



A Message from Assemblywoman Sandy Galef

SENIOR FORUM 2014

SUMMER 2014

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Dear Constituent,

This year, my Senior Forum will focus on technology and how these new tools can improve our lives in many different ways. I know that technology has improved my life as it has made it easier for me to regularly connect with my grandchildren. While new technology can seem threatening or too complicated, there are resources available to help us better understand these new tools.

Sandra Giorno-Tocco, a NYS Assistant Attorney General will join us to share tips on how to protect ourselves and our information when using the internet. Yolanda Robinson from the NYS Comptroller's Office will be available to see if attendees have any money waiting for them in the New York State's Unclaimed Funds Account. There is currently over \$21 million of unclaimed funds in my Assembly District.

Chris Widelo of AARP will share an update on health care changes as health care laws and programs are always being improved.

Three speakers from our local libraries will discuss course offerings that are often available there for people looking to learn more about basic computer programs and websites. In addition, our library speakers will be sharing the benefits of e-readers and book clubs.

Suzanne Mateo, a nurse at Hudson Valley Hospital Center, will also share how new technology has played an important role at HVHC in improving patient care.

I would like to thank Hudson Valley Hospital Center for once again sponsoring my senior forum and providing the breakfast that we will all enjoy. Please join me on July 24th at 9 a.m. for breakfast and a thoughtful discussion on technology as well as special entertainment. I look forward to seeing you there.

Sincerely,

Sandy Galef

Member of the Assembly

New York State Assemblywoman Sandy Galef's SENIOR FORUM 2014

Sponsored by **Hudson Valley Hospital Center***

**Thursday, July 24th
9:00 a.m. – 12 noon**

Cortlandt Town Hall
1 Heady Street, Cortlandt Manor

**Breakfast provided by Hudson Valley Hospital Center*

Event is Free. You do not need to RSVP.

Find out about:

**Ways new technology can
improve your well-being**

How to find local computer courses

**Unclaimed Funds—
Do you have money waiting for you?**

**Impact of the Federal Healthcare Law on you
Staying safe on the internet today
and avoiding scams**

**Nursing technology at
Hudson Valley Hospital Center**

Featuring:

Sandra Giorno-Tocco
Assistant Attorney General

Office of New York State Attorney General Eric Schneiderman

Yolanda Robinson

Westchester County Regional Director
Intergovernmental and Community Affairs
Office of New York State Comptroller Thomas DiNapoli

Chris Widelo

Associate State Director, AARP New York

Risa Getman

Assistant Director and Adult Programmer
Hendrick Hudson Free Library, Montrose

Laura Wolven

Director, Field Library, Peekskill

Carol Donick

Director, Kent Public Library
President, Putnam County Libraries Association

Suzanne Mateo, RN MA

Coordinator of NICHE Program
(Nurses Improving Care for Healthsystem Elders)
Hudson Valley Hospital Center

Assemblywoman Sandy Galef's Important Phone Numbers

Listed below are agencies in your area that may provide services you need.

Social Services

Putnam County NY Connects	845-225-7040
Westchester County NY Connects	914-995-5000
<i>NY Connects is a collaborative effort by the New York State Office for the Aging and New York State Department of Social Services to provide access to information and assistance about long term care.</i>	
Home Energy Assistance Program (HEAP)	1-800-342-3334
Putnam County Department of Social Services	845-808-1500
Westchester County Department of Social Services	914-995-5000

Social Security

For these benefits: Retirement, Survivors, Disability, Supplemental Security Income (SSI), and Medicare
 General Phone Number 1-800-772-1213

Health Services

The Centers for Medicare & Medicaid Services	1-800-633-4227
Westchester DSPS' Medicare Information Line	914-813-6100
<i>Help seniors with Medicare issues. Those issues include Medicare parts A, B, C and D, Medigap insurance, cost-sharing, preventive benefits and appeals. They can also answer questions about New York State's EPIC to help eligible seniors pay prescription drug costs.</i>	
Elderly Pharmaceutical Insurance Coverage (EPIC)	1-800-332-3742

