



# Senior Services

*of Albany*

Offering Choice, Independence  
and Dignity

## ***GENERATIONS***

### **AGENCY NEWSLETTER**

*Edition 1, 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, Cohoes 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 Daycare** 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. Also provides telephone support groups to adult children and spousal caregivers of the elderly across the Capital Region.



*Programs are funded in part by the Albany County Department of 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*

Guy Finley, a writer and philosopher wrote, "Once something has outlived its usefulness in one area of life, its purpose for being in existence is no longer the same. The leaf that captures a stream of sunlight, and then transfers its energy to the tree, serves one purpose in the spring and summer, and another completely different one through the fall and winter."

Much like the quote above, as we go through life there comes a time when we have to leave behind one identity and we need to embrace and take on another. If we fail to shed that which has outlived its usefulness, if we cling to that whose time has passed, we feel sorrow and loss. A parent who focuses on parenting, even as his/her children have grown, misses the opportunity to be a grandparent or a mentor. An employee who has retired can sit home and be lonely or volunteer and give back to others. As spring comes upon us, I plan on spending some time thinking about which roles it may be time to shed, and ponder in what other ways I can continue to be useful. I encourage you to join me. I hope you find value in the pages that follow.



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

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SERVICE TO SENIORS IN THE CAPITAL DISTRICT

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## *What's Happening at SSA*

**MVP Health Care Sponsors New Phone System for Meals on Wheels** In December of 2016, the Meals on Wheels phone system suddenly quit working. Because of budget constraints, SSA was unsure of how we were going to replace it in a timely manner. When SSA approached MVP Health Care about potentially sponsoring a new phone system, they stepped up and saved the day, allowing us to purchase and install a new phone system almost immediately.



### **Senior Services of Albany Client Donates \$10,000 to Program after Receiving Services 3 Weeks**

Sometimes it takes only a couple of weeks to make a lasting difference in someone's life. Take for instance the \$10,000 gift we received from a senior that received services for only three weeks. The gift could not have come at a better time for SSA, as both public and private funding structures for elder services have been changing year to year.

### **PASST Program Receives More Funding**

Given the recent success of the PASST pilot program (Providing Assistance and Support to Seniors in Transition) in reducing hospital readmissions for seniors, Senior Services of Albany is excited to be named a project collaborator in partnership with Eddy Visiting Nurse Association (VNA) and the Alliance for Better Health Care, LLC as part of the Delivery System Reform Incentive Payment (DSRIP) program. This new partnership will demonstrate the benefit that SSA's Meals on Wheels program provides in addressing the unique needs of our most vulnerable and high-risk senior and disabled populations, by effectively improving health outcomes, while reducing risks, hospital readmissions and overall healthcare costs.



**Through the generosity of Waste Connections Inc./County Recycling our Meals on Wheels drivers are now outfitted with Senior Services of Albany logoed vests.** Dan Kurtz, District General Manager; Levar Davis, Operations Manager; and David Christie, Maintenance Manager combined resources to design and produce the vests so our drivers are easily recognized as being from Senior Services of Albany. A big thank you goes to Dan, Levar, and David at Waste Connections Inc./County Recycling.



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*Save-the-Date*

## 19th Annual Travers Wine Tasting

# save the date

Friday Travers Eve , August 25th



Saddle up for the  
Senior Services of Albany  
**19th Annual Travers  
Wine Tasting** event at  
Saratoga Springs City  
Center in downtown  
Saratoga Springs, New York

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## 26th Annual Capital Region

*seniorexpo*

Friday October 20, 2017 • 9AM - 2PM  
Crossgates Mall (Lower Level)

### Event Highlights

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

### Our Sponsors



ALBANY GUARDIAN SOCIETY  
ALBANY NEW YORK

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# What's Happening at SSA

## A BIG Thank You to



Mohawk Honda donated these two cars at the end of February for our Meals on Wheels and Child Nutrition Programs!!

With the addition of these two vehicles, the overall donation from Mohawk Honda now totals 9 cars!! We are so appreciative of your continued support throughout the years.



*Thankful & Grateful*

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# 21st Annual Third Age Achievement Awards

## Third Age Achievement Awards



A plan for life.

Senior Services of Albany, in conjunction with CDPHP, is pleased to announce our 2017 Award Recipients:



*Law:*

**Michael Whiteman**

*Government:*

**Senator Jim Tedisco**

*Community Development:*

**Barbara J. McDonald**

*Health & Human Services:*

**Vincent Colonna; Reverend Kenneth Doyle;  
Benna Eldridge; Virginia Golden**

*Business:*

**Michael Hoffman; LeGrande Serras;  
Thomas Tyrrell**

**Friday, May 19th • 11:30 AM—1:30 PM**

**Wolferts Roost Country Club in Albany**

The *Third Age Achievement Awards* recognize the contributions that area residents and professionals make in our communities during the “*Third Age*” of their lives. The awards recognize the achievements after the age of 60 and aim to dispel the myth that getting older means slowing down. As Isabel Allende said, “You are the storyteller of your own life, and you can create your own legend.” The *Third Age Achievement Awards* are not “lifetime achievement” awards, but rather, they honor the contributions being made by the nominees in the Capital Region since reaching the age of 60. All nominees exemplify what it means to live well and age well.

### Our Sponsors



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# *Healthy Aging Needs a Plan*

Staying as healthy and active as possible as you approach and embrace your golden years is likely important not just to you, but also to your loved ones.



