

THE SENIOR STARTER

OCTOBER 2022

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



Greetings!

Welcome Fall! As I write this greeting I couldn't imagine a more perfect fall day. There are so many happenings this month and our newsletter is packed full of information.

We are excited to partner with Catholic Charities Senior & Caregivers Support Services to host their Caring for the Caregiver series at our location beginning Thursdays, October 27th through November 17th. If you are a caregiver please consider attending. Space is limited so be sure to call ahead to sign-up.

It's that time of year when our Medicare enrollees embark upon the Medicare Annual Open Enrollment Period, starting October 15th through December 7th for plan changes effective January 1, 2023. Our staff is available to help you navigate through this process, so please don't hesitate to contact us for assistance.

We are happy to report that our Senior Resources Department Specialist Sue Conlon has accepted a caseworker position within our office. Sue has been with our department since January of this year and her knowledge, skills and aging services experience are a welcome addition to our caseworker team.

Wishing you a safe and happy fall!

Sincerely,
Angelina

Angelina J. Searles
Director



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

Newsletter Editor
Carrie Blanchard

Medicare Open Enrollment

Medicare's Fall Open Enrollment (OE) is the time of year when you can make changes to your Medicare insurance coverage. Medicare's OE period is October 15th to December 7th. Medicare health and drug plans make changes to their plans each year. Changes can include: change in costs, coverage, providers and pharmacies. During open enrollment, you can review your current health or drug plan coverage for the following year. If you are dissatisfied with your current coverage for next year, you can make changes during the open enrollment period. You can join, switch or drop a Medicare health plan or a Medicare Advantage Plan with or without drug coverage. Your new coverage will begin January 1 (*as long as the desired plan gets your request by December 7*).

Your existing health or prescription drug plan will be sending you their 2022 Annual Notice of Change. The Annual Notice of Change will inform you of the changes being made to your current plan for the upcoming year. It is important to monitor your mail for this information and to review this notice very carefully. If you are satisfied with your current plan, you will not need to do anything.

Senior Resources is here to help you with your Medicare decisions. Our caseworkers are certified, unbiased Health Insurance Counselors that can meet with you during Open Enrollment to review your current plan and help you make necessary changes if needed.

**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, Caseworker
conlons@colonie.org
518-459-2516

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



The Capital Region Senior Expo has been known for being the largest gathering of aging service professionals under one roof in the Capital District for over 30 years! Join us, and our presenting sponsor, CDPHP as we gather all of our major suppliers and partners to showcase their products & services while engaging the older adults in the Capital District.

**Friday, October 21, 2022
9am - 2pm**

Crossgates Mall (lower level)

Vendors • Workshops • Raffles

StateWide's Medicare Corner

Telehealth Fraud Schemes on the Rise

Telehealth or telemedicine lets you consult with your health care provider without being seen in person in an office setting. Telehealth is done primarily online with internet access through a computer, tablet or smartphone allowing patients to communicate to their provider through videoconferencing or wireless communications. There are a variety of types of services someone can obtain utilizing telehealth. Due to the recent expansion of telehealth services and the ease in which this fraud can be committed, criminals are exploiting this new technology. Medicare covers telehealth services including office visits, psychotherapy, consultation, and other medical or health services provided by an eligible provider.

Report telehealth theft from fraud, errors, or abuse if:

- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits charges for services or equipment you didn't receive.
- You receive an unsolicited phone call from someone wanting to verify your pain symptoms. This is more than likely a telehealth doctor trying to approve you for durable medical equipment (DME) that you do not need or did not request.
- You receive an unsolicited phone call from someone wanting to verify your family history of cancer. This is more than likely a telehealth doctor trying to approve you for a genetic testing kit that actually needs to be ordered by your treating physician.

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 to a scam.

Call the NYS SMP Helpline at 800-333-4374

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

Protect your benefits from Skimming

Albany County Dept. of Social Svcs.

What is skimming?

- Skimming is a type of theft.
- Thieves put an overlay on a store's card-swiping machine to copy EBT, credit and/or debit card information.
- The thieves use the information to make fake EBT, debit or credit cards. The fake cards are called clones.

Cloned cards are used to steal money from real accounts....like YOURS!!

