

## A Helping Hand

Meals, Shopping, Doctors Visits,  
Laundry and more.  
Call for a free assessment.

586-4320  
**LOVING CARE  
FOR SENIORS**  
REASONABLE RATES • BONDED & INSURED



### Safety at home. Peace of mind for you.

Are you worried about the safety of a loved one? Community Care of Rochester can provide you with a skilled home health aide to supply care, comfort and personal attention. Coverage can begin within 24 hours of your request.



Ease Your mind...  
for more information,  
call 288-7560

### MIDTOWN MANOR APARTMENTS

(For Age 52 and Older)  
Convenient Downtown Location, walk  
to shopping. On a direct busline.

• **Studio: \$280**  
• **One Bedroom: \$351**

All Utilities Included, Monthly Mass  
Services, Section 8 Accepted

546-3650

475 East Broad St.



## When You Need Us

Residents are assisted by trained staff who are on duty around the clock. Services included in the daily charge are:

• Private or semi-private rooms, furnished or unfurnished, featuring air conditioning and the latest in smoke detector and sprinkler systems. Semi-private rooms are ideal for married couples.

- Three meals and two snacks each day
- Supervision of medication and special diets
- Supervised bathing
- Extensive activities program
- Religious services
- Transportation for shopping
- Housekeeping
- Personal laundry service
- 24-Hour supervision

Services available, but not included in the daily charge, are:

- Beautician
- Cable television
- Private telephones
- Newspapers

Celebrating our 20th year!

Call  
381-0282



## TOWN GATE EAST

2006 Five Mile Line Rd. • Penfield, New York

## Call 723-8760

Personalized to meet your needs:



- Companionship
- Senior sitting
- Shopping
- Meal Prep
- Respite Care
- Transportation
- Light Cleaning



SERVICES for SENIORS

1100 Long Pond Rd.

Reasonable Rates!  
Fully Insured. Bonded

Established  
1873



the tradition continues

15 West Ave.  
Spencerport  
NY 14559

JOSEPH J. PEWORCHIK  
DANIEL J. GRIFFITH  
352-1500

21 S. Main St.  
Churchville  
NY 14428

## HIDDEN MEADOWS

COMMUNITY



HIDDEN MEADOWS is a community designed for easy-living as you look forward to retirement. Located away from the crowds, Hidden Meadows is nestled in a quiet country setting. People here are young at heart and enjoy the conveniences and location opportunities that Hidden Meadows offers.

This community affords the pleasure of comfortable living on wooded private roads. Conveniences such as lawn care, a club house for community activities and the security of living in a community with individuals of your own age.

OPEN FOR INSPECTION SUNDAYS 1:00-4:00PM,  
OR BY APPOINTMENT

CALL: (716) 494-1424

7289 Lake Road, Bergen, New York 14416  
(1 mile south of Rt 33 & 19)

HIDDEN MEADOWS ... It's where your friends are!

## I feel so comfortable at The Heritage.

"My apartment's lovely. You should see the view from my window. The lounges, dining room, and other common areas are just as homey. The pleasant, thoughtful staff makes it a joy to live here. Security is excellent, too, and that gives me real peace of mind."

At The Heritage, age is no barrier to a satisfying life; the average age of our residents is 87. We're dedicated to providing comfort and privacy, combined with excellent medical care. No other health-related facility offers so much independence, along with so many services.

—Alida Hagerty



### Feel at home at The Heritage

For medically-supervised seniors

1450 Portland Avenue  
Rochester, New York  
14621  
(716) 342-1700