



Geneseo Parish Outreach Center, Inc.

Affordable Health Care - Quality Service - Healthy Living

Newsletter



Find us on
Facebook

www.gpocenter.org

GeneseoPOC@gmail.com

Two for the Price of One



Who knew that a Livingston County Coffee Connection would turn into a bonus for GPOC? When Board President Kirsten Galliford attended one of the Chamber's monthly gatherings, she met Scot Pickard and learned about the talents that he and his wife Katelin could share with the Outreach Center. For starters, the Pickards have extensive experience working on healthcare policy reviews and converting those policies into digital documents.

Scot has been an IT professional since 2003. He is a VMware Certified Professional in data center virtualization and an AWS certified Solutions

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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

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



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Architect Associate with Amazon Web Services. He has held multiple positions as a senior systems engineer in the Buffalo-Rochester job market. A valued consultant for Jerry Weaver, the Center’s daily IT guru, Scot has enjoyed swapping IT stories and appreciates the work GPOC has been doing. He is “excited to lend his IT experience” to the cause.

Kate’s professional experience is wide-ranging. After graduating from nursing school, she earned her Bachelor’s in Nursing and Master’s in Management and an advanced graduate certificate in Public Health. She is, also, a Certified Project Management Professional. Some of her strengths include the art of collaboration, continued learning and developing the growth of others. One specific task for her at GPOC is managing social media.

Scot and Kate have combined their collective knowledge and expertise to form their own business, Pickard Solutions, which offers IT services, project management and consulting. The Pickards have two children—Jason, 12, and Felicity, 10—both of whom attend LeRoy Central, where Scot went. Scot enjoys cooking and playing video games with their kids. Learning and reading are two constants in Kate’s life, what she points to when others ask how to achieve their goals, and the values she is instilling in their children. She enjoys baking, playing games, and exploring with their family the many nature trails western New York has to offer.

Scot and Kate love seeing the “amazing work of the GPOC,” appreciate the opportunity to add their expertise, and hope to add value and knowledge to the Center.



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

4520 Genesee Street (Route 63)

Geneseo, NY 14454

Phone: 585-243-3120

Fax: 585-243-1189

GeneseoPOC@gmail.com



WE NEED SOME GOOD VOLUNTEERS!



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Geneseo Rotary Presentation of a \$1,600 Check to the GPOC on April 10, 2023 at the Rotary Club meeting.



Heather Ferrero, President Elect Geneseo Rotary; Ralph Brandt, District 7120 Governor; Sharon Vogt, Assistant Governor; Donna Flaherty, Kirsten Galliford, Patti LaVigne, President Geneseo Rotary



Good Deeds Day is an international day of volunteering. Beginning in 2007, with approximately 7,000 people participating in Israel, its mission is to unite people from around the world in doing good deeds for others and the planet.



This year the Jewish Community at SUNY Geneseo decided to have a food drive for the GPOC Food Pantry. On April 9th paper bags were dropped off at homes on Second and Oak Streets and a week later 10 students went back and collected over 30 bags left on the porches.

Thank you so much for your thoughtfulness and generosity!

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“YOU FEEL HOW YOU FUEL.”

Center for Community Health & Prevention presents: Healthy Living Classes

UR Medicine/Wilmot Cancer Institute, through its Community Outreach and Engagement Center, is presenting classes on aspects of healthy eating and physical activity at the GPOC on Fridays, April 7 through May 26 from 10:00-11:30 a.m.

Katie Bauer, health educator from URMIC, leads these interactive classes. Each session deals with a different topic from the importance of reading food labels to introducing new foods into our diets. Discussion in an early session included the importance of dietary fiber and color in our food choices (fresh fruits and vegetables). The new American plate shopping guide (distributed to attendees) illustrated the balance of



fruits, whole grains, vegetables and beans making up two-thirds of our plate and animal protein one third or less. Attendees learned of the internal benefits of this type of diet as it aids in digestion, helps control blood sugar and cholesterol levels, as well as maintaining a healthy weight.

The class on May 5 introduced the importance of plant-based foods in our diet – whole grains, fruit, vegetables and beans. Again, the importance of eating a “rainbow” of colors each day was stressed, as well as choosing healthy snacks, starting new “habits” and the

importance of water in our daily diet.

The attendees were encouraged to ask questions and share examples of healthy eating ideas that work for them. All attendees were provided with helpful guides on fiber, whole grains, beans and colorful fruits and vegetables.

