



Geneseo Parish Outreach Center, Inc.

Affordable Health Care - Quality Service - Healthy Living

Newsletter



Find us on

Facebook

www.gpocenter.org

GeneseoPOC@gmail.com

Thanks and Farewell to Cate Concannon



Cate began her association with GPOC in 2014, hoping to volunteer in the clinic because of her medical field background. While her schedule did not allow this connection, she began to maintain the GPOC Facebook page, which has expanded during her years of dedicated service. Cate has promoted all kinds of items related to the Center and other information of interest for its clients. She spread the word on volunteers, programs, health services, donations and more. Cate notes that she "enjoyed promoting these sorts of activities as that is what social media is about: creating community and sharing information."

Cate and her husband David Matthews moved from Geneseo in 2016 and now live in the Highland Park
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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

4520 Genesee Street (Route 63)

Geneseo, NY 14454

Phone: 585-243-3120

Fax: 585-243-1189

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neighborhood of Rochester. They enjoy yard work and travel, especially hiking vacations. They plan to walk the tour de Mont Blanc in September.

GPOC appreciates the years Cate has devoted to maintaining the image of the Center's breadth of services. We shall miss her dedication, helpfulness and efficiency in this important role.

Thank You

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



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**



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 \$10 donation for clinic visits.

A \$30 donation is suggested for adult

(18 and older) job or school physicals.

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Our Volunteer Hours

Volunteer Services in 2022

The faithful volunteers at the Geneseo Parish Outreach Center continue to help their neighbors. In 2022 these volunteers logged over 5,246 hours of service. Many other individuals and organizations serve our clients by collecting and donating food and personal items to our Emergency Food Pantry and by otherwise using their time and talents for the good of clients without reporting their hours. Many groups and individuals offer support by donating funds. Our Center and its clients are truly blessed.



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>

Finance checkup



The effects of the pandemic can be seen all around us and, unfortunately, the finances of the Center were not

immune. During the pandemic we received several large grants to provide services to those in need; however, we fully expended those grants and some are not renewable. While we have done some amazing things during the last few years, the pandemic has had a significant financial impact on the Center and 2022 was a very hard year financially. Last year we saw increases in several areas:

- Dental needs – during the first half of the pandemic, many dental offices were closed or were only providing emergency care. As a result we have seen a sufficient increase in dental needs during 2022 as dental offices returned to “normal” operations.
- Food pantry – our food pantry continues to grow to meet the needs of our community. During 2022 our food-related expenses increased 95% from the prior year. This increase meant that we had to purchase food and supplies outside our affiliation with Foodlink and does not include all the amazing in-kind donations (donations of food and supplies) we received on a regular basis at the Center.
- Out-of-county patients – historically we have never turned away anyone because of their geographical location; however, other than our affiliation with Foodlink in the pantry, we don't have any grants that cover the costs of providing services to out-of-county patients.

As a result of the increased expenses noted above, the Center has generated a loss for the second year in a row, and our cash reserves are running very low. While management and the Board are committed to the mission of the Center and are actively pursuing new grants and funding opportunities (specifically for out-of-county patients as well as for dental services), we have been forced to make some very hard decisions. We are back to providing emergency services only, concentrating on patients in Livingston County. While it hurts to turn away those in need, we are working to connect them with other providers.

By Melissa Slater

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Dorothea Prine

Which came first, the chicken or the egg? In my case it was the chicken. I grew up on a small family farm in Southern Cayuga County at the close of WWII. My father and mother both worked the farm together, my father a small dairy and my mother a poultry operation that consisted of hens that produced brown eggs.

Growing up I learned to care for the started chicks that came from a hatchery on the west shores of Cayuga Lake. The Hall Brothers Hatchery shipped to our local post office crates containing 500 Rhode Island Reds or New Hampshire Red starter chicks. These chicks went into a heated brooder house at one end of the first floor in our three-story poultry barn. The chicks were raised under heat lamps which were supplemented with a small coal-burning stove that kept the temperatures warm for the chicks.

Chicks do not stay fluffy and cute, but grow feathers rapidly and by late spring were no longer in need of heat and could be released out into the big farmyard during the day. From there they went out into range houses and when they started to lay, they were moved up into the big poultry area known as the layer floor in the barn.

I helped to feed, water and pick up the eggs. I learned to clean and grade them and place them into the cartons for sale. At the end of the hens' laying cycle, it was my job to sort the non-layers. It was at this point in my life that I caught the eye of a Cornell professor who was a poultry specialist and he invited me to join the 4H poultry-judging team. At age 10 I was the youngest member of that team and had the opportunity to travel across the state and into the surrounding states, judging many breeds of poultry and working each year at the New York State Young Poultryman's exhibit at the New York State Fair.

Along with the poultry projects I showed rabbits, Jersey cattle, vegetable crops, indoor gardening, sewing and food projects at the county fair. But it was the Jersey cattle that paid for my college education.

I spent 38 years in an occupation that I loved as a Middle School Library Media Specialist and when I retired moved to Livingston County and went back to small-scale farming. I am still raising and showing Satin Rabbits. Two years ago I began a small poultry project with 25 started Rhode Island Red chicks in a stock tank heated with a heat lamp in our garage. When the chicks were big enough to move into a small poultry barn, I did and waited for them to begin to lay. Not all of the chicks grew to maturity as a dog killed several. When they began to lay, I began to take the eggs to our local food pantries where I donate them to help others.

