

June 2016

Dear Neighbor,

As a senior in our community, there are a number of engaging events designed just for you. This bulletin contains information on events happening in the coming months in each county of our district. Your contributions to our community are vibrant and so important. I don't want you to miss out on any great opportunities! I hope you find the information in this bulletin helpful, but if you are unable to find what you are 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

HONORING SENIOR VOLUNTEERS OF THE YEAR FROM OUR REGION AT THE STATE CAPITOL



Pictured left to right: Assemblyman Friend, Senator O'Mara, Lucy Brown of Tompkins County, Donald Snyder and Patricia Finnerty of Steuben County, Charles Evans and Nancy Evans of Chemung County, Roberta Beckhorn and Thomas McGarry of Schuyler County, Allen Covert of Seneca County and Assemblyman Palmesano.

PHIL PALMESANO – ADVOCATING FOR SENIORS

YOU'RE INVITED! UPCOMING SENIOR EVENTS IN YOUR COUNTY

CHEMUNG COUNTY

CAREGIVER SUPPORT

Family caregivers can benefit from a variety of supports and services provided by the Chemung County Department of Aging and Long Term Care, including our Caregiver Discussion Group that meets the **second Thursday of every month** from 2:00 – 4:00 p.m. The first hour is a presentation on community services of interest to caregivers, and the second hour provides an opportunity for caregivers to share ideas and support. For more information or to register, please call the Department of Aging at 737-5520.

MEDICARE 101 PRESENTATIONS

The Chemung County Department of Aging and Long Term Care is offering Medicare 101 presentations to employers, organizations, groups, and clubs in Chemung County. Certified health insurance counselors from the Department of Aging will provide an introduction to Medicare, including how to find the right coverage for you; how to enroll; prescription drug coverage; and information about the Health Insurance Marketplace, Medicaid, and related resources. To schedule a presentation, please call the Department of Aging at 737-5520.

SCHUYLER COUNTY

MEDICARE 101 CLASSES

Learn the basics of Medicare. You should be reviewing your Medicare drug coverage every year but it is also important to know about programs that can help pay for your Medicare and/or lower your prescription drug costs. Classes dates and times listed below.

Tuesday July 12 9:30-10:30 a.m.

Thursday August 4

2:30-3:30 p.m.

Saturday September 17

11 a.m.-Noon

Monday October 3

10:30-11:30 a.m.

The classes are free and open to the public. They are being held in the Human Services Complex, 323 Owego Street, Montour Falls in Conference Room 115.

Pre-Registration is required by calling (607)535-7108

FAMILY FUN BLOCK PARTY

held on **Thursday, August 18**. The event will include a traditional picnic lunch, live music, line dancing, bingo, children's games, information tables, petting zoo and more. The event is open to all seniors and their family members and/or caregivers. The event, which is located at the Fireman's Carnival grounds on Rte. 224 in Montour Falls, opens at 10:00 a.m and runs until 3:00 p.m. Call 607-535-7108 for more information.

STEUBEN COUNTY

TRENDS IN AGING

The Changing Face of Aging: Disrupting the Stereotypes and Increasing the Use of Technology

Presented by Linda M. Tetor, Executive Director

Steuben Senior Services Fund, Inc.

MAKING THE MOST OF AGING IN PLACE:

June 21

Doors open at 9:45 a.m. Event runs from 10:00 a.m.-12:00 p.m.

Seneca Conference Room

CARE FIRST

3805 Meads Creek Rd

Painted Post, NY

Join us for a lively discussion about aging myths and the positive role it can play in our communities. Learn about a cutting edge project that is being launched in Steuben County to help you age in place with dignity, and yes, joy!

Special Bonus: Information Table with materials and experts available to answer your questions.

Please Register by calling Steuben County Office for the Aging at (607) 664-2298.

Special thanks to CARE FIRST for their collaboration on this project!

YATES COUNTY

MEDICARE 101 CLASSES

June 21

Come learn the basics about Medicare! Medicare 101 Presentation by Yates Office for the Aging from 2:30-4:30 p.m. at the Penn Yan Public Library. To register to attend, contact Ashley Tillman at 315-536-5515.

RUSHVILLE COMMUNITY HEALTH EVENT

August 6 -Save the Date.

SENECA COUNTY

Friday, August 12 – Seneca County OFA Nutrition Program Picnic at Sampson State Park. Lunch served at noon. **RSVP by August 1** by calling (315) 539-1765.

Wednesday, October 26 – Medicare Health Insurance Info. Day 1:00-4:00 p.m. at 1 DiPronio Drive, Waterloo. Sponsored by Seneca County OFA HIICAP Program. Health Insurance representatives will be available as well as representatives from Social Security Administration, NYS EPIC, Seneca County HIICAP, etc... No reservations needed.

VOLUNTEER

RECOGNITION LUNCHEON

Held on **Thursday, October 13** at 12 noon at, 1 DiPronio Drive, Waterloo, NY.

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
Association of Mature American Citizens	888-262-2006
NYS Division of Veterans Affairs.....	888-838-7697

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



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