



A Message from Assemblywoman Sandy Galef

SENIOR FORUM 2015

SUMMER 2015

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Dear Constituent,

I am so pleased to invite you to my annual Senior Forum on Thursday, July 16th. I plan to share a brief update on what has been happening in Albany, followed by a wonderful morning with engaging speakers and a performer.

The morning's packed line-up will kick off with Jonathan Kruk who will entertain us with stories about the Civil War, Lincoln's Visit and the Hudson River Valley, as we celebrate the 150th year of Lincoln's visit to our area. There will also be an opportunity for you to hear from Paul Martin, Director of the newly opened Lincoln Depot Museum in Peekskill. Once you hear what they have to offer, I am sure you will want to plan a visit.

We will be hearing from speakers about subjects that I think are very interesting and important to us. David Leven will discuss life planning and some decisions we should make now for later needs. Burton Greenberg has invented a handy device to help us keep track of all our important health details in case we should be in a situation where that would be useful to have on our person. He will introduce his invention to us.

I have also invited an incredible woman who was an organ donor recipient, Roxanne Watson, and she will share her story so you can understand why she and I are both passionate about this subject. Neurologist Dr. Paul Lleva will discuss how we can keep our minds active even when our bodies are less so. Assistant Attorney General Gary Brown will report on the latest scams targeting seniors so we are not caught off guard. With the assistance of New York State Comptroller Thomas DiNapoli, you can personally check if you have any money in the New York State Unclaimed Funds account.

During our legislative session, we discussed a number of bills that I believe will be of interest to you. Many of them have positive implications for aging gracefully in our homes. Please read about them on page three. Finally, I have included some information about my upcoming TV shows for you to watch.

I am eager to see you all in July and welcome you to call me for any reason should you have comments, questions, or concerns.

Sincerely,

Sandy Galef
Member of the Assembly

New York State Assemblywoman Sandy Galef's SENIOR FORUM 2015

Thursday, July 16th
9:00 a.m. – 12 noon

Cortlandt Town Hall
1 Heady Street, Cortlandt Manor

**Breakfast provided by ShopRite of Peekskill*

Event is Free. You do not need to RSVP.

Find out about:

Maintaining your memory

**An invention to carry your
medical records with you at all times**

Life planning choices

Medicaid Fraud scams

**Collections and exhibits
at the Lincoln Depot Museum**

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

Benefits of organ donation

Featuring:

Gary Brown

Assistant Attorney General

Office of New York State Attorney General Eric Schneiderman

Yolanda Robinson

Westchester County Regional Director

Office of New York State Comptroller Thomas DiNapoli

Paul Martin

Director, Lincoln Depot Museum

David C. Leven, JD

Executive Director, End of Life Choices New York

Burton Greenberg

Caregiver Insights Foundation

Roxanne Watson

Volunteer and Organ Recipient, LiveOn NY

Dr. Paul Lleva

Neurologist, Phelps Memorial Hospital

With Special Performance by:



Jonathan Kruk
Storyteller, Cold Spring Resident



Become a Donor

There are many ways you can register to become an organ, eye or tissue donor:

- ♥ Mail an enrollment form to the NYS Department of Health. (Forms will be provided at the Senior Forum or call the district office 914-941-1111.)
- ♥ Visit <http://www.health.ny.gov/professionals/patients/donation/organ/> which lists many ways to register online.
- ♥ Enroll at DMV by signing the organ donor consent certification on the forms used to apply or renew a driver license or non-driver identification card. When you enroll this way, a symbol of a red heart and the words "Organ Donor" will be printed on the front of your driver license or non-driver identification card at no extra cost.
- ♥ Enroll at the Board of Elections by signing page 3 of the voter registration form. That page of the form will be forwarded to the NYS Department of Health for enrollment in the Donate Life Registry.

For more information, call an organ procurement organization or the New York State Donate Life Registry at
1-866-NYDONOR
(1-866-693-6667)

★ Enhanced STAR Program ★

If you are in the New York State Enhanced STAR program you may also want to consider opting into the NYS income verification program.

