

**Essex County Office for the Aging
PO Box 217
Elizabethtown, NY 12932
(518) 873-3695 or Fax (518) 873-3784**

September 2016 Newsletter

Krissy Leerkes, Acting Director

Our mission is to provide leadership and advocacy which creates an environment enabling the County's aging residents to determine their own destiny in a positive productive manner.

HOW CAN WE HELP...

Outreach... Our Outreach workers help to identify older adults who are in need and aid seniors in accessing services. Our staff will provide home visits and help in completing paperwork which may include applications for Lifeline, insurance forms, Medicare, Food Stamps, Medicaid, HEAP, etc.

Office for the Aging also works closely and makes referrals to other agencies such as Adult Protective Services, Cornell Cooperative Extension, Public Health Nurses, Coordinated Care Unit, Retired Seniors Volunteer Program (RSVP), Third Age Adult Day Care, etc.

Some of Our Services Include....

- Congregate Meal Sites
- Home Delivered Meals
- Medical Transportation
- EISEP – PERS (lifeline) and aide service
- Health Insurance Counseling
- Employment Opportunities
- Home Rehabilitation
- Legal Services
- Respite Care

Feel free to contact Essex County Office for the Aging @ 518-873-3695



NY Connects: Choices for Long Term Care

P.O. Box 217
Elizabethtown, NY 12932
518-873-3815 (Phone)
518-873-3784 (Fax)

Your One Stop Shop for Accessing Services

NY Connects is a single point of access for clients, caregivers, professionals, and others to access various services. Each month we feature services that may benefit you. This month we focus on the **AARP Smart Driver Course**.

Drivers of all ages need to sharpen their driving skills and knowledge of the latest technology in late-model automobiles. Seniors in particular need to be aware that reaction time may be slower and vision and hearing may change with age. Even the most experienced drivers can benefit from taking a course. The AARP Driver Safety course is designed specifically for drivers 50 and older, and may be taken online or in a physical classroom. It covers: information on the effects of medication on driving; preventive measures to reduce distractions, including cellphone use; proper use of safety belts, air bags, and antilock brakes. In addition, the course reviews techniques for handling left turns, right-of-way; New York State highway regulations, bad-weather driving, and more. Upon course completion you may be eligible for a discount on your auto insurance, and more importantly, be a better driver with a good understand of how to avoid collisions and injury to yourself and others.

You may register for the online course go to aarpsdriversafety.org/. To find a classroom course offered in this area contact the AARP satellite office in Plattsburgh at 21 McKinley Avenue, Plattsburgh, NY 12901-3800. Telephone: 518-566-0183.



**NY Connects:
Choices for
Long Term Care**

**VETERANS INFORMATION
ELIZABETHTOWN VA OFFICE (518) 873-3488**

VA Dental Insurance Program (VADIP)

VA's comprehensive VA Dental Insurance Program (VADIP) gives enrolled Veterans and CHAMPVA beneficiaries the opportunity to purchase dental insurance through Delta Dental and MetLife at a reduced cost. Participation is voluntary. Purchasing a dental plan does not affect Veterans' eligibility for VA dental services and treatment.

Covered services include diagnostic, preventative, surgical, emergency and endodontic/restorative treatment. Delta Dental and MetLife are offering multiple plans. Each participant pays the fixed monthly premiums for coverage and any co-payments required, depending on the type of plan selected.

Dependents of Veterans, except those eligible under CHAMPVA, are not authorized to participate in VADIP. Those individuals may be eligible for separate dental insurance coverage offered by these carriers.

For additional information regarding enrollment into the VA Healthcare Network and/or contact information for Delta Dental and MetLife, please contact the Essex County Veterans' Affairs Office at (518) 873-3488.

Thank you for your service!

CAREGIVER INFORMATION – by Kim Briggs

SAFETY TIPS – First Consider the Task

Think about what you are capable of, what assistance you might need and to what degree the one in your care can assist you.

Eliminate hazards such as clutter, throw rugs, or excess furniture. When planning on space you need to transfer, allow for more space than you think you need.

