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Washington County's

# SeniorTimes

November - December 2019 Edition

Contact the Office for the Aging at 746-2420 or 1-800-848-3303

## Remembering Craig Phalen

### Colleague mourns loss of a good friend

By Elizabeth "Liz" Humiston

As you all have heard by now the Nutrition Program, Office for Aging and the Washington County Sheriffs Office suffered a devastating loss with the passing of Craig Phalen on October 21, 2019. Craig was an integral part of our Nutrition Program and his loss is being felt deeply.

Craig was proudly from Greenwich where he lived with his wife Meghan and their children Caitlin, Joshua and Erin as well as his beloved Granddaughter's Fallon and Parker. Craig is also survived by his Uncle Barry whom he shared a very close relationship.

Craig loved his family!

Craig was the Dietetic Service Supervisor at the Washington County Jail, supervised the Home Delivered Meals program and the dining sites, he worked to expand our restaurant dining program and the Pop up Luncheon program. Craig especially loved going to events and talking with the seniors, evidence of the mutual love was returned to Craig's family in the many heartfelt messages in his memory book from the seniors of Washington County.

Craig loved his job!

Craig was a very busy and popular guy, he was known around Greenwich for Un Petite Cochon his roadside BBQ and catering business and for his many acts of kindness.

Craig loved to cook!

On a personal note Craig wasn't just my boss he was my friend, I consider myself very lucky to have incredible memories of traveling, going to concerts and festivals, catering and working with Craig, his enthusiasm for all things was limitless and contagious.

Craig loved life!

"The bus came by and I got on that's where it all began" The Other Ones

Craig, buddy. I would tell you to rest easy but I know you are tearing it up.

Rock On!



Craig Phalen

## It's National Family Caregivers

Family caregivers want their loved ones to have the best care possible – at the doctor's office, at the hospital, and at home. We encourage family caregivers across the country to ask questions, explore options and share in the care decisions that affect the health and well being of their loved ones.

### BeCareCurious about:

#### Your Loved One's Goals

You know your loved one better, and spend more time with them, than anyone else does.

Talk to them about what their goals are for treatment and their care in general. It can be hard to talk about goals when facing a disease. But these talks help make sure your loved ones are getting the care they want.

#### Treatment Options

Is your loved one responding well to treatment? If not, ask your doctor if there are other options. New treatments are available every day. Whether it's a different dose, a new medication, or a new procedure, speak up and ask your doctor if there are options you and your loved one should consider.

#### Research

The internet is a great research tool, but it can also be full of conflicting, and even

See **CARE**, pg. 2

### Greetings!

Washington County's Office for Aging conducted a public hearing on Oct. 10 at the American Legion in Hudson Falls. We are proud to say that about 165 individuals attended. The public hearing gives our community an opportunity to learn about the services Office for Aging provides, but also gives the public an opportunity

to discuss Aging Services as a whole. The public hearing is one of several ways that

we reach out to our community and ask for feedback. In reviewing all the feedback received, Office for Aging will make the following areas a priority in our

## Letter from the Director

planning for 2020:

### Expand transportation

Expand pop-up events

Suggestions

for future luncheons (i.e., hot tea, better plastic ware, etc.)

In addition to what is being shared above, several other recommendations and suggestions

were received. Please note that we have read every feedback sheet and will also do our best to address your requests. A sincere "Thank You" to those who attended, for providing feedback, and for your kind words!

Sincerely,  
**Gina Cantanucci-Mitchell**  
Executive Director

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# Care

Continued from front page

dangerous, advice – so don't stop there! Be curious about that article you just read. Is it from a reliable source? Talk to friends, family and doctors to ask as many questions as possible to learn about your loved one's condition.

## The Care Plan

If your loved one is in the hospital, be sure to ask what happens next. Will they need home care after being discharged? Are there new medications or procedures you will need to manage at home? Will you be trained on what to do and how to do it? A lot of care happens at home and you need to be prepared to provide that care.

## Coverage

Don't be shy about asking questions about insurance coverage. Is your parents' Medicare plan the best option or should you change plans during open enrollment? Was a medication switched for a medical reason, or because your insurance no longer covered it? If coverage was denied, what can you do to change their minds?

Family caregiving is stressful, but the more you know, the more confident and capable you will be when providing care. Remember – knowledge is power!

So this November, during National Family Caregivers Month, take time to

BeCareCurious about your loved one's care!  
CaregiverAction.org

# Granville seniors keep busy

By Helen Hayward

In August we received our quarterly calendar, which one of our members makes up and prints for us. This makes it nice to keep up with dates and events.