County Programs for Seniors

Putnam County Office of Senior Resources	845-808-1700
Putnam County Retired and Senior Volunteer Program (RSVP)	845-808-1734
Westchester County Department of Senior Programs and Services	914-813-6400
Westchester County Office for the Disabled	914-995-2957

Veteran Services

VA Nurses Helpline	1-800-877-6976
<i>For veterans who need medical advice or assistance with their medication.</i>	
Westchester County Veterans Service Agency	914-995-2145
Putnam County Veterans Service Agency	845-808-1620
Coalition to Salute Americas Heroes, Ossining	914-432-5400
The Salvation Army Veterans Affairs Services	914-214-2031
Veterans Affairs Hospital – Women Veterans Program	
Montrose	914-737-4400 Ext. 2757
Castle Point	845-831-2000 Ext. 5658
Veterans Affairs Hospital	
Caregiver Support	845-831-2000 Ext. 5487
American Legion	
Parker-Bale Post 1597 (Ossining)	914-941-9757
Ossining Post 506	914-762-3990
Briarcliff Manor Post 1054	914-762-6977
Fox-Elkof Post 505 (Croton)	914-271-3514
Captain Oliver Chase Jr. Post 274 (Peekskill)	914-482-8230
William Boyle Post 505 (Verplanck)	amlegion1030@yahoo.com
George A. Casey, Inc., NY Post 275 (Cold Spring)	845-739-6299
Marne, NY Post 270 (Carmel)	845-225-8282

Aging in Place Services

Croton Caring Committee	914-271-4979
Center for Aging in Place	914-357-8511
<i>Refers senior citizens to different aging in place services; this center is especially useful if there is not an aging in place service in your direct vicinity.</i>	
Being at Age 80 & Beyond: Briarcliff Manor	914-941-1582

The United Way

The United Way of Westchester and Putnam 211 2-1-1 provides callers with information about, and referrals to, health and human services for everyday needs, and in times of crisis. 2-1-1 offers access to a range of services, including: **Basic Human Needs:** food, clothing, shelter, rent assistance, utility assistance, financial assistance; **Physical and Mental Health Challenges:** health insurance programs, Medicaid and Medicare, crisis intervention services, support groups, counseling, drug and alcohol intervention and rehabilitation; **Challenges Facing Older Adults and People with Disabilities:** adult day care, congregate meals, Meals on Wheels, respite care, home health care, transportation, homemaker services; **Desire to Help:** volunteer opportunities and ways to donate.

Safety Services

American Red Cross	
Metro New York North Chapter (incl. Westchester and Putnam Counties)	203-869-8444
Westchester County Chapter	914-946-6500
Westchester County Adult and Protective Services	914-995-2259
Westchester County Elder Abuse Helpline	914-813-6436

Prescription Drug Take Backs

As many of us are given more medications to take to stay healthy or to get better, we must be aware that old prescriptions that were not used and are not needed should be properly disposed of. We currently face a problem where youth and young adults are turning to these prescription drugs to get high. We can help prevent this by not leaving old prescriptions around where our family members would have access to take them unnoticed. There are many police departments or local municipalities who will collect these drugs to be safely destroyed. The following is a list of these local places where you can bring your old prescriptions.

Town of Cortlandt: 9 a.m. – 3:30 p.m. Monday – Friday, drop off at **Purchase Building** at Cortlandt Town Hall: **1 Heady St., Cortlandt Manor**

Village of Ossining Police: 24/7 Med-return box in lobby of station: **88 Spring St., Ossining**

Village of Briarcliff Manor Police: 24/7 drop box located at front door of station: **1111 Pleasantville Road, Briarcliff**

City of Peekskill Police: 24/7 drop box located in lobby of station: **2 Nelson Ave., Peekskill**

Village of Buchanan Police: 24/7 drop box in lobby of station: **236 Tate Ave., Buchanan**

Village of Croton Police: 24/7 drop off at headquarters: **1 Van Wyck St., Croton**

Town of Kent Police: 24/7 green drop box on left in lobby of station: **25 Sybil's Crossing, Kent Lakes**

