

THE SENIOR STARTER

MARCH 2022



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

Greetings!

With the lifting of mask mandates in NYS, and throughout the country, it is only natural to feel a bit hesitant to stop wearing them. I know I felt a bit uncomfortable doing so at first. I recognize there are many people who will continue to wear masks due to medical or personal reasons, and I ask that you be mindful and respectful of each person's decision. A little bit of kindness is the medicine we need about now!

I recently read an article in Psychology Today that referenced two studies and determined that going from never seeing friends, neighbors and colleagues to seeing them as little as once a month was associated with better health. With that in mind, I am going to challenge you to step out of your comfort zone and consider joining one of the six town-funded clubs. Attend a business meeting with any of the six clubs to find one that you think would be a good fit. You'll find a listing of the clubs and their contact information in this month's newsletter.

Stay well and safe!

Sincerely,
Angelina
Angelina J. Searles
Director



Inside This Issue

- ⇒ Message from Angelina Searles, Director
- ⇒ Staff Contact Info. Pg. 2
- ⇒ Social Security Online, Pg. 2
- ⇒ Social Worker Appreciation, Pg. 2
- ⇒ Caring for Aging Parents, Pg. 2
- ⇒ Albany Guardian Society Classes Pg.3
- ⇒ Retiring Abroad? Pg. 3
- ⇒ Community Caregivers Prog, Pg. 3
- ⇒ Alzheimer's Assoc. classes, Pg. 3
- ⇒ Senior Clubs Info., Pg. 4
- ⇒ Walk in the Park Day , Pg. 4

12 Metro Park Road, Suite 103
Albany, NY 12205
(518) 459-5051

Newsletter Editor
Carrie Blanchard

Social Security Online Services

With a free *my* Social Security account, your clients can take advantage of many convenient and secure services online, at www.ssa.gov/myaccount. Clients can use their account to complete most Social Security business online, without calling or requesting an appointment. Clients who are **not** receiving benefits can:

- review their earnings history
- check the status of their applications
- view personalized estimates of benefits
- request a replacement Social Security card
- view their latest *Social Security Statement*

Clients who receive benefits can:

- print their own benefit verification letter
- Change/start direct deposit
- change their address
- request a replacement Medicare card.

You can also find a full list of our online services @ www.ssa.gov/onlineservices.



Social Worker Appreciation

This month we would like to recognize and celebrate Katie Connelly, LMSW one of our caseworkers for all she does to support our department. Katie obtained her MSW & licensure from the University at Albany. She has worked as a social worker for 10yrs and has been a caseworker in our office for 5yrs. Katie shared “I always knew I wanted to find a career with a purpose and that I could make a positive impact on someone else’s life”.

Our department praises Katie for all she does for our clients and community. She acts as an advocate, advisor, and counselor to help guide seniors through the obstacles of everyday life. She works diligently to connect individuals to helpful resources. Katie says she “enjoys that every day I am assisting someone new navigate their way through supportive services to help make their hardships a little more manageable”.

We are grateful to have Katie as part of our team and are thankful for all the work she does on a daily basis. Happy Social Work Month Katie!

THANK YOU!

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



STAFF CONTACT INFORMATION

Angelina Searles, Director
searlesa@colonie.org
518-459-5531

Carrie Blanchard, Specialist II
blanchardc@colonie.org
518-459-3977

Katie Connelly, Caseworker
connellyk@colonie.org
518-459-3259

Sue Conlon, Specialist
conlons@colonie.org
518-459-2516

Racheal Dames, Caseworker
damesr@colonie.org
518-459-5764

Kelly O'Sullivan, Caseworker
osullivank@colonie.org
518-867-3931

Care Coordination for Aging Parents

When it becomes clear that an aging parent needs caregiving, it's uncharted territory for adult children. Ideally, brothers and sisters rally together to recognize a parent's needs and challenges, but it doesn't always work out that way. Adult siblings may have opposing ideas about how much care a parent needs and who should provide it. They may have different perspectives on what their own roles should entail.

Individual brothers or sisters may step up to take on caregiving responsibilities while others step back. In many families, sibling caregiving roles are never discussed.

Nobody plans ahead to become their parents' caregivers, and it takes time to make sense of the situation. Caregiving experts have suggestions on how to make it work:

- Playing to each sibling's strengths
- Compassion for each sibling's situation
- Communication to keep family members informed
- Allowing space for non-dominant family caregivers to express themselves
- Consulting with professionals such as an elder-care attorney or geriatric care manager
- Self-care and self-preservation – putting on your own life jacket first.
- Making peace with how it is, even if you're disappointed or frustrated with a sibling's response.
- Listen well, and listen with an open heart. And try not to hold grudges.