- ⇒ Skimming can happen anywhere you swipe your credit, debit or EBT card.
- ⇒ Most of the time, that means EBT or credit card machines and ATMs.
- ⇒ Know the signs of fraud.

Look for an overlay

An overlay looks like a real card swipe machine, but it is larger than the original (to fit over the machine).



Here are some signs to look for to make sure you're not using a skimmer:



Can you see.....

1. A green light in the corner?
2. The entire pen tray?
3. A light behind the numbers? You may need to shade the machine from the room lights to check.

If you answered NO to questions 1, 2 or 3; DO NOT USE THE MACHINE!!!

Protect your benefits and money

If you think your EBT card has been cloned & your benefits were stolen, call the DSS Fraud Unit immediately: 518-447-7380.

Report suspected skimming overlays

- Call local police dept & report stolen benefits
- To get a new EBT card or change PIN #, call the EBT helpline: **1-888-328-6399**
- For help finding participating stores & ATMs please call location services at **1-800-289-6739**

The Health Benefits of Tai Chi

Paul Lam - Director of Tai Chi for Health Institute

What is tai chi?

Tai chi is an art and exercise from ancient China, nowadays being used by most as an enjoyable exercise for health. It appears slow and effortless, yet, there is a powerful energy for healing and wellness. It is created based on the laws of nature and Chinese traditional medicine. There are many styles and forms of tai chi that can appear quite different from each other, but almost all traditional tai chi sets are complex. Tai chi is often modernized for health improvement by using modern medical knowledge. All tai chi forms follow a set of essential principles that are key for its many health benefits. As long as these principles are incorporated in any form of tai chi, the health benefits will come. Modernized tai chi applies these essential principles in shorter and easier forms of tai chi, then uses medical studies to prove their efficacy.

How does tai chi work?

Older adults need to keep both their bodies and minds active to stay well and become healthier.

It is a gentle and safe exercise which strengthens the muscles and ligaments of the body. Building stronger muscles protects the joints, improves balance, and facilitates your ability to do more activities every day. It also improves flexibility and reduces pain and stiffness. The program improves balance to prevent falls, relieves overall stress, and improves cardiovascular fitness; three benefits that impact many aspects of health. The program also improves the **qi**, or life energy. According to traditional Chinese medicine, a stronger **qi** brings better health.

How to start learning tai chi

The best and probably the only way to find out how good tai chi is, is to try it. Be mindful that tai chi is different to most other types of activity in western countries. It is slow and gentle, which is especially beneficial for mindfulness and serenity. Something we all need, but do not get enough of in our busy rushing world. You would need a little time to get used to the rhythm and feel before you gain the full enjoyment. Setting up a regular time to practice is helpful. Tai chi is an activity; watching it does not work. Make a goal to begin tai chi and stick with it for at least 3 months to allow your body to get used to the movements, begin to see benefits, and develop healthy habits.

Getting Started

- Visit a class to get the feel of the instructor & the class.
- Talk to the instructor.
- Ask if programs are offered in-person, online, or both.
- Try out a free first lesson of Tai Chi for Arthritis and Fall Prevention on YouTube.

You can find more information here:

<https://taichiforhealthinstitute.org/>

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 @ 1pm



Peter G. Crummey
Town Supervisor

TOWN OF COLONIE

Office of the Supervisor

Memorial Town Hall
534 New Loudon Road
Latham, New York 12110

Phone (518) 783-2728 Fax (518) 782-2360

www.colonie.org/supervisor

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Supervisor Crummey's Colonie Connection

October has arrived and many great things are happening in our Town!

Our 2022 road repair program is nearly complete for a total of 88 resurfaced roads which is an equivalent to 20.22 miles. Newly paved roads will be striped shortly. Also, as promised, I am pleased to introduce an electronic payment convenience to Town residents as an option to pay your water bill safely and securely online. For more information please visit: www.colonie.org/departments/lathamwater.

If you would like to receive updates regarding the Town and our work, please sign up for Colonie Stay Connected at <https://www.colonie.org/stayconnected/>. In addition, coming soon will be *The Colonie Connection*, the newest publication highlighting news and happenings of the Town.

