

THE SENIOR STARTER

FEBRUARY 2023



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

Greetings!

The day after Christmas I tripped and fractured my left humerus bone. Nothing funny about that! I am grateful it wasn't my primary arm and am making good progress. According to the CDC, **about 36 million falls are reported among older adults each year**—resulting in more than 32,000 deaths. Each year, about 3 million older adults are treated in emergency departments for a fall injury.

I consider myself relatively lucky. I have a great support network and am physically able to accommodate the many modifications it has presented in my daily life. Below are a few helpful hints from The National Institute of Health:

- Take extra caution when walking on wet or icy surfaces. These can be very slippery! Use an ice melt product or sand to clear icy areas by your doors and walkways.
- Keep your hands free. Use a shoulder bag, fanny pack, or backpack to leave your hands free to hold on to railings.
- Choose the right footwear. To fully support your feet, wear nonskid, rubber-soled, low-heeled shoes. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.
- Consider staying inside when the weather is bad. Some community services provide 24-hour delivery of prescriptions and groceries, and many take orders over the phone.

February is Heart Health Month. Wear red the first Friday of the month as a way to help raise awareness of heart disease, which is the leading cause of death in the U.S.

Just a reminder, the [Low-Income Senior Citizen Exemption Renewal Application](#) is due to the Town of Colonie Assessor's office **NO LATER THAN MARCH 1, 2023**. Please contact our office if you need assistance completing this form.

Sincerely,
Angelina

Angelina J. Searles
Director



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Newsletter Editor
Carrie Blanchard

Albany Guardian Society Classes

Friday, February 10 • 9:30-10:30am

Brain Games to Keep the Mind Young

Monday, February 13 • 6:00-7:00pm

Tai Chi Flow

Tuesday, February 14 • 1:30-2:15pm

Chair Yoga

Friday, February 17 • 9:30-10:30am

Estate Planning Basics: Wills & Avoiding Probate

Thursday, February 23 • 1:30-2:30pm

Strength and Balance

Friday, February 24 • 9:30-10:30am

Assisted Living Options & How to Select the Right One for Your Needs

Tuesday, February 28 • 1:30-2:30pm

Effective Communication Strategies

Registration is required! Visit here to register:

<https://albanyguardiansociety.org/events/>



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



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Expired COVID Tests - UPDATE

To see if the expiration date for your at-home OTC COVID-19 test has been extended, visit <https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list>

- If the Expiration Date column says that the shelf-life is "extended," there is a link to "updated expiration dates" where you can find a list of the original expiration dates and the new expiration dates.
- If the Expiration Date column **does not** say the shelf-life is extended, that means the expiration date on the box label of your test is still correct. The table will say "See box label" instead of having a link to updated expiration dates.

The FDA will update this table as additional shelf-life extensions are authorized.



StateWide's Medicare Corner

New Medicare Card Scam

In the past Medicare beneficiaries used their Social Security number as their Medicare number. Starting in 2018, as a result of some changes instituted by the Center for Medicare & Medicaid Services (CMS) each Medicare beneficiary received a new card with a uniquely assigned combination of letters and numbers. This was done to help keep beneficiaries' identity and Social Security numbers secure.

Currently fraudsters are still calling beneficiaries falsely claiming that Medicare is issuing new Medicare cards for different reasons. What is important to know is that Medicare will not call beneficiaries to offer them new Medicare cards and request that they confirm their Medicare number.

Some examples of what scammers are offering are:

- Plastic Medicare Card with or w/o a chip in it
- Medicare Card with Covid-19 vaccination
- Medicare Card that is black and white
- Medicare Card with Primary Doctors name on it

If you, or someone you know, is receiving these calls, please calls the NYS SMP @ 1-800-333-4374.

The NYS Senior Medicare Patrol (SMP) assists individuals in challenging situations like these. The SMP program educates Medicare beneficiaries on how to protect themselves from fraud and abuse and is the go-to when people suspect they've been billed incorrectly or have been victim of a scam.

SMP is a program of New York StateWide Senior Action Council, a non-profit organization that helps seniors and families with Medicare questions, Medicare Fraud, and Patient's Rights. Call us at 1-800-333-4374.



Black History Month

Black History Month, an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week”, the brainchild of noted historian Carter G. Woodson and other prominent African Americans.

Pres. Gerald Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.” Since 1976, every American president has officially designated the month of February as Black History Month and endorsed a specific theme.

The 2023 theme, “[Black Resistance](#),” explores how “African Americans have resisted historic and ongoing oppression, in all forms, especially the racial terrorism of lynching, racial pogroms and police killings,” since the nation's earliest days.

Did you know? The NAACP was founded on Feb. 12, 1909, the centennial anniversary of the birth of Abraham Lincoln.



<https://www.history.com/topics/black-history/black-history-month>



MSP's and Medicaid in 2023

If you live in New York and have a limited income, you may be able to get assistance with your health care costs through a Medicare Savings Program (MSP) or Medicaid. Medicare Savings Programs are administered by the state's Medicaid program and have benefits that help pay out of pocket **Medicare** costs for people with limited income and assets.

Medicaid is a type of health coverage for people with limited income and assets. There are three types of Medicare Savings Programs: Qualifying Individual (QI), Qualified Medicare Beneficiary (QMB) and Medicaid. How you are placed in which type of program depends on your income. Each program provides varying levels of financial assistance. You can reference the chart to see if you qualify. An important note: As of January 2023, the NYS MSP and Medicaid income eligibility guidelines have increased! For people who have not qualified in the past may now be eligible. Or for people who may have had a Medicaid Spenddown may no longer!

Contact Senior Resources to learn more about Medicare Savings Programs and the new 2023 changes.

