

"Good to Grow Old"



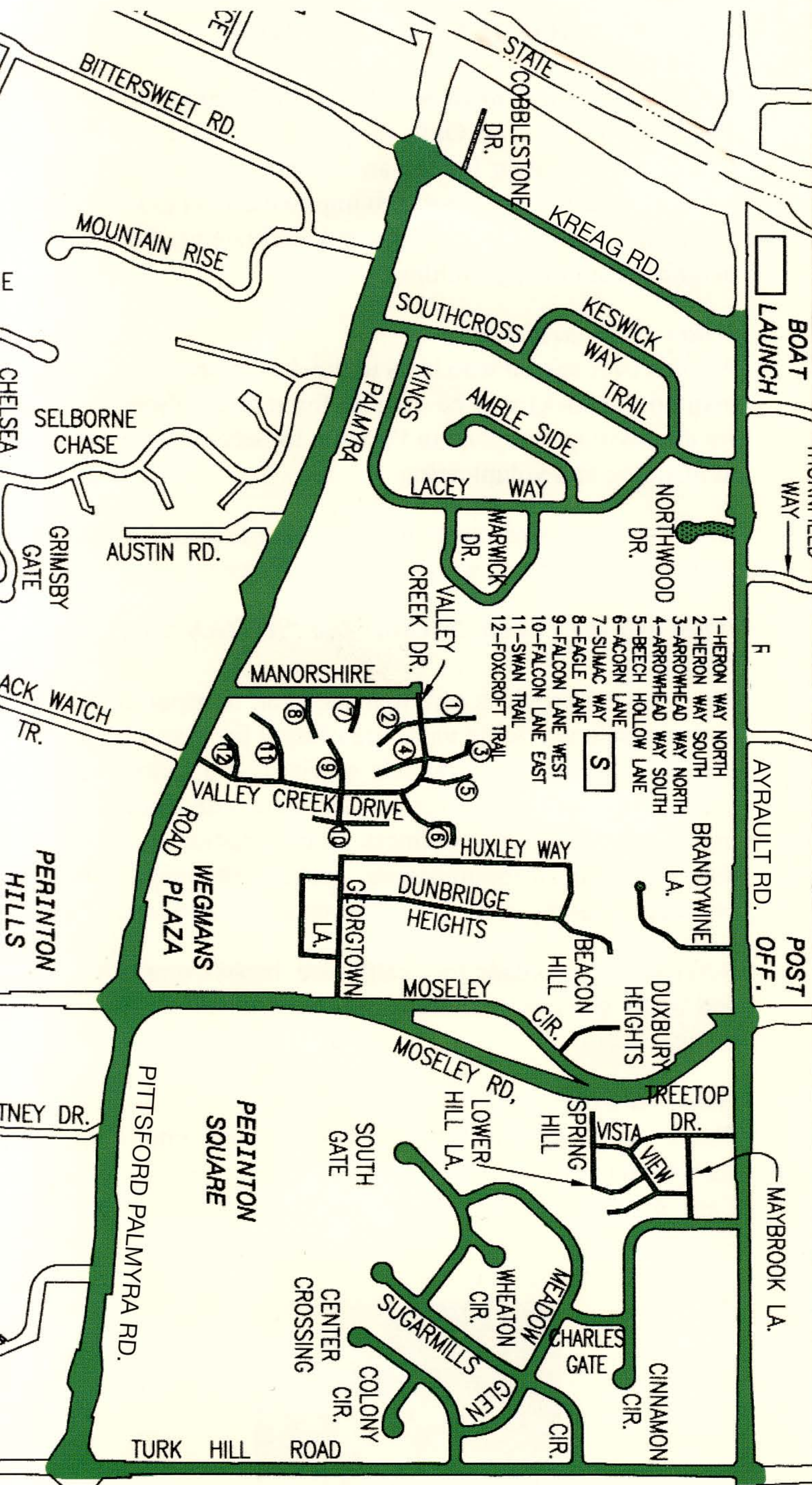
Is a project designed to support residents 60 years of age and over to foster good health and build relationships for a rewarding quality of life... in their own homes and communities.

Sponsored by
Senior Options for Independence, a
collaboration of The Senior Living Council
and the Fairport Baptist Homes Community
Ministries.

