



# 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)

### New Board President Kirsten Galliford



The new GPOC Board President Kirsten Galliford uses both her left- and right-brain capacities to manage her life in numerous ways. As part of the Outreach Center, she has served on the Board, most recently as Board Secretary. Perhaps most famously, she is one of the pharmacists at Wegmans, her employer for 17 ½ years. She graduated from Duquesne University in Pittsburgh with a Doctorate in Pharmacy, a 6-year intensive program.

Kirsten lives in Pavilion with her husband and three children 14, 11 and 9. She loves being involved in the community. Currently she serves on the board of the baseball program and is a presenter on medication management for the Livingston County Office of the Aging 8-week program for seniors. On her creative side, she operates a craft business and continues her love of music by learning to play the cello.

As a woman of science and creativity, Kirsten is a blessing and boon to the Outreach Center.

Question: when does she sleep?

COVID-19 Vaccine Information  
from Livingston County

243-7270  
Livingston Co.  
Health Dept.

### Services Provided for Clients at GPOC

- Primary adult and pediatric care
- 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
- Women's health
- 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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## Meet Physician Assistant Amber Rhow



Once again, Tri-County Family Medicine in Dansville is contributing in a major way to the operation of GPOC. A former CT/ MRI technician, Amber Rhow, the newest provider for the Center, returned to school in 2018 and now serves as a PA in the Tri-County practice.

Amber grew up in North Tonawanda and is now a resident of Dansville. As a wife and mother of a 14-month old daughter, Amber is another multi-faceted volunteer. Outside of her full-time work at Tri-County, she operates a hobby farm, where she produces virtually all of their own meats and vegetables. She, also, enjoys outdoor activities such as hiking.

For now Amber will be working at a GPOC clinic once a month. Although she has a full working schedule, she is "super excited to give back to the community."



# 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**

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



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### Volunteer Services in 2021

The Geneseo Parish Outreach Center and its clients wish to thank its many volunteers for their faithful service. In 2021 alone over **50** different individuals volunteered their time on a regular basis. These folks logged over **5,200** hours of volunteer service. Beyond this contribution of many hours, other individuals and organizations collected food and personal health items for the GPOC Emergency Food Pantry and/or otherwise used their time and talents for the benefit of our clients but did not submit their time. Our community is truly blessed to have so many caring, dedicated individuals.



4520 Genesee Street (Route 63)

Geneseo, NY 14454

Phone: 585-243-3120

Fax: 585-243-1189

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

### 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 \$5 donation for clinic visits.*

*A \$20 donation is suggested for adult*

*(18 and older) job or school physicals.*

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**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>



### Newsletter Staff

Diana Harke

Pam Klingman

Bonnie Kreutter

Marilyn Lyon

Jackie McNall

Sandy Wilcox

### Potential Clients:

*Those with no insurance.*

*Those who are under-insured.*

*Those who cannot pay for medications or specialty care.*

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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**.

## 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.***



The Geneseo Parish Outreach Center earned a 2020 Silver Rating from the National Association of Free & Charitable Clinics (NAFC) Quality

Standards Program. We earned this rating by attesting that we have certain policies and procedures in place to provide quality care for our patients.



**WE NEED SOME GOOD VOLUNTEERS!**



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### Geneseo Parish Outreach Center

#### Executive Director's Report January 2022

##### **Clinic Summary- 246 patients served in 2021; 483 patient visits; 36 medical clinics**

**Clinics** – The Outreach Center averages three medical clinics per month. We have three primary care providers that staff our clinics: Dr. Ayesha Tasaddaq, our medical director; Nadine Bailey, PA-C; and myself. We have just oriented a fourth provider, Amber Rhow, PA-C, who will start seeing patients in February. All of these providers are employees, or former employees, of Tri-County Family Medicine. COVID-19 screening precautions are in place for all staff and patients. On a day-to-day basis, GPOC staff take calls from patients in need of assistance to pay medical bills, prescription costs, dental and vision care, mental health and substance abuse counseling, and other specialty care.

