

September 2013

Dear Neighbor,

As a senior in New York State, there are a number of special programs designed just for you. This bulletin is intended to acquaint you with some of these programs, alert you to some program updates and let you know about upcoming events in your area.

I hope you will find the information in this bulletin helpful, but if you are not able to find what you're looking for, I have also included a list of important phone numbers for several agencies and senior associations. If you aren't sure which number to call, or have a question or concern about any state issue, please don't hesitate to contact my office. My staff and I are always here to help, and we look forward to hearing from you.

Sincerely,



Phil Palmesano



ASSEMBLYMAN  
PHIL PALMESANO

Senior Services Bulletin

## WHAT'S HAPPENING IN YOUR COUNTY...

### IN CHEMUNG COUNTY:

Chemung County will soon have "A Matter of Balance" program to help older adults increase activity levels and overcome the fear of falling. A Matter of Balance is an evidence-based program developed by Boston University. **Local classes will begin in October** to help participants increase activity levels, strength and balance, and make changes to reduce fall risk at home. Please **Contact Chemung Volunteer Action Corps at 607-734-4161 for more information.**

The Alzheimer's Association is offering a **Caregiver Retreat on Thursday, November 7, from 9 a.m. – 4 p.m.** at the Horseheads Elks Lodge. This retreat provides an opportunity for caregivers to take a few hours to laugh, reflect and restore. Caregivers will be treated to a complimentary breakfast, lunch, and chair massage. The day will also feature information about how to stay healthy, physically and emotionally, while caring for a loved one.

**(continued inside)**

# PHIL PALMESANO – ADVOCATE

## WHAT'S HAPPENING IN YOUR COUNTY...

### IN SCHUYLER COUNTY: LIFE PLANNING SEMINAR

Thursday, October 10

5:30 p.m. to 9 p.m.

Silver Spoon Café,

Human Services Complex,

323 Owego Street, Montour Falls, NY

Speakers: Gina Gasparro, Health Insurance Coordinator; Steve Bennett, Schuyler County Ambulance Assoc.; Aimee Churchill, Esq.;

Barry Adams, Funeral Consumers Alliance of the Finger Lakes, Inc.; Michael Martino, Esq.;

Assemblyman Phil Palmesano.

Reservations are required. Call OFA/NY

Connects at 607-535-7108 prior to Tuesday,

October 8.



### IN STEUBEN COUNTY: ANNUAL AGING IN PLACE EVENT

Friday, October 4, 10 a.m. to Noon

Student Center, Victory Hwy Wesleyan Church,

150 Victory Hwy, Painted Post, NY. Come and

learn about the variety of goods and services

to help you maintain independence in your

community as you age. Hosted by Corning Area

Ageing in Place, Ltd., Steuben Senior Services

Fund, Inc., the Steuben County Office for the

Ageing, and Assemblyman Phil Palmesano.

Guest Speaker: Emily Bury of the Attorney General's Office.

Contact Steuben OFA Director Mike Keane for more information: 1-866-221-7324

### FINDING THE JOY THROUGH MEANINGFUL ACTIVITIES

Wednesday, October 16, 6 p.m. to 8 p.m.

Silver Spoon Café, Human Services Complex,

323 Owego Street, Montour Falls, NY

Call 607-535-7108 to make your reservation.

### IN SENECA COUNTY:

#### MEDICARE

#### HEALTH

#### INSURANCE

#### INFORMATION

#### DAY



Wednesday, November 20, 1 p.m. to 4 p.m.

Seneca County Office for the Aging, 1 Di Pronio Drive, Waterloo, NY

Representatives from several organizations will be available to help you pick the Medicare plan that best fits you, including Seneca County HIICAP, United Health Care, MVP Gold, Secure Horizons, AARP and NYS EPIC

For additional information call: 315-539-1769

### IN YATES COUNTY:

#### YATES

#### OFFICE FOR

#### THE AGING

#### ANNUAL

#### HALLOWEEN

#### DINNER



Thursday, October 31, Starts at 4 p.m.

St. Michael's Church, 312 Liberty St, Penn Yan,

NY. You'll also have the opportunity to offer

input on the services and programs for seniors

in Yates County.

Reservations required by October 23; call

315-536-5515. Transportation available upon request.

