

# "Helping Seniors Help Themselves" The Friendly Carrier

VOLUME XXXIX ISSUE 10

ORLEANS COUNTY OFFICE FOR THE AGING

OCTOBER 2016

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## Director's Desk

Happy Fall! This is my favorite time of year. I love the cool crisp air, I would be content if the weather stayed cool all year. As a parent, I am excited to celebrate fall with my children and husband. I am looking forward to taking a hayride to pick out the perfect pumpkin! We are hoping to do some apple picking this year. I wish my husband liked apples more, his response was, "in apple pies I do!" Halloween will be fun; I already have my children's costumes ready. My daughter chose a Belle costume (a Disney princess) and my son is going to be a dinosaur. I am excited to see them all dressed up, let the fall fun begin. Get outside this fall and enjoy the scenery. Keep moving!

Fall is a very busy time for us here at the Office for the Aging. HEAP applications are coming in for anyone who received HEAP last year, and we are starting to review them. Please send in your applications, make sure they are signed and we will contact you with any questions. As of right now we are not accepting appointments until the HEAP program opens on November 14<sup>th</sup>. Anyone who did not receive HEAP last year may begin to apply then.

Open Enrollment for Health Insurance is upon us, it begins October 15<sup>th</sup>-December 7<sup>th</sup>. We encourage everyone to attend our Annual Health Insurance Forum on October 6, 2016 in the 4-H Fairgrounds Trolley Building. Medicare Advantage Sales Representatives will be reviewing their 2017 plans. Please call our office at 589-3191 to reserve a seat, we are asking for a \$3 suggested donation. It is important to review your insurance options yearly and this is the perfect chance to do that. Hopefully we will see you there!

We love visitors, however with the busy season upon us we ask that you please call our office for an appointment so we can plan on setting aside the appropriate amount of time to meet with you.

Do you have concerns as you age, what are they? Please come and join me for our Public Hearing. It will be held prior to the insurance forum on October 6, 2016 at the Fairgrounds and is free to attend. I encourage you to come share your thoughts and comments.

Have a great month, stay active, and stay healthy!

## Apply for STAR

STAR (New York State School Tax Relief Program) lowers school taxes for certain property owners without age or income requirements, who use their homes as their primary residence. The state sets the amount of the benefit every year based on the value of property in the school district and the school tax rate. "Enhanced STAR" provides for even greater STAR benefits. To be eligible you must be at least 65 by Dec. 31, 2017 and your 2015 total income must be \$86,000 or less. Older adults and the disabled, who are property owners with a limited income, may be eligible for additional real property tax exemptions as well. To renew or change from basic to enhanced the filing date for the city of Amsterdam is Dec. 1, 2016, and for all the towns, Mar. 1, 2017 for the 2017-2018 school year. To receive an application or information, contact your local assessor. All new applicants must contact the NYS Tax Department by calling 518-457-2036 or apply online at [www.tax.ny.gov/STAR](http://www.tax.ny.gov/STAR)

## Health Insurance Corner

### Your Medicare coverage options

There are different ways to get Medicare health benefits:

1. **Original Medicare** (traditional fee-for-service coverage by the federal government) alone;
2. **Original Medicare with supplemental insurance**, like a Medigap or retiree plan; or
3. **A Medicare Advantage Plan.**

To fill gaps in Medicare coverage, many people have additional insurance called supplemental insurance. You can get supplemental insurance from an employer or you can buy it from an insurance company in the form of a Medigap policy that specifically fills gaps in Medicare.

Some people get their Medicare benefits through a Medicare Advantage Plan. Medicare Advantage Plans are sold by private insurance companies and offer Medicare benefits. These plans must offer at least the same benefits as Original Medicare, but have different rules, costs, and coverage restrictions.

If you have health coverage from your union or current or former employer when you become eligible for Medicare, your coverage may automatically convert into a Medicare Advantage Plan. You have the choice to stay with this plan, choose Original Medicare, or switch to another Medicare Advantage Plan. Be aware that if you switch to Original Medicare or another Medicare Advantage Plan instead, the employer or union could terminate or reduce your health benefits, the health benefits of your dependents, and any other benefits you get from your company. Talk to your plan before switching to find out how your health benefits and other benefits will be affected.