At our September meeting we had Phil Jesson and his wife, Marian, for our guest speakers. They talked about their trip to Eastern Europe. They are entertaining and informative in their presentation. Several of our members also shared their travel experiences.

There were a few roof repairs on our building. President Carol McGivern gave us the list of pop-up events around the county. Pat Oathout gave a nice review of the Lake George luncheon

cruise. It was a lovely afternoon on the lake.

After the meeting there was a demonstration of chair yoga. Several of us were interested in doing that if times and dates can be arranged. We are planning our Thanksgiving luncheon. The majority of us decided to have it catered at our building.

October brought our craft fair, an annual event one of the local churches shares with us. They allow us to have a space at their fair. We have been preparing crafts for several months and there are plenty of crafts and food for everyone's tastes. Also we were reminded that open enrollment is now underway. Be sure and check your insurance.

## Free caregiver support program

Would you or someone you know be interested in caregiving classes/support groups related to dementia and Alzheimer's?

The Savvy Caregiver is FREE multi-session program that helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for loved ones along the continued decline associated with Alzheimer's or other forms of dementia. Washington County Office for Aging has partnered with the

Alzheimer's Association of Northeastern New York. If you or someone you know would be interested in attending, please call Lindsay Stanislawski, program manager with the Alzheimer's Association at 518-888-5368 or by e-mail at listanislawski@alz.org.

Savvy Caregiver Sessions are at the Fort Hudson Nursing Home, every Monday from 1:30 to 3 p.m. for five weeks as follows: October 7, 14, 21, 28 and November 4.

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# Cambridge seniors dealing well with lots of changes

By Martha Waite, secretary

Through the past year our Cambridge Valley Senior organization and building site has gone through various changes. Formerly owned by the United Presbyterian Church, it was purchased by a contractor who needed the yard space for additional parking for his tenants in a nearby building. It resulted in the beginning of

paying a monthly rental fee along with the usual daily operating expenses. A new Meal Site Manager had been hired earlier in the year for our daily meal program and in mid-year we elected a new executive board. However, members joined in on forming new committees, by-laws were amended, and creative programs were planned. Result: new members, a

refreshing team spirit, support from community residents and town administrators, more than 100 percent growth of sales in our Thrift Shop, and an increase of lunch attendees. We have had day trips to a casino, the Catskills, and a trip to New York City for the Rockettes' Christmas Show. Also added were Bingo games for prizes, an AARP Defensive

Driving class, Chair Yoga, a presentation with a deputy sheriff and his drug assessment shepherd, miniature golf with lunch out, bake sale, and a program by a well-known photographer on his Camino Pilgrimage by foot. Changes are not always easy but with everyone on board and taking part it can be a positive experience.

# Greenwich seniors honor member Marcia Jeffords

By Diane Saunders

The Greenwich Seniors continue to meet at the VFW on Abeel Avenue on the first and third Wednesday at noon. On March 22 our Brunch Club had lunch at Green Acres in Greenwich. On April 3 we had a pizza and our guest speaker was Jim Welch, local chapter president of "Sleep in Heavenly Peace."

It was a wonderful presenta-

tion about making beds for children who don't have beds. "No kid sleeps on the floor in my town." It's an all-volunteer organization and when a bed is delivered it comes complete with a mattress and all the bedding. Jim says it's like Christmas every time they deliver a bed to these kids. Several members attended the Council of Seniors Luncheon at the Hartford Fire House on April 12. At our next meeting on April

17 our guest speaker was Gail Jensen regarding Better Reader Partners which is helping to reduce adult illiteracy. Volunteers are always needed. On April 24 we went to Clark's Steakhouse in Schuylerville for our Easter Luncheon. On May 1 we had a Pop Up Lunch by Washington County Office for the Aging. Our guest speaker that day was author Joseph Cutshall-King. On May 10 Marcia Jeffords,

our Fundraising Committee Chairwoman, was honored as our "Senior of the Year" at the Kingsbury Fire House. Marcia is a very dedicated and hard worker raising money for our treasury. On May 20-22 we took a trip to Cape May in New Jersey. We also made Christmas ornaments to be sold at the Village Wide Garage Sale on May 17-18 and at Whipple City Days on June 14-15.

