

Places to turn for support

Those concerned that they or someone they love may be struggling with social isolation can visit connect2affect.org. This part of the AARP website includes a self-assessment to help determine if someone is struggling, as well as tips about how to address that.

Local resources include:

- **NY Connects** (aging.ny.gov; 800-342-9871): A starting point for those looking for senior services through local agencies, including the Erie County Department of Senior Services or outlying county Offices for the Aging, as well as a variety of supports for families dealing with loved ones of any age who have a range physical and mental health conditions.

- **Erie County Department of Senior Services** (www2.erie.gov/seniorservices; 858-8526):

Offers a wide range of resources for Erie County seniors, including a list of senior centers and nutrition sites and an online listing of free University Express academic classes that run through Aug. 9.

- **Telephone Assurance Program** (ccwny.org/telephone-assurance-program; 218-1400): Catholic Charities of Buffalo provides this free service in which volunteers regularly call those who are disabled or age 60 and older to check on their well-being and offer social support.

- **Meals on Wheels for WNY** (mealsonwheelswny.org; 822-2002): Offers up to two healthy meals a day to those who are disabled and homebound 60 and over in a wide swath of the region. For a listing of more chapters, visit mealsonwheel-samerica.org.

- **Canopy of Neighbors** (canopyofneighbors.org; 235-8133): This nonprofit matches volunteers with those 60 and over in the City of Buffalo who need help with transportation, shopping and social needs, as well as tackling odd jobs around their residences.

- **Hearts & Hands** (hnhcares.org; 406-8311): This nonprofit matches volunteers with seniors looking to age in place who have transportation and other needs. It serves various communities in Erie and Niagara counties.

- **Senior Companion Program** (people-inc.org; 768-2381): This People Inc.-run program offers volunteers to help those 55 and older with grocery shopping and errands, friendship and companionship, alerting doctors and family members to potential problems, and providing respite to caregivers.

- **Stay Fit Dining Program** (www2.erie.gov/seniorservices; 858-8526): Offers healthy noon-day meals to those 60 and older at sites across the county for \$3, though no one unable to pay will be turned away.

- **YMCA Buffalo Niagara** (ymcabuffaloniagara.org) Offers a variety of group fitness activities, personal training, and health, wellness and nutrition programs for seniors. Accepts BlueCross BlueShield Aqua and Medicare Advantage dis-