

“From the Supervisor” – March, 2021
Submitted by Pittsford Town Supervisor Bill Smith

Helping our Seniors Stay Healthy and Connected

In one way or another, the pandemic has isolated each of us. This can be especially true for our seniors. Checking on an older neighbor, especially one who lives alone, or can't get out, or has health problems, is more important now than ever. Your gesture, large or small, can help keep our seniors safe and connected. Call, or stop by for a “window visit.” If you can, offer to shovel a walk or driveway, or have your kids build a snowman outside their window. Small acts of kindness can make a big difference.

If you know of a senior or someone with special health needs who might need some help, please let them know about the following resources, or help them to connect:

Our **Pittsford Recreation Department** continues to offer a variety of programs for seniors. In particular, our staff conducts regular check-ins with seniors who sign up for our programs and services. Contact them at 248-6235.

The Town offers two convenient **pickup lunch programs** for seniors at our Spiegel Community Center. A **“Grab and Go” meal** is offered on Wednesdays and Fridays. Once a month we offer a **Home-Cooked Curbside Lunch** by Chef Julie. Call our Senior Programs office at 248-6235 for more information and to reserve a meal.

Current programs for seniors include an **online Balance Class** held the first three Mondays of each month and **Pittsford Highlands Chorus rehearsals** (all are welcome to participate) every Monday via Zoom. Right now we're planning for some in-person health and fitness programs for seniors at the Community Center as well. Visit our Seniors webpage at www.townofpittsford.org/home-senior, check our eNewsletter or call (585) 248-6235 for updated Seniors program information.

Lifespan – provides information, guidance, services and advocacy for older adults and caregivers. Call (585) 244-8400. More information at www.lifespan-roch.org.

NY Connects – provides information about long term services and supports, such as home care, transportation and meals. Learn more at www.nyconnects.ny.gov/aboutus or call (585) 325-2800.

211 – a comprehensive source for local social services information. Local experts make finding help easier through teams of compassionate, highly trained specialists available 24 hours a day, seven days a week who help those in need access the best local resources and services to address any need. Dial 211.

ElderSource – comprehensive source for information, advice, advocacy and support for seniors. Contact Care Manager Lisa Wholley at (585) 325-2800.

Monroe County Office for the Aging – support, services, information and volunteer opportunities for seniors. To learn more call (585) 753-6280 or visit online www.monroecounty.gov/aging.

Pittsford Food Cupboard – offering delivery service in February and March to seniors in the 14534 zip code area. Call (585) 264-9860 or find information at www.pittsfordfoodcupboard.net.

Meals on Wheels – offers home delivered nutritious meals to seniors. Call (585) 787-8397 or visit www.urmc.rochester.edu/home-care/meals-on-wheels.aspx.

AARP – advocates for employment security, health care and retirement planning for seniors, as well as other programs. More information at aarp.org or 1-888-687-2277.

Pittsford's a caring community, full of people who care for others and are willing to help. Working together, we can ease the burden of the pandemic for us all.

Please stay safe, be well – and wear your mask!

Bill Smith is Pittsford Town Supervisor. Reach him with questions, comments or thoughts to share at 248-6220 or bsmith@townofpittsford.org.