



**Senior Services**  
*of Albany*

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Offering Choice, Independence  
and Dignity

# **GENERATIONS**

**AGENCY  
NEWSLETTER**  
*Edition 4, 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.



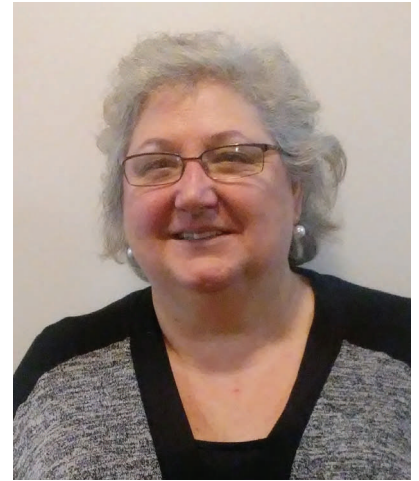
Programs are supported in part by the Albany County Department of Aging, the New York State Department of Aging and the Administration for Community Living. Additional funding has been made available by the Albany Housing Authority and the City of Albany.

***Helping Seniors Stay Independent Since 1952***

## ***From the Executive Director's Desk***

Dieter F. Uchtdorf, a German aviator wrote, "Gratitude can transform common days into thanksgiving; turn routine jobs into joy; and change ordinary opportunities into blessings."

There is always, always, always something to be grateful for and I am blessed to find that my own cup runneth over. I am blessed to be able to be the caregiver for my parents who are both in their 80's and still on this earth to share my day-to-day life. I am blessed to work with people who care deeply about others and work each day to improve the lives of those we touch. I am blessed that those who have more are willing to support our mission so we can provide support to those who have less. I am blessed with smiles, hugs, warm hands cupping mine in gratitude. May each of you see the many blessings in your life and celebrate all that is good in the world during this Holiday Season.



Happy Holidays to all!

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

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Newsletter Sponsor**



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## **Thank You to Our Corporate & Community Partners**



***Helping Seniors Stay Independent Since 1952***

## ***Tips from Fidelis Care for Being Active***



Exercise can strengthen your body and improve your mood while relieving stress. Just 30 minutes of exercise a day, five times a week, can make a big difference in your health. Remember to talk to your doctor before beginning any new exercise routine.

### **Try being more active with these tips:**

1. Have a plan: Set a realistic fitness goal, and schedule time in the week for exercise.
2. Start slow: Start by walking for a few minutes each day, and slowly build up to your goal. Speak with your doctor about what type of exercise is right for you.
3. Wear the right gear: Comfortable clothes and the right footwear can help prevent injuries. Also, wear sun protection and a helmet for activities such as riding a bicycle.
4. Add exercise to your routine: Any physical activity can count as exercise. Consider getting off the bus one stop earlier and then walking, or taking the stairs instead of the elevator.
5. Have fun: Do the things you like. If you're a baseball fan, play catch; if you're a soccer fan, kick the ball around.
6. Exercise together: Enjoy a day of games in the park with your family instead of going to the movies, or meet friends for a walk.

Together with exercise, regular checkups with your primary care provider can help keep you healthy. An annual exam with your PCP is one of the benefits offered through Fidelis Dual Advantage plans. To learn more, visit [www.fideliscare.org/medicare](http://www.fideliscare.org/medicare) or speak with one of the Licensed Sales Representatives. They can meet with you in your home, answer your questions, and help you find the coverage that's right for you. Call 1-800-860-8707 (TTY: 711) to speak with a Representative over the phone, or to arrange an in-person meeting.

# The 27th Annual Capital Region Senior Expo was a Huge Success!

Thank you to all of our sponsors, super booths, and exhibitors that helped make the day possible!!



