAVS members and \$70 for non-members. Registration includes continental breakfast and lunch.

Jerry Bennett at (585) 429-7511 jbennett@psquared.org

More Announcements

Alzheimer's Association

7th Annual Symposium
"Hope for Tomorrow, Care for Today"

Thursday, June 4, 2009
8:00 am to 5:00 pm
\$85.00 per person
Includes Continental Breakfast & Luncheon

Phone: 585-760-5400

RIT Inn & Conference Center
5257 W. Henrietta Road
Henrietta NY 14467

For Members Only:

A Reminder to use your free access to the G.R.A.P.E. website to learn about your colleagues' upcoming events. *See opposite panel.*

Go to: www.grapelder.org
Sign in to Member Profile
Your User Name is your current e-mail
The Generic Password is n3tw0rk, or, you may have changed the generic password to one of your own personal choice.

You are now on your Member Profile page. Look to the upper right and click on "View Events." You can view and register for events ** on that page.

Take advantage of this member-only benefit!

Waddell & Reed Financial Advisors

*George W. Kauffman
135 Corporate Wood, Suite 320
Rochester, NY 14623
(585) 436-4510*

Newsletter sponsor

SAVE THE DATE

"Caregiving and an Aging Population"

October 15-17, 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 more detailed information about the conference and directions on how to submit an abstract.

Questions about the conference can be directed to the SSA Conference Program Co-Chairs:
Diane Rehse: diane_rehse@urmc.rochester.edu
Christeen Verchot: Verchotc@mccny.com

LOOK FOR MORE ANNOUNCEMENTS ON THE WEBSITE: www.grapelder.org

June 3rd, 3:00 pm—Reiki Therapy and You
Location : Sage Harbor at Baywinde

June 8th, 11:00 am, 13th Annual Episcopal SeniorLife
Communities' Golf Tournament
Location : Shadow Pines and Shadow Lakes Golf Clubs

June 10th, 12:00 noon—Chiropractic Screening with
Riddle Chiropractic
Location: Castle Pointe at Baywinde

June 11th, 12:00 to 1:00 pm—Brain Wellness Strategies
Location: Clare Bridge Perinton

June 16th, 5:30 pm—New Laws Celebrate Aging
Location : Jewish Home of Rochester - Goldberg Center

June 25th, 12:00 noon—Mingling, Networking, and
Socializing
Location : Red Wings Stadium

For more details about these events, go to the website at www.grapelder.org and follow Member Profile instructions.

The GRAPEvine: JUNE 2009

Dementia: Warning Signs and Medical Evaluation was the topic of Dr. Caprio's presentation at the May 20th Membership Breakfast Meeting. A common condition in aging, dementia is an increasing burden on caregivers and the health care system. It is now ranked as the #6th cause of death.

Dr. Caprio helped us understand the difference between normal aging and dementia, and to identify the different types of dementia. He also spoke about common changes that we can identify as warning signs, medical research that is underway to slow its progression, and when to see a specialist. Phone #: Geriatric Evaluation Clinic 760-6589. His powerpoint presentation can be accessed on the G.R.A.P.E. website.

www.grapelder.org/events/asp



Dr. Thomas V. Caprio, University of Rochester, Division of Geriatrics & Aging, Finger Lakes Geriatric Education Center



Theresa Downham introduces guests at her table from Open Door Mission, who were encouraged to attend through the Membership Recruitment Phone-athon.



Paul Phillips, Executive Director of Cloverwood Senior Living, accepting our thanks for his hospitality over the past three years. This was the last breakfast meeting to be hosted at Cloverwood.



Cindy Steltz, Community Education Director, Lifespan

A most interesting luncheon meeting, beginning with a heart-healthy meal prepared by Castle Pointe at Baywinde, proving that meals can be delicious and good for you too!

Cindy Steltz led us through a mind-provoking subject: Back to the Future: Love, Sex and Dating after 60 with humor and sensitivity. This topic will be more openly discussed as the baby-boomers reach the after-60 age, and professionals will need to factor the need for love and intimacy into program and living accommodations. There are many issues that relate to older love relationships: family, marriage, health, physical appearance, HIV/AIDS. (10% of new HIV/AIDS cases are older women over 55!) Cindy quoted from Another Country: "Young love is about being happy. Old love is about making someone else happy."

Thank you to Castle Pointe at Baywinde for an excellent sit-down lunch

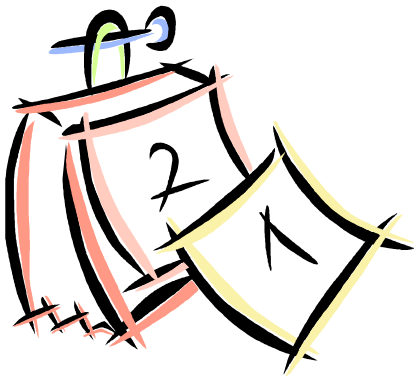


Margot Long and Mary Mahar enjoy networking before the program started



Jim Birch, co-chair, Program Committee





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

Wednesday, September 16th—8:00 to 9:30 am

Our Breakfast meetings will be hosted at a new location

****Watch for New Location!****

Tuesday, September 22nd—12:00 noon to 1:30 pm

Host site to be announced

Networking

Education

Advocacy



G.R.A.P.E.

**GREATER ROCHESTER AREA
PARTNERSHIP FOR THE ELDERLY**
