

Information to Help Improve Your Quality of Life!

No Flu For You!



Preventing the flu is more important than ever!!!

We are now upon the season where the threat of viruses has increased. To prevent many of these viruses and their often terrible side effects, we recommend that you protect yourself with a vaccine.

According to the Center for Disease Control and Prevention (CDC), there are multiple types of Influenza vaccines, practically customized to meet your needs. There are different types for all age groups and even several for those that are allergic to eggs. The typical Flu shot protects against four different strains of Influenza.

Don't Wait ... Schedule Your Flu Shot Today!

Flu Vaccines are available at your PCP and most pharmacies

Need a ride to get your vaccine?

No Problem...Call Kalos at (716) 216-8368

Behind The Phone

Each newsletter, we feature one of our staff members who you don't get to meet in person. It's just one more way to show that we are here for you on a personal level. Your health and safety are our top priority!

Jen has had a few different roles with Kalos over the past seven years. If you had our Medicare Plan a few years ago, Kalos Health GoldPlus, Jen was a Care Coordinator. Currently, Jen is our Enrollment Specialist.

Meet Jennifer!



She helps potential members and their families with the enrollment process, as it can get complicated.

Jen received her nursing license through Niagara-Orleans Boces. She has spent her entire 21 year career in healthcare. When we asked about her favorite part of working at Kalos, Jen said "I enjoy speaking with the members and helping them understand the plan and what's best for their health needs". I've also made many good friends through the years, as this is a great working environment. We probably have the most fun at our holiday ugly sweater party".

In her spare time, Jen is a very dedicated mother to her two boys. They like to go four wheeling, swimming, work in their garden, or just go to the park.

Be on the lookout in our next newsletter to see who is "behind the phone."

Kalos Kares Volunteer Team

The Dale Association

On July 27, members of the Kalos Kares volunteer team spent some time at the Dale Association in Lockport. We served lunch at their senior center

The Dale Association has been a pillar of the Lockport community for over half a century. Beginning as a senior recreation center, the Dale Association has now grown to offer numerous services throughout Niagara County, including; insurance assistance, mental health services, caregiver support programs; and linkage to many community resources.

“It was so much fun to be able to interact with these great people,” said Cynthia Hennings, one of the volunteers and the Director of Clinical Services at Kalos. “So many of us have been stuck at home these past few years due to COVID. It feels great to engage with the community again, all while supporting a great organization like the Dale.”



Don't Get Left in the Cold...

There are a number of programs through National Fuel available to assist with your heating bills this winter:

Home Energy Assistance Program (HEAP):

- Most common federally funded grant program
- Grant worth up to \$476
- Available on a first-come, first-serve basis

Neighbor for Neighbor Heat Fund:

- A one-time yearly grant worth up to \$500.
- Can be used for current or past-due heating bills
- Available to anyone age 55 or older

Statewide Low-Income Program (SLIP):

- Receive monthly discount of gas delivery charges
- Discount based on the amount of HEAP received

Need help signing up for heating assistance programs?

Call Kalos at (716) 216-8368

Ask for Lillian in Social Work and she will be happy to assist you