# Queen Anne Seniors plan "mystery trip"

By Sally Walker

We have had a busy fall season. We had our annual Flu Shot clinic in September courtesy of Mike Hayes and Hannaford Pharmacies. Also several members went on a "Castles of New York Trip." Everyone who went had a wonderful time. On Oct. 1 we had the AARP Safe Driving Course at Fort Ann Firehouse. On Oct. 4 we went to the Washington County Office for Aging Fall Festival. What a windy day! Our club donated a \$50 gift card to Hannaford and a \$50 gift card to Price Chopper/Market 32. Sally Walker won the Hannaford gift card. Irene Kiggins won two gift cards from Stewart's. On Oct. 10 many of us attended the Council of Seniors meeting at the American Legion Hall in Hudson Falls. Pamela Harrington won a \$10 door prize and Barbara Eagle won one of the 50/50 drawings. On Oct. 16 around 40 of us went to the Lake Dinner theater to see the play "Lunch with Mrs. Baskin." It was absolutely hilarious. The food was excellent as usual. On the 19th we had a bake sale at Walker's Fall Festival.

We had lots of food to sell and it was a very successful event. On Oct. 23 we had our second monthly meeting. Our guest speaker was Gina Picaprio from United Health Care. After the meeting she met with anyone who had questions or concerns about Medicare, Medicaid or Supplemental Insurance. Our other guests were Dale and Coral Grinnell who came to get our food items donated to the Cornerstone Food Pantry in Fort Ann. We will only have one November meeting because of the Thanksgiving holiday. Dec. 3 is our "Mystery Trip." Only our trip leaders know where we're going. The bus leaves at 6:30 a.m. On Dec. 7 we're having our annual Basket Party/Raffle at the Fort Ann Firehouse from 9 a.m. to noon. Our Grand Prize this year is two hours of tubing, two pieces of pizza and a fountain soda at West Mountain Ski Area. Tickets are \$5 each for a \$300 value. Tickets can be used at any time including weekends and during school holidays. Our annual Christmas dinner will be held at Sweet Basil's Restaurant on Dec. 11. Merry Christmas and Happy New Year from Queen Anne Seniors!

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# Identify theft basics - how to protect yourself

Anyone can be a victim of identity theft, but older adults are especially susceptible to this crime. Identity thieves unlawfully use an individual's name, Social Security number, driver's license information, or bank or credit card accounts for a variety of purposes including establishing credit, making purchases, applying for loans, and seeking employment. If your identity has been stolen, an identity thief may have rented an apartment, obtained a credit card, or established a telephone account in your name.

Like most criminals, identity thieves look for access and opportunity. There are steps you can take to make access to your information difficult:

Do not carry your Social Security card, or any other document with your Social Security

number on it, around with you.

If your Medicaid card has your Social Security number on it, make a photocopy and black out the first five numbers of your Social Security number. Carry that photocopy with you, not the original card.

Your blank checks contain sensitive information related to your bank account. Keep your checkbook in a safe place; don't carry it around with you. If you know you'll need to write a check, bring only as many checks as you'll need with you.

Keep all of your sensitive personal documents in a safe, locked place.

Shred any personal or financial records before you throw them away.

When using the internet, only visit trusted websites.

If someone sends you an unso-

licited request for information, do not respond!

It is also advisable to monitor and review your credit report at least once a year. Many victims of identity theft don't realize that they are victims until they are contacted by a debt collector. If someone has stolen your identity, you need to act fast to minimize the damage.

As soon as you realize that you are the victim of identity theft, you should take the following steps right away:

First, you should place a fraud alert with one of the three credit reporting companies: Equifax, Experian, or TransUnion, which will allow you to be notified of any new requests for credit. Ask whichever company you contact to contact the other two, and also ask for your free credit report. When you create a fraud alert, you are entitled to one free copy of your credit report from each of the three credit reporting companies within 12 months of placing the alert.

Next, you should create an identity theft file for all relevant documents, including a timeline of events, any police reports, your most recent credit report, any evidence of identity theft, including any information about the perpetrator, all written or email communications with creditors, banks, financial institutions, or credit reporting companies, and a log of any phone conversations, with dates, names, and phone numbers of any representatives with whom

you spoke and the information they gave you.

You should then report the identity theft to the Federal Trade Commission's Complaint Assistant at [ftc.gov](http://ftc.gov). Filing this report does not initiate a criminal investigation, but it will generate an identity theft affidavit. Take this affidavit, along with government-issued identification, proof of address, and any other information from your identity theft file to your local police department ask them to create a police report.

Even if you do not think your identity theft is related to your taxes, your Social Security number could be used to file fraudulent tax returns, so you should contact the IRS Identity Protection Specialized Unit through [irs.gov](http://irs.gov) and the Social Security Administration Fraud Hotline at (800) 269-0271. It may also be worth contacting the Identity Theft Resource Center at 888-400-5530 for further assistance and information.