Also, I would like to remind everyone of an exciting addition to *The Senior Starter*. Starting this month, nominations will be encouraged and accepted to *Celebrate a Senior* for our November edition and each month to follow. After reviewing entries, the Town of Colonie Senior Resources Department will choose an exceptional senior who has made a difference in their community and feature them in the newsletter. Please submit entries and a picture to blanchardc@colonie.org by October 15 for our very first Town of Colonie *Celebrate a Senior* segment.

It is an honor to serve as your Town Supervisor and I look forward to continuing to build on our accomplishments in the days and weeks ahead. Together we will work to build a better Colonie. If I can be of any assistance, my office stands ready to help.



Caregiver Support Services

Catholic Charities Senior & Caregiver Support Services in partnership with the Town of Colonie Senior Resource Dept is hosting “*Caring for the Caregiver - Know How to Take Care of You*” 4-week Workshop. This workshop is designed to help family caregivers recognize their own needs as they care for their loved one. Family caregivers will leave with resources, techniques and action plans to be the best caregiver they can be and help reduce stress.

This workshop is once a week for 4 weeks on Thursdays only

October 27 - November 17, 2022 • 10am - 12pm.

The workshop will be held at:

Town of Colonie Senior Resource Department
12 Metro Park Road, Ste.#103, Albany, NY 12205

This workshop is **FREE** to join but registration is required.

To register, please call 518-372-5667 x. 205 by Monday, October 24. **Space is limited.**

Topics that will be covered:

I’m a Caregiver, Now what?

- Recognize your needs as a caregiver.
- Tips & resources to manage challenges of caregiving and own health conditions
- How to cope with stress

Respite: What is it and do I need it?

- Learn about different types of respite and all of its benefits.
- Tips on how to take breaks and maintain your quality of life as a caregiver.

Fall Prevention and Staying Safe at Home

- Learn how you can reduce your risk of falling.
- Suggestions for simple modifications and tips you can take to avoid falling.

Having Difficult Conversations

- Tips on how to have challenging conversations with your care partners.
- Benefits to having good communication.



Northeastern Assoc. of the Blind Albany

14th Annual Low Vision Tech & Wellness Fair
All events are free and open to the public!

October 11, 12 & 13, 2022 • 9am -12pm

Keynote Speakers at 10:00 AM:

Tuesday, Oct 11th @ the Saratoga Holiday Inn

Saratoga Guest Speaker: **Kyle Frownfelter**

NABA Assistive Technology Teacher

Topic: *Practical Uses of Assistive Tech
for Everyday Living*

Wednesday, Oct 12th @ the Glenville Senior Center

Glenville Guest Speaker: **Glenn Thompson, MD**

Kennedy Ophthalmology Associates

Topic: *Cataracts: What Are They, and
How Are They Treated*

Thursday, Oct 13th @ Albany Jewish Comm. Center

Albany Guest Speaker: **Aida Wakil, MD, FACS**

Bailey, Wakil & Auringer

Eye Physicians & Surgeons, PLLC

Topic: *Macular Degeneration and Age-Related Eye
Diseases*



Walking on Eggshells?

A supportive series on Dementia & Aggression
Four-week Caregiver Education virtual series
Attend one, some or all sessions.

Wednesdays, October 12 – November 2 • 2-3:30pm
Online via Zoom

Week 1: Different Types of Dementia & Possible Challenging Behaviors - Marla Bruns, M.D., Ph.D., cognitive neurologist & Co-Director Unity’s Memory Center. **October 12 • 2-3:30pm**

Week 2: Behavioral Management Techniques for Family Caregivers - Carol Podgorski, Ph. D. MPH, LMFT & Director Finger Lakes Center of Excellence for Alzheimer’s Disease. **October 19 • 2-3:30pm**

Week 3: “Wait! Isn’t There a Magic Pill That Will Make This All Better?” - David Gill, M.D. Chair - Dept. of Neurology & Co-Director Unity’s Memory Center. **October 26 • 2-3:30pm**

Week 4: “Now What?” Local Community Resources - Staff from Lifespan of Greater Rochester’s Finger Lakes Caregiver Institute & Alzheimer’s Assoc.- Rochester/Finger Lakes Region

November 2 • 2-3:30pm

Reservations Required!

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ejdqb1dydd57809c&oseq=&c=&ch=>