**The Annual Open Enrollment Period (AOEP) is from October 15th through December 7th. Our annual Health Insurance Forum will be held October 6<sup>th</sup> in the 4-H Fairgrounds Trolley Building. We will also be holding Comparison Meetings to go over Medicare options throughout the AOEP. Please call the Office for the Aging at 589-3191 to register for these meetings. We ask that you attend one of these meetings before requesting an individual appointment as this is a very busy time of year for us at the Office and we all wear many hats! Thank you for your understanding and patience.**

### Insurance Meetings

Univera	October 3rd	11am	Holley Library
Comparison Meeting	October 11th	10am-12pm	Orleans Co. Building Conference Room C
Univera	October 12th	11am	HOAG Library, Albion
MVP	October 12th	10am	Orleans Co. Building Conference Room B
United Healthcare	October 17th	10am-12pm	Orleans Co. Building Conference Room C
Aetna	October 18th	10am	Orleans Co. Building Conference Room B
Univera	October 21st	1pm	Lee Whedon Library, Medina
Comparison Meeting	October 24th	2pm-4pm	Orleans Co. Building Conference Room C
United Healthcare	October 26th	10am-12pm	Orleans Co. Building Conference Room B
United Healthcare (Members Only)	October 26th	1-3pm	HOAG Library, Albion
BlueCross/BlueShield	October 28th	1:30pm-3:30pm	Orleans Co. Building Conference Room A/B

**Thank you to the following for your generous donation: Barb Reigle, William Riley, Earl Sturtevant, Mildred Knights, Edith Perry, David & Pat Woodward, Diana Pinson, Robert Benedict, Busy Buddies, E. June Dresser, Elizabeth Tower, David Nixon, Sheila Royal, Elsie Barringer, Christine Tee, Lynn Zinkievich, Corrine Pahura, Sussan Eddy, Jane Beach**

**Out of County Medical Transportation-** Effective June 2016, due to the increase in numbers of out of county medical rides and yearly budget constraints, we need to limit each rider to no more than four out of county rides a month. Ride contributions of \$10 for out of county rides will remain the same in 2016. All out of county rides need to be approved by the Office for the Aging. Call (585)589-3191

Christopher Mitchell Funeral Home

Merrill Grinnell Funeral Home

United Health Care

Applegate Manor

The Medicine Shoppe

Cloverhill

Fidelis

The Willows

**Mobile Pantry Distributions**

No income guidelines-Bring bag or box-First Come, First Served

**Calvary Cupboard** 324 Catherine St., Medina

2nd & 4th Thursday every month (5pm-7pm)

**Lyndonville Presbyterian Church** 107 N. Main St., Lyndonville

1st Friday of every month (9am-11am)

**PLEASE REMEMBER TO TEST YOUR LIFELINE UNITS EVERY MONTH!**

**IF YOU HAVE ANY QUESTIONS PLEASE CALL SAMANTHA KOONS AT 589-2863**

**Blood Pressure Screenings** -The Medicine Shoppe in Medina does free blood pressure screenings on the last Thursday of each month from 10 am -5 pm. The Holley Community Center does free screenings on the 3rd Friday of each month from 10:30 am - 11:15 am. Nutrifair sites will do BP screenings: October 18th in LYNDONVILLE (ALBION also does screenings on the 1<sup>st</sup> Wednesday of each month at 11:15am).

**Rebekah Karls OFA**

**“Do you Remember?”**

October 7th - Albion  
 October 14<sup>th</sup> - Kendall  
 October 18<sup>th</sup> - Lyndonville

**Ellen Foster , R.D. OFA**

**“Reducing Sugar Intake”**

October 5<sup>th</sup> – Albion

**Michele Sargent, OFA**

**Exercise Wednesday  
 @ 10:00 A.M.  
 Membership to WNY  
 Senior Center is  
 REQUIRED  
 For information  
 Call-Kelly Shaw @  
 798-4544**

**Funds are Available to Help New Yorkers Get Furnaces Tuned-Up**

Applications are being accepted for the furnace or boiler tune-ups, which can help improve energy efficiency while helping New Yorkers save on heating costs this winter.

