



## Senior Dining Guide Savings!

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Washington County's

# SeniorTimes

July-September 2020 Edition

Contact the Office for the Aging at 518-746-2420 or 1-800-848-3303

## How to avoid being the victim of a COVID-related scam

With the circumstances of COVID 19 we have seen an uptick in the occurrences of scams being perpetuated, especially against older adults. Scams are frequently orchestrated over the phone, although they can also be carried out in person, through the mail, and online. Although recovery of assets or income is sometimes possible, it is very often difficult and usually does not result in the victim being made financially whole again.



Senior citizens are seeing new scams due to Coronavirus.

New scams that are being seen now due to the Coronavirus include offers for vaccines, test kits, air filtration systems, and supplements to help prevent COVID 19. As of the writing of this article, none of these things have been scientifically proven to be effective. If you receive an offer that you think might be legitimate, do not be pressured into buying anything on the spot and talk to your doctor about it first.

Another type of scam that is particularly prevalent in current times are charity scams or scams involving people pretending to collect funds for charities,

particularly those related to COVID 19 relief. So, what are some tips to avoiding charity scams? Never pay by cash, gift card, or money transfer to these organizations, visit the organizations websites directly rather than following links, and be wary of charities calling you for donations. Ask for them to send you something in writing instead. A legitimate charity will never pressure you to make a donation over the phone.

Errand Helper scams are also becoming increasingly common. Scams of this nature involve scammer offering to help with

errands and then disappearing with the money given to complete the errands. If you are in need of help with errands, reach out and find a trusted friend, neighbor, or family member. If you order goods online, make sure to use a trusted seller.

You may also encounter what are known as government imposter scams such as scams regarding Social Security, Medicare, or Economic Impact Payments. Make sure to visit government websites directly rather than through links. Know that

the government will not call you by telephone regarding expediting your Economic Impact Payments. If someone calls you asking for personal information such as your Social Security number, credit card number, bank account number, Medicare ID number, or driver's license number, just hang up the phone. If someone calls asking for personally identifiable information by phone, in person, by text, or by email or if someone you don't know requests money through money transfer, gift cards, or

See **SCAM**, pg. 3

## Senior of the Year nominations

Nominations are due by November 20th 2020!! 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.

## Transportation assistance

L.E.A.P Transportation provides transportation to qualifying individuals in Washington County for medical appointments, work-related activities. We also help with non-medical transportation such as shopping and other daily household errands. If you have Medicaid and are enrolled in the transportation plan, please call 518-746-2391 Ext 4

## Office of the Aging staff keeping seniors safe

### Greetings!

I hope you all are enjoying these warm, sunny summer days. It was heavy on many of our hearts to not have our Spring Senior Council Luncheon, or our Argyle School Senior Dinner theater, or our annual summertime Senior Picnic. Our hope, like many others, is that this pandemic will end soon and we can get back to our many wonderful festivities.

We miss seeing all of you!

Currently, our County Building remains closed to the public, but our Department, like other County Department, will take visitors by appointment only. Our office staff are back in the office and are working at full force to serve our Washington County

### Letter from the Director

Community. We continue to provide home delivered meals to individuals who visited our meal sites, as our congregate dining centers are still closed to visitors. We are working diligently with each senior site to develop and implement new safety measures and protocols. During this time of uncertainty,

we are suspending our Tai Chi for Arthritis program and are hoping to have a virtual Savvy Caregiver session this fall. All our public in-person events continue to be on-hold. Please visit our Facebook Page for frequent updates or call our office for more information.

*Enjoy the rest of your summer!*

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

CALL 518-642-1234 TO HAVE YOUR BUSINESS INCLUDED IN OUR NEXT SENIOR TIMES

## Caregiver Corner

# Caregiving during quarantine

By Jean-Marie Lundgren

“Is life ever going to get back to normal?” Was a question asked by a lady (Judy) who had not been out of her home for over 6 months. Her caregiver, her daughter Sarah, just sighed and had replied with a “Maybe”. In some ways her caregiver said that being quarantined was a little better in some ways. She went on to describe that since she, herself, could not go out and was stuck at home, things seemed a little less stressful. What was stressful was coming up with ideas to keep things light and not to get down. A new routine was set and since they did not have to go anywhere, time was slowed and not as rushed. The biggest issues seemed to be depression, not only on the elder woman but