You may also be able to file a law suit against the perpetrator of your identity theft and/or any institutions which negligently allowed the crime to occur. A lawsuit may allow you to recover any money this ordeal has cost you and/or punitive damages. The best way to find a private attorney is through the Lawyer Referral and Information Service, which you can reach by calling 1 (800) 342-3661.

## NY Connects is there to help

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 profes-

sionals should reach out to



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

Washington County Office for Aging and Disabilities Resource Center, Home of NY Connects, at 1-800-848-3303, to discuss needed services.

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# Kingsbury/Fort Edward Seniors welcome new members

**By Max Mc Donnell, Director**

We have had beautiful fall weather so far. The mild temperatures have made our weekly visits with the fresh food pantry here at the Center enjoyable.

In August, some of us went to the New Way Lunch 100th Anniversary Party at the Glens Fall Farmer's Market, Washington County Fair in Greenwich, visited Farmer's Market at Canal Street Marketplace in Fort Edward, Lunch Tour at Talk of the Town in Glens Falls, our own summer picnic at the Idle Hour Club in Fort Edward.

Presentations held at the Center: Nutrition Program with Kristin Stewart from Washington County ADRC, Woodstock 50th Anniversary informative discussion by our

Director, Max McDonnell, Fort Hudson Health Home Care, United Healthcare Ice Cream Social, Alzheimer's Association by Lindsay Stanislowsky. Enjoyed our Sunday Chicken BBQ Fundraiser with Jim Allen and Company.

In September, we went to Sandy Wheeler's 50-60 Musical Variety Show at Little Theater on The Farm in Fort Edward, Johnny Cash Tribute Artist Luncheon and Show at Lake Luzerne Senior Center, Luncheon Cruise on Lac Du Saint Sacrament in Lake George, and Lunch Tour at Ninety-Nine Restaurant in Queensbury.

Presentations were: Alzheimer's Association by Lindsay Stanislowsky, Fall Prevention with Craig Phalen from Washington County ADRC.

(Here we must mention our heartfelt sympathy to Craig's Family on his passing on October 21. We all loved him so much and he shall be missed), United Healthcare Ice Cream Social with Kelly and Farrah.

In October, attended Washington County Office for Aging Community Fall Festival at the Kingsbury Firehouse, Senior Council Fall Luncheon at the Hudson Falls American Legion, Lunch Tour at Charlie B's in Hudson Falls,

Presentations Held: HCR Home Care, Well Care/Today's Options with Kathy DeGregorio, United Healthcare with Kelly Buell, Nutrition Program with Kristin Stewart, Hudson Falls Fire Department, Aetna Seminar with Danielle Smith, CDPHP with Mary Jo Murray, Alzheimer's Association with

Lindsay Stanislowsky. Enjoyed our first Chicken and Biscuit Fundraiser Dinner with Ray Van Tassel and the Senior Center Volunteers.

Activities - Quarterly Birthday Celebrations, Writing Workshops with Linda Buerkley, Craft Session with

Linda Buerkley, Ukulele Club/Orchestra with Max McDonnell giving lessons (12-14 participants),

Knitting with Sharon, Pool League, Pinochle, Bingo, Board Games, Bunco, Osteo Busters, Silver Sneakers, Tai Chi, Zumba, Exercise with Marilyn, Line Dancing -Jan Young

Feel free to join us. Call to reserve a meal 24 hours in advance. 518/747-9352 78 Oak St., Hudson Falls.

## What is the Restaurant Dining Program?

The Senior Dining Program is a partnership between the Washington County Office for the Aging and Local Restaurants that offers senior citizens a unique opportunity to remain connected to their family, community and home by allowing them to eat what they want, when they want in local area restaurants. This innovative program seeks to increase senior

citizens' opportunities for socialization and community activity, ensures nutritional needs are met and provides for stronger bonds between local business and the seniors in their community.

### How Does It Work?

Restaurants agree to provide a meal that meets 1/3 of the recommended nutrition require-

ments. A typical meal is 3 oz. meat, 1/2 cup of starch, 1 cup vegetables, 1 slice of bread, dessert/fruit and milk.

Restaurants can specify days of participation.

Restaurants can limit menu choices.

Seniors will present a ticket to the wait staff prior to ordering. The ticket must be signed and dated by the senior presenting it

and is good for a single meal only. Tickets are available through the office for a recommended contribution of \$4. Gratuity is the responsibility of the senior.

Tickets may not be used by anyone under 60.