The class concluded with everyone making a healthy whole-grain wrap of colorful vegetables (cucumbers, zucchini, carrots, spinach, peppers) with a choice of hummus and/or salsa.

Katie engaged the attendees throughout the class and everyone was comfortable sharing, interacting and having fun.

A fun quote from the session: “YOU FEEL HOW YOU FUEL.”

The classes are free and will continue each Friday through the month of May.

Submitted by Jackie McNall



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Executive Director Donna Flaherty

GPOC Executive Director's Report for the April 2023 Board Meeting

Clinic highlights – Medical clinics are held every Tuesday morning with Dr. Stewart. There are also two Thursday clinics staffed by N. Bailey, PA-C or D. Flaherty, PA-C.

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. GPOC has instituted cost-saving measures and tighter control on spending, which includes assisting patients with only emergency dental needs. We are referring other dental

needs to the UB Mobile Dental Unit and Oak Orchard Dental currently.

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. Because of this merger, we have not been able to request more monies, so we continue to receive \$28,500. We expect to be able to apply for a larger grant allocation in 2024 because we will be eligible for funding in multiple counties served in this UW merger. We will apply for a separate Steuben County United Way Grant this spring or summer.

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. We have again applied for this grant and are waiting for a response.

Health Foundation of Western and Central New York – GPOC had applied for a \$25,000 grant to serve patients 50 and older with chronic diseases in counties outside of Livingston County.

We have just been informed that GPOC was not awarded this grant.

Bank of America Grant – We have applied for \$30,000 to serve up to 50 people with chronic conditions. We are encouraged by a request for a telephone interview from a representative of Bank of America. Determinations were to be made in early May.

Rotary Donation – GPOC has just received a \$1,600 donation from the Geneseo Rotary.

Volunteers

Some of our volunteers have returned from winter residences. We have been blessed with a few SUNY Geneseo students who come on a regular basis, and they have reduced the workload in the office. We are in need of someone to research grant opportunities for GPOC. This job is time consuming. Younger volunteers are a necessity as we continue to age out.

Five Year Plan – Again I recommend 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 it.

Respectfully submitted,

Donna Flaherty, PA-C

Executive Director

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Looking Ahead

Change is in the air, not only for the seasons but also for GPOC. In an effort to plan for the future, the Board recently discussed the need to establish a five-year plan.

Our seasoned volunteers recognize that training new people for leadership roles is critical for the long-term sustainability of our organization and the services that we offer. From our office staff to our Executive Director's position, it is important to draw on the talented members of our community.

Please contact GPOC at 585/243-3120 if you are interested in more information.

We need you!



President Kirsten Galliford

Happenings at the Food Pantry

Thanks to Another Pantry Partner



Thank you to Jason Salton for the food donation from SUNY Geneseo business fraternity ALPHA KAPPA PSI to the Geneseo Parish Outreach Center Food Pantry.

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

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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Our Volunteer Hours

Known and Unknown

The Outreach Center is an ALL-Volunteer organization. In the first four months of 2023 our volunteers donated over 1,496 recorded hours. They work at clinics and between clinics keeping records, following up on clients and client referrals, searching and applying for grants, etc. Many individuals and organizations contribute their unreported time and talent. For example, they collect items for our Food Pantry, lead workshops to help educate clients in healthy eating and exercising habits, and raise funds to support the Center. We are blessed to live in a community that cares about our neighbors and finds ways to improve the lives of all.

Finance Checkup

In the first quarter of 2023, the finances of the Center have started to turn around. A lot of our grants are reimbursement based, which means that we have to incur the expense (aka pay the bill) and then submit a report to the grantor



Melissa Slater

requesting reimbursement. This process takes time. In the first quarter of 2023, we received reimbursement for eligible expenses incurred at the end of 2022, which has helped our cash position. However, we have already expended our major grant that usually last us until October. As a result, we are still only providing emergency service concentrating on Livingston County residents, and only if we have the funds available. We have been able to identify several partners in our area and are referring patients elsewhere, whenever possible. We are continuing to look for new grants, specifically to cover patients that live outside Livingston County.



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>

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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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.

WE LOVE
OUR VOLUNTEERS



Newsletter Staff

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

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GENESEO PARISH OUTREACH CENTER FOOD PANTRY

Open House

9AM-1PM Thursday, June 15th 2023

Please join us for some light
refreshments and a chance to check
out our pantry.

4520 Genesee Street, Geneseo NY 14454