that of the daughter also. The backup aid was not coming as she had children and did not have a long term sitter. They could not get out to go to the stores, a pleasure that Judy loved to do. Since Judy’s vision was not great, the sounds and lights were entertainment for her. Sarah struggled with what to cook, what to entertain Judy with, what to do to keep her own spirits up and how to get up every morning with a smile on her face. Some days were difficult, especially if the weather did not cooperate so that they could at least go out and sit on the porch. TV could only do so much and that got boring quick.

Sarah hit on some very good ideas that seemed to put a little light in the day. She found an old picture album that did not

have any names on some of the really old pictures. Sarah and Judy spend a lot of hours tracking down family and friends who might have known who they were. Judy was able to recall some fun and delightful memories. Judy had also been a great cook, so some of the old-world recipes were found and tried again. Sarah found a few sites on the internet that could help fill in the gaps of ingredients that Judy could not remember. They began to look forward to the weekend “dinners” where they would try out some of the recipes and set up a more formal dinner. Sometimes they would invite family via Zoom to participate in dining with them. Some of Sarah’s sisters from out of state were thrilled because they had not been able to visit in a

long time. Sarah’s youngest sister, who also loved to cook, would make the same recipes and “share” dinner with them.

There were days that they would still struggle. From a tip from a caseworker, they found support groups online (via the Alzheimer’s support line, Alz.com, to help Sarah understand the complexities of Judy’s struggle with her own thought processes. Sarah was able to make new friends thru that support group that she could call outside the online time if things got to stressful.

Once a schedule of activities was developed with the necessary activities like meal preparation, cleaning etc. was set up and fun activities like, recipe research, family research, card games, re-runs of CSI (Judy’s favorite) as well as activities that Sarah like to do, the days went by faster. There were still some days that seemed to last forever, but with perspective, both Sarah and Judy made it work. Sarah got word that she was able to go back to work soon and that brought a lot of anxiety as Judy’s day program was not yet back up surfaced. A call to her caseworker was made. They were able to find another aid to fill in until her regular aid felt it was safe to come back. She also tapped into her local church and a volunteer was found to come and set up lunches for Judy and the volunteer also agreed to have lunch with Judy to keep her company.

We are not alone in this world. Sometimes we may feel like we are but a neighbor is there to help.. once we agree that it is permissible to ask for help.

Check with your local churches, Volunteer agencies, your local Aging Office in your county (ours is called Aging and Disability Resource Center 518-746-2578), the Alzheimer’s association and or Foundation. Online support groups are there to help you.

In these days of uncertainty, be certain that we are there to help. Here is to the new Normal.



## Dementia Webinar Series

Free online education program for caregivers of people with Alzheimer’s disease and other dementias.

**September 21, 2020** 1:00 - 2:00 p.m.  
“Caregiver Quality of Life and Self-Care”

**October 5, 2020** 1:00 - 2:00 p.m.  
“Just Diagnosed, What’s Next?”

**October 19, 2020** 1:00 - 2:00 p.m.  
“Finding Meaningful Activities”

**November 2, 2020** 1:00 - 2:00 p.m.  
“Health and Hygiene”

**November 16, 2020** 1:00 - 2:00 p.m.  
“Planning for Future Care”

**December 7, 2020** 1:00 - 2:00 p.m.  
“Caregiving and the Holidays”



[wehelpcaregivers.com](http://wehelpcaregivers.com)

The Caregiver Support Initiative  
SUNY Plattsburgh

Call Kristen Fleming to register or for more information. (518)564-2049

This program is supported by a grant from the New York State Department of Health

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**518-642-1234**

# Scam

Continued from front page

peer to peer payment apps such as Venmo, those are all red flags that you are being contacted by a scammer.

Consumer scams such as the unauthorized use of debit and credit cards, abusive robocalls, door-to-door sales scams, as well as unfair and deceptive acts and practices have also seen a rise given current events. The unauthorized use of a credit or debit card is when someone steals, borrows, or otherwise uses someone else's credit or debit card without permission.

