



# Geneseo Parish Outreach Center, Inc.

**Affordable Health Care - Quality Service - Healthy Living**

## Newsletter



Find us on

Facebook

[www.gpocenter.org](http://www.gpocenter.org)

[GeneseoPOC@gmail.com](mailto:GeneseoPOC@gmail.com)

### Pastor Beth Joins the Board\*

A new member of the GPOC Board, Beth Malone is already a familiar face to the Center's volunteers and clients, as she is pastor of GPOC host Geneseo United Methodist Church.



Pastor Beth grew up in Hilton, earned a BS in Organization Management from Roberts Wesleyan and a Master of Divinity from Colgate Rochester Rozer Divinity School. During this period, she was also a student chaplain working in hospice care and at St. John's. She has been in ministry for 21 years, serving the United Methodist Church in Rush, Nunda and West Sparta, Lyndonville, and Auburn before her current appointment in 2021.

In addition, Beth has also been a parent advocate for Special Education for many years, was a Weight Watchers leader, and has served on many non-profit boards such as Teresa House and the Interfaith Center. Most recently, she began a support group for grieving widows.

Beth and husband Darren live in Geneseo and recently celebrated their 35<sup>th</sup> wedding anniversary. They have two adult children, Cory and Jamie, and two grandchildren. Their home is always full, however, as her parents live with them part of the year. Beth must take after her mother, who is a retired Methodist pastor.

Outside of her ministry and family, Beth loves the water, especially in and around the Finger Lakes, walking for exercise, riding her Vespa through Letchworth and loving the people in

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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



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our community. As she has done in the past, she continues to communicate, not only with her congregation where she explores their individual interests, but with the wider community where she makes the extra effort to be in touch and involved. The Parish Outreach Center represents a perfect vehicle for her gifts.

Her favorite scripture: *Micah 6 :8*

*"He has shown you, O mortal, what is good/ And what does the Lord require of you"/To act justly and to love mercy and to walk humbly with your God."*

\*Pastor Beth is one of the two new GPOC Board members. The other new Board member, Katelin Pickard, was featured in an earlier newsletter.

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



## 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](mailto:GeneseoPOC@gmail.com)



Last year was our most successful Roc the Day ever. Let's make it even bigger and better this year! Take the time to invest in the Geneseo Parish Outreach Center on November 28. [www.ROCtheDay.org](http://www.ROCtheDay.org). Remember to designate your donations to the Geneseo Parish Outreach Center.

## 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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### **MIGRANT WORKER COMMUNITY HEALTH CLINIC**

On Saturday, October 28<sup>th</sup>, volunteers from the Geneseo Parish Outreach Center and the Livingston County Health Department, in collaboration with the volunteer staff at the Tepeyac Welcoming Migrant Center, conducted the first migrant worker health clinic.

The Migrant Center is housed at the San Juan Diego (formerly St. Thomas Aquinas) Church at 175 Main Street in Leicester and is an outreach of Pastoral Services of the Roman Catholic Diocese of Rochester. The Migrant Center is overseen by a Project Coordinator and is fully staffed by volunteers. It serves the migrant community by assisting with immigration and legal issues, health issues, language and literacy, transportation needs and family support.

With the assistance of Spanish language interpreters, migrants were seen by the GPOC medical staff and registered with GPOC for future medical care, had their vital signs taken, and had their blood sugar levels screened. Flu shots and Covid vaccines were available and administered by the Livingston County Health Department staff. Clients were referred to ancillary providers for additional medical or dental services, as needed. The GPOC hopes that this is the beginning of a lasting partnership with the Migrant Center in serving the future health care needs of the migrant worker community.

For further information or to volunteer at the Migrant Center, contact Jorge Salgado, Project Coordinator, at 585-328-3228 ext. 1340 or Carmen Rollinson, Project Manager, at 585-328-3228 ext. 1318.

Thank you to all the volunteers from the GPOC and the Migrant Center who helped to make this clinic a successful reality.



### **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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## Finance Checkup

### Finance checkup

It's hard to believe that 2023 is almost over. The last half of the year has been good to the Center. Our Community Service Block Grant (CSBG) with Livingston County was renewed, which will greatly help those we serve. Our goal this year is to spread the funds throughout the coming year, rather than spending it all in the first quarter like we did last year. We were also awarded The Excellus BlueCross BlueShield Health Equity Innovation Grant. Additionally, we are in the process of applying for a grant with the United Way of the Southern Tier to help serve those who live outside of Livingston County. Last but not least, we recently mailed out our Annual Appeal letters. If you didn't receive your letter, please reach out the office or a board member and we will send you one. They annual appeal helps us pay for our insurance costs and other expenses that aren't reimbursed through our various grants.



Melissa Slater



President Kirsten Galliford

## GPOC Expands Services for Migrants

Our people, our volunteers and clients, inspire us to continuously grow and change with the needs of our community. We are constantly looking for ways to share and expand our services within Livingston County and beyond. One of the ways in which this is made possible is via networking with other community-focused organizations.