- Let the person you are helping do as much as they can do safely
- Never let the person put their arms around your neck.
- Have the person PUSH off rails, chair arms, etc. (No pulling)
- Avoid sudden jerking movements; move slowly and communicate what you are doing and need the person to do. Remember, if the person in your care does not move often, they may become lightheaded with a change in position – **move slowly!**
- Have all equipment you need ready, such as a transfer belt, wheelchair, etc. Make sure wheelchair or bed brakes are locked.
- If, during a transfer, you start to “lose” the person, do not try to hold him up. Doing so will probably result in injury. Instead, lower him slowly to the floor and call for assistance.



NUTRITION EDUCATION

If you have questions, feel free to contact Essex County Office for the Aging @ 873-3695
Lisa Keyes, RD, CDN

A diet rich in fruits and vegetables can help reduce the risk of heart disease, maintain blood pressure, reduce cholesterol, diverticulosis, obesity and type 2 diabetes, protect against certain cancers, heal wounds and keep teeth and gums healthy.

Here are some great ways to increase your fruit and vegetable intake:

1. Visit your local farmers' market for treat deals on local (and possibly organic) fresh fruits and vegetables. The farmers will be able to talk to you about the fruits and vegetables they have, how to cook and prepare them and even may have recipes for you to try a new dish or fruit/vegetable you never had before.
2. Strive to make half your plate fruits and vegetables at every meal.
3. Add a salad to your meals and include lots of vegetables for lots of color.
4. Cut up or purchase pre-cut vegetables and keep them in the refrigerator for fast and easy snacks.
5. Add broth base soups to your meals. Tomato, vegetable or even butternut squash soups are great vegetable additions.
6. When you are at the farmers' market or grocery store, pick up a fruit or vegetable you have never tried before. This can increase your variety and improve your meal experience.
7. Make one night of the week a vegetarian night.
8. Keep your freezer and cupboards stocked with fruits and vegetables for easy, quick sides and additions to meals.
9. Speak with Office for the Aging if you feel you feel you need a dietician to look at your meals. A dietician may be able to offer creative ways to add in fruits and vegetables to your dishes.



HEALTH PROMOTION – Wendy Koehring

Preventing Falls

Falls are a common cause on injury in older adults. Broken hips are just one of the risks of falling. Plus, the fear of falling may cause a person to limit his or her mobility. But you can do a lot to reduce the chances that you or someone you care for will fall. Look below for tips that can help.

Most serious falls occur at home

- Look around the house for items that may cause someone to trip and fall
- Make sure all rugs and mats are skid proof or secured with carpet tape
- Remove electrical cords from walkways
- Keep floors and stairways free from clutter. Pick up papers, books, clothes and shoes
- Roll up hoses and pick up tools in the yard.

Improve lighting in the home

- Brighter lights can help a person see better and may prevent a fall
- Have a lamp or night light near the bed
- Even if the room is familiar, always turn on a light before walking into a dark area. Consider using motion-, voice or clap-activated switches
- Proper lighting on stairways is especially important. Step edges should be clearly visible.

Make stairs safe!

- Be sure all handrails are firmly attached and run the entire length of the stairway
- If the stairway is carpeted, be sure the carpet is firmly secured to all steps
- Consider adding a reflective strip to the top and bottom of stairways.

Make the bathroom safer

- Place a non-slip mat in the shower or tub
- Install grab bars in the shower, tub and next to the toilet
- If a person's balance isn't reliable, a shower bench with non-skid tips can be used in the shower or tub

Avoid ladders and step stools

- Keep items that are used regularly in easily reached locations
- If you must use a step stool, use one that has a handle that can be held while on the top step
- Only use step stools when another person is at home.

Wear safe shoes. Use a cane or walker if needed

- Choose shoes that are easy to walk in and give good support
- Avoid shoes with slippery soles and those with high heels
- Using a cane or walker can help you maintain your balance.