The program is federally-funded through the Home Energy Assistance Program (HEAP). People age 60+ can apply at our office. Eligible households can receive up to \$400, which includes cleaning of the primary heating equipment, but may also include chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats, if needed, to allow for the safe, proper and efficient operation of the heating equipment. To qualify, households must not exceed the program’s income guidelines, which vary by household size. The household must have heating equipment that is more than 12 months old, and the furnace, boiler or chimney must not have been cleaned within the past 12 months. **Applications will be accepted through Nov. 4, or until funding is exhausted, whichever comes first.** Applications are available at our office, you may stop in to pick one up or call 589-3191 for assistance.

**HEAP SEASON 2016-2017 IS HERE**

To assist with the high heating cost associated with colder temperatures, it is anticipated that the 2016-17 Home Energy Assistance Program (HEAP) will begin **November 14, 2016.**

The New York State Office of Temporary and Disability Assistance began a staggered early mail out of applications in late August to those who received a benefit last year. It is important that you complete the application following the instructions provided and return to the Office for the Aging as quickly as possible. **The regular HEAP program is tentatively scheduled to end March 15, 2017.** It is also important to remember that **ALL** pages of the application are to be completed and returned. Returning all the pages will allow for smoother and quicker processing.

The early mail out procedure will allow applications to be processed and approved prior to program start up. **It is, however, important to remember that no monies will be issued until the program officially begins in November and until federal funds are made available.**

**Anticipated income guidelines for the 2016-17 HEAP season are as follows:**

<u>Household Size</u>	<u>Income Guidelines</u>
1	2,300
2	3,007
3	3,715
4	4,423



Individuals who may be eligible for HEAP according to the above guidelines are encouraged to apply. Now is the time to plan. Don’t wait until cold sets in to wonder how you can receive assistance with your heating bills. Don’t be forced to choose between warmth, food and prescriptions. **It is important to remember that HEAP is meant to SUPPLEMENT your heating cost, NOT REPLACE your heating payments.** For additional information on HEAP or any other benefit programs offered through the Office for the Aging, call 589-3191.

**ORLEANS COUNTY OFA ADVISORY COUNCIL**

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*Billy Newsome-Gaines*

**Nutrition Notebook**

**Oatmeal**

Did you know oatmeal actually has its very own national day? It does, and this year it is October 29<sup>th</sup>. Oatmeal has many nutritional benefits, and is a great way to start your morning or end your evening just before bedtime. Eating a bowl of oatmeal can help reduce blood cholesterol levels, high blood pressure, and even help with weight loss. One half cup of dry oatmeal contains 150 calories, 9 grams of protein, and 27 grams of carbohydrate. It is 100% whole grain with 4 grams of dietary fiber, only 1 gram of sugar, and no cholesterol or sodium.

Packets of instant oatmeal, while very handy to use, may contain salt so check the nutrition facts label. “Quick” oats and “Old Fashioned” oatmeal generally do not have salt added.

To save on your grocery bill, you can make your own packets of instant oatmeal. Put ½ cup dry quick oats into a plastic snack bag or sandwich bag. Add optional ingredients (see Variations below), seal the bag and store safely for future use. To prepare, empty the bag contents into a microwave-safe bowl, add 1 cup milk, water, or a combination of the two, and microwave on high for 2½ to 3 minutes. Stir before eating.

Variations:

- **Apple Cinnamon Oatmeal** — To each packet, add 1 teaspoon or more of sugar, ¼ teaspoon cinnamon and 1 – 2 Tablespoons chopped, dried apples
- **Cinnamon Raisin Oatmeal** — To each packet, add a packed Tablespoon brown sugar, ¼ teaspoon cinnamon and 1 – 2 Tablespoons raisins
- **Cinnamon-Spice Oatmeal** — To each packet, add 1 teaspoon or more sugar, ¼ teaspoon cinnamon and a scant 1/8 teaspoon nutmeg.
- **Cocoa Oatmeal** — Add 1 teaspoon baking cocoa and 1 teaspoon sugar to each packet or 2 teaspoons ‘quick-type’ chocolate drink powder
- **Sweetened Oatmeal** — Add 1 teaspoon sugar or 1 Tablespoon packed brown sugar to each packet

Other optional ingredients: dried banana chips, small pieces of walnuts or almonds, dried cranberries, other dried fruits. For added nutrition, make oatmeal with calcium-rich milk instead of water. Follow the same directions given for water, just use milk instead. Add fresh, frozen or dried berries and sprinkle the hot oatmeal with cinnamon.