Although there are protections in place through the Truth in Lending Act for the unauthorized use of credit cards, consumers may still be responsible for up to \$50. For the unauthorized use of debit cards, there are protections through the

Electronic Funds Transfer Act, though there are less protections in place than for the unauthorized use of credit cards. The owner of the debit card may be responsible for \$0, \$50, \$100, \$500 or an unlimited amount of funds depending on the circumstances. For both the unauthorized use of credit cards or debit cards you may be able to dispute errors or fraudulent charges on your monthly statement by submitting your dispute in writing within 60 days of the statement. However, if you suspect the fraudulent use of your card do not wait to receive your monthly statement! Contact your financial institution immediately.

What are abusive Robocalls? Abusive robocalls are automated or prerecorded calls to cell phone or text messages without consent. The Telephone Consumer Protection Act prohibits abusive means of con-

tacting consumers such as telemarketing calls to those on the National Do-Not-Call registry. The National Do-Not-Call Registry is a way to opt out of unwanted telemarketing calls. This does not completely eliminate scam calls, but it does help to cut them down.

More information about ways to detect scams and financial protection can be found at con-

sumerfinance.gov, consumerfinance.gov/coronavirus, by calling (855) 411-2372, or TTY/TTD (855) 729-2372. Another important resource is Money Smart for Older Adults, which can be accessed at <https://www.fdic.gov/consumers/consumer/moneysmart/olderadult.html> or by calling 877-275-3342. Please be vigilant and spread the word!

### 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 NYOFA mobile app for iOS or Android; visit the NYOFA Facebook page; follow @NYSAGING on Twitter; or visit [www.aging.ny.gov](http://www.aging.ny.gov).



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2. Search "NYS Aging"
3. Download it for free



Please look at the **updated media outlets** for Nutrition Program announcements: Spectrum Local News; WNYT/WNYA TV (channel 13); WRGB/WCWN TV (channel 6); WRVE-The River; WYJB-B95.5; WFLY-Fly92; 810 WGY.

**Online postings** are located on our "Washington

County, NY Office for Aging and Disabilities Resource Center" Facebook page and on the Post Star and Times Union websites (under the Businesses & Churches section).

**Remember:** When Hudson Falls School is closed, so is the Washington County Nutrition Program!

### 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

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# Senior Home Delivered Meal Drivers Needed!

Washington County is currently accepting applications for Part-Time/As Needed Aging Services Aides in the Office of the Aging.

Primary duty of position is the delivery of meals for Washington County's Meals-on-Wheels program.

Applicants must possess a valid NYS Drivers' License.  
Rate of Pay: \$11.84/hour

Submit Applications by mail to:  
Washington County Personnel/Civil Service  
383 Broadway, Fort Edward, NY 12828

or email to: [civilservice@washingtoncountyny.gov](mailto:civilservice@washingtoncountyny.gov)

**All applications must be mailed or emailed as the County Municipal Center is currently closed in an effort to reduce exposure to and the spread of COVID-19.**

No benefits provided with this position.

This position is not competitive under Civil Service. Applications will be accepted until positions are filled. Washington County is an equal opportunity employer.

Special Requirements: Must possess a valid NYS Drivers' License.

Miscellaneous Information: Washington County is an equal opportunity employer.



Washington County Office for Aging and Disabilities Resource Center

Check us out on the web . . .



[www.co.washington.ny.us/148/Office-for-the-Aging](http://www.co.washington.ny.us/148/Office-for-the-Aging)



## 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; ensure nutritional needs are met and provide for stronger bonds between local business and the seniors in their community.

### How Does It Work?

Restaurants agree to provide a meal that meets one-third of the recommended nutrition requirements. A typical meal is 3 oz. meat, ½ 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?

