



A Message from Assemblywoman Sandy Galef
SENIOR FORUM 2016

SUMMER 2016

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Dear Constituent,

I am very pleased to invite you to my annual Senior Forum. This year's forum will focus on health and wellness within the senior community. The morning will be packed with enticing speakers and entertainment. Additionally, you will receive important updates from the NYS Comptroller's Office and AARP on legislative priorities, and learn how you can avoid crimes targeted to seniors. We will gather on July 14th from 9 a.m. to 12 noon in the Cortlandt Town Hall, located at 1 Heady Street, Cortlandt Manor.

The morning will begin with a light breakfast graciously provided by ShopRite in Peekskill, during which we will open the forum with entertainment.

I have invited several speakers to talk about important ways to cultivate senior vitality through upholding both physical and mental health. You will learn about ways to avoid falls at home from physical therapist Meryl Richman. Howard Campbell will teach us about biofeedback and how it can be used to manage stress in our lives. Dr. Surbhi Agarwal will provide valuable exercises that are important to staying healthy, and Kendra Negron will show us how we can maintain flexibility by leading us in a class of chair yoga. Please wear comfortable clothing.

We will then turn the discussion to the state level. I have invited Comptroller Tom DiNapoli or his representative to offer an update on the work of the comptroller's office as well as a booth for you to check if you have any money in the New York State Unclaimed Funds account. I will also provide you with an update and explanation of all the bills that are of interest and importance to the senior community that have been passed in this session of the legislature. Please read about them on page three.

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

Sincerely,

Sandy Galef

New York State Assemblywoman Sandy Galef's
SENIOR FORUM 2016

Thursday, July 14th
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:

- How to Avoid Falls at Home**
- Doctor Recommended Exercises**
- Managing Stress Using Biofeedback**
- Maintain Flexibility Through Chair Yoga**
- Update from NYS Comptroller's Office**
- Update from AARP on Legislative Priorities**
- Learn how to Avoid Crimes Targeted to Seniors**

Featuring:

Thomas DiNapoli

New York State Comptroller
 Office of the New York State Comptroller

Sheriff Don Smith

Putnam County Sheriff
 Putnam County Sheriff's Department

Laura Palmer

Associate State Director, AARP

Dr. Surbhi Agarwal

Internal Medicine Physician
 New York-Presbyterian/Hudson Valley Hospital

Meryl Richman

Senior Director, Ivyrehab Physical Therapy

Harry I. Campbell

President, BioFeedback Resources International Corp.

Kendra Negron

Owner & Founder, Dragonfly Wellness Yoga Studio

Entertainment Provided



Our Senior Forum 2016 Co-Sponsors:

- Bethel Homes and Services
- Buchanan Senior Citizens Club
- Cedar Manor Nursing and Rehabilitation Center
- Cortlandt Seniors • Crompond Seniors
- Croton Senior Citizens • Kent Senior Citizens
- New York-Presbyterian/Hudson Valley Hospital
- 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

Assemblywoman Sandy Galef's Important Phone Numbers

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

Social Services

Putnam County Office of Social Services	845-225-7040
Westchester County NY Connects	914-995-5000
<i>Information and assistance about long term care.</i>	
Home Energy Assistance Program (HEAP)	1-800-342-3334

Social Security

For these benefits: Retirement, Survivors, Disability, Supplemental Security Income (SSI), and Medicare

General Phone Number	1-800-772-1213
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Health Services

The Centers for Medicare & Medicaid Services	1-800-633-4227
Westchester DSPS' Medicare Information Line	914-813-6100
<i>It can also answer questions about EPIC.</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
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	
Tarrytown	914-631-3871
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	317-630-1200

Aging in Place Services

Croton Caring Committee	914-271-4979
Center for Aging in Place	914-357-8511
Being at Age 80 & Beyond	
Contact Claire J. Dutt	914-941-1582
Aging in Place White Plains	914-319-1609
At Home in Somers	914-719-2082

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 every day needs, and in times of crisis.

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

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 Yorktown	
Non-Emergency	914-245-9167
Emergency	914-995-2099

Miscellaneous

Westchester County District Attorney's Office	
Elder Abuse Bureau	914-995-3000
Economic Crimes Bureau	914-995-3303
Putnam District Attorney's Office	845-808-1050
Community Resources	
Hebrew Home ElderServe 24-Hour Hotline	800-567-3646
Pace Women's Justice Center Helpline	914-287-0739

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 how 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 through this method, 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.



Sandy Galef with Roxanne Watson, recipient of a successful Heart Transplant and activist for Organ Donation.

