

THE SENIOR STARTER

JULY 2023



THE PLACE TO START FOR SERVICES
BY THE
TOWN OF COLONIE
SENIOR RESOURCES DEPARTMENT

Greetings!

Summer is in full swing and keeping hydrated is essential. Another essential for this summer is an N-95 mask for those days when the air quality is really poor due to the Canadian wildfires. We have a number of masks available so please stop by our office to pick one up.

Each July 4th we celebrate the independence of our nation. Independence is something we value as Americans. The dictionary defines independence as the state or quality of being independent, freedom from the control, influence, support aid, or the like of others. A right to self-determination.

As we age, it's important to acknowledge and pursue services that allow us to maintain our independence. This may include enrolling in Umbrella for their handyman services, signing up for transportation services, or hiring a companion to assist with light housekeeping. These services allow us to age safely in our homes and ironically allow us to retain our independence.

Albany County has provided our office with disposable N95 particulate respirator face masks. These are available for pick-up to any TOC resident who needs them. Come by our office during regular business hours, M-F, 8:30am – 4:30pm.

I hope your July is full of adventures! Happy summer!

Sincerely,
Angelina
Angelina J. Searles
Director



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12 Metro Park Road, Suite 103
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(518) 459-5051

Newsletter Editor
Carrie Blanchard

Colonie Farmer's Market @ The Crossings

The Town's Farmers' Market is part of the New York State Farmers' Market Nutrition Program.

Where: The Crossings - 580 Albany Shaker Rd., Loudonville 12211

Date: Saturdays, May 20 - September 30

Time: 9am - 1pm

Contact: Email: bookert@colonie.org or call 518-783-2760, ext. 1553 (for farmer's mkt only)

****Reminder to SNAP recipients****

The FreshConnect Fresh2You initiative will now provide SNAP beneficiaries at participating farmers' markets with \$2 checks for every \$2 spent as part of the SNAP program. This is an increase from \$2 for every \$5 spent. To see what farmers' markets, participate in the SNAP program, visit the NYS Department of Agriculture and Markets website: <https://agriculture.ny.gov/find-farmers-market?county=Albany>



JOIN OUR EMAIL LIST BY
EMAILING CARRIE AT
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Monthly Veteran's Assistance

A representative from the NYS Department of Veterans' Services will be available to assist veterans and/or spouses with any questions/issues concerning eligibility for benefits, VA health care or any other veteran related concerns.

When: The 2nd Monday of each month

Time: 12-2pm

Location: Our office - 12 Metro Park Rd. Ste.#103, Albany, NY 12205

Appointments Required!

Call our office 518-459-5051, ext. 2 to schedule

FreshConnect Checks Program is available to veterans, service members and their immediate family members at Division of Veterans' Services offices on a first come, first served basis. Checks are used to purchase fresh foods or SNAP eligible items at farmers' markets or farm stands in New York State. For information on where to obtain the checks, call NYS Veterans' Services 518-447-7710.

StateWide's Medicare Corner

Fraud Alert: Covid-19 Home Test Kit Scams

Be cautious of an ongoing scam involving COVID-19 test kits. Scammers are sending COVID-19 at home test kits to Medicare beneficiaries, then billing Medicare for reimbursement. These fraudulent test kits are being billed and paid for at approximately \$95 each.

As of May 11, Medicare does not cover at home COVID-19 tests. However, beneficiaries with traditional Medicare can continue to receive COVID-19 tests with no cost sharing when the test is ordered by a physician or other health care providers. A person enrolled in a Medicare Advantage plan can continue to also receive the COVID-19 tests when covered by Medicare, but there may be cost sharing or copays.

To protect yourself:

- Make sure to purchase COVID-19 test kits that are FDA approved from reputable providers. If you have any doubts about the legitimacy of a kit, contact your doctor or local pharmacy to verify its authenticity.
- Do not give out your Medicare number to anyone other than your doctor, health care provider, or other trusted representative.
- Ignore offers or advertisements for COVID-19 testing through unsolicited calls, texts, emails, television ads, websites and social media sites.
- Check your Medicare Summary notice for suspicious claims or services that you did not receive.

Understanding Medicare coverage is important to protect yourself from Medicare fraud schemes. For more information on Medicare covered services call an outreach counselor at 800-333-4374. New York StateWide Senior Action Council can assist with Medicare questions, appeals and billing issues, Medicare Fraud, and Patient's Rights.