#### The Auction Barn

4016 State Route 40  
Argyle  
518-638-6003  
Tue & Wed 7 a.m.-2 p.m.  
Thu-Sat 7 a.m.-8 p.m.  
Sun 8 a.m.-Noon

#### Cabin Café

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

#### Market 32

354 Broadway  
Fort Edward  
518-832-6236  
Daily 8 a.m.-7 p.m.  
Redeemed at food service cashier only

#### Charlie B's Main Street Café

67 Main Street  
Hudson Falls  
518-793-5522  
Mon, Wed, Thu, Fri ONLY

#### Seeley's

291 Broadway  
Fort Edward  
518-747-0800  
Breakfast only

#### Sally's Hen House

3978 Route 4  
Hudson Falls  
518-746-0040  
7 days breakfast & lunch

#### Price Chopper

8648 NY 22  
Granville  
518-642-9755  
Daily 8 a.m.-8 p.m.  
Redeemed at food service cashier only

#### China Wok

164 Broadway  
Whitehall  
518-499-0003  
Mon-Fri 11 a.m.-3 p.m.

#### Fort Ann Service Center

11300 State Route 149  
Fort Ann  
518-639-8343

#### Johnson's Cabin Grill

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

Mon-Fri 5 a.m.-9 p.m.

Sat 6 a.m.-9 p.m.  
Sun-7 a.m.-9 p.m.

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\*Some items not exactly as shown. All items subject to Prior Sale.

## 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 con-



fusing. A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Washington County Office for Aging and Disabilities Resource Center, Home of NY Connects, at 1-800-848-3303, to discuss needed services.

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

## Medicare open enrollment

We can show you how to save money on your Medicare insurance and get you the best plan possible that meets all your needs. The Office for Aging and Disability Resource Center offers free, objective, non-biased information for Medicare beneficiaries. We can give you answers about your current Medicare plan or if you are looking at

Medicare for the first time. Our Certified Health Insurance Counselors are able to run free comparison reports on all the available Medicare Plans. We are the best place to be at for “no pressure” information before Medicare open enrollment begins. Please call the Office for Aging at 518-746-2420 for more information.

## Clean and tune benefit

Eligible households can receive energy efficiency services, which includes the cleaning of primary heating equipment, but may also include chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats, if needed, to allow for the safe, proper and efficient operation of the heating equipment. Benefit amounts are based on the actual cost incurred to provide clean and tune services, up to a maximum of \$400. No additional HEAP cash benefits are available.

**You may be eligible for a benefit if:**

- You are the homeowner
- Your household’s gross monthly income is at or below the current income guidelines for

your household size as posted on the following table

- Your primary heating equipment is more than 12 months old
- Your primary heating equipment or chimney has not been cleaned within the last 12 months
- You do not have a service contract with your vendor that includes clean and tune services
- Your household eligibility requirements include filing an application with your local department of social services, providing all necessary documentation, and the household must reside in an eligible living situation.

**Heating equipment repair or replacement benefit:**

If you are a homeowner and eligible, the Heating Equipment

Repair and Replacement benefit can help you repair or replace your furnace, boiler and other direct heating equipment necessary to keep your home’s primary heating source working.

Benefit amounts are based on the actual cost incurred to repair or replace your furnace, boiler, and/or other essential heating equipment, \$3,000 for a repair and \$6,500 for a replacement.

The in-person interview and application requirement is temporarily suspended. Your local district contact will decide if you meet all the eligibility conditions, including the income and resource requirements. The district will provide more information on how to submit the application and required documenta-

tion.

Before work is started it must be approved and authorized by a HEAP Local District Contact. Payment is made directly to the vendor after all the work is completed.

**Where to apply:**

You may apply for the Clean and Tune benefit with your HEAP Local District. Contact Department of Social Services Washington County Department of Social Services Building B 383 Broadway Fort Edward, NY 12828 Phone: (518) 746-2300 Days Open: Monday - Friday <https://otda.ny.gov/programs/heap>

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- Unhappy with your current plan
- Shopping for other options

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- Prescription Drug Formulary Review
- Enrollment Assistance

**CONTACT:**

**Craig Fawcett**  
[cfawcett@bcig1.com](mailto:cfawcett@bcig1.com)

**Hannah Strong**  
[hfawcett@bcig1.com](mailto:hfawcett@bcig1.com)

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# Alzheimer's Disease Caregiver Support Initiative

The Alzheimer's Disease Caregiver Support Initiative, a nonprofit dedicated to providing free support services to caregivers of those with Alzheimer's disease and other dementias in Northern New York state, is continuing to support and provide services to caregivers through alternative methods. The decision to do so is in accordance with the guidelines instituted by the New York State Department of Health to reduce the spread of COVID-19.