Colonie Library - Classes & Events

Wednesday, February 8 • 6:30-7:30 pm
Monthly Personal Investment Group

Thursday, February 9 • 10:00-11:30 am
“Inclusible” Adult Gaming

Saturday, February 11 • 2:00-4:00 pm
Selling on Etsy

Sunday, February 12 • 2:00-3:00 pm
Hot Vox Trio Performs Live

Thursday, February 16 • 7:00-8:00 pm
Laugh Out Loud Book Club: “Marley and Me”

Monday, February 27 • 2:00-4:00 pm
Monthly Matinee: *Downtown Abbey*

Sunday, February 19 • 1:00-2:30 pm
Stay and Stitch

Registration is required! Classes do fill up quickly!
Visit here to register:

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



SNAP Program Updates

COVID-19 SNAP Emergency Allotments to End in February 2023!

Since the onset of the COVID-19 pandemic in March 2020, SNAP participants in NYS have relied on a temporary boost in benefits known as emergency allotments (EA). EA payments are the difference between a household's normal benefit amount and the maximum amount for their household size, with a minimum payment of \$95.

Starting in March 2023, more than 2.8 million SNAP recipients in NYS will return to their normal benefit amount, with the most affected population being older adults at the minimum benefit level, who will have their monthly SNAP benefit fall from \$281 to \$23.

Food Bank Distribution

On the 2nd Tuesday of each month, The Regional Food Bank will have FREE food available at The Beltrone Living Center from 11:30am – 12:30pm, during the congregate meal service. Those who are in need are welcome to participate. You do not need to be signed up for the congregate meal service.

Please bring your own reusable grocery bag!

For additional information or questions, please contact CSSC @ 518-459-2857.

Senior Clubs of Colonie

Christ Our Light Seniors

Pres. Sal D'Amore, 518-458-1648

Business Meeting: First Monday @ 12:30pm

Colonie Senior Citizens Club

Pres. Kathy Ingalls, 518-482-5049

Business Meeting: First Wednesday @ 10am

Lisha Kill Seniors Citizens Club

Pres. Shirley Hamm, 518-869-3020

Business Meeting: Second Tuesday @ 9:30am

Menands Senior Citizens Club

Pres. Diane Leonard, 518-465-3771

Business Meeting: Fourth Thursday @ 10:30am

Towers of Colonie Silver Streakers

Pres. Ralph Della Rocca, 518-542-1807

Business Meeting: First Monday @ 1pm

Thunder Road Seniors

Pres. Edward Johnson, 518-554-8588

Business Meeting: First Tuesday @ 10am



Peter G. Crummey
Town Supervisor

TOWN OF COLONIE

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Equal Opportunity Employer



Supervisor Crummey's Colonie Connection

February is a month to pay tribute to our loved ones, especially our seniors for National Senior Independence Month. Our Town of Colonie Senior Resources Department is a tremendous asset for our seniors to rely on for support and resources in our community. I thank them for their collaborative efforts each and every day.

During my State of the Town Address that I delivered in January, I outlined my goals for the Town in 2023. I will continue my efforts with support from the Town Board, to enhance infrastructure, support public safety and maintain our parks to keep Colonie a great place to live, work and play.

I would like to congratulate our ***Celebrate a Senior*** Honoree Marilyn Cataldo. She has proven that her will-power and strength of character lead her, in so many ways, including earning a National record and title in her weightlifting prowess!

Don't forget to submit nominations, including a photograph, to blanchardc@colonie.org by February 24 for our next Town of Colonie ***Celebrate a Senior*** segment.

Please always know that I am here to listen to any concerns or questions that you may have!



Celebrate a Senior Spotlight

Senior Resources would like to recognize Marilyn Cataldo as our February honoree. You may recognize Marilyn from her role as Secretary of Christ Our Light Seniors Club, for which her hard work and dedication is appreciated by everyone she serves. Would you have guessed that she was a competitive power lifting champion? Yes, Marilyn, mother of two adult daughters, Lisa and Chrissy, embarked upon her weight lifting journey while caregiving for her husband Tony, who passed away in March 2016. Marilyn had been strength training with a personal trainer, David Derry, and was agreeable to his suggestion that she try power lifting. She discovered that she had a natural talent for it.

What started as a way for her to maintain her mental and physical health turned into a competitive hobby. Marilyn won her first medal in the Masters IV Division of the USA Powerlifting Northeast Iron Beast Winter Classic V held in Latham. She then entered the USA Powerlifting competition and went on to set the New York State Raw Records in her age and weight class! This record breaker consisted of 154 pounds in lifts, 99 pounds in the squat and an astonishing 303 pounds in the deadlift!

Marilyn advanced to the 2018 USA Powerlifting Raw Nationals in Spokane, Washington, along with David, and her biggest fan, her granddaughter, Sara. It was there where Marilyn deadlifted 308 pounds, 33 pounds heavier than the previous American deadlift record for women 70-79 years! Marilyn arrived home with the national title to be greeted by a group of her encouraging fans at the airport with her daughters, Lisa and Chrissy in the forefront!

Marilyn attributes much of her success to the support of her family, friends and her continued faith. In 2018, The Town of Colonie presented a Proclamation to Marilyn, honoring her for her outstanding achievements.



Heart Health Month

It's February – American Heart Month – a time when the nation spotlights heart disease, #1 killer of Americans.

7 Days of **Self-Care**

#MindfulMonday



Know your **blood pressure numbers** and other heart stats

#TastyTuesday



Try a **tasty, heart-healthy recipe**

#SelfcareSunday



Create your **self-care checklist** for the week

#WellnessWednesday



Put your **heart** into your wellness routine

#TreatYourselfThursday



Treat your heart to some **relaxation and fun**

#FollowFriday



Share who **inspires you** to show your heart more love

#SelfieSaturday



Post about your favorite way to take care of **your heart**