Putnam County Sheriff's Office: Prescription drugs are accepted in person at the Sheriff's Office, but please call first to confirm someone will be available to accept them - **845-225-4300: 3 County Center, Carmel**

2014 Assembly Legislative Priorities for Seniors

A.6239-B Creating State Office of the Utility Consumer Advocate

(Passed Assembly)

New York is currently the largest state in the country without an agency representing residential utilities. Presently, utility consumers are represented by the Public Service Commission and a division of the Department of State, neither of which are able to act solely for the consumers' interests. This bill sets up a new office to represent customers: The Office of Utility Consumer Advocate will sit in on regulatory proceedings and judicial review concerning rates and conditions of utilities. The end result will be quality service at lower cost, allowing consumers a voice at the table that has been, until now, dominated by providers and industry.



In April, I held a Town Meeting with Senator David Carlucci at Ossining's American Legion Post 506. I am pictured here with Frank Faiella, commander of Post 506.



In February I visited the Montrose VA Campus with students from the Hendrick Hudson School District, where we handed out Valentine's Day cards to its residents.

A.3751-B Banning Price Gouging on Short-Supply Medicine

(Passed Assembly)

Recent drug shortages have created crises at hospitals where life-saving drugs are in short supply. The cause, however, is preventable. Secondary markets selling drugs to hospitals have been caught raising prices excessively making them unaffordable. Price gouging has clamped supplies for chemotherapy, infections and several serious ailments. As a result, patients have suffered from prolonged pain and inadequate treatment. This bill will put an end to the practice by allowing the Attorney General to prosecute those who excessively raise these prices without justification.



Here, I am pictured speaking with constituents who attended my Town Meeting at the Hendrick Hudson Free Library earlier this year.



I met with George Baum, of Kent, and his wife Kathryn in Albany earlier this year as he was honored for his community volunteer work by the New York Office of the Aging at its 2014 Senior Citizens Day Celebration.



I had the privilege of presenting Ossining resident Carmela Trapasso with a citation for her 100th birthday. Ms. Trapasso honorably served our country during World War II and I was proud to honor her and all of our veterans on Memorial Day.

“Speak Out” and “Dear Sandy” TV Shows

I currently host two local television programs, *“Speak Out with Sandy Galef,”* and *“Dear Sandy,”* about local and state initiatives and programs, where you can hear from some of your notable neighbors. These shows air on public access channels across my district. I hope you will tune in.

Cablevision

“Dear Sandy” on Fridays at 9:00 p.m.

“Speak Out” on Wednesdays at 8:00 p.m.

Peekskill/Ossining Channel 15: Briarcliff, Ossining, Scarborough, Buchanan, Cortlandt, Croton, Garrison, Montrose, Peekskill, Philipstown South, Verplanck

Wappingers Falls Channel 21: Cold Spring, Philipstown North

Comcast

“Dear Sandy” on Fridays at 7:30 p.m.

“Speak Out” on Wednesdays at 7:30 p.m.

Channel 8: Carmel, Kent, Mahopac & Putnam Valley

Comcast Upcoming Shows:

“Speak Out with Sandy Galef:

Opportunities for Veterans”

July 30, August 6 & 13

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“Speak Out with Sandy Galef:

Opportunities for Veterans”

July 30, August 6, 13 & 20



Our Senior Forum 2014 Co-Sponsors:

Buchanan Senior Citizens Club • Cortlandt Seniors • Crompond Seniors
Croton Senior Citizens • Kent Senior Citizens • Nor-Cort Seniors
Ossining Golden Age Club • Ossining Senior Center • Ossining Senior Citizens
Peekskill Senior Citizens' Club • Philipstown Seniors • Putnam County Office of Senior Services
Verplanck Seniors • Westchester County Department of Senior Programs and Services



A message from

Assemblywoman

**SANDY
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Here, I am pictured with the Grand Marshal Joe O'Toole at the 2014 Buchanan St. Patrick's Day Parade.



There was a wonderful turnout at my 2013 Senior Forum, and I look forward to seeing everyone again this year.