The Caregiver Support Initiative offers many free services to ease the stress caregivers of those with dementia experience — including Support

Groups, Care Consultations, Education Workshops, Project Life Saver, Respite, Memory Cafes, and Caregiver Conferences throughout Clinton, Essex, Franklin, Hamilton, Warren, and Washington counties.

In-person support groups have moved to teleconferences where caregivers are able to meet via video chat and/or telephone with the support group facilitator. Care consultations are completed over the phone. Education workshops are provided via telephone, video conference, and web-based seminars for individuals, groups, informal caregivers, and professional caregivers.

Project Lifesaver coordination is completed over the phone and via mail. Respite coordination is provided to caregivers and contracted respite providers via mail, phone, email, and fax. Memory Cafes and Caregiver Conferences are offered virtually on video chat and/or telephone through Zoom.

"Although we are unable to provide face-to-face support to our caregivers during this time, we are grateful that we have the technology to provide services to caregivers remotely," said Dr. Richard Durant, director of the Caregiver Support Initiative. "Supporting caregivers and reducing their stress has always

been our top priority, and our services are more vital now than ever for caregivers who are looking for help navigating these difficult circumstances, while caring for a loved one with Alzheimer's other dementia."

Caregivers who are looking for support are encouraged to contact their Care Navigator, whose contact information is available on the Caregiver Support Initiative's website. Caregivers can also find a list of teleconferenced events on the Initiative's Facebook page, and can call Education Specialist Kristen Fleming at (518) 564-2049 for more information.

## NYS Senior Farmers Market coupons now available



From July 1 to September 30th, Senior Farmers Market Coupon Booklets will be available at the Washington County Office for the Aging and Disabilities Resource Center as well as the Senior Sites. Low income eligible seniors, age 60 and over can use the coupons to purchase locally grown veggies and fruits from local farmers at participating Farmers Markets throughout the county. The Coupon booklet has five \$4.00 coupons (\$20.00 value) that can be used until November 30th.

Monthly income must be at or below:

- \$1,968 one-person household
- \$2,658 two-person household
- \$3,349 three-person household

Each older adult in a household is eligible to receive a booklet if they meet the age and income requirements. (Income levels increase by \$691/month based on the number of persons in the applicant's household.)

For more information call Washington County

Office for the Aging and Disability Resource Center at 518-746-2420.

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Dementia Caregiver Conversations



## Tele Support Group

For caregivers of people with Alzheimer's disease and other dementias.



**Warren County**  
Second Tuesday of Each Month  
11:00 a.m. - 12:00 p.m.  
Contact: Kim Comisky  
518-832-4993

**Washington County**  
First Wednesday of Each Month  
1:00 p.m. - 2:00 p.m.  
Contact: Kim Comisky  
518-832-4993

**Hamilton County**  
Second Monday of Each Month  
10:00 a.m. - 11:00 a.m.  
Contact: Kristen Fleming  
(518)564-2049

[wehelpcaregivers.com](http://wehelpcaregivers.com)  
The Caregiver Support Initiative  
SUNY Plattsburgh

FREE and open to the public

Please Note: All support groups are open to anyone regardless of county of residence.

This program is supported by a grant from the New York State Department of Health



## 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

FOR MORE INFORMATION CALL:  
American Legion Post 49, 72 South Main Street, Fair Haven, VT  
**802-265-7983**

DON'T BE LEFT OUT!

Advertise your business in the next edition of the Washington County Senior Times by calling 518-642-1234 or emailing [advertising@manchesternewspapers.com](mailto:advertising@manchesternewspapers.com)

# Our Home Is Your Home

## For One of Life's Most Important Services

Pre-planning can be provided at any one of our three locations or in the convenience of your own home.

Locally-owned for over 93 years, M.B. Kilmer Funeral Home strives to accommodate you with your individual wishes and needs.

And, helps make the service a celebration of a life lived.

Need more information? We welcome you to contact us at any one of our three locations or visit us on our website:  
[www.kilmerfuneralhome.com](http://www.kilmerfuneralhome.com)

# M. B. Kilmer Funeral Home

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# What is skilled nursing facility (SNF) care?

