



Assemblyman Palmesano's District Office: Always Ready to Help

If you would like more information, my office has a number of brochures on hand that may contain helpful information for you. Please feel free to clip this form and return it to my office with your address, or give us a call to request the brochures you would like.

- **Information for Seniors** - Outlines programs and benefits that can help seniors live a better life.
- **Healthcare Decisions/Proxy** - Explains why and how to appoint someone to make healthcare decisions for you.
- **Identity Theft Protection** - Learn about steps you can take to avoid having your identity stolen.
- **Avoiding Scams** - Learn about common phone scams and how to avoid them.
- **Generic Drugs** - Save money on your prescription medications.
- **EPIC Plan** - Learn more about a program that helps seniors pay for prescription drugs.
- **Long-Term Care Insurance** - Learn more about long-term care insurance and Medicare Extended Coverage.
- **Real Property Tax Credit** - Make sure you are receiving all the tax benefits for which you are eligible, including the real property tax credit.

Name _____

Address _____

PALMESANOP@NYASSEMBLY.GOV
320 Legislative Office Bldg. • Albany, NY 12248 • (518) 455-5791
105 East Steuben Street • Bath, NY 14810 • (607) 776-9691

ASSEMBLYMAN PHIL
PALMESANO



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 needed 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: OCTOBER 15 - DECEMBER 7

The Medicare Open Enrollment period is open from **October 15 through December 7, 2018**. 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 \$38.99 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	2018 Gross Monthly Income Limits Individuals	2018 Gross Monthly Income Limits Married	2018 Asset Limit Individuals	2018 Asset Limit Married
Extra Help	\$1,538	\$2,078		
QI	\$1,366	\$1,852	No Limit	No Limit
SLMB	\$1,214	\$1,646	No Limit	No Limit
QMB	\$1,012	\$1,372	No Limit	No Limit

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

If you meet the income limit in New York State, the Medicare Rights Center can help you apply for a Medicare Savings Program. Call 800-333-4114 for more information or to apply. If you decide to apply for a Medicare Savings Program, you will be asked to send an original, signed application and copies of these documents:

- Social Security card
- Medicare card
- Proof of date of birth
- Proof of address where you live
- Proof of income

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
NYS Office for the Aging/ Senior's Hotline - NY Connects.....	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

New York State Assembly
Albany, NY 12248

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**SENIORS: IMPORTANT
MEDICARE
INFORMATION**
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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

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