

Important Senior Information Inside!

STATE ASSEMBLYMAN
KEN BLANKENBUSH

New York State Assembly
Albany, NY 12248

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What is EPIC?

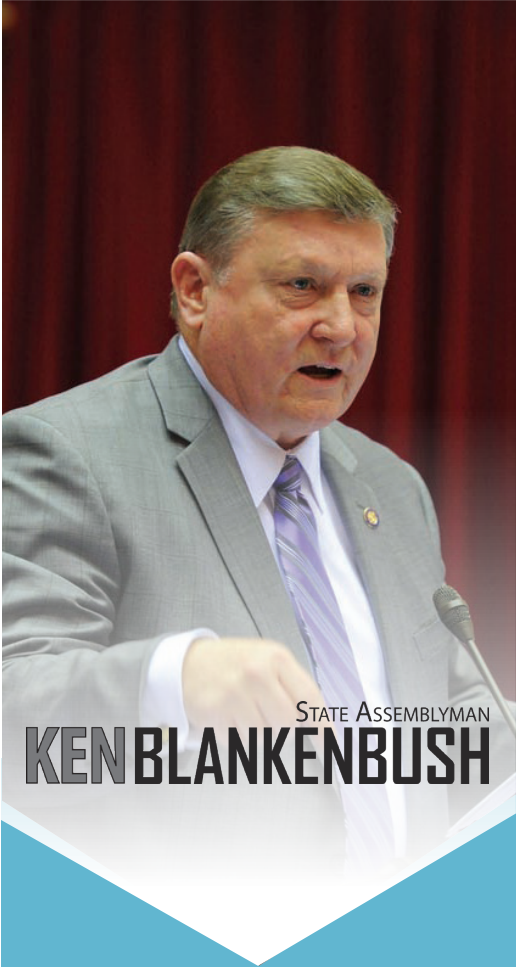
The Elderly Pharmaceutical Insurance Coverage (EPIC) program is a New York State program for seniors administered by the Department of Health.

This year's budget included \$93.2 million to help seniors afford their medications.

To join EPIC, a senior must:

- **Be a New York State resident age 65 or older;**
- **Have an annual income below \$75,000 if single, or \$100,000 if married;**
- **Be enrolled or eligible to enroll in Medicare Part D (no exceptions); and**
- **Not be receiving full Medicaid benefits.**

For more information regarding the EPIC program, call 1-800-332-3742 (TTY: 1-800-290-9138).



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2023
SENIOR
BULLETIN

Local, State, and Federal Resources Inside



IMPORTANT LOCAL CONTACTS

NY CONNECTS: Your link to Long-Term Services and Supports.....1-800-342-9871
The Official Health Plan Marketplace1-855-355-5777

- Jefferson County**
- Office for the Aging (Watertown) 315-785-3191
 - Public Health Services..... 315-786-3770
 - Home Care Services 315-782-9030
 - Disability Resource Coordinator 315-786-3656
 - Non-Profit Developmental Disability Services 315-782-3577
 - Volunteer Medical Transportation (Medicaid) 866-558-0757
 - Volunteer Medical Transportation (Non-Medicaid) 315-788-0422
 - Pivot Senior Wellness Initiative 315-788-4660
 - Watertown YMCA Senior Programs 315-782-3100
- Lewis County**
- Office for the Aging (Lowville) 315-376-5313
 - Public Health Services 315-376-5453
 - Home Care Services 315-376-5432
 - Volunteer Medical Transportation (Medicaid) 800-430-6681
 - Volunteer Medical Transportation (Non-Medicaid) 315-376-3777
- Oneida County**
- Office for the Aging (Oriskany) 315-798-5456
 - Public Health Services 315-798-6400
 - Home Care Services 315-798-5700
 - Disability Resources 315-425-1004
- St. Lawrence County**
- Office for the Aging (Canton) 315-386-4730
 - Public Health Department 315-386-2325
 - Ogdensburg Social Security Office 866-572-8369
 - Disability Resource Community Service 315-386-2048
 - Volunteer Medical Transportation (Medicaid) 866-722-4135
 - Volunteer Medical Transportation (Non-Medicaid) 315-714-2034