Helping Seniors Stay Independent Since 1952

## Caregivers...don't let Holiday Stress get you down!



The period of time between Thanksgiving and New Year's is one of the most stressful times of the year for caregivers. During this time caregivers are involved in many holiday activities that take up additional time and add additional responsibilities to a caregiver's already packed life. Family may be coming to visit and the weather "is 'iffy." Many things can get disrupted during the holidays such as work and family schedules and care routines that enable caregivers to keep all the balls in the air. It's no surprise that caregivers say they *feel* overwhelmed, out of control and out of patience during the holidays...**they are!!**

Nothing can stop the disruptive impact that the holidays have on a caregiver's life, but planning for the physical, emotional, and fiscal upheaval that comes with them can definitely help caregivers survive them.

Here are a few strategies for weathering whatever the "festive season" throws your way.

**Make a holiday to-do list/calendar** Figure out which activities you should do and which ones you can delegate.

**Put together a support network** - of family, friends, community agencies and service providers – and get comfortable delegating.

**Learn to say no** - This isn't selfish, it's self-empowering. If you don't, you and the person you are caring for will be so exhausted you won't be able to enjoy things.

**Don't aim for perfection** - Be flexible and when you need to, change your expectations to fit a situation. That way, you aren't disappointed or guilt-ridden... and you actually gain the time and the energy to participate in things and enjoy them.

**Ask for help!** - Don't try to take on all of the burdens of caring for your loved one and preparing for the holidays. Something as simple as asking a neighbor or relative to stay with your loved one for a few hours while you get some shopping done can make all the difference between a calm and a stressed-out holiday.



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 ST PETER'S HEALTH  
PARTNERS

# ***Are You Eligible for Medicare and Medicaid?***

## **Here's What You Should Know**

Some people qualify for both Medicare and Medicaid. Medicare covers seniors age 65 or older, and those under 65 with certain disabilities. Medicaid helps people who have a low income pay for their health care costs. If you qualify for both, you are “dual eligible.”

Health plans for dual eligibles, such as Fidelis Dual Advantage, offer one point of contact for your coverage and make it easier to use your benefits. Here are three important facts about dual-eligible plans:



### **1) Are available year-round**

You can sign up in a dual-eligible plan year-round. If you're already a member of one of these plans, you can select a new plan quarterly. People with Medicare alone can sign up in new plans only once a year or during certain life events, such as when they turn 65 years old.

### **2) Help you avoid gaps in coverage**

Sometimes, Medicare benefits don't cover all the care you need. This means there is a “gap” between the care you need and the care that is covered. If you had a gap, you would have to pay out of pocket. Dual-eligible plans can use your Medicaid benefits to fill such gaps. By filling these gaps, you pay less for the care you need.

### **3) Can offer health support from Care Managers**

Some dual-eligible plans offer help managing your health. Care Managers could help you coordinate the care you receive. This way, doctors work as a team, which can help you be healthier. They also can make using your insurance easier, and can help you find resources in your community.



If you would like to learn more about Fidelis Dual Advantage, visit [www.fideliscare.org/medicare](http://www.fideliscare.org/medicare) or speak with one of the Licensed Sales Representatives. They can meet with you in your home, answer your questions, and help you find the coverage that's right for you. Call 1-800-860-8707 (TTY: 711) to speak with a Representative over the phone, or to arrange an in-person meeting.

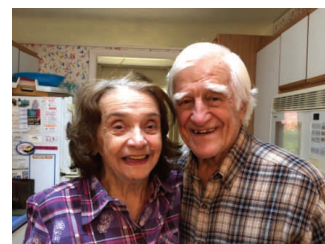
***Please donate today***



***Did you know there may be hungry seniors living just two doors away from you?***

How do I know this? Because there are struggling seniors in every neighborhood, but you would never know it. They walk along, sometimes with a cane or a nice hat, keeping up appearances. But underneath, all is not as it seems.

Meet Sam and Maria, a lovely couple in their early 90's who are loving grandparents and live on their own in Albany. They find pride in being independent, but have no pension (Sam is a former businessman, and Maria, a talented artist) and sometimes find it hard to get by.