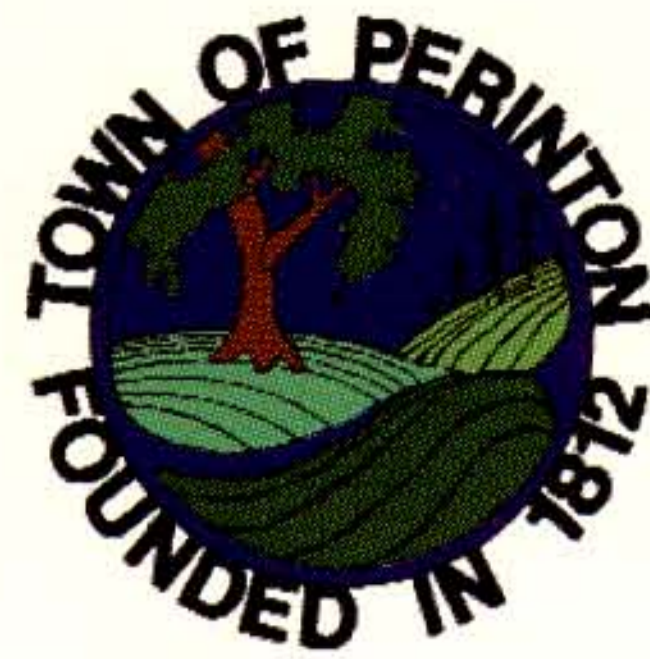
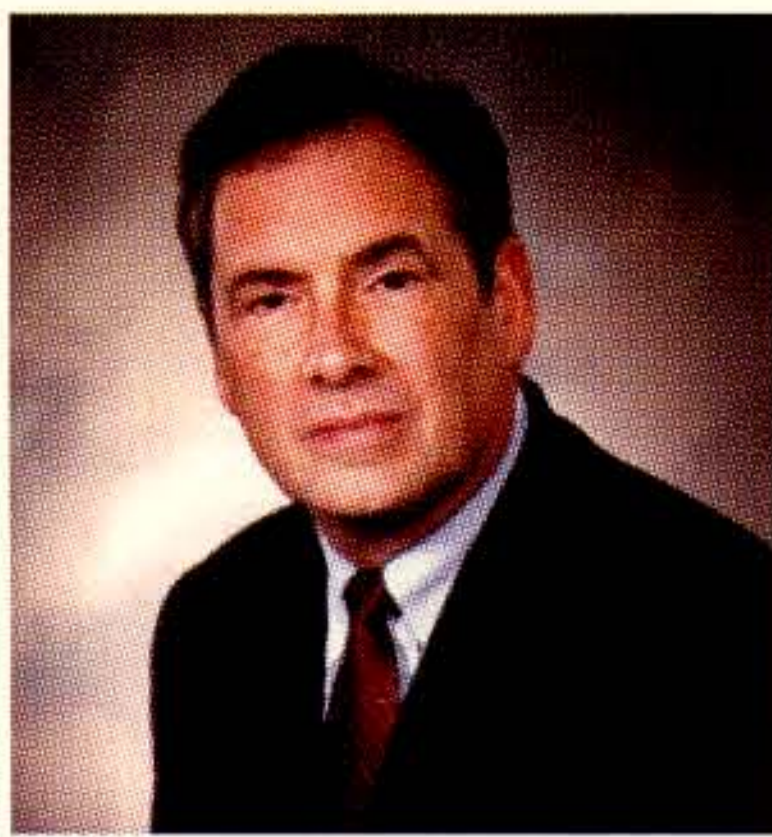


fbh +

Fairport Baptist Homes Caring Mini
Extending our hearts to yours



"Good to Grow Old"
Area is in green



Dear Perinton Resident:

Last year, Perinton was designated as one of the "Top 100 Best Places to Live in America" by *CNN Money/Money Magazine*. We have recently been given an excellent tool to use in making that designation a reality for the seniors in your neighborhood. Just as getting a job and raising a family was a time of transition for many of us, so too is leaving the workforce and making the necessary adjustments in order to enjoy a rich and fulfilling retirement. Perinton recognizes that fact, and works hard in many ways to make aging a good thing.

That is why I am so excited to tell you that your neighborhood (shown on the map on the back page) has been chosen for our new "Good to Grow Old" project. The goal of this project is to engage seniors where they live, connect neighbors to neighbors and support them with services so they can remain independent at home. This project is funded by a New York State Office for the Aging grant awarded to our local Senior Options for Independence (SOFI) program. The SOFI program is a collaboration of the Fairport/Perinton Senior Living Council and the Fairport Baptist Homes Community Ministries.

This brochure is designed to answer preliminary questions regarding the "Good to Grow Old" project. I urge you to learn more about the program and how it can assist you and your loved ones.

With warmest regards,

Jim Smith
Perinton Town Supervisor

QUESTIONS & ANSWERS ABOUT "GOOD TO GROW OLD"

What is the "Good to Grow Old" (GTGO) program?

The "Good to Grow Old" program will help seniors remain in their own homes and neighborhoods with a sense of security. The goal is to improve access to social, health and recreational services and facilitate neighbor to neighbor community building.

Who can be involved?

Anyone over age 60 who lives in the designated area (see map on the back) will be eligible for services; however, we are inviting everyone in Perinton to become involved in planning and volunteering.

An Advisory Board meets regularly and includes representation of residents who live in the designated area.

What will the "Good To Grow Old" (GTGO) program provide?

The program provides care management, transportation, and counseling. Home visits are offered for assessment, connection to safe and reliable services, and follow-up. Counseling is available to assist in dealing with aging and maintaining emotional wellness. Transportation is available for medical appointments, grocery shopping, and everyday errands, using the Elderbus and volunteers.

Referrals can be made for health care, benefit questions, and home services (including self care, meals, or home maintenance).

HOW TO SIGN UP?

Please call us at (585) 377-7830 or email at sofi@fbhcm.org

Care managers are Beth Bright, Heide George, and Jeanne Read.



Two GTGO residents, Gretel Helper (logo designer) and Alice Stott (Advisory Board member)