



Geneseo Parish Outreach Center, Inc.

Affordable Health Care - Quality Service - Healthy Living



Newsletter



Find us on

Facebook

www.gpocenter.org

GeneseoPOC@gmail.com

Diabetic Wellness Fair

A Diabetic Wellness Fair was held at the Geneseo United Methodist Church, home of the Geneseo Parish Outreach Center, on November 5th from 10:00 AM to 2:00 PM. There were 64 in attendance including 24 participants, 13 vendors and 27+ volunteers. The participants represented a variety of ethnicities.

The vendors included the following:

- Office for the Aging
- Cancer Screening Services of Finger Lakes Region
- Alzheimer's Association of Rochester and Finger Lakes
- Flaum Eye Institute
- CCSI Navigator for NYSOH
- America Hears
- Wegman's Medication Information and Healthy Food Information
- Panic/Anxiety Support Group
- Flu Shot Wegman's Pharmacy
- Posture Analysis Dr. Rubeck, Chiropractor
- Eagle Insurance Medicare Assistance
- Legacy on Main LLC Medicare Insurance
- Geneseo Parish Outreach Center

Twelve participants elected to have the extensive vision testing given by Flaum Eye Institute volunteers, three chose to get their flu shot via Wegman's pharmacy, and twelve participants elected to have their hearing tested by a hearing specialist.

(Continued on page 2)

COVID-19 Vaccine Information
from Livingston County

243-7270
Livingston Co.
Health Dept.

Services Provided for Clients at GPOC

- Primary adult and pediatric care
- Women's health
- Medication assistance
- Health education
- School and employment physicals
- Insurance navigation
- Spiritual direction (upon request)
- Grief support (upon request)

At our partner/referral organizations or agencies

- Laboratory screening
- X-ray services
- Mental health services
- Dentistry
- Vision and hearing evaluations
- Services provided by Livingston County Department of Social Services
- Services provided by Livingston County Department of Health (ex. immunizations)
- Services provided by Catholic Family Services

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(Continued from page 1)

Also, during the four-hour event, a Tai Chi demonstration was given by instructor Sue Agto. Other in-person speakers were Kirsten Galliford, a Wegmans Pharmacist, whose talk was titled "Stay on Track: A Prescription for Success," and Marsha Merrick who spoke about mental health and diabetes. A cooking demonstration was given by Lucille Tang via Zoom

Participants received a healthy, free lunch prepared by GPOC and SUNY Geneseo college student volunteers.

Five lucky winners received one of these prizes:
Cancer Services of Finger Lakes Region: \$25 Starbucks gift card
Alzheimer's Association: gift Basket
Wegmans: \$25 gift card
Eagle Insurance Medicare: \$20 gas card
Parish Outreach Center: \$20 gas card.

Follow us on our website at www.gpocenter.org to find out when our next diabetic clinic will take place. You won't want to miss it!

See Photos on page 3

Donations

Food & Goods Donations Needed

Partner with



Personal Care Items not covered by food stamps, such as the following:

- ◆ shampoo
- ◆ toilet paper
- ◆ deodorant
- ◆ tooth paste
- ◆ laundry detergent
- ◆ dish soap
- ◆ hand soap
- ◆ feminine hygiene products
- ◆ incontinence briefs

Geneseo Parish Outreach Center is an Emergency Foodlink Pantry



The Geneseo United Methodist Church provides the GPOC with a safe home space for our volunteers and clients.



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Diabetic Wellness Fair

November 5th 2022



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Volunteer Hours

In the first ten months of 2022 the all-volunteer staff at the Outreach Center logged over 4,325 hours of service to help boost the health and welfare of friends and neighbors in Livingston County and beyond.

Thank You

Hours and Fees

All services are by appointment only.

Call us for an appointment at 585-243-3120

Monday through Thursday, 9-Noon

We suggest a \$5 donation for clinic visits.

A \$20 donation is suggested for adult

(18 and older) job or school physicals.

