



Senior Services *of Albany*

Offering Choice, Independence
and Dignity

GENERATIONS **AGENCY** **NEWSLETTER** *Edition 3, 2017*



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 elders age in place wherever they wish to reside.

SSA & CMSSC provides:

- **Senior Center Enrichment** programs and activities including recreation, socialization, and educational opportunities
- **Nutrition sites** provide a hot, nutritious lunch and weekly dinners often augmented with entertainment at Westview, South Mall Towers, Hilltown Senior Center, Cohoes Multi-Service Senior Center, and Watervliet Senior Center.
- **Transportation services** including medical rides, lift-equipped wheelchair vans, senior center-to-home shuttle, and vans available to take senior groups on recreational trips and rides for grocery shopping purposes.
- **Cohoes and Newgate Social Adult Day Programs** provide supervision, socialization and stimulation to the physically and mentally frail senior and respite to the overwhelmed caregiver.
- **Meals on Wheels Service** provides a delicious homemade hot meal to over 800 seniors each day. Many also get a cold “lunch type meal” for later in the day. This service makes a huge difference for some of our most frail elderly neighbors. All our meals are made from scratch and provide each senior with 1/3 to 2/3 of the daily recommended nutritional requirements.
- **Health and Wellness programs** provide education and strategies for maintaining optimum health. We offer a variety of programs including evidence-based seminars on fall prevention, aging well, and more.
- **Community Care Management** provides hands-on assistance to isolated elderly individuals living in the City of Albany in need of assistance with life transitions or care coordination to improve quality of life.
- **The Caregiver Connection** provides educational opportunities and intensive personalized counseling to caregivers at home or in the workplace, as well as conducting telephone support groups for adult children and spousal caregivers of the elderly across the Capital Region.



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

Within these pages you will find a number of interesting articles, but the one I want to touch upon for just a moment is our 19th Annual Travers Wine Tasting. ***It was an amazing night!*** There are not enough words to truly express the gratitude in my heart for the community that came together on August 25, 2017 to support our mission. A tireless committee led by Michelle Borisenok, a large group of generous sponsors and hundreds of caring friends and neighbors came out that evening and raised over \$160,000.



Thank you to all who gave time, talent, money and sweat. I promise you, I will treat this money with the utmost reverence. It will be used to feed hundreds of hungry seniors, to bring kindness to the lonely, and to help provide some hope to those who have little.

Thank you all.

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

Thank You to Our 2017 Newsletter Sponsor



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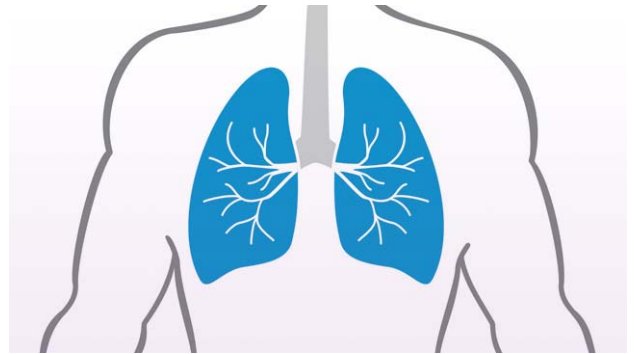
Thank You to Our Corporate & Community Partners



Helping Seniors Stay Independent Since 1952

Understanding Chronic Obstructive Pulmonary Disease (COPD)

Seniors are at higher risk of developing lung diseases such as chronic obstructive pulmonary disease (COPD), a disease that clogs, hardens, or destroys the tiny air ducts (sacs) inside the lungs. After age 55, the muscles around the lungs weaken over time, and the airways, muscles, and bones in the area shift, making breathing harder. For seniors over 75, one-fifth of hospitalizations are due to COPD, so it's important to know the symptoms and understand your risk.



COPD causes increased mucus, wheezing, shortness of breath, chest tightness, and other symptoms. Smoking is the leading cause of COPD, but some people can get sick by breathing in chemical fumes, dust, or polluted air.

It is important for you to be tested for COPD by a doctor. Spirometry is a test that checks how well your lungs work by measuring how much air you breathe in and out, and how fast you breathe out the air. A doctor may also recommend other tests (chest X-rays, CT scans, or an arterial blood gas analysis) to check how your lungs are working.