**HOLIDAY BASKET SIGN UP**

The information listed below is for the following sites:

**Zip codes 14411, 14098 & 14571 sign up at:**

**Community Action of Orleans & Genesee**

409 East State St., Albion, Call (585) 589-5605

**Starting:** October 3, 2016 & **Ending:** November 4, 2016  
 9:00-1:00pm **ONLY**

**Eastern Orleans Community Center**

**Zip Codes 14470, 14476, 14429, 14453**

75 Public Square, Call (585) 638-6395

**Starting:** October 24, 2016 & **Ending:** October 28, 2016  
 9:00am-2pm **ONLY**

**MUST** bring proof of identity, residence, income and household bills.

**Income Guidelines**

<u>Family Size</u>	<u>Gross Yearly Income</u>
1	\$13, 913
2	\$19, 913
3	\$25, 113

### Caregiver Corner

Fall is near and summer is coming to an end but it's not all bad news. We are pleased to announce that Lifespan of Rochester and The Rochester Alzheimer's Association in conjunction with the Orleans County Office for the Aging will be offering many new programs. Here are some of the programs that will be offered in the next year.

- **In-home respite services-** Respite care provides caregivers a temporary break from care giving, while the person with Alzheimer's disease continues to receive care in a safe and supportive environment. Using respite services can support and strengthen your ability to be a caregiver. Companion level or home health aid level staff can assist with light housekeeping, meal preparation, hands on care, caregiver breaks, companionship, etc.
- **Social Activities-** A person with Alzheimer's disease doesn't have to give up the activities he or she loves. We will offer several free opportunities each month to gather with others who have Alzheimer's disease and their loved ones. Social gatherings for persons with dementia and their care partners could include art activities, music activities, bingo games, coffee and cookies, etc.
- **Support Groups:** Alzheimer's Association support groups offer caregivers or persons with Alzheimer's disease the opportunity to meet with others at a regularly scheduled meeting in a safe, confidential environment. Trained volunteer facilitators are paired with professional staff to lead all groups.
- **Community Education Sessions-** Learn more about Alzheimer's disease through our free community education series. These classes are designed to address topics including understanding the basics of dementia, effective communication, home safety and driving.
- **Personalized Education Sessions-** Alzheimer's Association can provide a personalized education session for families in their home (5 are required to be in attendance either in person, on the phone, or via computer). There are over 20 specialized training topics available, and families/care teams can choose up to 3 topics to be presented.
- **In person Care Consultations-** Our professional staff is dedicated to helping you and your family navigate your journey with Alzheimer's disease. During a care consultation, we can help assess your needs and discuss care planning, home safety, and other concerns. A Care Coordinator will be available twice per month in the county to provide in-person care consultations for those who would otherwise be unable to travel to Monroe Community Hospital for this service.

#### Alzheimer's Association (Rochester and Finger Lakes Chapter)

##### On-Site Care Coordinator-Locations in Medina and Albion

Twice per month, a Care Coordinator will be available in person at the following locations to help assess your family's needs and discuss care planning, home safety, and any other concerns.

Appointments are appreciated but not required.

Medina Medical Building

100 Ohio Street , Medina NY

October 10, November 14 and December 12

9:00 am-12:00 pm

Orleans County Administration Building

14016 Route 31, Albion NY

September 28, October 26, November 20 and December 28

1:00 pm-4:00 pm

#### SAVE the DATE

**National Grid** is holding a Customer Assistance EXPO

Please join us

Thursday, October 13, 2016

10am-2pm @ Care Net Center of Greater Orleans, 111 West Ave., Albion N.Y.

