



Senior Services

of Albany

Offering Choice, Independence
and Dignity

GENERATIONS

**AGENCY
NEWSLETTER**
Edition 2, 2018



Who We Are

The mission of Senior Services of Albany (SSA) & Cohoes Multi-Service Senior Center (CMSSC) is to foster independence and enhance the quality of life of older adults by providing innovative services and caregiver support. We offer choice, independence and dignity and work to help our older neighbors age in place wherever they wish to reside.

SSA & CMSSC provides:

- **Senior Center Enrichment:** Programs and activities including recreation, socialization, and educational opportunities for the well and moderately disabled across the county.
- **Nutrition Sites:** Provide a hot, nutritious lunch and weekly dinners which often include entertainment. Locations: Berne Helderberg Senior Center, Frank Chapman Center, Cohoes Multi-Service Senior Center, Ohav Sholom Senior Apartments, South Mall Towers, St. Vincent's Apartments, Watervliet Senior Center, and Westview Senior Center.
- **Transportation Services:** Medical rides, lift-equipped wheelchair vans, senior center-to-home shuttle, vans available to take senior groups on recreational trips and rides for grocery shopping purposes.
- **Newgate and Cohoes Companions Social Adult Day Programs:** On site supervision, socialization and stimulation for the vulnerable older adult and respite for the overwhelmed caregiver. We provide compassionate care and companionship in a safe and friendly environment.
- **Meals on Wheels Service:** Personally delivered, delicious homemade hot and cold meals daily. All our meals are made from scratch and each meal provides 1/3 to 2/3 of the daily recommended nutritional requirements.
- **Health and Wellness Programs:** Education and strategies for maintaining optimum health, offering a variety of seminars on aging issues including topics such as: aging mastery, falls prevention, living with diabetes, and more.
- **Community Case Management:** Hands-on assistance to isolated older individuals in need of help with life transitions or care coordination to improve quality of life.
- **The Caregiver Connection:** Intensive personalized counseling to caregivers at home or in the workplace. Also provides teleseminars on a variety of caregiver topics and telephone support groups for adult children and spousal caregivers of older adults across the Capital Region.
- **Health Insurance Counseling:** One on one consultations with a NYS Certified Health Insurance Information Counseling Assistance Program (HIICAP) Counselor to discuss Medicare options and challenges.



Programs are funded in part by the Albany County Department for Aging, New York State Office for the Aging, the Albany Housing Authority and the City of Albany.

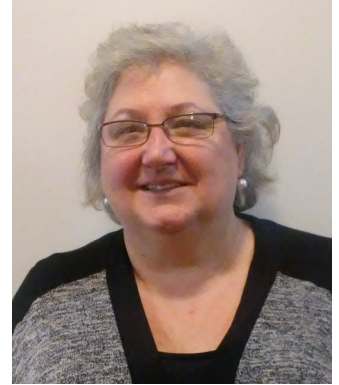
Helping Seniors Stay Independent Since 1952

From the Executive Director's Desk

Age is a seasoned trickster. To our parents, we will always be children. Within ourselves, the same yearnings of youth; the same aspirations of adolescence, will last a lifetime. Only to the young - blinded by our grey hair and slowing gait - do we appear old and increasingly beyond the pale.

by Alex Morritt

Awhile back I was making my daily pilgrimage to pay homage to the *king of coffee* at my local Dunkin Donuts. It was 5:20 am and I was the only devotee in the temple, when a young woman with purple lipstick, two thin pigtails and a triangular eyebrow piercing traumatized me. Without asking, staring me straight in the eyes, she gave me the senior discount for my coffee and kale sandwich (*read: donut*). I was speechless. I was mad and I held her personally responsible for this egregious transgression.



As a was sipping the magic elixir (*read: coffee*), I began to reflect. Why would this bother me? My hair is gray, my face bejeweled with lines and I often remark that I am old. I thought that I didn't mind being old. I thought I was good with where I am in my life. Why would this bother me? After some time, it dawned on me that it has to be ageism. Ageism that is so ingrained in me that I did not even know it was there, that I did not recognize it.

My generation has been given the gift of time. I have a good chance of living another 20 years in relatively good health. I need to think about those years differently. We need to think about these years differently. We need to talk about them differently. I don't mean we should pretend we are 40, act like we are 40 or try to look like we are 40. We need to embrace 60 and 70 and 80! We need to be as proud as the 4 year-old who tells us he is 4½ years old. We need to say out loud, **Look at me. I am 60!** I bring a great deal of value to my community. I am *hot* and not in a hot flash kind of way. I ski. I mountain bike. I scuba dive. Well, not me, but I think you get my drift. Yeah, little girl at Dunkin Donuts, **I am a senior and I am proud of it!!!** Join me, take pride in all the years that you have earned.