Last year I purchased two roosters at the Bath sale and when I had fertile eggs began to hatch them in a small counter-top unit. Many of the chicks were cockerels (young roosters) and the young hens were mainly a mix of Rhode Island Red and Black Leghorns as the big rooster was a Leghorn. But all the young hens have been producing brown eggs. The flock is still at 25 hens and two roosters, though not all are from the original flock.

The food pantries get a mix of extra-large brown eggs, speckled brown eggs and some rather interesting patterned brown eggs. I have plans in May to add another 25 Rhode Island Red started chicks that will lay in the late fall. You can take a girl off the farm, but you can never take the farm out of the girl. I love going back to my roots on that small farm in Southern Cayuga County in a little part of Livingston County. It takes a hen to produce the egg and each hen when hatched has the makings inside of her for all the eggs she will ever produce. The hen or the egg, which is first?



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GPOC Executive Director's Report

January 2023

Statistics for 2022: Patients served – 243; Number of encounters – 534; Number of New Patients – 128; Breakdown of patients per county of origin

- Livingston – 165
- Steuben – 19
- Wyoming – 7
- Allegany – 3
- Ontario – 5
- Genesee – 1
- Orleans - 1
- Chemung – 1
- Monroe – 13
- Wayne - 1

Grant Updates –

CSBG. As of this writing, the Parish Outreach Center has spent all the 2022-2023 CSBG Grant funds: \$43,500 spent since 10/1/2022. We will not receive any further funding from CSBG until 10/1/2023. The Executive Committee met 1/16/2023 to discuss cost savings and alternative sources of revenue.

United Way – The total UW grant funds for 2022-2023 are \$28,500. We receive monthly allotments from 9/1/2022 to 9/1/2023. In the last two years United Way has merged to consist of Monroe, Livingston, Wyoming, Genesee, and Ontario Counties. In the next grant cycle, the GPOC plans to apply for grant funds for patients we serve in all of those counties. GPOC also plans to apply for grant funds specifically for Steuben County through UW of Steuben County which begins its next cycle of grants in September 2023.

Mary Clark Thompson Grant – This grant is awarded yearly and the GPOC has been awarded \$2,500 grants through the F. F. Thompson Foundation almost every year. The grant funds were specifically targeted for prescription coverage, dental care and other medical expenses for diabetes patients this year. It has been a great help for those patients living outside of Livingston County in the F. F. Thompson service area.

Health Foundation of Western and Central New York – GPOC has applied for a \$25,000 grant to service individuals 50 years of age and over with chronic diseases who live in the service area of this Foundation, which encompasses 16 counties. In the last year we served 19 individuals from this service area and spent over \$17,500 on their care. Counties in the service area are Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Orleans, Niagara, Orleans, Wyoming, Cayuga, Cortland, Herkimer, Madison, Oneida, Onondaga, Oswego, and Tomkins. We are hoping to serve at least 25 individuals with this grant.

Volunteers – The winter months always bring with them a decrease in our available volunteer staff due to vacations and medical/surgical conditions. In addition, our volunteers are aging out. We have been blessed with four new volunteers with various skill sets in technology, administration and business. Also, we have individuals on a temporary basis who are fulfilling community service requirements. We welcome any new volunteers to whom you may reach out.

Five-Year Plan – I have recommended establishing a Five-Year Plan for the Parish Outreach Center to address our financial and volunteer staffing needs. We do God's work; however, He expects us to be responsible stewards of His work.

Respectfully submitted,

Donna Flaherty, PA-C

Executive Director

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Volunteers' Voices by Kirsten Galliford

Since its inception, the Geneseo Parish Outreach Center (GPOC) has valued the time and talent of a diverse group of individuals. It is with this spirit of celebrating our team that the Volunteers' Voices column has been created.



In this issue, we are going to focus on a recent effort for continuous improvement effort involving feedback from our volunteers.

In November, an anonymous survey was posted in the office. Three questions were posed:

1. What changes would you like to see at GPOC?
2. How would you make the changes suggested?
3. How can we encourage volunteer retention?

Responses touched upon improvements in the operations of the organization (training, updated policies and procedures, and finding more office help). Networking and fundraising as well as the interpersonal experiences of volunteers were also highlighted.

We are pleased to share that we are making progress on all of the points raised by the survey results!

In January 2023, we welcomed two new volunteers at GPOC. Scott and Katelin Pickard of Pickard Solutions, Inc., offered to help digitize and update our policies and procedures.

At our annual meeting on January 23, 2023, the General Board discussed updating job aids that detail tasks (in writing) to help guide our volunteers. There are also plans to renew meetings with volunteers and to offer computer training.

From a networking standpoint, representatives of GPOC have been busy attending Chamber of Commerce events such as the monthly Coffee Connection and Lunch Bunch gatherings of members of the Livingston County community.

Other events at SUNY Geneseo and a speaking engagement with the Rotary are scheduled.

Fundraising is always a focus for a charitable organization. Volunteers are hard at work seeking out new grant opportunities. We have renewed efforts to reach out to past clients to encourage them to donate back to GPOC if possible.

With these efforts, we hope to improve efficiency in our daily operations, encourage more community involvement, address the needs and concerns of our valued volunteers and sustain the important services that we offer to our community.

Thank you for the valued feedback from this recent survey! Please know that your voice is heard.

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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

***The first Thursday morning
of the month ~ once a month***

9:00 am to noon

***The third Thursday evening
of the month ~ once a month***

5:00 pm to 7:00 pm

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.

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.



Newsletter Staff

- | | |
|-----------------|--------------|
| Diana Harke | Pam Klingman |
| Bonnie Kreutter | Marilyn Lyon |
| Jackie McNall | Sandy Wilcox |