

THE SENIOR STARTER

MARCH 2023

THE PLACE TO START FOR SERVICES

BY THE

**TOWN OF COLONIE
SENIOR RESOURCES DEPARTMENT**



Greetings!

Our office has received many phone calls this month inquiring about the SNAP program. Most callers expressed concern that the program was ending. They heard it on television or from another source. Rest assured the program continues to remain intact. What has changed, is the second allotment, that had been applied to recipients accounts throughout the public health emergency, ended as of February 28th. That additional benefit brought recipients to the maximum benefit amount each month. We realize this is a significant loss and have included some resources to assist those affected in this month's newsletter.

This month's Senior Spotlight, Nancy Miller, keeps herself active through club memberships as well as involvement in the Colonie Senior Service Centers, Inc.'s "The Center", as well as the Town of Colonie library. Remaining active as we age helps prevent loneliness and offers so many enriching opportunities. If you are interested in learning more about these recreational and social programs, please give our office a call.

March is National Brain Injury Awareness Month. Our newsletter has a wonderful article about the types of brain injuries as well as resources to support those affected.

Remember to turn your clocks ahead on Sunday, March 12 for daylight saving time. Happy Spring!

Sincerely,
Angelina
Angelina J. Searles
Director



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Newsletter Editor
Carrie Blanchard

Colonie Library - Classes & Events

Wednesday, March 8 • 6:30-7:30pm

Monthly Personal Investment Group

Thursday, March 9 • 10:00-11:30am

Inclusible Adult Gaming

Friday, March 10 • 2:00-4:00pm

iPhone Basics

Monday, March 13 • 10:30am-12:30pm

Mystery Book Group

Thursday, March 16 • 6:30-7:30pm

How an 80yr old Civil War widow helped build the B29 bombers during WWII

Sunday, March 19 • 2:00-3:45pm

The World in your Parlour, The Stereoscope, a Gilded Age "Virtual Reality" Experience

Tuesday, March 21 • 2:00-4:00pm

Stay and Make: Create a Deco Mesh Wreath

Registration is required! Classes fill up quickly!

Visit here to register:

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



CSSC Monthly Food Distribution

On the 2nd Tuesday of each month, the Colonie Senior Service Centers, Inc. continues to help older adults in the community to battle food insecurity with its' monthly food distribution day. Feel free to stop by on Tuesday, March 14th from 11:30am - 12:30pm at The Beltrone Living Center. We ask for your patience and kindness as the number of participants attending continues to grow. **Please bring your own reusable grocery bag for your items!**

If you should have any questions about this program, please call 518-459-2857.



Regional Food Bank
OF NORTHEASTERN NEW YORK

StateWide's Medicare Corner

Let's Talk About Nursing Home Care Fraud

Medicare doesn't generally pay for long-term nursing home care. Medicare Part A covers medically necessary short-term care in a skilled nursing facility (SNF) within a nursing home under certain conditions. After a qualifying stay in the hospital, beneficiaries frequently need some time in a SNF to regain their strength. Nursing Home Care fraud can happen, some unscrupulous facilities have taken to fraudulent billing. It's important to know what to look for and where to look for it. "This type of fraud is why it is so crucial for beneficiaries to review their Medicare Summary Notices (MSN) and report abuse, fraud, and errors to the NYS SMP," said *Tiffany Erhard*, NYS Senior Medicare Patrol Outreach Counselor.

A MSN is a notice sent to each beneficiary that outlines the services or supplies that providers and suppliers have billed. This document isn't a bill, but it does show what Medicare paid for services and the maximum amount that may be owed to the provider.

Report potential nursing home care fraud if:

- You are forced to remain in a SNF until your Part A benefits have expired even though your condition has improved, and you wish to change to home health care services.
- You see charges on your MSN for any type of service that were not deemed medically necessary by your doctor.
- Skilled nursing services for dates after you were released from the SNF.

Prevention begins with each beneficiary. Staying vigilant and reviewing these important documents is a strong step for protecting against Medicare Fraud. Report any findings to the NY Senior Medicare Patrol and help in the fight against Medicare Fraud. They also provide educational presentations and can help with questions, concerns, or complaints about potential fraud or abuse.

Call the NYS SMP Helpline at 1-800-333-4374



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National Brain Injury Awareness Month

National Brain Injury Awareness Month has been observed in March since 1993. It promotes awareness to the causes and aims to eliminate the stigma surrounding brain injuries.

Brain injury is unpredictable in its consequences. Brain injury affects who we are and the way we think, act, and feel. It can change everything about us in a matter of seconds.

The most important things to remember are:

- A person with a brain injury is a person first.
- No two brain injuries are exactly the same.
- The effects of a brain injury are complex and vary greatly from person to person.
- The effects of a brain injury depend on factors such as cause, location, and severity.

An acquired brain injury (ABI) is an injury to the brain that is not hereditary, congenital, degenerative or induced by birth trauma. Essentially, this type of brain injury is one that occurred *after* birth. The injury results in a change to the brain's neuronal activity, which affects the physical integrity, metabolic activity or functional activity of nerve cells in the brain.

There are two types of acquired brain injury: traumatic and non-traumatic

Traumatic Brain Injury (TBI) is defined an alteration in brain function, or other evidence of brain pathology, caused by an external force. Traumatic impact injuries can be defined as non-penetrating (closed) or penetrating (open). Some causes of these injuries are due to: falls, motor vehicle accidents, sports/recreational injuries, domestic violence, gunshot wounds and shaken baby syndrome.

Non-traumatic brain injury causes damage to the brain by internal factors, such as a lack of oxygen, exposure to toxins, pressure from a tumor or stroke.