### What Restaurants Participate in the Program?

See list below:

#### The Auction Barn

4016 State Route 40  
Argyle  
518-638-6003  
Tues-Wed 7 a.m.-2 p.m.  
Thurs-Sat 7 a.m.-8 p.m.  
Sun 8 a.m.-noon

#### Market 32

354 Broadway  
Fort Edward  
518-832-6236  
Daily 8 a.m.-7 p.m.

#### Seeley's

291 Broadway,  
Fort Edward  
518-747-0800  
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#### Price Chopper

8648 NY 22  
Granville  
518-642-9755  
Daily 8 a.m.-8 p.m.

#### Johnson's Cabin Grill

State Route 40  
Hartford  
518-632-9900  
Tues-Sun breakfast/lunch/dinner

#### Cabin Café

3157 State Route 4  
Hudson Falls  
518-409-4600  
Tues & Wed 8 a.m.-2 p.m.  
Thurs & Fri 8 a.m.-8 p.m.

#### Charlie B's Main Street Café

67 Main Street  
Hudson Falls  
518-793-5522  
Mon, Wed, Thurs, Fri only

#### Sally's Hen House

3978 Route 4  
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518-746-0040  
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#### China Wok

164 Broadway  
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We are now LIVE on Facebook under Washington County, NY Office for Aging and Disabilities Resource Center!!!  
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# Caregiver Corner: It takes a village.....

By Jean-Marie Lundgren

“It takes a Village to raise a child.” I have heard this since I was a child. We lived eight miles from a village, so I always thought it strange to hear this saying.

However, when my brother got stung by a bee and needed to be rushed to the hospital, the neighbor was there to help. When the cow kicked Mr. Boyd and there was no one there but his young daughter, the party line was picked up and a very panicked voice was heard asking for help. We had eight families on our party line, and someone was always on it.

So I guess the Village in that saying, didn't really mean technically a village but a group of neighbors watching out for each other. I truly wonder if this still holds true today. For instance, do you know if your neighbor needs help? Today a message was given to me that they need-

ed someone to call the phone company for them as their house was hit by lightning. I wonder if their neighbor knew this happened? Do we not ask for help or do we just assume our neighbors know what is going on in our lives?

In days gone by, people had extended families where generations lived in the same home or on the same grounds. Today, children are scattered across the country. It is not uncommon for calls to come to us from California, Florida, Montana and even just across the state to ask questions and to request that we check on their loved ones.

Is today any different? I know we see our young folks always on their phone or computer (although I can say the same for my 70-year-old husband). Do they take the time to see who and what is around them? Years ago, I mean many years ago, grandparents and parents direct-

ed children to do chores, chop wood, watch their siblings, and everyone sat down to the dinner table together.

As a child, I was not allowed to say much at the table but that gave me a lot of time to listen to what was being said about the family, neighbors and our country. (when I wasn't sneaking food to the dog). I knew when the Mannix house had a new owner and that she lived alone. I knew who got to drinking too much and would take it out on their dog and when to avoid him. I knew when Old Mrs. Hutchings fell and that it would be nice if someone would drop in on her on the way back from school to see if she needed anything (a direct hint). I also knew to expect extra time milking the cows for Mr. Boyd as the neighbors knew he had been kicked pretty hard and was down for the count for a few days. It was OK. As children and part of the “Village,” we did our part too.

I asked my daughter if she knew our neighbor had fallen and broken her leg. She said she knew something happened because the siren of the ambulance interrupted her cartoons. We no longer sit as a family for dinner as our schedules are so hectic and we are all going in different directions. I no longer know what my neighbors are doing or how they are feeling. Nostalgic for the older days often hits me now that I am getting older. I wonder if the “Village” knew about our struggles and would come to help. Sometimes, it seems the only time my family realizes things is when the TV is interrupted. (just kidding, I hope).

Each of our “Village Connections” needs to be reviewed and updated. Today I will start with my neighbor who broke her leg... maybe she needs something at the store, if not company.

## Dates to remember!

November 22nd, 2019 - - Deadline to submit nominations for the New York State Office for Aging Senior of the Year recognition

December 2nd, 2019 - OFA Advisory Council Meeting @10am Located at Washington County Sheriff's Office. Please call OFA for details at 746-2565

December 5th, 2019 - Long Term Care Council Meeting @ 10am. Located at the Washington County Municipal Center - downstairs Training Rooms. Public Welcome and reservations are needed.

April 2nd, 2020 - Washington County Senior Council Spring Luncheon @10am located at the American Legion in Hudson Falls. Call our office or a Senior Club for tickets and details. Reservations needed for lunch

May 8th, 2020 - Washington County Senior Council - Senior of the Year Event - Kingsbury Firehouse @10am - Reservations needed

July 10th, 2020 - Washington County Senior Picnic @ the Washington County Fairgrounds

As always, please call Office for Aging at 746-2420 if you have any questions regarding the events listed above.