STATE 50th WIDE
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www.nysenior.org

Drink Up & Stay Hydrated

Warmer weather is finally here, which means it is time to spend a few more hours soaking up the sun. Dehydration happens when an individual loses more water than they take in. So those extra sweaty summer months can be dangerous for seniors who might already be dehydrated from medications or decreased thirst. Here are some hydration tips to try this summer:

Fruits & Veggies: Summer might bring the heat, but it also brings some of the most delicious in-season and water-packed foods of the year. Feel free to indulge in favorite summer-ripe cucumbers, oranges, plums and lettuces all summer long as the extra water content helps keep optimal hydration levels.

Mix it Up: Good hydration doesn't have to rely on water alone. Iced tea, home-made lemonade or even simply adding fruit to a bottle of water can make it easier to get more fluids. Just be sure to avoid too many overly sweetened or caffeine-laden beverages, which could undo some hydration efforts.

Keep it With You: Sometimes the easiest way to get enough fluids is to make sure they are within easy reach. Keep a water bottle next to the bed or carry one with you during the day to sip on between meals.

Summer Soups: Yes, soup can be delicious in the summer! Try soups that are best served cool or cold or add seasonal veggies to keep things interesting.

Schedule It: Still having trouble staying hydrated? Why not add it as a short and easy activity throughout the day. For example, set a timer or schedule an appointment in your phone every couple of hours. When the buzzer rings, take a long sip of a healthful beverage.

So "drink up" healthfully this summer to beat the heat and stay on top of your hydration. Your body and health will thank you!



Basic Estate & Tax Planning

The *Legal Aid Society of Northeastern New York* will be holding three educational presentations on *Basic Estate and Tax Planning*:

Wednesday, July 19 • 10am-12pm

Cohoes Senior Center • 518-235-2420 to register

Wednesday, August 16 • 1-3pm

Bethlehem Senior Center • 518-439-4955 to register

Wednesday, September 20 • 10am-12pm

Guilderland Senior Center • 518-280-7607 to register

These are open to people age 60+

No residence restrictions.



Providing Assistance & Support to Seniors in Transition (PASST) Program

The PASST program will help in the transition after being discharged from the hospital or a rehabilitation center, reducing the likelihood of readmission.

If you are 50 years or older, reside in Albany County, and have recently been discharged from the hospital or rehabilitation center, LifePath will provide you with nutritious meals and a wellness check, both of which have been shown to improve healing time and reduce hospital readmissions.

Through the grant-funded PASST Program, qualified adults will receive services including:

- 2 home-delivered meals a day for up to two weeks. Each meal is freshly prepared daily, low in sodium, and provides one-third of the daily required dietary allowances.
- A daily face-to-face visit by a professional delivery driver, who is trained to look for signs of physical distress; and in emergency situations, he/she can contact a credentialed social worker and additional support services as needed.
- Contact with a social worker to provide referrals, should there be additional needs.
- Meals for eligible caregivers for up to two weeks, to help through the transition.

For more information about the program, please contact Felicia Segelken, LMSW: (518) 817-5262



Colonie Library Classes & Events

Monday, July 10 • 2-4:30pm

Movie Mondays: "Operation Fortune: Ruse DeGere"

Tuesday, July 11 • 2-3pm

Musical Comedy Show: Judi Clements

Wednesday, July 12 • 10:30-11:30am

Preventing Healthcare Fraud

Saturday, July 15 • 11am-12pm

Sahaja Meditation

Tuesday, July 18 • 9:30-10:15am

Tuesday Walking Club @ The Crossings

Monday, July 24 • 2-4:30pm

Movie Mondays: "Bullet Train"

Thursday, July 27 • 6-7pm

All Together Now-Move to Move-Music & Movement

Registration is required!

Visit here to register:

<https://www.colonielibrary.org/events/>



Senior Clubs of Colonie

Senior Clubs of Colonie Summer Picnic

Co-Chairs: Linda Koenigsreuter & Marilyn Cataldo

Wednesday, August 2, 2023

10am - 4pm

Shaker Road Firehouse Pavilion

146 Old Niskayuna Rd. - Loudonville

Lunch will be served from 12-2:30pm and includes:
Hotdogs, Hamburgers, Cheeseburgers, Grilled Chicken,
Sausage & Peppers, Coleslaw, Pasta Salad & cookies.

Cold drinks will be available all day long!

All this for \$20! See your club rep to purchase your ticket!