According to the Center for Disease Control & Prevention (CDC), one of the keys to recognizing a concussion and getting immediate treatment is identifying these symptoms:

H - headaches or vomiting

E - ears ringing

A - amnesia, altered or loss of consciousness

D - double vision and/or dizziness

S - something is wrong or not quite right

Check out our website for more information on brain injuries

<https://www.biausa.org/find-bia/new-york>



Medicare's "Extra Help" Program

"Extra Help" is a Medicare program created to help people with limited income and resources pay premiums, deductibles, coinsurances, and other expenses associated with their health insurance costs.

Some people qualify for Extra Help automatically, and other people have to apply. To be eligible, refer to the below income chart:

Income Limit	Asset Limit
Individual: \$1,843	Individual: \$16,660
Couples: \$2,485	Couples: \$33,240

If you are enrolled in Medicaid, SSI, or a Medicare Savings Program (MSP), you automatically qualify for Extra Help regardless of whether you meet Extra Help's eligibility requirements.

The Extra Help program also can help with eliminating any Part D late enrollment penalties and gives you a Special Enrollment Period once per calendar quarter during the first nine months of the year to make enrollment changes.

If you are eligible for Extra Help and already have other creditable drug coverage, you should evaluate your costs and coverage when deciding whether to enroll in Part D and Extra Help or to keep your current drug coverage. Be sure to ask your former employer or union if you can get a Part D plan without losing the retiree benefits you want to keep, and check if disenrolling from the retiree drug coverage makes you ineligible for other retiree health benefits.

If you have any questions about the Extra Help program or would like assistance in applying, please contact our department: 518-459-5051, ext. 2

Double-Up Food Bucks still available

Double Up Food Bucks which is a healthy foods incentive program that provides SNAP shoppers with a dollar for dollar match on fresh, whole produce.

Available only at: Honest Weight Food Co-op, Capital Roots, Schenectady Greenmarket.

Here's the scoop:

- Spend \$1, Earn \$1, up to \$20 per day
- Applies only to fresh, whole produce.
- Signing up is simple & quick and there are no strings attached. Stop by the customer service desk with your SNAP/EBT card and Photo ID to sign-up.
- As you shop, remember to bring both your SNAP/EBT card and the double up card with you to earn your bucks.



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

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Supervisor Crummey's Colonie Connection

March is a month of fresh beginnings with the start of spring and the promise of new growth. This is a time where I can evaluate the needs in our Town for the upcoming months. Our Parks will be prepped and ready for the season ahead. The Mohawk River Park has more than 175 acres to explore and our recently rehabilitated hiking trails are a must do. Most trails have been cleared to remove impediments making it much easier to traverse. One by one, we will improve each Park for our residents to have the opportunity to enjoy outdoor recreation throughout the Town. Our Town of Colonie Golf Course continues to be upgraded with the removal of over 80 dead trees and overgrowth. I am confident that golfers will favor our continued enhancements to our Golf Course.

I would like to congratulate our ***Celebrate a Senior*** Honoree Nancy Miller. Nancy knows the importance of staying active and social in the community is what keeps her young at heart. I applaud Nancy for her exceptional spirit!

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

As always, don't hesitate to contact my office for any questions, comments or concerns that you may have in the Town of Colonie.



Celebrate a Senior Spotlight

When aging solo, it can feel difficult to expand your social circle, however our March honoree, Nancy Miller, has been finding this to be easy in the Town of Colonie. Nancy began to explore area events with the encouragement of her daughter, Janice, and Angelina Searles, Director - Town of Colonie Senior Resources Dept. These suggestions combined with Nancy's positive outlook and strong planning led her to filling up her calendar with local events. Nancy serves as an active member of Thunder Road Seniors, Colonie Senior Citizens Club, Christ Our Light Seniors, The International Diners Club, "The Center" at CSSC, Inc., The Colonie Library Book Club and The Forever Young Singers Choral Group.

Dancing at special dinners and live music events hosted by CSSC, Inc., The Crossings and Cook Park sponsored events is something that comes naturally to Nancy and gives her joy. Nancy has a history of taking tap, toe and ballet as a small child and she took tap dancing lessons again as an adult. Free form dancing with friends to live, local music is the most enjoyed by her. When asked how often she is out dancing, Nancy explained, "As long as there is music playing". When another person asked her if she was going to dance all night, Nancy honestly responded that she was going to try!

Nancy, a novice painter, enjoys taking classes and doing projects in acrylics, watercolors and alcohol ink. Her art decorates her home. Nancy gives a big shout-out to Diane Conroy-LaCivita, Executive Director of Colonie Senior Service Centers, Inc. and Caroline Barrett, Director of Lifelong Wellness at CSSC, Inc. as being wonderful forces in "keeping me going".

Nancy continues her active schedule with an open mind, and planning ahead and she encourages others to take part in all that the aging community has to offer in the Town of Colonie. Nancy's reminder to all: "Age is not important, what is important is being positive about life."



Heart of Hope 2023

The Heart of Hope is a community-wide initiative to enable those with and without insurance to complete preventative cancer screenings in partnership with Albany Medical Center.

Free Health Screenings Offered at Albany Medical Center Feb. 1-April 15
Heart of Hope aims to increase awareness of the importance of heart and cancer screenings, while honoring Warren A. Mackey, coach, educator, athlete, salesman, and singer who died after a long battle with heart disease.

Through a special partnership, Albany Medical Center will:

- Consult with you to determine which screening(s) are appropriate
- Screen for breast, lung, prostate, skin, colon, and cervical cancers
- Assist those without health insurance

Call 518-285-0717 to get started!

Complete a recommended screening and receive a \$50 gift card!



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