## Medicare Open Enrollment runs through December 7th

Eating well and regular exercise are part of a healthy lifestyle, and so is making sure you have the right health care coverage. Medicare's annual Open Enrollment period is a good time to review your current coverage and decide if there may be a better fit based on changes to current plans, your budget or health needs. During Medicare Open Enrollment, which runs October 15<sup>th</sup> through December 7<sup>th</sup>, you can enroll in or make changes to your Medicare health or prescription drug plan for coverage to begin in January 2019. To make Medicare Open Enrollment part of your healthy lifestyle, follow five important steps:

**Review your current plan notice.** Read any notices from your Medicare plan about changes for next year, especially your “Annual Notice of Change” letter. Look at your plan's information to make sure your drugs are still covered and your doctors are still in network.



**Think about what matters most to you.** Medicare health and drug plans change each year, and so can your health needs. Do you need a new primary care doctor? Does your network include the specialist you want for an upcoming surgery? Does your current plan cover your new medication? Does another plan offer the same coverage at a lower cost? Take stock of your health status and determine if you need to make a change.

**Find out if you qualify for help paying for Medicare.** Learn about programs in Washington County that will help with the costs of Medicare premiums, Medicare Parts A and B, and Medicare prescription drug coverage costs.

**Shop for plans that meet your needs and fit your budget.** Starting in October, you can use Medicare's Plan Finder tool at Medicare.gov to see what plans are offered in your area. A new plan may cost less, cover your drugs and let you go to the providers you want like your doctor or pharmacy.

**Check your plan's Star Rating before you enroll.** The Medicare Plan Finder is up-to-date with the Star Ratings for Medicare health and prescription drug plans. Plans are given an overall quality rating on a 1 to 5 star scale, with 1 being the lowest and 5 being the highest. You can use Star Ratings to compare the quality of health and drug plans being offered.

For further information on and assistance with Medicare Open Enrollment, please call the Washington County Office for the Aging and Disability Resources at 518-746-2420. A trained counselor is available to guide you. (Information obtained from the United State Department of Health & Human Services)

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# Tai Chi for Arthritis program available

Washington County Public Health, in collaboration with the Office for the Aging & Disability Resource Center and other Community Partners, is offering a program called "Tai Chi for Arthritis."

Tai Chi is an ancient Chinese practice of slow, continuous, whole body movements, strung together in a "form." Like dance, the movements are learned and followed one after another, in a particular order.

Tai Chi has been shown to increase strength, flexibility, sense of wellbeing, and balance. It has also shown to decrease pain in joints, stress, high blood pressure, falls and fall risks.

There are many types of Tai Chi, however medical studies have shown that practicing "Tai Chi for Arthritis" in particular reduces pain significantly, prevents falls for the elderly, and improves many aspects of health. For these reasons,

Arthritis Foundations around the world have supported the program, including the American Arthritis Foundation. Also, the CDC (Center of Disease Control and Prevention) recommends "Tai Chi for Arthritis" on their official guide for falls prevention!

About Tai Chi for Arthritis Classes:

Classes are taught by certified Tai Chi for Arthritis

instructors.

Classes are held twice a week, for eight weeks

Students will be given hand-outs to support what is covered in class, to help with practice at home.

Classes are tailored to all abilities, any ability levels are welcome!

If you are interested in having a Tai Chi class in your area, please contact Public Health by calling 518-746-2400 .

**Skene Manor** 8 Potters Terrace Whitehall, NY  
 "Castle on the Mountain" Visit with Santa on Dec. 14th!



**SKENE MANOR BASKET PARTY SAT., NOV. 23<sup>rd</sup>**  
 At Whitehall High School, Buckley Road, Whitehall  
 Doors open at 11:00 a.m.  
 Drawing starts at 1:00 p.m.  
 Admission ticket is \$5  
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## New York State Office for Aging 2020 Senior of the Year Award

Nominations are due by Nov. 22, 2019! Please see the nomination form included in this edition. If you nominated someone or yourself in previous years and you were not selected, we strongly encourage you to re-submit for next year! Please complete the form included in this edition or call Washington County's Office for Aging for a nomination form and once completed, return it to Washington County Office for Aging. Through an anonymous process, two individuals will be selected by the Washington County Office for Aging Advisory Council.



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Please call 692-2881 • www.wccic.com



## Attention Veterans!

**If you are not yet a member...**

**Join today and find out what benefits, programs  
and assistance are available to you!**

Anyone who has served federal active duty in the United States Armed Forces and have been honorably discharged or are still serving -- you are eligible for membership in The American Legion!