Maintaining good health requires a willingness to adapt to your body's changing needs as you age. Now is the time to plan for your healthiest future possible, while living your best life in the present. Your strategy should include:

- **Eating a healthy diet.** Proper nutrition is the key to feeling good and having plenty of energy. Eat a healthy balance from each food group, including fruits and vegetables, lean proteins, and whole grains, and make sure you're getting the right amount of calories.
- **Staying physically active.** Exercise is essential to better health. You should aim to get at least 2.5 hours of moderate exercise each week, such as brisk walking, swimming, or biking.
- **Opening up to new experiences.** Learning new skills and pursuing new interests will help keep your mind sharp and your confidence high, prevent boredom and depression, and broaden your social circles.
- **Maintaining social connections.** Investing in relationships, both old and new, is vital to your health as you age. Stay as connected as you can with loved ones, and join social groups to make new friends and bond over shared interests.
- **Getting essential preventive care.** Annual physical exams will keep you in regular touch with a primary care provider you trust, who can help you manage your health properly, and guide you and your family through important decisions about any additional care you might require.
- **Enrolling in a quality health plan.** As you get older, having health coverage will ensure you get the health care you need at the right time. In addition to preventive care, health coverage gives you access to a provider network that will ensure you receive any medications, exams, or tests you might need for a much lower cost than if you didn't have health coverage.

## **Fidelis Care can help**

There's a lot to consider when choosing the best health coverage for you. While a number of health plans are only available during open enrollment, Fidelis Care offers a number of plans year-round to those who qualify, including Fidelis Dual Advantage, a plan for people who qualify for both Medicare and Medicaid Managed Care.

If you have questions or need resources, meeting with a representative for assistance can help. They have the training and expertise to answer your questions and guide you through the health insurance application process.

At Fidelis Care, our Health Benefit Representatives or Medicare Sales Representatives can meet you in person or speak to you on the phone to help you determine what type of health coverage is best for you. For more information, or to make an appointment to meet with a Representative, call 1-888-FIDELIS (1-888-343-3547).

From all of us at Fidelis Care, we wish you good health and happiness!



## *What's New in Cohoes*

### **Cohoes Senior Center Launches Friendship Café**

In November of 2016, Cohoes Senior Center launched the Friendship Café. Open to the general public, the Friendship Café offers hot and cold beverages, pastries, yogurt parfaits and seasonal fruits to enjoy at the Friendship Café or to take on the go.

The Café is open Monday through Friday 9AM– 11AM. Stop in with a friend and enjoy yourself! Proceeds benefit the numerous programs and services offered through the Cohoes Senior Center.



### **New Intergenerational Program**

On Tuesday, January 10th, Cohoes Multi-Service Senior Center kicked off its new program at the Senior Center. Every Tuesday at 3:30PM, Cohoes High School Honor Society students come to the Cohoes Senior Center to work one-on-one with Cohoes seniors to help them better understand how to use current technology. Each hour long session is broken into two parts, a 30 minute Tech 101 training class and a 30 minute question and answer session designed for seniors who have specific questions about using their computer, smart phone, tablet, or other technological devices.

### **Cohoes Meal Programs See Significant Growth**

In 2016, Cohoes Multi-Service Senior Center saw an astounding 42% growth in its community dining program. The Cohoes Meals on Wheels program also saw a modest increase of 5%, bringing the total meals served growth rate to 9% since 2015!



### **Jam Band Makes Generous Donation**

The Thursday night Jam Band at the Cohoes Senior Center passed a hat and presented the Senior Center with a very generous donation. The Jam Band practices at the Senior Center most Thursday nights after dinner.

## What's New in Cohoes



### Thank You Eddy Village Green

A HUGE THANK YOU to the local Eddy Village Green, their residents, and their social work interns for doing this amazing fundraiser for us. They raised \$500 to benefit CMSSC, as well as collected pajamas, food, pet food, and more for Cohoes seniors!

### The Mayor Comes to Dinner

On Tuesday, February 21st, Cohoes Senior Center was pleased to have special guest, Mayor Shawn Morse, join the seniors at their weekly community dinner. It was the perfect opportunity to recognize the City of Cohoes for their continued support of not only the Cohoes Senior Center, but of the seniors in our community.



Register now for **The Mastodon Challenge** at the Mastodon Challenge website: [mastodonchallenge.com](http://mastodonchallenge.com). You can also sign up to volunteer by calling Liz Hutson at **518-465-3322** or by sending an email to [ehutson@seniorservicesofalbany.com](mailto:ehutson@seniorservicesofalbany.com)! The 6th Annual 5K & 15K races are being held on **Saturday May 6th, 2017** in Craner Park.



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## *How You Can Help*

### **Events to attend**

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

***21<sup>st</sup> Annual Third Age Achievement Awards – May 19, 2017***

***19<sup>th</sup> Annual Travers Wine Tasting – August 25, 2017***

***26<sup>th</sup> Annual Senior Expo – October 20, 2017***

Call Liz at 465-3322 for details.

### **Volunteering 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](http://www.seniorservicesofalbany) for more information.

### **View our Wish List**

We always need something. Please visit our website at [www.seniorservicesofalbany](http://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*

## WE KNOW THE MOMENTS...

The ones that define us  
and give meaning to our lives.  
The moments that make us breathe deeply  
and then take our breath away...  
the ones when having our health  
makes everything possible.

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At Fidelis Care, we provide quality, affordable  
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### Estimate Costs:

It only takes a minute to view product choices and estimate costs with the Fidelis Affordable Care Advisor at [fideliscare.org/enroll](https://fideliscare.org/enroll)

### Meet with a Representative:

Call 1-888-FIDELIS to meet with a Representative or visit [fideliscare.org/offices](https://fideliscare.org/offices) to find a community office close to you

**To learn more about Fidelis Medicare Advantage plans,  
call 1-800-860-8707 (TTY: 1-800-558-1125)  
or visit [fideliscare.org](https://fideliscare.org).**

Hours are 8:00 a.m. to 8:00 p.m. Monday through Friday,  
from February 15 through September 30.