As you know, to enroll in the Enhanced STAR program, you must be a senior citizen and you must demonstrate that the combined income of all of the owners of the property, and of any owner's spouse who resides on the premises, is no greater than the income standard for the applicable income tax year. You may do this in one of two ways:

Option 1: Traditional method

Submit a copy of your income tax return(s) for the appropriate income tax year to your local Assessor with your STAR application by the application deadline **each year**. To eliminate going to the assessor's office each year you can opt to participate in the Star Income Verification Program.

Option 2: STAR Income Verification Program

Supply your Social Security Number(s) and authorize the New York State Department of Taxation and Finance to verify your income eligibility each year, instead of submitting an application and copy of your tax return(s) to the Assessor every year. To choose this option, you must complete a form and submit it to the Assessor along with a traditional STAR application and the necessary New York State income tax return(s) by the application deadline for the year in which you choose this option. Forms will be provided at the senior forum.



I met with representatives of Donate Life New York State in Albany. Here I am pictured with organ recipients and family members of organ donors. New York State adults register themselves as organ and tissue donors at less than half the rate of adults nationwide, but the need for lifesaving organs in New York State is among the highest in the country. We need to help get the word out to save New Yorkers' lives." A poll taken by New Yorkers revealed that 83% were supporters of organ donation but only 23% had signed up on the registry.

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 of properly disposing of our old prescriptions. 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. Following is a list of local places where you can dispose of old prescriptions.

Town of Cortlandt: 8:30 a.m. – 4 p.m. Monday – Friday, drop off at Cortlandt Town Hall: **1 Heady St., Cortlandt Manor**. Look for the Westchester County Police drop box.

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: 24/7 drop box located in lobby of station: **845-225-4300, 3 County Center, Carmel**

2015 Assembly Legislative Priorities for Seniors as of 6/19/15

A.5337 Establishing Community Outreach for Seniors (Passed Assembly)

This bill requires the New York State Office for the Aging (SOFA) to establish a model of community programs for seniors. This includes establishing model telephone reassurance and visiting programs. With this template, local communities are able to form their own telephone reassurance or visiting program. The telephone reassurance program would provide daily check-ins with seniors, as well as provide for alternative contact methods. A visiting program would allow seniors to meet with and gain companionship from local volunteers. By establishing these local programs the community would be better able to cater to the needs of those seniors living within the community.



Sandy attended a bake sale run by the Peekskill Senior Citizen Club to raise money for the Hudson Valley Hospital Center.

A.294 Creating a Business Guide to Informal Caregivers (Passed Assembly)

Informal caregivers are placed in precarious situations, balancing their employment with the informal care they are providing. This bill aims to reduce the tension between these two positions. The bill establishes a guide to help businesses retain employees who are also informal caregivers, as well as providing support to the employee. This bill will allow for informal caregivers to not have to choose between their job and their loved ones, creating effective and productive work environments.

A.1323-B Increasing Hospital-Caregiver Communication (Passed Assembly/Senate)

Millions of New Yorkers act as caregivers for their loved ones, but are seldom provided with instructions for giving post-hospital care. As a result, caregivers are often unable to provide the appropriate care for their loved ones, potentially leading to readmission to the hospital. This bill allows for a caregiver to be named by the patient and then instructed in how to provide care to their loved one when out of the hospital setting. By including caregivers in care discussions, this bill aims to allow for the best patient care.

A.180 Creating State Office of the Utility Consumer Advocate (Passed Assembly)

New York is the largest state in the nation without an independent state agency representing the interests of the residential utility consumer. Other states with similar positions have seen dramatic savings for consumers due to their advocate. This bill establishes the Office of the Utility Consumer Advocate (UCA). The UCA will fill this void and advocate for the interests of the consumers in state and federal regulatory proceedings. Large weather events,