Poor vision can lead to a fall

- A regular eye exam can determine if glasses are needed or if the current glasses are the right strength
- An eye doctor can also check for cataracts or other conditions that may limit vision

Regular exercise is important

- Daily exercise helps maintain balance, flexibility and strength
- Ask a health care provider about which kinds of exercise are best

Review medication with a health care provider

- Some medications or combination of medications can make a person drowsy or lightheaded. This can increase the risk of falling
- Ask a pharmacist or another health care provider about possible side effects from all medications, even those purchased over the counter.

HIICAP (Health Ins. Information Counseling Assistance Program)

By Heidi Palmer

2017 Part B Premium/COLA

The Medicare Trustees report predicts an increased Part B premium of \$149.00 in 2017 along with a slight 0.2% increase in the Social Security COLA (Cost of Living Adjustment).

These are predictions. The final announcement for 2017 will be made in October.

Although the premium is predicted to increase to \$149.00, most people with Medicare would not have to pay this amount.

This is because Social Security has a “hold harmless” provision whereby a beneficiary’s Social Security check is not allowed to be reduced from one year to the next because of the increase in the Part B premium.

Unlike 2016 where there was no COLA and most beneficiaries’ Part B premiums remained the same from 2015 to 2016 as a result, in 2017, a slight COLA increase is predicted. However, that small benefit increase will not be enough to cover the entire increased premium for Medicare beneficiaries. So, what will happen in 2017?

For most beneficiaries, the Part B premium will increase up to the amount of their COLA increase and as a result, they will see no monetary increase in their Social Security check.

But some beneficiaries could be responsible for a \$149.00 (or higher) Part B premium in 2017 including:

- Those who may have Part B currently but are not collecting Social Security
- Those who are new to Medicare Part B in 2017
- Those who pay a higher Part B premium based on their income

Don’t forget Open Enrollment begins on October 15th until December 7th! For assistance with plan comparisons or questions about Medicare enrollment periods, please contact our office.

**Essex County Office for the Aging
873-3695**

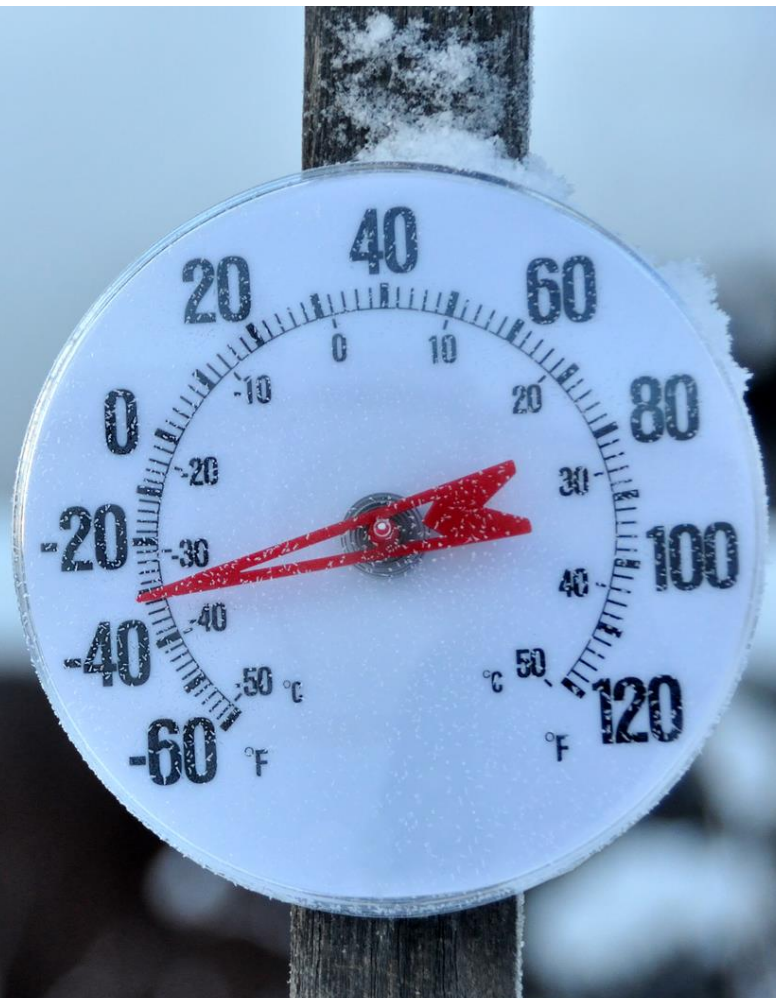
Keep the heat on with HEAP!