TOWN OF COLONIE

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Equal Opportunity Employer



Peter G. Crummey
Town Supervisor

Supervisor Crummey's Colonie Connection

July, often the warmest month of the year in the Town of Colonie, is filled with reasons to celebrate, including July 4th. This July 4th marks the 247th year since the American colonies declared independence from Great Britain. To celebrate July 4th, I will be reading the Declaration of Independence at the Loudon Green Park at 11AM. This will mark my 19th year of doing so at the request of the Greater Loudonville Association. I trust this month will bring you rest, relaxation, and opportunities to be with family and friends.

I would like to congratulate our *Celebrate a Senior* Honoree the late Joseph (Joe) Nicpon. Joe was born in 1926 and led an extraordinary life. From serving as a boat commander coxswain in World War II to being a self-taught artist whose work can be seen this month in the William K. Sanford Town Library, Joe has done it all while still being a loving husband to his wife Rhea. Joe is remembered as a religious man who loved house projects, golfing, and sharing his war stories. Joe is survived by his two daughters Gerrie and Darlene.

Don't forget to submit nominations, including a photograph, to blanchardc@colonie.org by July 15 for our next Town of Colonie *Celebrate a Senior* segment.

As always, I am here if you have any questions, please don't hesitate to call my office.



Celebrate a Senior Spotlight

This month's Senior Spotlight is somewhat unconventional in that we are spotlighting Joseph (Joe) Nicpon (1926-2021) who continues to live through his family's and friends' shared stories, his artwork and his shared, archived World War II Naval experiences.

Joe enlisted in the United States Navy as a teenager, serving in the Pacific Theatre in World War II. Joe was in the Amphibious Corps (1944-1946) as boat commander coxswain, U.S. Navy Task Force - 77, on the USS LST 741. During his time in the Pacific theatre, Joe was part of seven invasions in the Philippines, of note in one run after a battle, he picked up over 250 survivors after three kamikazes took out three ships. He participated in 20 invasions, including the Battle of Leyte Gulf (October 1944) the largest naval battle in history, shooting down five enemy aircraft. He was awarded six bronze service stars for valor, a citation with two medals from the Philippine Government - the Philippine Liberation Medal and Philippine Independence Medal. Other awards: Combat Action Ribbon, the U.S. Navy Good Conduct Medal, American Campaign Medal, Asiatic Pacific Theater Medal, the WWII Victory Medal, and the VFW WWII Victory Medal. While in the Navy in the Pacific Theatre, the ship's Captain commissioned Joe to paint larger numbers for the ship. Joe of course, said "Yes, Captain"! When moral became low, Joe went on to write a satirical cartoon strip for his shipmates, expressing what was happening in battle.

Several years after returning from his military service, Joe met Rhea dancing while out New Year's Eve. They married and celebrated 54 years together living in Menands, where they raised their two daughters; Gerrie and Darlene. Darlene describes the home as becoming an art gallery over the years with her Dad's over 350 paintings. Joe was a self-taught artist and regularly displayed his artwork at St. Agnes Cemetery Art Gallery. Joe painted in various styles: Manifest Destiny, Albert Bierstadt, French impressionist Renoir, landscape artists of the Hudson River School, and some botanicals and still life paintings reminiscent of the Dutch Masters. Joe expressed his love of flowers, religion and all facets of the outdoors and wildlife through his art. The murals and trompe-l'oeils in the family home, where he lived for nearly 65 years, are preserved.

His art speaks to his life and is being exhibited at the William K. Sanford Town Library in the Stedman Room from July 1 - July 29th. A reception will be held with refreshments on July 1, from 1-4pm. <https://www.colonielibrary.org/events/#art-exhibits>

He loved celebrations with family and friends on Veteran's Day at the VFW, serving as VFW commander for a period of time. Being a deeply religious man and communicant of St. Joan of Arc Church many of his paintings reflected his faith. He loved house projects, his vegetable garden and summer concerts with his dance partner, Darlene. He was an accomplished bowler (*40 years active with the American Bowling Association*) and an accomplished golfer scoring a hole in one in 1986. He shared his talents and knowledge for all his activities with his family, friends and community mentoring those to offer guidance and encouragement.

Joe humbly shared his war experiences with veterans' groups and historians later in life. These recounts have been preserved by the NYS Military Museum & Veterans Research Center at the Veterans' Oral History Project. <http://museum.dmna.ny.gov/research/oral-history-project/oral-history-program-veteran-interviews>