Skilled nursing facility (SNF) care is post-hospital care provided at a SNF. Skilled nursing care includes services such as administration of medications, tube feedings, and wound care. Keep in mind that SNFs can be part of nursing homes or hospitals.

*Medicare Part A may cover your SNF care if:*

- You were formally admitted as an inpatient to a hospital for at least three consecutive days
- You enter a Medicare-certified SNF within 30 days of leaving the hospital, and receive care for the same condition that you were treated for during your hospital stay
- And, you need skilled nursing care seven days per week or skilled therapy services at least five days per week

The day you become an inpatient counts toward your three-day inpatient stay to qualify for Medicare-covered SNF care.

However, the day you are discharged from the hospital does not count toward your qualifying days. Also remember that time spent receiving emergency room care or under observation status does not count toward the three-day hospital inpatient requirement for SNF coverage.

If you meet all the above requirements, Medicare should cover the SNF care you need to improve your condition, maintain your ability to function, or prevent your health from getting worse.

Speak to your doctor or hospital discharge planner if you need help finding a SNF that meets your needs. Ask them to find Medicare-certified SNFs in your

area that will address your medical needs. If you are in a Medicare Advantage Plan, contact your plan to find out which SNFs are in their network.

**What services does Medicare cover and what are the costs?**



*During a Medicare-covered SNF stay, Medicare Part A covers:*

- A semi-private room and meals
- Skilled nursing care provided by nursing staff
- Therapy, including physical therapy, speech therapy, and occupational therapy
- Medical social services and

dietary counseling

- Medications
- Medical equipment and supplies
- Ambulance transportation to the nearest provider of needed services, when other modes of transportation would endanger your health

If you have Original Medicare, your benefit period begins when you are admitted to a hospital as an inpatient, or to a SNF. It ends when you have been out of a SNF or hospital for at least 60 days in a row. Part A covers the full cost of your first 20 days in a SNF in a benefit period. For days 21-100, Part A covers part of the cost and you pay a daily coinsurance.

If you have a Medicare Advantage Plan, your plan must cover the same services that Medicare does, but may do so with different costs and coverage restrictions.

## What are the changes to SNF coverage in response to COVID-19?

At this time, Medicare has suspended the three-day qualifying hospital stay requirement if you experience dislocations or are otherwise affected by the coronavirus public health emergency. According to Medicare, this includes but is not limited to people with Medicare who:

Need to be transferred to a SNF, for example due to nursing home evacuations

Need SNF care as a result of the current public health emergency, regardless of whether they were previously in the hospital.

Medicare has also changed other SNF coverage requirements. Typically, Part A covers up to 100 days of SNF care each benefit period. If you cannot start a new benefit period because of the public health emergency, you can get another 100 days of covered SNF care without having to begin a new benefit period.

*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 20th, 2020. 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

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

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

### 2021 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.

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Janice Slichko, Manager

**TDD Relay Service**  
1-800-925-8689

# Safeguard against COVID-19 when grocery shopping

Supermarkets and other food merchants are allowed to stay open as "essential" retailers amid the mass shutdowns prompted by the spread of the COVID-19 virus. Along with banks, gas stations and takeout restaurants, supermarkets are among the few places that people are allowed to visit to procure the necessities of everyday life.

Even with social distancing and other precautions in place, grocery stores remain high-traffic locations. As a result, many people feel concerned about how to best protect themselves when turning to in-store visits or grocery delivery services to stay stocked on food and other essentials.

■ **Maintain a six-foot distance.** As with other locations, shoppers should keep a distance of six feet between themselves and other shoppers. Do not hesitate to move back or ask someone to move away if you feel concerned about proximity. Shopping during 'off-peak' hours may help thin out crowds and make it easier to maintain social distance.

■ **Shop small retailers.** It can be beneficial to visit independently owned retailers, like

local markets, delis and specialty food stores. Crowds at such stores will likely be smaller than the crowds at large chain stores.