### ALL FIRST TIME VETERANS

**If you would like to join The  
American Legion Fair Haven Post 49,  
your first year membership is free.**

*Please note: Spouses of military personnel, men or women,  
can join the auxiliary. If you are the son of a veteran, you  
are eligible to join the Sons of the American Legion.*

**First time members of the sons of the American  
Legion first year dues are free.**

**FOR MORE INFORMATION CALL:**

American Legion Post 49  
72 South Main Street, Fair Haven, VT  
**802-265-7983**

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home-elevator.net



# Fall Festival and Health and Wellness Fair a hit

On Oct. 4, Washington County Office for Aging, in partnership with Senator Little and the Washington County Council of Seniors, conducted a Fall Festival to include a Health and Wellness Fair. The Fall Festival was aimed to serve our local community and Medicare recipients. This year, we estimated that we had close to 210 individuals in attendance. We had several local vendors selling their products, a performance by Max McDonnell and trivia with DJ Dubray. Sheriff Investigator Matt Ashton spoke to individuals about scams and fraud. Public Health was with us to provide information about Car Fit, Tai Chi, and several other health and wellness topics. Rite Aid provided folks with their annual flu and pneumonia immunizations. Also, present were several Medicare Insurance companies



who spoke to individuals about their plans for 2020. A delicious kielbasa with sauerkraut, pierogi, German potato salad, and apple crisp "take out" meal was offered. A special thanks goes out to Senator Little for taking time to be with us on this day, to the Washington County Sheriff's Office for their continued support, the Kingsbury Firehouse, and to WCKM radio station for joining us with a live radio show.

The winners of our door prizes were:

- Eileen DiNisio
- Pam Waite
- Bruce Loomis
- Marilyn Hanby
- Rich Higgins
- Manny Sequeira
- Jeanne Adams

If you missed this year's event - Look for us in October 2020 for our next Fall Festival!

**“AEP IS HERE!”**  
**MEDICARE & SENIOR HEALTH PLANS**

The Annual Enrollment Period (AEP) is here, October 15<sup>th</sup>- December 7<sup>th</sup>. You have the opportunity to shop, review and change your plan.

**Are you**

- Looking to lower monthly cost
- Confused about your options
- Losing coverage
- Unhappy with your current plan
- Shopping for other options

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- Provider Network Assessment
- Prescription Drug Formulary Review
- Enrollment Assistance

**CONTACT:**

Craig Fawcett cfawcett@bcig1.com	Hannah Strong hfawcett@bcig1.com	Jamie Clute jfreeman@bcig1.com

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 Saturday: 9 AM - 3 PM | Sunday: CLOSED



## **Washington County's Office for Aging and Disabilities Resource Center** (formerly known as Washington County CARES)

### **Services Offered:**

- In-Home Personal Care Assistance for Non-Medicaid Individuals Over 60 (to include, but not limited to, light housekeeping, escort to appointments, meal preparation, shopping, dressing, bathing, personal care and other instrumental activities of daily living)
- Medicaid Home Care Assistance
- Adult Protective Services (Investigations, Guardianship, and Representative Payee services)
- Consumer Directed Personal Care Assistance Program (Medicaid and non-Medicaid)
- Caregiver Support Services (to include: in-home personal care assistance (as described above), companionship/respite, support group, social adult day care, personal emergency response services)
- Health Insurance Information, Counseling, and Assistance (HIICAP)
- Home Delivered Meals
- Senior Dining Program
- Nutrition Counseling
- Nutrition Education
- Community Programs, to include a nutritious meal
- Restaurant Dining Program
- Transportation
- Personal Emergency Response Services (Medical Alert)
- Legal Assistance
- Social Adult Day Care Services
- Senior Center Recreation and Education
- Services for the Blind and Visually Impaired
- Emergency Planning
- Farmer's Market Coupons
- Senior of the Year Program
- Senior Events (i.e. Picnic, High School Plays, Health Insurance Expo, Holiday Cookie Exchange, etc.)
- NY Connects Services (Options Counseling/Person Centered Counseling and Information and Assistance for Long Term Services and Support planning for individuals/caregivers of all ages)

We offer Language Translation Services for those who speak a language other than English, Interpretation Services, and also TTY/TDD services.

We welcome opportunities to speak with groups and appreciate invitations to share our information at events. Call us to schedule!

***Please Call Us First!!!!***

*(518)746-2420 or 1-800-848-3303*





# Fall Open Enrollment

Fall Open Enrollment runs **October 15 through December 7**, and is the time of year when you can make changes to your Medicare coverage. You can make as many changes as you need to your Medicare coverage during Fall Open Enrollment. The last change you make will take effect on January 1, 2020. Take action to make sure your coverage will meet your needs in 2020.