If you've been diagnosed with COPD, a healthier lifestyle that includes a good diet and exercise can help you breathe and feel better. Doctors may also order treatment or medication. For smokers, quitting smoking is the most important first step. Talk with your doctor about getting the shot to prevent pneumonia (pneumococcal vaccine) and the flu shot, which could help with protecting your lungs.

Caring Caregivers Needed!

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Helping Seniors Stay Independent Since 1952



Get your medication questions answered at the Senior Expo!

Do any of the medications or supplements I am on interact with food?

Can you look over my medication list?

How do I dispose of my unused medication safely?



Join us at the Senior Expo in Crossgates Mall on Friday, October 20th!



www.capcare.com

Helping Seniors Stay Independent Since 1952

The ABCs (and Ds) of Medicare Choices

Fidelis Care encourages seniors and their families to compare the different products available to them for 2018 Medicare Advantage coverage before Medicare open enrollment ends on December 7.

“It’s important for seniors to find the Medicare Advantage product that best meets their needs,” explained Pamela Hassen, Fidelis Care Chief Marketing Officer. “At Fidelis Care, we know that researching Medicare plans isn’t always as simple as A-B-C, which is why we try to provide as many tools and resources as possible to help people make the best decision for themselves.”

When comparing Medicare Advantage plans, Hassen offers the following research tips:

A **Add up all possible costs.** Consider the monthly premiums, co-pays, coinsurance, deductibles, and out-of-pocket maximums each plan presents to estimate your possible costs in 2018. Fidelis Care Medicare Advantage members can look up their past claims online using the Member Portal, to estimate how much they spent on health care within the previous year.

B **Balance the price with your health care needs.** The Medicare Advantage option you select should offer a good value. For example, some plans have higher monthly premiums but low co-pays for provider visits, while others have no monthly premium, but higher co-pays. Determine what works best for you based on your budget and how often you might need health care.

C **Check your medications.** Always take a look at the plan’s drug formulary to see if your medications are included, as well as how much they will cost you under the plan you are considering. Talk with your provider if you have questions.

D **Decide on your providers.** Make sure the doctors and hospitals you want will accept the plan that you choose. Further, if you’re considering switching providers, make sure they are conveniently located.

To learn more about Fidelis Care’s Medicare Advantage and Dual Advantage products, Hassen encourages individuals to use the Fidelis Affordable Care Advisor, found on the home page of fideliscare.org. The Affordable Care Advisor lets users quickly estimate the cost of coverage, and they can schedule an appointment with a representative.

About Medicare Advantage

Medicare Advantage, also referred to as “Part C” coverage, is a different way to get your Medicare coverage. In addition to your Medicare “Part A” (Hospital) and “Part B” (Medical) coverage, Medicare Advantage products may offer additional benefits such as an over-the-counter debit card and a flexible reimbursement account. Dual Advantage is designed for those individuals who qualify for both Medicare and Medicaid coverage. These plans offer comprehensive coverage with little or no cost sharing for the member for covered medical services.

To learn more, call 1-800-860-8707, or visit us online at fideliscare.org.

What's Happening at SSA

19th Annual Travers Wine Tasting Raises More Than \$160,000!!

Thanks to the tremendous support of the Capital Region, our 19th Annual Travers Wine Tasting raised more than \$160,000 to benefit Meals on Wheels & other senior services and programs. With more than 500 people in attendance, 22 tables of wine, craft beer, liquors, and fine food for tasting, and a variety of auctions, raffles, and other exciting attractions, the event was a huge success! Thank you to all those that supported our 19th Annual Travers Wine Tasting, your generosity is making a difference in the lives of local seniors!



A Special Thank You To:

All our sponsors!

The Honorary Chair Persons:

Walt & Michelle Borisenok, Steve Kahn, and Colin Demers

2017 Racing Guest: Dale Romans

The Travers Event Committee

The Honorary Committee

Our Live & Silent Auction Donors

The Wine Vendors

SSA Staff & Volunteers

SSA's Board

All the guests who attended!

Helping Seniors Stay Independent Since 1952


What's Happening at SSA

Westview Senior Center hosted a wonderful buffet lunch on August 3, 2017. More than 50 diners enjoyed a selection of scrumptious food, with an Under the Sea theme!