Monika Boeckmann

**Executive Director of Senior Services of Albany
& Cohoes Multi-Service Senior Center**

Thank You to Our 2018 Newsletter Sponsor



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Helping Seniors Stay Independent Since 1952

5 Steps to a Healthier Heart



“Heart disease” refers to plaque building up in the walls of your arteries. It also describes disorders like heart failure, and heart valve problems. Anyone, including children, can develop heart disease. You are either born with heart disease, or it can advance over time due to an unhealthy lifestyle.

Talk with your doctor about how you can take the following steps toward a healthier heart:

Step 1: Know your heart disease risk

If you do not have heart disease now, your doctor can help you find out how likely you are to develop heart disease, based on your family history, current health, and lifestyle. Then, your doctor can help you make a plan to fight heart disease.

Step 2: Don't smoke

Smoking lowers your tolerance for physical activity, which in turn raises the risk of blood clots. Your doctor can get you the help you need to quit.

Step 3: Maintain a healthy weight

Being overweight can increase your risk for high blood pressure, high cholesterol, and diabetes - all risk factors that can lead to heart disease. Your doctor can help you make sure your lifestyle keeps your weight on track, and lowers your chances of developing those conditions.

Step 4: Eat a healthy diet

A heart-healthy diet includes sensible food portions, and is rich in fruits and vegetables, whole grains, low-fat dairy products, lean poultry and fish, nuts, and beans (legumes). Your doctor can help you put together a heart-healthy eating plan based on your own diet needs.

Step 5: Exercise regularly

The American Heart Association recommends at least 150 minutes of moderate exercise per week - 30 minutes per day, five times per week. Your doctor can help you create an exercise plan that fits your needs and abilities.



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What's Happening at SSA

Newgate Social Adult Day Program

At the Newgate Social Adult Day Program the guests were excited to have to have musical presenters Joe and JoAnn Chmielowski come from Oneonta to perform. The husband and wife duo played for over an hour - JoAnn on the keyboard and Joe played the guitar. Joe writes his own music and many of his original songs were performed. They took the attendees on a memorable musical tour from the 50's through the 90's. The best part of the afternoon was how many of the guests sang along with bright smiles. Much fun was had by all and we can't wait to have them back!



SSA's Elder Abuse Initiative



Two years into our 3-year federal grant from the Office on Violence Against Women, SSA and its grant partners (Equinox, Albany County DSS, Albany County District Attorney's Office, and City of Albany Police Dept.) have already achieved several grant goals. A Coordinated Community Response (CCR) Team has been formed to identify gaps in service and encourage collaboration across agencies. Training and education are a major focus of the elder abuse initiative, and on Feb. 5th, 2018, more than 50 professionals

(including professionals from law enforcement, financial institutions and aging service providers) attended an interactive seminar on Financial Exploitation at SEFCU's Dora Maxwell Auditorium. Keynote speakers Liz Lowey, Esq. of EverSafe, Forensic Accountant Karen Webber, CPA, and Sgt. Carman Rotella shared their expertise on ways to investigate and prosecute elder financial abuse. Community education programs are available for senior groups and civic organizations in an effort to raise awareness and help people understand how to identify and react to incidents of elder abuse in their work and everyday life.



Westview Homes Senior Center

The Westview Homes Senior Center enjoyed an afternoon of paint and sip this spring. There are many talented participants and they enjoy spending the afternoon together laughing and catching up while painting; it is always fun to see how all of the paintings turn out! This will definitely be a program that will return!



What's Happening at SSA

22nd Annual Third Age Achievement Awards



On May 18th, Senior Services of Albany celebrated the 22nd Annual Third Age Achievement Awards with more than 270 guests in attendance at Wolferts Roost Country Club. The Third Age Achievement Awards are designed to pay tribute to members of the Capital Region who have made significant contributions to our communities in their “third age”. The award seeks to dispel the myth that getting older always means slowing down, and highlights the activities, achievements and creativity of individuals over the age of 60.

2018 Third Age Award recipients (from left to right):
Kevin B. Tully, CPA, Kenneth Raymond, Michele Vennard,
Bernadette Mayersohn, Barbara Hildreth, Edward Neary,
T. Gregory Dewey, PhD., and Robert W. Lazar, CPA

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Senior
Services
of Albany

20TH ANNUAL

Friday, August 24, 2018
6pm – 10pm
Saratoga City Center
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www.501auctions.com/traverswinetasting

5 Great Things to Know About Dual Eligible (Medicare & Medicaid) Health Coverage

A person who is “dual eligible” qualifies for both Medicare and Medicaid. Dual eligible health insurance, such as Fidelis Dual Advantage plans, enables your health care to be managed seamlessly between both programs without any gaps in coverage - all for little to no out-of-pocket cost.

People over the age of 65 who meet Medicaid income and enrollment requirements can especially benefit from this type of coverage. You are also able to enroll year-round, so there is no need to wait.



Depending on the plan, Fidelis Care offers dual eligible members an Over-the-Counter debit card, Flexible spending reimbursement for health-care related expenses, vision coverage, dental benefits, and much more. We also offer all dual eligible members personalized health support from a Nurse Case Manager who can help you coordinate your care and services.