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New Yorkers don't have to go without health coverage. We are here to help!

NY State of Health is committed to ensuring access to affordable, quality health insurance for all New Yorkers so they can get the care they need. New Yorkers who are without health insurance should apply now through NY State of Health.

There are three ways to apply:

- Online at nystateofhealth.ny.gov
- By phone at 1-855-355-5777 (TTY: 1-800-662-1220)
- With the help of an Enrollment Assistor

Find one by calling 1-855-355-5777 or visit <http://info.nystateofhealth.ny.gov/findassistor>



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Potential Clients:

Those with no insurance.

Those who are under-insured.

Those who cannot pay for medications or specialty care.

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GPOC Executive Director's Report

October 2022

Clinics – The Center has continued to provide weekly, and sometimes semiweekly, medical clinics. There are four active medical providers who share coverage. We provide one evening clinic monthly, with the other clinics on Tuesday, Thursday or Friday mornings. Of note is that we have served a few Ukrainian refugee families needing US entry physical examinations and TB screenings.

Grants – We continue to search for possible grant opportunities to supplement our funds for out of county residents. A Mary Clark Thompson Grant for \$2500 has been spent for those out- of-county residents with diabetes. Dental, prescription and medical specialty costs are our primary foci of service to our patients. The 2021-2022 CSBG funds were expended by mid-summer. Our new fiscal year started October 1. Therefore, we again have funds to support Livingston County residents at or below 200% of poverty.

Diabetic Health Fair – Linda Weaver spearheaded the preparation for this event taking place Saturday, November 4. Her hard work and dedication are truly appreciated.

My report is abbreviated this month due to my absence. I appreciate all our volunteers who faithfully serve every week to keep the Parish Outreach Center functioning efficiently and compassionately for our patients.

Respectfully submitted,

Donna Flaherty, PA-C

Executive Director



ROC the Day

Thank you to all of our ROC the Day donors. Because donors were very generous this year and we had our ***BEST ROC the DAY EVER.***
We raised \$888!

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Joining AmazonSmile - Helps GPOC Costs You Nothing

Do you shop on Amazon? Do you want to help make a difference while shopping in the Amazon app, at no extra cost to you?

Simply follow the instructions below to select "Geneseo Parish Outreach Center, Inc." as your charity and activate AmazonSmile in the app. They'll donate a portion of your eligible mobile app purchases to us.

How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programs & Features
3. Select "Geneseo Parish Outreach Center, Inc" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app

Don't have the Amazon App but shop on Amazon? No problem simply type in smile.amazon.com , sign in with your Amazon.com credentials and choose "Geneseo Parish Outreach Center, Inc" as your charity. Just remember whenever you shop to go to smile.amazon.com.

By joining AmazonSmile, Amazon will donate 0.5% off eligible purchase to the Geneseo Parish Outreach Center at no additional cost to you.

GPOC Clinic Schedule

Tuesday mornings

9:00 am to noon

Thursday mornings

9:00 am to noon ~ once a month

Thursday evenings

5:00 pm to 7:00 pm ~ once a month

Friday morning

9:00 am to noon ~ once a month

The G.P.O.C. is an ALL-volunteer organization

Office Hours

Monday through Thursday

9:00 am to noon

Staff is there to schedule medical appointments and serve patients who need help with medication costs or dental and other specialty care referrals.

Call for an appointment

(585) 243 - 3120

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Donate to The Geneseo Parish Outreach Center


The Parish Outreach Center is a 501(c)(3). It is dependent upon the support of the community that surrounds us. Our mission is accomplished through the generous donations of time, money and equipment from our supporters.

Donations, fundraisers, in-kind donations and foundation supporters are welcome.

You may participate in several ways:

- ... donate "in honor of" or "in memory of" a loved one.
- ... remember GPOC in your will or bequest.
- ... consider matching gifts from employers.

To learn how you or your organization can help us to help others, please call us. 585-243-3120

- **All donations are tax deductible**
- **United Way donations can be made to number 2471** 
- We use **PAYPAL** to provide a secure transaction. Go to www.gpocenter.org and use the **PAYPAL Donate Button**.

