



Now, there is a special program where the elderly and persons with disabilities can live at home and spend their days at St. Ann's.

Home Connection is a unique concept in health care for elderly and people with disabilities.

Home Connection offers people the best of both worlds: It enables them to live at home and spend their days at St. Ann's, where they can take advantage of fully-staffed health services along with leisure time activities in a safe, secure environment. Services include:

- Personal care and bathing
- Hot meals and nutritional counseling
- Physical, occupational, and speech therapies
- Hearing evaluations
- Health monitoring and nursing care
- Social work counseling
- Religious services
- Social activities
- Transportation

We can also arrange special services like podiatry, dental hygiene, and trips to St. Ann's beauty salon, barber shop and Peartree store.

Home Connection can mean something very special for people who need help: It means they can get skilled, professional care and daily socialization and recreation. They can even stay under the care of their own physician. In addition, *Home Connection* offers much needed respite for family members who help care for a person at home.



If you would like more information about *Home Connection*, please call us at 342-1700.

Home Connection at St. Ann's • 1500 Portland Avenue • Rochester, New York 14621

North Village Apartments

2515 Culver Road

(Located near the Shire at Culverton)

One Bedroom Garden Apartments for Senior Citizens

CURRENTLY ACCEPTING APPLICATIONS

1 BEDROOM SECOND FLOOR APARTMENTS NOW AVAILABLE \$495.00 per month

- Security
- Independence
- Convenient Location



Please call Mr. LeChase at (716) 467-4544

Join Our Family!

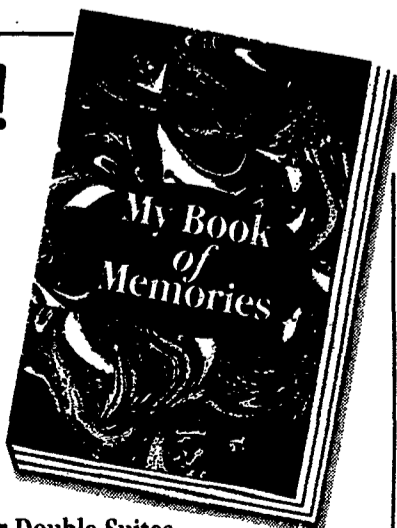
At Hilton East Adult Home

over 20 years of service

A lovely rural setting and caring staff offers:

Medication Supervision, Personal Care, Laundry, Housekeeping, Special Diets, Recreational Activities and Outings.

Room Availabilities: Furnished or Unfurnished Semi-privates, Private, Single or Double Suites.



Please call 392-7171 for a tour
231 East Ave., Hilton, NY 14468

NX NEW HOPE ADULT SERVICES, INC.

- Housekeeping • Senior Sitters
- Laundry Service • Companionship
- Heavy Cleaning • Shopping Services

336-9770

THOUGHTS TO CONSIDER



EDWIN SULEWSKI FUNERAL DIRECTOR

What is grief?

Grief is a process of feelings and behaviors which follow the loss of someone or something that we love. The entire process of grieving helps us to come to terms with the changes that have taken place in our lives and begin adjustment to them. This is not always easy and often lasts for a year or more. Some of the feelings that accompany grief are anger, guilt, anxiety, shock, jealousy and depression. It is not uncommon to be confused, restless, to have difficulty sleeping or to have a change in appetite. It takes time to accept the reality that someone we love is deceased. It takes longer to recreate a life that can make us happy.

CALL AND ASK ABOUT OUR VIDEO TRIBUTE PROGRAMS
A video presentation of a loved one's life...
A beautiful memorial service and reception at your home.

SCHAUMAN-SULEWSKI FUNERAL HOME
2100 St. Paul St., Rochester, NY 14621
(716) 342-3400

Thieves often target seniors

By Lee Strong
Senior staff writer

Several senior citizens in the Finger Lakes area were recently victimized by con artists.

In three separate incidents taking place in Auburn, Seneca and Canandaigua, seniors were scammed out of thousands of dollars. In one case, a woman posing as a doctor convinced people to give her their Social Security numbers and other personal information. In another case, a man posing as a doctor convinced people to give him their Social Security numbers and other personal information. In a third case, a man posing as a doctor convinced people to give him their Social Security numbers and other personal information.

Senior citizens are often targeted by thieves because they are more likely to be alone and have more money. Thieves often use a variety of tactics to scam seniors, including posing as a doctor, a utility company representative, or a police officer.

But there are ways to protect yourself. Always use common sense and be wary of anyone who asks for your Social Security number or other personal information. If you are still unsure about the credentials of the person seeking entry into your home, call the police or the utility company to confirm the person's identity before letting the individual inside.

Allen-Caballero said that if someone comes to the door, look through the window or peep hole and do not unlock the door to a stranger. If the person claims to be a police officer or a worker for an area utility company, ask to see some identification. She added that if you are still unsure about the credentials of the person seeking entry into your home, call the police or the utility company to confirm the person's identity before letting the individual inside.

All too often, Allen-Caballero noted, seniors fail to make those calls — afraid they will look foolish or overcautious to someone who might question whether they should continue to live independently.

But, she said, "It's better to feel silly than to be robbed or worse."

Allen-Caballero also cautioned seniors never to give out credit card numbers, to be suspicious if someone says that payments must be made in cash, and not to be fooled by what seems like a good deal.

"If something sounds too good to be true, it probably is," she said. She warned seniors never to feel pressured into immediately paying or signing up for something.

"If somebody is telling you today is the only day to sign up, that is probably an illegitimate demand."

To help alert seniors to tactics used by con artists and to help and offer elderly people general safety tips, Elder Services Project Care held a workshop last summer at Rochester's First Unitarian Church. The workshop was cosponsored by the Rochester Police Department and the American Association for Retired Persons.

In the near future Project Care will also likely hold an information session about fraud, Allen-Caballero added.

In general, a person can avoid becoming the victim of a con artist by being assertive and thinking before acting, Allen-Caballero acknowledged.

"A lot of it is common sense, and not being afraid to ask questions," she concluded.