■ **Wipe down products.** Data published in The New England Journal of Medicine that tested how long COVID-19 survived on surfaces found the virus was detected up to 72 hours on plastic, 48 hours on stainless steel, 4 hours on copper, and 24 hours on cardboard. While infection from touch may not be as likely as it is from direct inhalation of COVID-19 from an infected individual, it can be helpful to wipe down surfaces, including non-porous packaging, once items are brought home, as well as counters or tables used to unload packages. Wiping down a shopping cart handle also may be helpful.

■ **Wash produce.** Consumer Reports suggests washing fruits and vegetables in a mild soap-and-water solution to eliminate any possible live virus and pesticides.

■ **Avoid direct contact.** Whether items are delivered or purchased in-store, avoid personal contact with cashiers or other store employees. Pick up and pack your own groceries.

Opt to pay with a credit card or another digital pay option like Apple Pay instead of handing over cash. Use your own pen to sign receipts. Scan your own frequent shopper card or have the cashier use a scan gun,

rather than taking your key ring to hold. Delivery services can place the bags outside of your front door. Tips also can be exchanged electronically for delivery services through an app or online or over the

## 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 and 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  
383 Broadway, Fort Edward, NY 12828

**Thank you!**

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

We offer language translation services for those who speak a language other than English, interpretation services and TTY/TDD services.

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

### 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
- Evidenced-based programs: Tai Chi and Savvy Caregiver
- 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)

**Please call us first!**

# WASHINGTON COUNTY

## VOLUNTARY REGISTRATION FOR SPECIAL POPULATIONS EMERGENCY RESPONSE

### DO YOU HAVE A SPECIAL NEED IN CASE OF AN EMERGENCY?

Pursuant to NYS Executive Law §23-a, the Washington County Office for the Aging and Emergency Services are compiling a VOLUNTARY registry of persons who would need assistance during evacuations and sheltering because of physical or mental disabling condition. This information will be used to make various response agencies aware of those with special needs.

**Information provided WILL BE KEPT CONFIDENTIAL to the extent allowed by law. Registrations will remain in the system for one year, after which the registration will have to be renewed by simply notifying Washington County CARES of any changes in status and their desire to remain in the database**

(Please Print)

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Home Phone# ( ) \_\_\_\_\_ Cell Phone# ( ) \_\_\_\_\_

911 Location Address (No PO BOX) \_\_\_\_\_ APT # \_\_\_\_\_

Town or Village \_\_\_\_\_ Zip \_\_\_\_\_ Church Aff. \_\_\_\_\_

**Please fill out if you go out of state for a period of time or go to workshops/facilities. This will prevent sending someone to rescue you when you are not at home. Time during such situations is valuable.**

(Please Print)

State / Workshop / Facility etc. \_\_\_\_\_

Starting Hour \_\_\_\_\_ Ending Hour \_\_\_\_\_

Starting Date \_\_\_\_\_ Ending Date \_\_\_\_\_

**Please fill out local contact person information below. This could be a family member, neighbor, caregiver etc..**

Local Contact Person

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Home Phone # \_\_\_\_\_ Work Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

**Please check all disability/equipment information that pertains to you below.**

Blind       Hearing Impaired       Physical       Developmental       Medical

Speech Impaired       Dialysis       Wheelchair       Oxygen       Service Animal

Other (please indicate) \_\_\_\_\_

**Check Box If you are NON-Ambulatory  Check Box If you currently have any type of medical alert service**

I hereby consent to have my name placed in the Washington County emergency registry of person's with disabling conditions. The undersigned understands that registration does not guarantee that Washington County, or any other agency, will provide assistance. In accordance with state law, Washington County is not liable for any claim based upon the good faith failure to exercise or performance or the good faith failure to exercise or perform a function or duty on the part of any officer or employee in carrying out a local disaster preparedness plan. By my signature hereon, I waive any and all claims against Washington County arising from use of this registry pursuant to law. I further understand that Washington County will rely upon the information given by me in this registration and agree to provide updated information as soon as it becomes available. I hereby consent and pre-authorize emergency response personnel to enter my home during search and rescue operations if necessary to assure my safety and welfare during an emergency or natural disaster.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please return to: Washington County Office for the Aging  
Aging & Disabilities Resource Center  
383 Broadway  
Fort Edward, NY 12828**

Submitting Agency:  Self       Spouse  
 Public Health       Veterans       Social Services  
 Office for Aging      Other \_\_\_\_\_  
please indicate

# When communication becomes difficult

Trouble communicating with others can be a symptom of various disorders. Difficulty conveying words or emotions can be a condition of autism spectrum disorder, but quite frequently it occurs when a neurological injury affects the portion of the brain responsible for language.