GPOC earns an NAFC 2022 Gold Rating



The National Association of Free & Charitable Clinics (NAFC) Quality Standards Program. We earned this rating by attesting that we have certain policies and procedures in place to provide quality care for our patients.

Adopt-a-Shelf/Assist with Medication

As more individuals are temporarily unable to work, their ability to obtain food, personal hygiene items, and medications becomes more difficult.

Our pantry is well stocked, but we do not get a price break on items such as toilet paper, shampoo, and laundry soap. If you or an organization that you are a member of would like to adopt one of these items and keep the shelf for that item stocked, it would be most helpful. Just let us know which item you are adopting and we will let you know when it is running low.

Another opportunity for serving is to assist our clients with prescription expenses. In March alone we experienced a 500% increase in prescription-assisted expenses.

Listed below are the costs of four of the many drugs our clients need.

- **Lantus**, a long-acting insulin commonly used to treat diabetes: 1 box of 5 pens is \$340. There are 308 units per pen, so depending on the dose the patient requires. A patient may be using 30 units per day on the low side to 100 units per day on the high side.
- **Trulicity**, a newer non-insulin drug for diabetes which is injected weekly: Trulicity 1 box is \$771.
- **Symbicort**, combination inhaler for asthma or COPD, taken 2 puffs twice a day: 1 inhaler is \$263 for the generic.
- **Spiriva**, an inhaled drug for asthma or COPD, taken 2 puffs daily: Spiriva Respimat is \$150 for 1 inhaler.

Medication costs vs living expenses: *If clients need to choose which bills to pay, they may stop taking their medication to save money. This decision could worsen their condition and could increase the likelihood of more emergency room visits and hospital stays*

If you or your organization can support shelf items and/ or medications, please respond to the GPOC ASAP with your wishes.

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Happenings at the Food Pantry.

Advent Challenge for the GPOC Food Pantry

Note: This list for the Geneseo United Methodist Church is only an example of what other churches or organizations may do.



Each day of advent...the countdown to Christmas Eve, please donate an item that is listed here.

When the challenge is done, we will have bags of plenty for our outreach food pantry. Thank you.

- | | |
|---------------------------|------------------------------|
| Day 1: Deodorant | 13. Mouthwash |
| 2: Paper towels | 14: Bar soap |
| 3: Toilet paper (2 rolls) | 15: Shelf-stable milk |
| 4: Can of fruit | 16: 100% juice |
| 5: Can vegetables | 17: Macaroni and cheese |
| 6: Box of pasta | 18: Can pasta meal (ravioli) |
| 7: Jar of spaghetti sauce | 19: Loaf of bread |
| 8: Jar of jelly | 20: Feminine hygiene pads |
| 9: Jar of peanut butter | 21: Cereal |
| 10: Shampoo | 22: Can soup |
| 11: Body wash | 23: Pancake mix |
| 12: Hair conditioner | 24: Lite sugar-free syrup |

Please bring bags in Christmas Eve if you can.....Thank you so very much.
Pam Klingman

GPOC Emergency Food Pantry

Between September 2021-September 2022, the Food Pantry served 661 families, which included 1,387 individuals! In the months of January – September 2022, the Food Pantry served 403 families, including 960 individuals. That’s 91 more families and 314 more individuals than in the same time period last year or a whopping 22% increase in families and a 46% increase in individuals!!

The Geneseo Parish Outreach Center, Inc., has also seen a marked increase in visits with 554 office visits in the past year. These numbers are expected to continue to increase. The numbers really drive home the need for the services provided by the GPOC and its Emergency Food Pantry in our community and the surrounding areas.

“Thank you” to the Geneseo Methodist Church congregation and all organizations and community members who faithfully support both the Outreach Center and its Emergency Food Pantry. Please know how grateful we are for your continued support!

Be looking for new creative “food-raising” ideas coming in late November through December.