Having recently met with representatives of the Catholic Diocese of Rochester and the Saint Juan Diego Migrant Worker Community, we are pleased to share that we have found our newest mission which is to support the health care needs of the area migrant workers.

On Saturday, October 28, 2023, volunteers of the Geneseo Parish Outreach Center attended an event at the Tepeyac Welcoming Migrant Center. There, we were able to share information about our services and interact with the wonderful and hardworking members of the community.

Many thanks to Michael Sauter, Carmen Rollinson, and Jorge Salgado of the Diocese of Rochester for helping to make this experience possible.



## **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](http://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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### 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](http://www.gpocenter.org) and use the **PAYPAL Donate Button**.

### Our Volunteer Hours

In the first ten months of 2023, the staff at the all-volunteer Geneseo Parish Outreach Center clocked almost 4,000 hours of service towards bettering the health of our neighbors. Considering hours served, but not recorded, this number is far larger.



### Newsletter Staff

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

### 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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## GPOC Director's Report October 2023



Executive Director  
Donna Flaherty

**Statistics for 2023 in the first three quarters** – Clinics – 37; Patients Served – 149 individuals (163 for same period 2022); 123 Livingston County Residents; 26 Out of County (43 in 2022). We had 218 encounters so far in 2023 as compared to 430 encounters in the same time period in 2022. These numbers reflect the decrease in funds available for the Center after March 2023.

**Out-of-County residents** – Funding for patients outside of Livingston County is very limited, yet we receive a number of referrals for assistance from those who live outside of Livingston County. It has been necessary to forestall needed treatment because of a lack of funds. I am hopeful that this year's Annual Appeal will be successful in covering these costs. We are also applying for the United Way Grant for the Southern Tier for the first time this year. We

hope to have word by the next BOD meeting in January 2024. In 2022 we helped almost 30 patients from Steuben County. Since January of this year we have been able to assist only 7 Steuben County residents.

**Annual Health Fair** – The Fair took place in August in conjunction with GUMC Annual Yard Sale, as usual. Dental and hearing screens as well as blood pressure and fat analysis were provided. There were several vendors who offered information on health-related topics.

### Grants –

The CSBG allotment for this year is \$48,500. The funds can be used only for patients below 125% of poverty until Congress approves the higher cut off below 200% of the federal poverty guidelines. For the first time, we received an Excellus BlueCross BlueShield Health Equity Innovation Grant of \$30,000.

We have received a \$1,500 grant from the Mary Clark Thompson Foundation for out-of-county diabetic patients.

United Way Grant is still offering only \$28,500 for this fiscal year. It is our hope that we can receive a higher grant allocation in fiscal year 2024.

We are in the process of applying for the United Way of the Southern Tier grant, which encompasses Steuben County and Chemung County.

Kirsten was kind enough to apply for grant funds from The Lifetime HealthCare Companies Proposal Management System. We have yet to hear if our application was approved.

FLPPS/CRFP Grant, The Finger Lakes Performing Provider system has \$12M for IT enablement for partners that serve Medicaid patients. I have asked Jerry if he can identify our IT needs for the Center so we can tap into these funds. The grant application was due at the end of October.

**Pharmacy Update** – The POC staff have been working diligently to find ways to cut costs of prescription medications for our patients. When paying at pharmacies, staff have requested GoodRX or inhouse discounts. Kirsten Galliford, D. Pharm, continues to meet with patients to enroll them in Patient Assistance Programs offered by pharmaceutical companies. Medication samples from the pharmaceutical companies have been more difficult to obtain; however, we are still requesting high-priced sample medications from the pharmaceutical companies when available.

As always, I am eternally grateful for all our volunteers who faithfully serve.

Respectfully Submitted,

Donna Flaherty, PA-C  
Executive Director



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## DIABETIC HEALTH AND WELLNESS FAIR



On Thursday, November 2<sup>nd</sup> from 4-6 p.m., the Geneseo Parish Outreach Center once again hosted a Diabetic Health and Wellness Fair. Approximately 40 people attended.

Attendees were able to access free services provided by Dr. Merkel, a podiatrist and America Hears provided hearing screenings. Other vendors that provided health information were the Walmart Vision Center, Finger Lakes Cancer Services, Livingston County Office for the Aging, Tai Chi, Panic/Anxiety Support Group, WIC, Life Span, as well as Wegmans Healthy Food Choices and Pharmacy Services, to name a few. Blood pressure checks were available, as well. A diabetic checklist was given to each attendee by the GPOC to assist them in tracking important health screenings.

GPOC staff and volunteers were available to answer questions about the services provided by the Center and information about our resource partners. Door prizes were awarded in the form of gift cards, as well.

A big thank you to Wegmans, who provided a generous gift card to purchase groceries enabling the GPOC to treat attendees to a delicious healthy dinner of chili, tossed salad, fruit salad and cornbread, all prepared and served by GPOC staff with help from SUNY Geneseo student volunteers.

This is an annual event which has been very well received by the community.

Thank you to all the vendors and volunteers who made the Wellness Fair a success.



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