

THE SENIOR STARTER

JUNE 2023



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

Greetings!

With June being Alzheimer's and Brain Awareness month, I thought it would be good to share some ways to decrease your risk for Alzheimer's Disease:

- ♦ **Physical Activity** - Get moving! Daily movement and exercise have cardiovascular benefits which may lower your risk of Alzheimer's.
- ♦ **Social Connections** - Whether your social contacts are old friends, new friends or family members, remaining socially active may lower the risk of Alzheimer's.
- ♦ **Diet** - Eating a heart healthy diet helps to lower your risk of cardiovascular disease which has been shown to increase the risk of developing Alzheimer's.
- ♦ **Sleep** - Poor sleep is shown to be a risk factor for and a symptom of Alzheimer's disease. Some new research suggests that getting better "deep sleep" may be beneficial as well. (study published in *BMS Medicine*).

*****Please note, consult with your physician before beginning any new dietary or physical activities.*****

There are quite a number of events to keep you physically active and socially engaged in the Town of Colonie this summer. I hope you can get out and enjoy the festivities!

Colonie Farmer's Market @ The Crossings Park - Saturdays from 9am to 1pm.

Summertime Concerts in the Barn at the Pruyn House – concerts are on Wed. evenings starting July 5th. Bring your lawn chairs & dancing shoes!

Crossings Thursday Concert Series @ The Crossings Park – concerts are from 6pm-8pm (rain or shine) beginning July 6.

For more info concertsatthecrossings@gmail.com or call 518-783-2760 x1551

Tuesday Nights in the Park Concert Series (Colonie Village) – concerts held in the Frank A. Leak Amphitheater in Cook Park starting June 13th at 6:30pm. For the full schedule, please visit <https://colonievillage.org/amphitheater-for-the-arts/>

Wishing all fathers a Happy Father's Day on June 18th!

Sincerely,
Angelina
Angelina J. Searles
Director



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Newsletter Editor
Carrie Blanchard

Stay Connected - Town of Colonie

The Town of Colonie offers a free, voluntary electronic service to any resident interested in learning more about town services, activities, alerts and events.

The following categories of information are offered to those signing up and can be changed by you at any time your needs or preferences change:

- *Colonie Town Supervisor Updates*
- *Community News and Updates*
- *DPW Updates*
- *Employment News*
- *Parks and Recreation*
- *Public Safety*
- *Senior News*
- *Urgent Emergency Alerts*

Click on the link below and to sign up for email alerts from the TOC.

<https://www.colonie.org/stayconnected/>



JOIN OUR EMAIL LIST BY
EMAILING CARRIE AT
BLANCHARDC@COLONIE.ORG



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Transportation Improvements

The Capital District Transportation Committee and its partners, including the TOC Senior Resources Department, are updating the regional Coordinated Public Transit/Human Services Transportation Plan for the Capital Region and need to hear from you about your transportation needs and experiences.

The Coordinated Plan summarizes existing services provided by transportation agencies in Albany, Rensselaer, Saratoga, and Schenectady Counties and outlines strategies to address the unmet transportation needs that people have. It is crucial to this effort that they hear from you.

Please consider filling out the transportation survey by June 30, 2023.

<https://www.cdtcmpo.org/transportation-survey> [cdtcmpo.org]



StateWide's Medicare Corner

Medicare Fraud Prevention Week

Fraud costs Medicare an estimated \$60 billion per year. It costs Medicare beneficiaries in time, stress, their medical identities, and potentially their health. Learn how to protect yourself and your loved ones by joining the NYS Senior Medicare Patrol (SMP) for Medicare Fraud Prevention Week, held June 5-11, 2023. This observance starts on June 5, or "6-5," because most people become eligible for Medicare when they turn 65yrs. Everyone plays a part in the fight against fraud. During Medicare Fraud Prevention Week:

- **Medicare beneficiaries** can monitor their insurance statements to make sure products and services received match what is on the statements.
- **Caregivers** They can remind their client or loved one to never give out their Medicare number or other personal information over the phone.
- **Partners and professionals** can help by referring clients & consumers to the SMP, and inviting the SMP to speak during a shared event.
- **Health care providers** can help by talking to patients about health care-related scams such as those related to durable medical equipment and genetic testing schemes.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and

REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations. For more information, call the NYS Senior Medicare Patrol Fraud at 1-800-333-4374.



STATE 50th WIDE
ANNIVERSARY
1973-2023

New York StateWide Senior Action Council, Inc
275 State Street, Albany, NY 12210 • 800-333-4374 • Fax 518-436-7642
www.nysenior.org

How to Prepare for Emergencies

Create a support network: Identify people who can help you stay at home or evacuate during an extended power outage. Keep a paper copy of your contact list.

Stay connected and alert: Sign up for alert systems and apps for text alerts. Have communication devices that work without home power, including a crank or battery radio, a non-cordless home phone, chargers/batteries for your cell phones and your computers. (See our article: *Stay Connected with the TOC*)

Stock food and water: Store non-perishable food and water supplies for at least two weeks. Plan to use coolers and ice to extend food refrigeration and keep a thermometer in the fridge, freezer or cooler to monitor the food temperature.

Plan for your personal and medical electrical needs: Take an inventory of your electrical needs. Consider both back up and non-power alternatives for: lighting, communication, medical devices, refrigerated medicine, cooking, garage doors, locks and elevators.

Plan for heating or cooling your home. Consider sealing around windows to insulate your home. If the weather is very hot or very cold, plan to go to a location with air conditioning or with heat. Never use a generator, outdoor stoves or heaters indoors.