Retiring Abroad: Things to consider

Moving to another state can be full of hassles, so retiring abroad can seem more than daunting. Here are a few key things to keep in mind:

- You're still tied to Uncle Sam. Retirees living abroad must pay U.S. taxes on most income above a certain amt. This includes your pension, IRA, 401k or 403b distributions. Generally, your SS benefits will also be taxed in the United States. Check with your tax advisor.
- As a U.S. citizen, you may continue to receive SS benefits outside the US as long as you are eligible and are in a country where the SSA can send payments.
- Medicare is trickier. In most situations, Medicare will not pay for medical care or supplies outside of the U.S. Those who decide to live outside the U.S. once they are eligible for Medicare should still sign up for benefits. Signing up upon eligibility prevents penalties.
- Although you'll need a local bank, consider holding onto your U.S. bank account. Keeping your investments stateside can help avoid hefty fees. A good resource for financial topics, Medicare info, voting from overseas, and more is [American Citizens Abroad](#).

The key, is doing your research!

Albany Guardian Society Classes

Tuesday, March 8 • 9:30-10:30am

What is the "Cloud"

Wednesday, March 9 • 1:30-2:15pm

Chair Yoga

Monday, March 14 • 1:30-3pm

Archiving Documents using your Phone & Computer

Wednesday, March 16 • 1:30-2:3pm

Pre-Planning your funeral: Things to consider

Friday, March 18 • 1:30-2:30pm

Staying Fit with Arthritis

Monday, March 21 • 1:30-3pm

The Smart Home

Wednesday, March 23 • 9:30-10:30am

Understanding the difference between Palliative Care and Hospice Care

Questions? Call 518-434-2140

Registration is required! Visit here to register:

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



Community Caregiver Programs

Phone-in presentations & discussions

****Call 518-992-6661
every Tuesday and Friday at 1p.m!****

Friday, March 11

Guided Meditation and Imagery

Tuesday, March 15

A Tour of the Hollywood Hills

Friday, March 18

Let's Celebrate St. Patrick's Day!

Tuesday, March 22

The Magical Life of Harry Houdini

Friday, March 25th 1pm

A Day in the Life of EMS

Tuesday March 29th 1pm

Fungi Foraging in the Forest!

If you should have any questions, please call them directly 518-456-2895 or email info@communitycaregivers.org



Community
Caregivers

Alzheimer's Association

Winter Caregiver Connection Series

RSVP via the links below, by calling the 24/7 Help-line at 800-272-3900 or by contacting Sierra Snoddy at 518-675-7214.

Meaningful Engagement, Activities at home

Tuesday - March 15, 2pm

<https://bit.ly/3q9Ljg4>

Understanding and Responding to Dementia-Related Behaviors

Wednesday, March 23, 3pm

<https://bit.ly/3FfCWFY>

Effective Communication Strategies

Tuesday - March 29, 12noon

<https://bit.ly/3H2sPof>

REMINDER: Early Alzheimer's Support & Education (EASE) - Virtual Program

8-week interactive learning program for people with early stage memory loss and their care partners.

Registration and a pre-screening is required.

**Group meets every Thursday, March 24 - May 12
10 a.m. - 12noon**

alzheimer's  association®

Senior Clubs of Colonie

Christ Our Light Seniors

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

Business Meeting: First Monday @ 1pm

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 @ 1pm

Five Reasons to Celebrate National Take a Walk in the Park Day

It's possible that we may have gone a tad overboard with national days but occasionally one pops up that we think is a really great idea. Like National Take a Walk in the Park Day, which is celebrated annually on March 30. Walking is an all-too-often overlooked activity that yields tons of benefits. Need a little motivation? We've rounded up five reasons why walking is the cat's pajamas:

1. It's Enjoyable AND Good for You

Walking is a fun, relaxing way to give your heart and lungs a workout. Taking a stroll among the pleasant sights and sounds of nature has the ability to renew your mind and body simultaneously. Walking is a great way to relieve stress, and it's an enjoyable way to add a little extra activity to any part of your day. Plus, it's a great way to ease back into your fitness regimen after illness or injury.

2. You Control the Length and Intensity

Walking is highly versatile. You can power-walk several miles on your lunch break or you can take a leisurely 15-minute stroll after dinner. Unlike some other workouts with a set number of repetitions or a specific time requirement, your walk can be as long and intense as you prefer.

3. It's Great for Active Recovery

If you've been hitting your workouts hard, you're probably feeling a bit stiff and sore. Walking is a great way to gently warm up your muscles and stay active while still giving your body the time it needs to recuperate. Plus, numerous studies have shown that active recovery actually helps your muscles feel better faster!

4. You Don't Need Any Fancy Equipment

Do you have a comfortable pair of shoes? Yes? Then you have everything you need for a walk. While it is true that you should *technically* wear a shoe that's **specifically made for walking** on your strolls, the reality is that any shoe that provides you with cushion, support, and traction is just fine for shorter walks at lower intensities.

5. You Can Bring Your Friends

Or your kids. Or your dog. More vigorous workouts can make it a bit challenging to socialize, so if you're looking for an activity that will let you strengthen your relationships as well as your body, walking is a great option. Meet up with a friend for a quick lunch-break walk-and-talk sesh. Make your dog love you even more with a morning stroll. Take a family walk after dinner to catch up on everyone's daily trials and triumphs.