2016 Assembly Legislative Priorities for Seniors

A.10707 Enhances In-Home Health Services (Passed Assembly/Senate)

This bill authorizes advanced home health aides to perform advanced tasks under the supervision of a registered professional nurse employed by a home care services agency, a hospice program or an enhanced assisted living residence, which will enable more people to live in home and community based settings.



Last year's Senior Forum featured many constituents, comments by Lieutenant Governor Kathy Hochul, and storytelling by Jonathan Kruk.

A.9388 Establishes an Alzheimer's Disease Outreach and Education Program

This bill would create an Alzheimer's disease outreach and education program to promote earlier detection of the disease, provide useful information as to where there are community support groups and to promote public awareness of Alzheimer's. The bill aims to achieve these objectives with education, training, public service announcements and similar efforts for medical as well as non-medical personnel. 300,000 New York seniors have some sort of dementia and this number is growing. However, with research and better practices, enhanced services can now be provided that prevent nursing home placements. As our population ages, this disease is becoming increasingly pertinent and something must be done to improve the living conditions of those effected.



Sandy Galef hosted a Pro and Con Forum on the issue of Medical Aid in Dying in October at Cortlandt Town Hall.

A.5336 Authorizes banks to refuse payment of monies when there is reason to believe that a vulnerable adult is being financially exploited.

The senior population is the fastest growing demographic in this country, and as a result laws need to be put in place to protect them. Societal norms have evolved so the elderly are increasingly looking after themselves. This bill would allow banks to refuse any monetary transaction with a senior if they have reasonable suspicion that he/she is being exploited or taken advantage of. A shocking percentage of the elderly are either intentionally or unintentionally being mistreated by their families or caregivers. This maltreatment can take many forms, ranging from physical and psychological abuse to financial abuse. While physical abuse or neglect might seem like the most immediate concern, the loss of one's financial assets can have an even more long-term impact on their well-being and quality of life.

A.2280 Creates the State Pharmaceutical Local Choice Program

This bill would insure that any person over the age of 60 whose healthcare plan includes pharmaceutical benefits has the option to purchase those required medications locally, at a community pharmacy. With the explosion of insurance plans requiring mail order purchase of prescriptions there must be a law that prevents elderly people from losing access to their community pharmacies. This bill adds to the requirement of Medicare Part D plan, it requires all insurers to allow a local option for those who prefer it.



Sandy Galef with New York State Comptroller Tom DiNapoli.

A.3743 Establishes the Elderly Abuse Protective Act to protect persons 62 years of age or older who suffer abuse and deprivation; appropriation.

This legislation is necessary in establishing a uniformed statewide system for the reporting of any abuse, neglect, exploitation or abandonment of an elderly person. If there is a report, it mandates an investigation by the appropriate department and if needed the forwarding of that investigation to the local district attorney. This bill would ensure that there is a system for reporting abuse and providing the necessary service to protect that elderly person and end the abuse.

“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

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

“Dear Sandy” on Fridays at 9:00 p.m.

“Speak Out” on Wednesdays at 8:30 p.m.

Wappingers Falls Channel 21: Cold Spring, Philipstown North

“Dear Sandy” on Fridays at 9:00 p.m.

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

Comcast

Channel 8: Carmel, Kent, Mahopac, Putnam Valley

“Dear Sandy” on Fridays at 7:30 p.m.

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

Verizon Fios

Channel 37 or 40

“Dear Sandy” on Fridays at 9:00 p.m.

“Speak Out” on Thursdays at 8:00 p.m.

Cablevision Upcoming Shows:

“Speak Out” – NY’s New Paid Family Leave Law

June 29

“Dear Sandy” – Summer Safety for Kids and Teens

July 1, 8 and 15

“Speak Out” – Ethics Press Conference in Albany

July 6, 13, 20 and 27

Comcast Upcoming Shows:

“Dear Sandy” – Summer Safety for Kids and Teens

July 1 and 8

“Speak Out” – Ethics Press Conference in Albany

July 6, 13 and 20

Verizon Upcoming Shows:

“Dear Sandy” – Summer Safety for Kids and Teens

July 1 and 8

“Speak Out” – Ethics Press Conference in Albany

July 7, 14 and 21



The Galef Family recently celebrated the ribbon cutting for the Steven A. Galef Lobby at Westchester Medical Center in Valhalla.



A message from

Assemblywoman

**SANDY
GALEF**

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Sandy attended an event at the Kent Public Library celebrating the completion of the renovation of the library building with library Director Carol Donick and library board members.



Sandy joined a Memorial Day ceremony in Cortlandt Manor with Supervisor Linda Puglisi and veterans from the area.