The National Aphasia Association states that aphasia is an impairment of language that affects the comprehension or the production of speech as well as the ability to read and write. Aphasia results from an injury to the brain, including head trauma, brain tumors, infections, and stroke.

The Cleveland Clinic notes a person with aphasia may experience difficulty speaking, writing, reading, and understanding language. Impairments can range from mild to very severe (nearly impossible to communicate). While aphasia may only affect one area of communication, usually limitations occur across many areas.

One of the more common symptoms of aphasia is word-finding issues. This can be characterized by challenges remembering the names of people, events or things. Sometimes an individual may not be able to think of the word he or she wants to say. In other instances, that person may say the wrong word entirely, such as using "rope" for the word "ball." The American Speech-Language-Hearing Association also states that it is common for someone with aphasia to switch sounds in words, like "wishdasher" for "dishwasher." Often sentences are difficult to come by, and single words may be easier.

Trouble communicating also extends to a person with aphasia having challenges understanding what others are saying, particularly when they speak fast or in long sentences. The situation may be exacerbated when it is noisy or a person is in a group setting.

Aphasia can affect anyone. However, it is more common in those who are middle-aged and older. The NAA says roughly 180,000 people are diagnosed with aphasia each year. Even though brain injury is a primary cause of aphasia, it also can create other language-related issues, such as weakness in the



Aphasia can make it difficult for people to speak, read and write.

muscles that control the face or mouth or an inability to move the lips or tongue in the right way to make sounds.

People with aphasia can benefit from working with a speech-language pathologist as early as

possible. This professional can present many strategies to help manage deficits or potentially return some measure of communication. Augmentative and alternative communication, such as using images or a com-

puter to tell what a person wants, may be options in more severe cases of aphasia.

Aphasia affects many people and can rob them of the ability to communicate effectively without intervention.

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Contact: Reverend Francetta Tice, R.N.



## MEMORY cafe

Open to the public...

### VIRTUAL MEMORY CAFES

3rd Thursday of the Month from 2:00-3:00 pm  
Virtual event will be held via Zoom.

For more information or to register, call Kristen Fleming at (518) 564-2049

### What is a Memory Café?

A Memory Café provides a gathering place for friends with Alzheimer's disease or other Dementia and their caregivers and families to relax and enjoy social events, and entertainment.



[wehelpcaregivers.com](http://wehelpcaregivers.com)

The Caregiver Support Initiative  
SUNY Plattsburgh

This program is supported by a grant from the New York State Department of Health

Advertise your business in the next edition of the Washington County Senior Times by calling 518-642-1234 for information.

# Get in Touch!

Rutland Regional's Telehealth Services puts you in touch with your provider in a convenient, safe and personal way. Have your next appointment via phone or internet without ever leaving the comfort and safety of your home.

Our providers are trained to ask you the right questions to help take care of whatever issues you are having. And, if they feel they need to see you in person, an appointment can be arranged right away.



## The Benefits of Telehealth are Many!

- ▶ **See Your Doctor from Anywhere:** With just a click of a personalized link on your cell phone or computer you will be connected with your provider.
- ▶ **It is Easy:** There is nothing to download, you just need a computer or device (*cell phone or tablet*) with a camera and microphone.
- ▶ **Privacy is Key:** All data is private, secure and HIPAA compliant.
- ▶ **Insurance coverage:** Most telehealth visits are covered by Medicare, Medicaid and private pay insurance.

### Telehealth Benefits:

*Less Wait Time. Convenient. Easy to Access.*

Most of the clinics at Rutland Regional Medical Center offer telehealth services. To learn more visit [www.RRMC.org](http://www.RRMC.org) and search "telehealth" or call 802.775.7111.

 **Rutland Regional Medical Center**  
[www.RRMC.org](http://www.RRMC.org) | 160 Allen Street, Rutland, VT | 802.775.7111

**Healthy You. Healthy Together.**