- TOLL-FREE HELPLINES & OTHER IMPORTANT NUMBERS**
- AARP1-202-434-2277
 - AMAC (Association of Mature American Citizens)1-888-262-2006
 - Alliance for Aging Research1-202-293-2856
 - Alzheimer's Association1-800-272-3900
 - Leading Age1-202-783-2242
 - American Cancer Society Response Hotline1-800-227-2345
 - American Diabetes Association1-800-342-2383
 - American Diabetes Assoc. Professional Membership and Subscription Line1-800-232-3472
 - American Heart and Stroke Association1-800-242-8721
 - American Lung Association1-800-586-4872
 - Arthritis Foundation Information Line1-800-283-7800
 - Medicare Hotline1-800-633-4227
 - National Cancer Institute1-800-422-6237
 - National Consumer Voice for Quality Long-Term Care1-202-332-2275
 - National Committee to Preserve Social Security / Medicare1-800-966-1935
 - National Hospice Organization1-800-658-8898
 - National Institute on Aging1-800-222-2225
 - Parkinson's Disease Foundation1-800-457-6676
 - NYS Division of Veterans' Affairs.....1-888-VETS-NYS
 - 1-888-(838-7697)
 - North Country Center For Independence Disability, Veteran, and Elder Services 518-563-9058

Golden Park Program

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If you are a New York State resident 62 or older, on any weekday (except holidays), you can obtain:

- **Free vehicle access to state parks, boat launch sites, and arboretums; and**
- **Fee reduction to state historic sites and state-operated golf courses.**

Simply present your currently valid New York State Driver License or New York State Non-Driver Identification Card.*

For locations with pay stations, please contact the facility directly for information. For information about facilities where this program is valid, contact the nearest state park or state park regional office.

Thousand Islands Regional Office 315-482-2593

New York State Parks
Albany, NY 12238
631-669-1000

TTY/TDD through 711 Relay Service

**A New York State Driver License or a New York State Non-Driver Identification Card may be obtained from your local Motor Vehicle office. You may want to contact them first to be certain you bring the required forms of identification.*



What is RSVP?

The Retired Senior Volunteer Program (RSVP) is the nation's largest older (55+) volunteer program with hundreds of nonprofit agencies across New York.

It provides life-changing opportunities for volunteers aged 55 and over.

It helps meet the critical needs of communities by mobilizing tens of thousands of hours of volunteer service.

It strengthens public and nonprofit agencies by matching skilled volunteers with vital programs and services.

For more information regarding the RSVP program, email NYSOFA@aging.ny.gov or call 1-844-697-6321.

What is NY Connects?

NY Connects helps anyone who needs information on long-term services and supports children with disabilities, older adults, family members and caregivers, friends or neighbors, veterans, and helping professionals.

NY Connects can help you ...

- Find care and support
- Remain independent
- Understand care options
- Find transportation
- Learn about supports in caregiving
- Find supported employment programs
- Get answers about Medicare
- Apply for medical and other benefits

For more information regarding NY Connects, visit www.nyconnects.ny.gov or call 1-800-342-9871.

What is the Long Term Care Ombudsman Program?

The Ombudsman Program provides FREE advocacy and resources for people who reside in long-term care facilities such as nursing homes, assisted living, and adult-care facilities.

If you or someone you know in long-term care needs an advocate, or you are looking to make a difference, become an Ombudsman volunteer today.

Please call the Ombudsman Program for more information

Lewis, Jefferson, &
St. Lawrence 315-785-8703
Oneida 315-272-1972



**Office of the State
Long Term Care
Ombudsman**



STATE ASSEMBLYMAN
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For information on this or any legislative matter, please contact Assemblyman Ken Blankenbush at: 40 Franklin Street, Suite 2 · Carthage, NY 13619 · 315-493-3909 or email blankenbushk@nyassembly.gov.