## 1. Know the changes you can make during Fall Open Enrollment.

The changes you can make include:

- ➔ Joining a new Medicare Advantage Plan or Part D prescription drug plan
- ➔ Switching from Original Medicare to a Medicare Advantage Plan
- ➔ Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

**Call 1-800-MEDICARE to make changes.**



### Medicare coverage options



#### Original Medicare

- Medicare coverage directly through federal government
- Includes Part A (hospital insurance) and Part B (medical insurance)
- Drug coverage through separate stand-alone Part D plan
- Can see any provider who accepts Medicare

#### Medicare Advantage

- Medicare coverage through private health insurance plan
- Includes Parts A, B, and usually D
- May cover certain services that Original Medicare doesn't, like dental cleanings or a gym membership
- Usually have to see an in-network provider to receive covered services at lowest cost

#### Part D (prescription drug coverage)

- Stand-alone Part D plan or part of a Medicare Advantage Plan
- Covered drugs and costs vary by plan
- Preferred network pharmacies offer the lowest costs

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These materials made possible by support from the Capital District Physicians' Health Plan

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*In moving forward with the nomination process, we feel that giving you a month to submit nominations for the New York State Senior of the Year event is too short. Therefore, we would like to accept nominations throughout the year.*

*Please feel free to submit a nomination form for someone over the age of 60 who deserves commendable recognition. We will be accepting the forms from now until November 22nd, 2019. Upon completion of the form, please send it to our office. If you need assistance completing the form, please call our office and someone will be able to assist you!*

*Thank you,  
Gina Cantanucci-Mitchell*

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## **New York State Senior Citizen of the Year Nomination Form**

Washington County Aging and Disabilities Resource Center  
is accepting nominations for the

### **2020 New York State Office for the Aging Senior Citizen's Day Recognition.**

If you know a Washington County Senior Citizen (60+) who volunteers their time within their community, take time to nominate them.

Nominee \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone # \_\_\_\_\_



**Please submit a summary of the accomplishments which highlights why the nominee deserves to receive the recognition along with the nomination form.**

Nominator \_\_\_\_\_

Phone # \_\_\_\_\_

**Please submit your nominations to:**

Washington County ADRC  
Attn: Mindy Dudley  
383 Broadway  
Fort Edward, NY 12828

For more information please contact us at (518) 746-2420.



### We Need Your Support!

Because needs are always greater than the resources available to meet them, the Washington County Aging and Disabilities Office encourages financial contributions.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 I designate my contribution of \$ \_\_\_\_\_ for:

<input type="checkbox"/> Use where most needed	<input type="checkbox"/> Informational & Referral
<input type="checkbox"/> In-home Services	<input type="checkbox"/> Transportation
<input type="checkbox"/> Legal Services	<input type="checkbox"/> Senior Center Activities
<input type="checkbox"/> Home Delivered Meals	<input type="checkbox"/> Senior Times
<input type="checkbox"/> Caregiver Resources	

All donations are greatly appreciated.  
 All contributions are tax deductible to the extent of the law  
 Clip and return this coupon with your donation  
 Please send to: Washington County Office for Aging  
 383 Broadway, Fort Edward, NY 12828  
**Thank You!!**

### Washington County Senior Times Mailing Request

Please help us keep our mailing list for The Senior Times updated by making the necessary changes if needed.

Add to Mailing List  
 Remove From Mailing List  
 Change My Information On Mailing List

**Please Print**  
**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
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**Old Address** \_\_\_\_\_  
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Please Return to:  
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 383 Broadway  
 Fort Edward, NY 12828

### About the New York State Office for the Aging

The mission of the New York State Office for the Aging (NYSOFA) is to help older New Yorkers be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs, and services that support and empower older adults and their families, in partnership with the network of public and private organizations that serve them. Stay connected to the New York State Office for the Aging—download the NYSOFA mobile app for iOS or Android; visit the NYSOFA Facebook page; follow @NYSAGING on Twitter; or visit [www.aging.ny.gov](http://www.aging.ny.gov).



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### WEATHER EMERGENCIES AND MEAL DELIVERIES/DINING SITES

Just a reminder that if severe weather conditions or other types of disasters occur, the Office for Aging and Disability Resource Center may need to cancel both meal site dining and home delivered meals services. Please seek out any of following radio and television stations for information regarding cancellations:

- WFLY – Fly 92
- WGNA – Country 107.7
- WGY- 810 WGY
- WNYT TV
- WRGB TV
- The Daily Gazette
- Post-Star
- The Times Union
- Time Warner Cable News

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