



ASSEMBLYMAN
PHIL PALMESANO

Senior Services Bulletin

November 2014

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

YOU'RE INVITED...

Assemblyman Phil Palmesano invites you to join him at the

AGING IN PLACE INFORMATION FAIR

Thursday, December 4, 2014 • 10 am until Noon

Centenary United Methodist Church, 3 West Washington Street, Bath, NY

Special guests include:

Corinda Crossdale, Director of NYS Office for the Aging, and Greg Olsen, Executive Deputy Director NYS Office for the Aging

TENTATIVE AGENDA:

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| 10 am: | Convene, visit information tables |
| 10:20 am: | Welcome remarks by Patty Baroody, followed by Opening remarks by Assemblyman Phil Palmesano |
| 10:30-11:15 am: | Guest Presentation on the Power of Aging: Join us to explore the role of the aging network in health care and long term services reform. Elders have power and we have the numbers to prove it! Come hear about the economics and positive impact of aging across the state. |
| 11:15 am-noon: | Visit information tables |

PHIL PALMESANO – ADVOCATING FOR SENIORS

FIND HELP THROUGH THE LONG TERM CARE OMBUDSMAN

Certified Ombudsmen are committed to advocating for senior citizens in long term care and ensuring that residents' rights, unmet needs and complaints are handled and resolved effectively, while maintaining resident and complainant confidentiality.

If you know someone who lives in a long-term care facility and needs assistance with a concern, or if you would like to become a part of this very important program, please call your county's Office for the Aging.

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP)

Studies have shown that seniors with community involvement and purpose are healthier and happier. RSVP offers adults aged 55 and older the opportunity to contribute their talents and experience to fulfill every conceivable service need in the community. These volunteers provide almost six million hours annually in conjunction with over 3,750 community organizations. RSVP projects are directed by local community needs and are supported by federal, state and local funding.

If you are interested in joining RSVP, please contact your local county's Office for the Aging.

NY CONNECTS: CHOICES FOR LONG TERM CARE

If you are committed, like so many others, to the prospect of aging in place, you may need help when challenges arise. However, many circumstances can prevent seniors from following this path. Regardless of your circumstances, the NY Connects Program can find solutions for you! The staff can provide accurate, unbiased information about all long-term care services for people of all ages and income levels. Caring professionals are ready to help you plan for care while remaining as independent as possible. They can assist you in finding bathing or housekeeping help, home delivered meals, transportation, therapies, applying for public benefits, long term or temporary home assistance following hospitalization, and much more! Call your local county's Office for the Aging and NY Connects can help YOU age in place!

IMPORTANT MEDICARE NEWS

OPEN ENROLLMENT: DEADLINE IS DECEMBER 7

The Medicare Part C (Medicare Advantage) and Part D (Prescription Drug Coverage) Open Enrollment period is now open and the **December 7, 2014 deadline** is fast approaching. You can use this period to change your plan, return to original Medicare or enroll for the first time. Call 1-800-MEDICARE, visit the Medicare web site at www.medicare.gov or call your local county's Office for the Aging.

MORE MEDICARE PROGRAMS TO HELP YOU

There are several programs which may assist you in paying for your Medicare premiums. Please see below for eligibility. Even if you think you may be over the limit, please call for a screening.

- Extra Help: Pays your Part D premium up to \$37.43 per month
- Qualifying Individual Program (QI): Pays for your Part B premium
- Specified Low-Income Medicare Beneficiary Program (SLMB): Pays your Part B premium
- Qualified Medicare Beneficiary Program (QMB): Pays your Medicare premiums. Pays your deductibles and coinsurances if you see providers who participate in Medicare or who are in your Medicare private health plan's network. Medicare providers cannot charge you for Medicare-covered services.

Program	2014 Gross Monthly Income Limits Individuals	2014 Gross Monthly Income Limits Married	2014 Asset Limit Individuals	2014 Asset Limit Married
Extra Help	\$1,459	\$1,966	\$13,440	\$26,860
QI	\$1,333	\$1,790	No Limit	No Limit
SLMB	\$1,187	\$1,593	No Limit	No Limit
QMB	\$993	\$1,331	No Limit	No Limit

*Asset Limits do not include your house and you are allowed \$1,500 for burial expenses.

TRUST IN THE LIVES OF OLDER WOMEN

The Trust in the Lives of Older Women (TLOW) Program is a social support structure to benefit older women across the Southern Tier. If you are interested in joining TLOW or starting a chapter in your community, a one-day facilitator training will be held on April 20, 2015. For more information or details, please contact Dr. Ron Hofsess at (607) 542-7928 or email him at tlowproject@gmail.com.

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	315-539-1766
Steuben County Office for the Aging	607-664-2298
Yates County Office for the Aging.....	315-536-5515



ASSEMBLYMAN

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