Connect with Those Who Care and meet with assistance program experts

#### Thank you to our Veterans

Veterans please join us for a free lunch, served @ 12:00pm at one of our Congregate Meal sites in honor of you and Veteran's Day. Call 589-7817 to reserve your spot, let them know you're a veteran. Chose one of the following locations, a short data sheet will need to be completed if you are new to the site.

Wednesday, November 9<sup>th</sup>-Kendall Town Hall, 1873 Kendall Road, Kendall

Thursday, November 10<sup>th</sup>-Yates Town Hall, Main Street, Lyndonville, or Albion Academy, 16 East Academy Street (South Entrance), Albion.

Thank you for serving our country!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Hamburger patty German potato salad Carrots Hamburger bun Applesauce	4) Pot roast w/ vegetable gravy Parsley mashed potatoes Beets Dinner roll Vanilla ice cream	5) BBQ pulled pork Oven browned potatoes Zucchini squash Hamburger bun Mandarin oranges	6) Vegetable quiche Rice Brussels sprouts White bread Diced pears	7) Spaghetti w/ meat sauce Broccoli Italian bread Cake
10) Chef's choice Mashed potatoes Green beans Assorted bread Assorted fruit	11) Ravioli with tomato sauce Peas Italian bread Tropical fruit	12) Open faced roast beef sandwich on multigrain Mashed potatoes Oriental vegetable blend Cookie	13) Orange juice Chicken breast/ gravy Scalloped potatoes Carrots Wheat bread Applesauce	14) Vitamin C juice Sliced ham with pineapple Sweet potatoes Cauliflower Dinner roll Banana
17) Fruit juice Vegetable lasagna Peas Italian bread Fruit cocktail	18) Pepper steak Pasta noodles Mixed vegetables Whole wheat bread Orange blossom	19) Fruit juice Swedish meatballs over Brown rice Shredded red cabbage Dinner roll Diced pears	20) Vitamin C juice Pork w/gravy Parsley potatoes Peas and carrots Rye bread Cake	21) Meat loaf Baked potato half Green & wax beans White bread Mixed fruit
24) Swiss steak Mashed potatoes Spinach Dinner roll Diced peaches	25) Vitamin C juice Turkey tetrazzini Baby lima beans Whole wheat bread/ butter Cookie	26) Baked fish Oven browned potatoes Zucchini squash Multigrain bread Ambrosia	27) Tuna macaroni casserole Green beans White bread Cheesecake w/fruit treat	28) Corned beef Red potatoes Shredded cabbage Dinner roll Fresh fruit cup
31) Knockwurst German potato salad Broccoli Hot dog bun Cake				

**For Reservations Call 589-7817.** All menus subject to change with availability of food. MOW may not receive this exact menu. A call to cancel your reservation would be appreciated. Thank you. \$3.00 suggested contribution. **Meals on Wheels - 589-5424**

**Nutri-Fair Centers**

**Albion**-Albion Academy, 16 East Academy St/South Entrance (Mon-Fri)  
**Kendall**-Kendall Town Hall, Route 237 (open Wed & Fri.)  
**Lyndonville**-Yates Town Hall Back Room, Main Street (open Mon, Tues, Thurs)

**ORLEANS COUNTY  
OFFICE FOR THE AGING  
COUNTY ADMINISTRATION BLDG  
14016 ROUTE 31W  
ALBION, NY 14411-9362**

**RETURN SERVICE REQUESTED**

PRSR STD  
U.S. POSTAGE  
**PAID**  
ALBION NY  
PERMIT NO. #136



## **Drug Take Back Day**

**Saturday, October 22nd, 2016**

Turn in your unused, expired, pet, sharps, or over-the-counter medications for disposal.

10am-2pm

At any Orleans County drop-off

**Holley Fire Department**  
7 Thomas Street, Holley

**Medina Fire Department**  
600 Main Street, Medina

**400 Public Safety Building**  
13925 State Rt. 31, Albion



**NY Connects**  
Your Link to Long Term  
Services and Supports

NY Connects is a trusted place where you can get the information and assistance you need to make informed decisions for the care you need. Long Term Care can include many services that will help people of all ages remain independent in their daily lives. Finding those services can be confusing. A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Orleans NY Connects, at 585-589-3191, to discuss needed services.