Install smoke and carbon monoxide alarms. Install smoke alarms with battery backup on every floor. Test monthly. Make sure that you have one carbon monoxide detector on each level of your home.

Plan for surge protection. Make sure that you have current surge protectors for household electronics.

Plan how to decide to stay or go. Plan how and when you will evacuate safely to maintain needs such as power-dependent medical devices. Keep your car gas tank at least half full.

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html>



**American
Red Cross**

SNAP Benefits & Farmer's Markets

As of April 15, SNAP recipients are eligible for an expanded match to purchase more healthy food, including produce, dairy and meats at farmers' markets. Recipients will receive \$2 for every \$2 spent to help money go farther and put more fresh food in families' kitchens.

To find a farmers' market near you, visit <https://agriculture.ny.gov/farmersmarkets> or call 518-457-7076.



**Agriculture
and Markets**

HEAP Cooling Assistance Program

If you are eligible, you may receive one benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool. In circumstances where an air conditioner cannot be safely installed, a fan will be provided. Only one air conditioner or fan, not to exceed \$800 installed.

Eligibility Requirements:

- Your household's gross monthly income is at or below the current income guidelines as posted in the following table, or
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits,
- Your household contains at least one individual with a documented medical condition that is exacerbated by extreme heat, and
- You currently do not have a working a/c unit or the air conditioner you have is 5+ years old, and
- You did not receive a HEAP funded air conditioner within the past five years.

2022-2023 HEAP Income Guidelines

Household Size	Gross Monthly Income
1	\$2,852
2	\$3,730

If you are interested in applying for this benefit, please give our office a call to set up an appointment 518-459-5051, ext. 2.

Colonie Library Classes & Events

Wednesday, June 14 • 6:30-7:30pm

Monthly Personal Investment Group

Thursday, June 15 • 2-4pm

iPad Clinic

Tuesday, May 16 • 1:30-3pm

What is the "Cloud"?

Saturday, June 17 • 10-11am

Memoir & Essay Writing Group

Wednesday, June 21 • 10:30-11:30am

Using Fed/State Rating System to select a nursing home

Monday, June 26 • 2-4:30pm

Free Movie Monday - Elvis

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

Summer Solstice, occurring on June 21st, has traditionally been celebrated by various cultures around the world.

In the Northern Hemisphere, this day is the longest of the year, with the subsequent days becoming shorter. Solstice signifies the onset of a new season, and there are many exciting things happening in the Town of Colonie this summer!

Concerts at the Crossings are returning for the 2023 season. Admission is free and all shows are 6pm to 8pm in the Crossings Park gazebo, rain or shine. The Concerts at the Crossings Event has previously been voted on of the Top 5 Times Union Best of the Capital Region "Free Concert Series." There will be nine shows taking place throughout the months of July and August, with the first one on July 6.

Concerts will also be taking place at the Pruyn House, for five consecutive Wednesdays, beginning July 5th. Admission is \$5 per adult, and children 12 and under are free. Dinner and dessert will be available for purchase, and prior to each concert there will be free tours of the Pruyn House and the Verdoy Schoolhouse.

Additionally, the Highway Department's 2023 Paving Plan, which includes 129 streets and totals 25.75 miles of road, is already rolling out and will continue throughout the spring, summer, and fall.

I would like to congratulate our *Celebrate a Senior* Honoree Lynn Deso. Lynn's journey serves as a model of resilience and hands-on learning. Her courage in making the life-changing decision to move to the United States is inspiring.

Don't forget to submit nominations, including a photograph, to blanchardc@colonie.org by June 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

Erlinda (Lynn) Deso moved to Colonie in 1988 for a better school system for her daughter, Marie. Her journey here was filled with hands-on learning.

Lynn was born in the Philippines She was the first child of five; this birth order assigned Lynn to being her parents' helper. Lynn grew up in a time and an area where a family ate the food that they grew and the seafood that they caught.

At about the age of 12, Lynn left formal education to work in a convent for Catholic Nuns which housed between 200-300 private student boarders. Lynn learned a great deal more about her Catholic faith, childcare, cooking, sewing, and organizing. She also strengthened her English skills and became knowledgeable about life in the city. It was during this time that one of nuns introduced Lynn to the idea of going to work in the travel industry.

With her strong language skills and quick learning, Lynn succeeded in the travel industry. She had a thorough understanding of various cultures and the requirements of their Embassies. In 1970, Lynn made the life-changing decision to travel to the United States, alone. Lynn arrived in Seattle where she knew no one. It was there that Lynn met a woman who was traveling across the United States to Albany, New York. Lynn accepted the stranger's offer to travel together.

Lynn was successful in finding employment, housing and a place in her community. She became a member of both St. Clare's Parish and the *Bayanihan Association of the Capital District*. To this day, Lynn continues to be involved in her church and in her community.

Lynn successfully worked 16 years for *Morgan Linen* in Menands before retiring from the *Albany County Nursing Home*. Being a seamstress was continuous, physical work and extremely hot with her waist length hair! Lynn was a model employee at both companies. She declined promotions to remain focused on her tasks and yet she was still a mentor to new employees and made many friends.

Today, Lynn shares her original home in the Village of Colonie with her grandson, Jon. She is reflective on the many seasons she has been able to grow food for her family in their yard and her favorite meals she had made for others—Adobo being the most popular. Through the *Bayanihan Association of the Capital District*, Lynn is able to enjoy her favorite meals at their annual picnic.

Lynn gains strength through talking with God on a daily basis. She reminds us to give thanks to God, or our higher power, even in times when we may be asking whether we are being faced with challenges, because we are viewed by God as being strong enough for them. Lynn has experienced first-hand that this approach, combined with positive thought, will aid in physical healing.