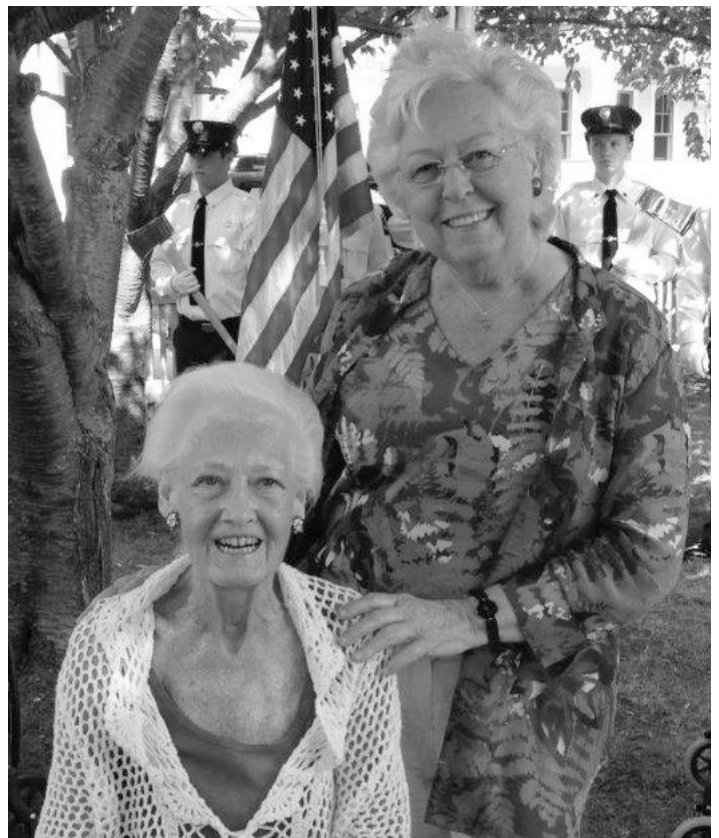
including Superstorm Sandy, Hurricane Irene, and Tropical Storm Lee, left consumers without representation when it comes to utility services. The creation of the powers allotted in this bill would give New York utility customers a voice.

A.7431 Requires NYS Drivers license applicants to complete the section relating to making an anatomical gift. (Passed Assembly/Senate)

Thousands of New Yorkers are currently waiting to receive organ, eye, and tissue transplants, but not all will receive their needed donation. This bill amends the driver's license application in order to increase awareness of organ, eye, and tissue donations. Applicants will have to choose whether or not they would like to become registered organ, eye and tissue donors, rather than passing on the question. By doing this it is hoped that there will be an increase in organ, eye, and tissue donation, as well as donation awareness.

A.355 - Authorizes the commissioner of health to establish standards, and review and implement requirements for the performance of continuing medical education on pain management, palliative care and addiction. (Passed Senate)

This bill offers prescription pain medication awareness programs to educate the general public and healthcare practitioners about the dangers associated with addiction to prescription painkillers and heroin. The awareness program will be offered to healthcare practitioners as Continued Medical Education (CME) taken every two years, and will help to reduce addiction and deaths that occur as a result of prescription painkillers while still ensuring that the patient's pain is managed and treated effectively. This bill will encourage the safe and responsible practicing of prescribing painkillers.



This past March, Putnam County lost a special leader, and many lost a great friend. Betty Budney was a pioneer, serving as the first woman to be elected to the Philipstown Town Council where she served for 24 years. We will miss her charismatic and loving personality.

“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, and 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

“*Dear Sandy*” on Fridays at 8:30 p.m.

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

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

Cablevision Upcoming Shows:

“*Dear Sandy: Sing Sing, The Full Story*”

June 26, July 3 and 10

“*Speak Out: Combating Lyme Disease*”

July 8, 15, 22 and 29

“*Speak Out: Meet Regent Judith Johnson*”

August 5, 12, 19 and 26

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June 26 and July 3

“*Speak Out: Combating Lyme Disease*”

July 8, 15 and 22

“*Speak Out: Meet Regent Judith Johnson*”

August 5, 12 and 19

Our Senior Forum 2015 Co-Sponsors:

Bethel Homes and Services • 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 Citizen's Club • Philipstown Senior Citizens
Putnam County Office for Senior Resources
Verplanck Seniors • Westchester County Department of Senior Programs and Services



A message from

Assemblywoman

**SANDY
GALEF**

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I had the privilege of attending the Town of Cortlandt's Military Order of the Purple Heart Chapter 21 Monument Dedication Ceremony. Cortlandt is the first Purple Heart town in Westchester, and is also the first in the region to have a Purple Heart Memorial. I am pictured here with Willy Nazario, National Jr. Vice Commander of the Military Order of the Purple Heart, and Congresswoman Nita Lowey.



There was a wonderful turnout at my 2014 Senior Forum, and I look forward to seeing everyone again this year at my 2015 forum on July 16, 2015.