

MEALS AVAILABLE

The statewide Senior Nutrition Program, administered in community centers throughout the state, offers hot midday meals to people aged 60 and older. No one is refused because of the inability to pay. If you can't get to a nutrition site on your own, ask your local Office for the Aging about transportation options. Home-delivered meals may also be available to those eligible. In addition, eligible older adults may receive a booklet of \$5 coupons to buy fresh and unprocessed fruits and vegetables at farmer's markets during summer months. **For more information, contact your county Office for the Aging, call 800-342-9871, or visit www.aging.ny.gov/NYSOFA/localoffices.cfm.**



NY CONNECTS

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 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, and much more! **Call your local county's Office for the Aging and NY Connects can help you age in place!**



AmeriCorps

RSVP/AMERICORPS SENIORS

Studies have shown that older adults with community involvement and purpose are healthier and happier. AmeriCorps Senior 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 more than 3,750 community organizations. AmeriCorps projects are directed by local community needs and are supported by federal, state, and local funding. **If you are interested in joining AmeriCorps, please contact your local county's Office for the Aging.**

FILE OF LIFE

File of Life is a compact file containing all important medical information first responders may need in case of an emergency, including allergies, medication, emergency contacts, and more. File of Life is Recognized and Endorsed by Hospitals, EMTs, COAS, TRIADS, Municipal, Medical, Senior Citizen Organizations, Police, Sheriffs, and Fire Departments. **For more information, please contact your local county's Office for the Aging.**

SENIOR CITIZENS EXEMPTION

Local governments and school districts in New York State can opt to grant a reduction on the amount of property taxes paid by qualifying senior citizens. This is accomplished by reducing the taxable assessment of the senior's home by as much as 50%.

To qualify, seniors generally must be 65 years of age or older and meet certain income limitations and other requirements. For the 50% exemption, the law allows each county, city, town, village, or school district to set the maximum income limit at any figure between \$3,000 and \$50,000.

In addition, there are three sliding-scale options that municipalities may adopt to provide a benefit to seniors with incomes greater than the local maximum. Under these options, qualifying seniors may receive the exemption if their income is below:

**\$55,700 for a 20% exemption,
\$57,500 for a 10% exemption, or
\$58,400 for a 5% exemption**

Check with your local assessor for the income limits in your community.

USAC Lifeline Support

USAC Lifeline Support is a federal program that offers a monthly discount to qualified low-income customers. Eligible consumers can get up to \$9.25 off the cost of phone, internet, or bundled services.

Visit

www.lifelinesupport.org

for an application and more information.

A S S E M B L Y M A N

PHIL
PALMESANO

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(518) 455-5791

105 East Steuben Street • Bath, NY 14810

(607) 776-4644

Feel free to contact me with any state question or issue.

IMPORTANT INFORMATION AND PROGRAMS FOR SENIORS

Find Help Through The Long-Term Care Ombudsman

Certified Ombudsmen are committed to advocating for older adults in long-term care and ensuring residents' rights, unmet needs, and complaints are handled and resolved effectively while maintaining resident and complaint 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.**

GOLDEN PARK PROGRAM

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

Free vehicle access to many state parks, boat launch sites, and arboreturns by simply presenting your currently valid New York State Driver's License or ID Card.

For locations with pay stations, please contact the facility directly for information.

For information about facilities where this program is valid, contact:

**New York State Parks:
518-474-0456**



NEWS FOR SENIORS!

2025 SENIORS BULLETIN

A S S E M B L Y M A N
PHIL
PALMESANO



This bulletin includes important information about healthcare, nutrition, and other helpful programs and important news for seniors in our community. **If you have questions about these initiatives or any other issue, please don't hesitate to call my office at (607) 776-9691.**

A S S E M B L Y M A N
PHIL
PALMESANO

New York State Assembly
Albany, NY 12248

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IMPORTANT PHONE 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	800-342-9871
NYS Office for the Aging/Senior's Hotline	844-474-6321
Social Security Administration	800-772-1213
Health Insurance Counseling (HICAP)	800-701-0501
Association of Mature American Citizens	888-262-2006
NYS Division of Veterans' Services	518-474-6114

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	315-279-4321