In August 2021, after a year's hiatus, the Parish Outreach Center resumed the Annual Health Fair. For the first time, we offered COVID-19 vaccinations, thanks to the efforts of Kirsten Galliford, D. Pharm., Donna Keller and Wegmans Pharmacy Geneseo. We also offered blood pressure and BMI screenings, podiatry care and audiology screenings. A CASA representative was on hand.

**Volunteers** – The Outreach Center has been blessed with new paraprofessional volunteers who faithfully come every week: two working in the pantry, and two working in the office, in addition to one LPN who staffs the office and medical clinics. Though our numbers are less than the pre-COVID era, we can count on our volunteers to routinely staff the clinic on a weekly basis, which has provided continuity and proficiency.

##### **Grants –**

- The Parish Outreach Center received a CARES Grant in April 2021. The \$75K has been allocated for medical expenses, prescription costs and dental care for Livingston County residents below 200% of the federal poverty limit. Congress has continued to maintain that percentage until February 2022.
- The CSBG Grant funds of \$43K allotted for this fiscal year, which began October 1, 2021, have not needed to be tapped yet because there are over \$25K in CARES Grant Funds still to be spent.
- The Mary Clark Thompson Grant of \$2,500 has been helpful in assisting out of county residents who are diabetic with their health care needs.
- Tompkins Bank Grant of \$2,000 is also being utilized for diabetic patients who live out of county.
- St. Paul Lutheran Church granted GPOC \$700 from their gifting program in 2021. This money helped individuals out of county, as well.

**Liaisons** – The Parish Outreach Center has had contact with Dr. Teeters, Noyes Health CEO, and he is supportive of our efforts and continued partnership to provide discounted laboratory and diagnostic imaging services.

Diana Huussen, UR Medicine Physician Liaison, has connected with the Parish Outreach Center, which has helped us with referrals and other patient issues.

GPOC has received increasing referrals from area medical and dental providers to assist their patients with their healthcare needs.

Respectfully Submitted,  
Donna Flaherty, PA-C

Executive Director

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### Free Nutrition and Cooking Workshop Sponsored by Foodlink

Learn how to add fruits and vegetables to your diet, stretch your food dollars and plan quick, healthy, easy meals. Learn something new and taste products.

**When and where:** The second Friday every month at 10:00 am at the GPOC

Call (585) 243-3120 for more information. *Open to the public.*

#### GPOC Clinic Schedule

**3/10/22** 9:00 am – 12:00 noon

**3/17/22** 4:30 pm – 7:00 pm

**3/25/22** 9:00 am – 12:00 noon

**4/ 7/22** 9:00 am – 12:00 noon

**4/14/22** 9:00 am – 12:00 noon

**4/21/22** 4:30 pm – 7:00 pm

Call for an appointment

(585) 243 - 3120

#### Lent Project

Join the Geneseo United Methodist church in its annual Lenten project of helping to stock the GPOC Food Pantry with needed hygiene products. Each week of Lent, a different product is collected. Here is this year's schedule:

*Week 1)* Toothbrushes and tooth paste

*Week 2)* Shampoo and conditioner

*Week 3)* Deodorant

*Week 4)* Laundry soap

*Week 5)* Body wash

*Week 6)* Paper products

### Free Diabetic Wellness and Information Fair

**When:** Thursday (date TBA) in the Spring of 2022 from 3:00 pm – 6:00 pm

**Where:** Geneseo United Methodist Church – 4520 Genesee St. (Rt. 63), Geneseo

**What:** \* Free Diabetic Foot Screening by Podiatrist (Appointment required)

\* Free home-cooked meal with reservation

\* Hearing aids checked

\* Insurance assistance

\* Medication questions answered – Wegmans Pharmacy

\* Blood pressure checks and nutrition information

\* Treating blood sugar highs and lows. What is A1C?

\* Preventing falls

\* Living healthy with a chronic disease

\* Living with a chronic condition – mental health

Call (585) 243-3120 for foot screenings and meal reservation when the date is confirmed. Watch our website for more information. <http://www.gpocenter.org>