# ING FOR YOUR GOLDEN YEARS

## IMPORTANT MEDICARE NEWS

### OPEN ENROLLMENT

The Medicare Part C (Medicare Advantage) and Part D (Prescription Drug Coverage) Open Enrollment period runs this year from October 15 through December 7. You can use this period to change your plan, return to original Medicare, or enroll for the first time (although you may have to pay an extra late sign-up penalty if you could have joined up in previous years but didn't). If you change plans, your new plan becomes effective on January 1, 2014.

If you'd like to look into other options, you can call 1-800-MEDICARE, visit the Medicare web site at [www.medicare.gov](http://www.medicare.gov) or call the Office for the Aging for a health insurance counseling appointment.

### MEDICARE PREVENTIVE SERVICES

For people with original Medicare, there were already several preventive services covered in full with no co-pays or deductibles required. As of January 1, 2011, this list of fully covered preventive services was greatly expanded. Below is a summary of both the previous and newly-added services:

- The "Welcome to Medicare" physical exam – this benefit must be used within 12 months of first receiving Medicare Part B.
- Flu shots (once a season), pneumonia shots (usually once after turning 65) and Hepatitis B shots (for those at medium to high risk).
- Bone mass measurements (for Osteoporosis) every two years, or more often if medically necessary.
- Stop smoking counseling, up to eight sessions a year.
- A once-a-year wellness visit.
- Breast cancer screening, including yearly mammograms for those age 40+, and bi-yearly breast examinations (more often if at risk).
- Blood tests for cholesterol, lipid and triglyceride levels once every five years.
- Pap smears and pelvic examinations every two years (yearly if at risk).
- Diabetes screening, if you have a family history of the disease or are at risk.
- Colon cancer screening, including fecal occult blood tests and colonoscopy.
- Yearly prostate cancer screening for men aged 50+.

Please note that if you changed from original Medicare to a Medicare Advantage plan, your plan could charge a co-pay for some of these services. Check with your Medicare Advantage plan for specifics.

### THE MEDICARE SAVINGS PROGRAM – GREAT BENEFITS, JUST A LITTLE PAPERWORK

If you're eligible for the Medicare Savings Program, you get these great benefits:

- ① Your Medicare premium is paid for you, meaning your Social Security check gets bigger by \$104.90 a month
- ② You receive a free Medicare Part D prescription drug plan
- ③ Your co-pays for covered prescriptions are very, very low and you have no prescription drug "donut hole"

Eligibility for the Medicare Savings Program is based on income. Applications for this program can be done by mail. Call your Office for the Aging or Medicare office for more information.

If you have questions about changes to Medicare under the Affordable Care Act, NYSOFA offers a health insurance hotline (HIICAP) to help you better understand your Medicare benefits; just call 1-800-701-0501.

# IMPORTANT PHONE NUMBERS

## IMPORTANT ASSOCIATION AND TOLL-FREE NUMBERS:

AARP .....	888-687-2277
Alzheimer's Association .....	800-272-3900
Arthritis Foundation .....	800-283-7800
Elderly Pharmaceutical Insurance Coverage (EPIC) .....	800-332-3742
Insurance Programs and Complaints .....	800-342-3736
Medicare and Medicaid Claims .....	800-633-4227
National Caregiving Foundation .....	800-930-1357
National Institute on Aging.....	800-222-2225
NY Connects .....	866-221-7324
NYS Office for the Aging/Senior's Hotline .....	800-342-9871
Senior Corps (RSVP Volunteer Program) .....	202-606-5000
Social Security Administration .....	800-772-1213
Health Insurance Counseling (HIICAP) .....	800-701-0501

## IMPORTANT LOCAL NUMBERS:

Chemung County Office for the Aging .....	607-737-5520
Schuyler County Office for the Aging .....	607-535-7108
Seneca County Office for the Aging .....	315-539-1765
Steuben County Office for the Aging .....	607-664-2298
Yates County Office for the Aging.....	315-536-5515



**ASSEMBLYMAN**

**PHIL**

**PALMESANO**



**District Office:**

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607-776-9691 • [palmesanop@assembly.state.ny.us](mailto:palmesanop@assembly.state.ny.us)

**Albany Office:**

723 Legislative Office Building  
Albany, NY 12248  
518-455-5791