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What's Happening at SSA



Senior Expo



26th Annual Capital Region Senior Expo Presented by Senior Services of Albany & CDPHP

Friday, October 20th, 2017
9am-2pm at Crossgates Mall
Lower Level by Burlington Coat Factory

Please join us at the largest, most widely recognized expo for older adults in the Capital Region. This year's event will include Exhibitors whose products and services cater to the 60+ population and their families, as well as health screenings, and health-related activities.



★ Event Schedule ★

10:30am: Food Tasting Near the Stage

11:00am - 1:00pm: Entertainment on Stage



★ Event Highlights ★

- Free Raffle Prizes
- Food Tasting
- Flu Shots
- Entertainment Activities
- iPad Workshops

Educational Workshops Presented by ★ Albany Guardian Society ★

10:00am: Introduction to Technology Devices,

11:00am: Effectively Using Your iPad

12:00pm: Aging in Place: Your Home for Your Lifetime

Thank You to Our Sponsors!



What's Happening in Cohoes

6th Annual Mastadon Challenge donates over \$9,000 to Cohoes Senior Center

A Huge Thank You to the Mastadon Challenge Committee for all their hard work and dedication. We are so grateful!



3rd Annual Senior Variety Show Was a Big Hit!

The 3rd Annual Senior Variety Show at the Cohoes Senior Center in early August was a great success! There were more than 125 people in attendance, 15 different groups performing, and **more than \$1,100 raised to benefit the Senior Center** and its various service and programs! **A HUGE THANK YOU** to all those who attended, performed, donated, and helped organize the event!



How You Can Help

Events to attend

Attend our events (a great way to have fun and support Senior Services of Albany):

22nd Annual Third Age Achievement Awards – May 18, 2018

20th Annual Travers Wine Tasting – August 24, 2018

26th Annual Capital Region Senior Expo – October 20, 2017

Call Liz at 465-3322 for details.

Volunteer Opportunities

Senior Services of Albany could never meet the needs of our elderly 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. Call Krista at 518-694-3511 or visit our website at www.seniorservicesofalbany for more information.

View our Wish List

We always need something. Please visit our website at www.seniorservicesofalbany and view the *Wish List* under *About SSA*. You can also call Liz at 465-3322 for more information.

Making 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. Call Liz Hutson at 465-3322 for more information.

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 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.

If you would no longer like to receive this publication, please call 518-465-3322 x33

Medicare+Medicaid= More Benefits for You!



FIDELIS CARE®

Do You Have These 2 Cards?

1. Medicare Card

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1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY
JANE DOE

MEDICARE CLAIM NUMBER **000-00-0000-A** SEX **FEMALE**

IS ENTITLED TO **HOSPITAL (PART A) 07-01-1986**
MEDICAL (PART B) 07-01-1986

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

- **Monthly Over-the-Counter Card (to pay for items like over-the-counter medications, toothpaste, incontinence supplies, and more)**
- **Transportation**
- **Flexible Spending Dollars**
- **Comprehensive Dental**
- **Care Management to support your health care needs**
- **Access to 70,000 doctors and specialists in Fidelis Care's extensive provider network**

2. Medicaid/Common Benefit Identification Card (CBIC)- **NEW** ▼

DATE PRINTED: 10/21/2016 02:30:03 PM

NEW YORK STATE

ID NUMBER **XX00000X** CARD NUMBER **000000 0000 0000 000 00**

DOB **00/00/0000**

LAST NAME **LSTN** Photo Here

FIRST NAME/ML **FRST** Signature Here

OR

DATE PRINTED: 10/21/2016 02:30:03 PM

NEW YORK STATE

BENEFIT IDENTIFICATION CARD

ID NUMBER **XX00000X** CARD NUMBER **000000 0000 0000 000 00**

SEX **X** DOB **00/00/0000**

LAST NAME **LSTN**

FIRST NAME/ML **FRST**



Fidelis Care is a 4-star Medicare plan based on overall member satisfaction.*

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. *Medicare evaluates plans based on a 5-star rating system. Star Ratings are calculated each year and may change from one year to the next.

Call 1-800-860-8707 (TTY: 1-800-558-1125)

8 am to 8 pm Monday through Friday, from February 15 through September 30

fideliscare.org/medicare