A Nurse Case Manager could help you with:

- Transportation to and from doctors appointments.
- Access to community services that can help you live more independently.
- Care and services to help you manage chronic illness.
- Support for taking your medications.
- Helping you to receive coordinated care and services from your health care providers.

If you or someone you know is interested in learning more about dual eligible coverage, visit www.fideliscare.org/medicare or speak with one of the licensed Medicare Sales Representatives. They are able to meet with you in the comfort of your home to answer all your questions and help you find out if you qualify. Call 1-800-860-8707 (TTY: 1-800-558-1125) to speak with a Representative, or to arrange an in person meeting.



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What's Happening at Cohoes



What's Happening at Watervliet Senior Center



The Watervliet Senior Center hosted a 10 week Aging Mastery program. An average of 20 seniors attended each session. The program helps to inform, encourage, and support older adults as they take steps to improve their lives and stay engaged in their communities. A great time was had by all!

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TTY/TDD: 711



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Our hours are 8 a.m. - 8 p.m. seven days a week, October 1 – February 14. From February 15 – September 30, Monday – Friday, our hours are 8 a.m. - 8 p.m. A voice messaging service is used weekends, after-hours, and federal holidays. Calls will be returned within one business day.

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518-465-3322

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How Can You Help?

Attend an Event!

- ~ 20th Annual Travers Wine Tasting – August 24, 2018
- ~ 27th Annual Capital Region Senior Expo – October 19, 2018
- ~ 1st Annual Taste of Cohoes – October 24, 2018
- ~ 23rd Annual Third Age Achievement Awards – May, 2019

Volunteer With Us

Senior Services of Albany could never meet the needs of our older neighbors without the help of our amazing volunteers. We need you! Regardless of how much or little time you have to give, regardless of where your interests and talents lie, *we have a spot for you!* Come and deliver meals; become a health information and insurance counselor; do arts and crafts or other activities with the guests at one of our Adult Day programs; or provide administrative help in the office.

Make a Monetary Donation

Monetary donations are always appreciated and are essential to our ability to be able to continue our work. Give a one-time gift or make a monthly donation. Consider adding Senior Services of Albany in your will and leaving a legacy gift behind for your neighbors and friends in need.

Sponsorships for Businesses

Find out how partnering with Senior Services of Albany can help your organization and the seniors in your community. We have a sponsorship opportunity available for all budgets.

3rd Party Event

Have a party, plan a bowl-a-thon, start a challenge... Host a fundraiser and donate the proceeds to Senior Services of Albany.

*For more information, reach out to Maria Jones, Director of Marketing and Special Events at 518.465.3322 or mjones@seniorservicesofalbany.com.
Visit our website: www.seniorservicesofalbany.com.*

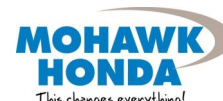
If you would no longer like to receive this publication, please call the Development office at 518-465-3322.

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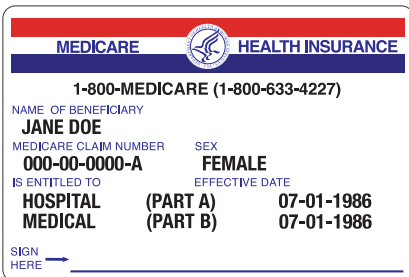
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FIDELIS CARE®

Medicare + Medicaid = More Benefits for You!

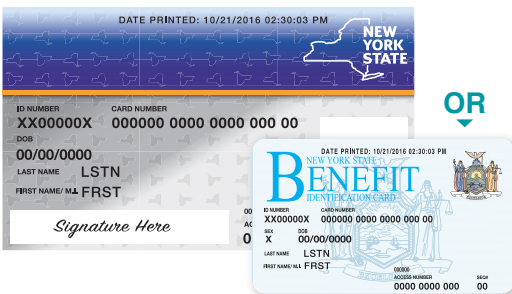
Medicare Card



You may be eligible for additional money-saving benefits through Fidelis Dual Advantage plans, including:

- Monthly Over-the-Counter (OTC) Card (to pay for items like OTC medications, toothpaste, incontinence supplies, and more)
- Transportation
- Flexible Spending Dollars
- Dental
- Care Management support
- Top-quality doctors and hospitals
- Discounts for hearing devices*

Medicaid/Common Benefit Identification Card (CBIC) NEW ▾



This is not a complete listing of plans available in your service area. For a complete listing, contact the plan. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, premium and/or copayments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Out-of-network services may require more out-of-pocket expense than in-network services. Benefit restrictions apply. Fidelis Care is an HMO plan with a Medicare contract. Enrollment in Fidelis Care depends on contract renewal. *Fidelis Care partners with TruHearing for discounted purchases of hearing devices.

Call us today! 1-800-860-8707 TTY: 1-800-558-1125

Monday–Sunday, 8:00 a.m.–8:00 p.m. from October 1–February 14
Monday–Friday, 8:00 a.m.–8:00 p.m. from February 15–September 30