Several years ago, Maria took a fall and broke her neck, making cooking and other household tasks difficult and threatening their independence. That's when they began receiving home-delivered meals from Meals on Wheels. At first they received only one meal per day, which the couple shared. Soon their Meals on Wheels driver realized that in order to meet their basic needs they each required a meal, and arrangements were made for Sam and Maria to receive 2 meals a day. Now their Meals on Wheels driver, Tony, arrives every day around 11:30am with hot, delicious meals and a smile. Sam and Maria both appreciate that Tony not only delivers the meal, and a shared love for Italian music, but also makes sure that they're ok. Sam says it has become his favorite time of day.

Sam and Maria are a typical example of our community's valuable, vulnerable adults who receive nourishment and a friendly visit, which is good for them and for the neighborhood!

We deliver meals to hundreds of older adults like Sam and Maria every day all over the Capital District. Who knows? Maybe someday someone in your family will need our help, too. And we want to be there for you and your family, just like we are there for Sam and Maria.

**We need your help. Your \$100 donation will provide nutritious, home-delivered meals for Sam and Maria, and many of our older neighbors. Your generosity truly makes a difference.**

Wishing you and yours a warm and wonderful holiday season!

Thank you,

A handwritten signature in black ink, appearing to read "Todd Davenport".

Todd Davenport, Senior Services of Albany Board President





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## Trusted Transportation Partner Grant helps our local Seniors

Congratulations to our partner, WestFair Rides who received an ITNAmerica Grant, to access support from Regeneron Pharmaceuticals. ITNAmerica awards TTP grants to well-respected transportation nonprofits to support free or discounted rides to medical eye care appointments. This grant will allow older adults and visually impaired community members with free transportation to eye care services! This award also recognizes WestFair Rides as offering the highest quality transportation services for seniors. WestFair Rides is one of 44 nonprofit organizations nationwide to receive this recognition!

This is the second year, that SSA has benefitted from this grant. Last year we provided over 250 rides as part of this program.

Have you been putting off a visit to your eye doctor? Now is the time to call for a ride. Whether it's an ophthalmologist appointment, the optometrist, or even just a ride to get prescription eye glasses, WestFair Rides and Senior Services of Albany can get you there.

To learn more about ITNAmerica, visit:  
<http://itnamerica.org/>

To learn more about Regeneron, visit:  
<https://regeneron.com/>



## *1st Annual Taste of Cohoes Raises over \$7,200!*

What a fantastic fall evening it was in Cohoes as the Cohoes Senior Center hosted the *1st Annual Taste of Cohoes*, where over \$7,200 was raised to benefit the Senior Center!! With more than 100 people in attendance, amazing food samplings from our local Cohoes Restaurants and local craft beer tastings, a variety of auctions, and raffles; the event was a huge success! Thank you to all those that supported the *1st Annual Taste of Cohoes*, your generosity is making a difference in the lives of local seniors!



## How Can You Help?

### Attend an Event!

- Cohoes Holiday Bazaar, December 6th and 7th
- 23<sup>rd</sup> Annual Third Age Achievement Awards – May, 2019
- 21<sup>st</sup> Annual Travers Wine Tasting – August, 2019
- 28<sup>th</sup> Annual Capital Region Senior Expo – October, 2018
- 2<sup>nd</sup> Annual Taste of Cohoes – October, 2018

### 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**

**518.465.3322  
mjones@seniorservicesofalbany.com  
or visit our website:  
www.seniorservicesofalbany.com**

**If you would no longer like to receive this  
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Development office at 518-465-3322.**



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*\*for 2019 Fidelis Dual Advantage members*

### Use your OTC Card to Purchase:

- Over-the-counter medications
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- Multivitamins
- Dental care, such as denture supplies and toothbrushes
- And many more!

For a complete listing of plans in your service area, 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 Legacy Plan is an HMO plan with a Medicare contract. Enrollment in Fidelis Legacy Plan depends on contract renewal.

**Call us today! 1-800-860-8707 TTY: 711**

Monday–Sunday, 8:00 a.m.–8:00 p.m. from October 1–March 31

Monday–Friday, 8:00 a.m.–8:00 p.m. from April 1–September 30