With the temperatures dropping, its time to start thinking about heat for the Winter!

The Home Energy Assistance Program (HEAP) opens on November 14th, 2016. The Early Outreach HEAP applications have started to arrive! These applications were mailed to individuals who received HEAP last year, and meet the mail-in criteria for this year's program.

Please keep in mind that NO HEAP benefits will be issued until after the HEAP program officially opens on November 14th.

FOR NEW APPLICANTS: Applications are NOT available until the November 14th opening date. If you have any questions, or need help with your application, please feel free to call Essex County Office for the Aging at (518) 873-3695



2016-2017 HEAP Guidelines

Documentation for proof of income, residence, and household members are required.

Residence:

Current Rent Receipt
Statement from Landlord
Utility Bill
Mortgage Receipts
Copy of Lease w/ address
Water/Sewage/Tax Bill

Household Members:

Driver's License
Photo ID
US Passport
Birth Certificate
School Records
Validated SS Number

Income:

Pay Stubs
Child Support Check
Filed Tax Return
Checks
Bank Statement
Interest/Tax Statement

Household Size:

1
2
3
4
5
6
7
8

Income:

\$2,300
\$3,007
\$3,715
\$4,423
\$5,130
\$5,838
\$5,971
\$6,103

If you have a household larger than 8, or have any other questions regarding HEAP guidelines, please contact Essex County Office for the Aging at (518) 873-3695.

Cook Out Puzzle

A E T W A L S E L O C K S
B B Q T S S Z H E E Y E H
N G K N E K C I H C T M A
C S M A C U S Q C A D H M
C G X P P H N A L U B W B
D O F K I K A P D A P S U
R D I I C E E R M O L S R
A T E N K Y B T C I S M G
T O G S L R D B C O R K E
S H G S E I E U Q H A H R
U T V O S B K N D E U L S
M E K V G S A S T U M P S
C C O R N B B S J Z C V H

BAKEDBEANS
BBQ
BUNS
CHARCOAL
CHICKEN
COLESLAW
CORN

CUPS
HAMBURGERS
HOTDOGS
KETCHUP
MUSTARD
NAPKINS
PICKLES

PLATES
RIBS
SHRIMP
SODA
STEAK
TEA

ACAP NUTRITION PROGRAM FOR THE ELDERLY

SEPTEMBER 2016

FUNDED BY OFFICE OF THE AGING OPERATED BY ACAP

MENU SUBJECT TO CHANGE

| | | | | |
|---|---|--|---|---|
| | | | 1 Homemade Meatballs Mac & Cheese Green Salad Ambrosia Br./Milk | 2 Baked Ham Boiled Potatoes Zucchini Red Grapes Br/Milk |
| 5 CLOSED HAVE A SAFE LABOR DAY | 6 Roast Pork Sand. Lettuce/Tomato Apple Waldorf Salad Watermelon Milk | 7 St Shells Vegetable Br Stick Apple Milk | 8 BBQ Ribs Pasta Salad Dinner Roll IC/Strawberries D-Strawberries Milk | 9 Cube Steak/Fajita Vegetable Rice Summer Squash Tapioca Pudding D-Tapioca Br/Milk |
| 12 Meatloaf/Gr Baked Potato Br. Sprouts Spice Cake D-Cake Br/Milk | 13 Chicken Salad HB Roll Tomato/Cucumber Salad Honeydew Melon Milk | 14 Pork Chop/ Homemade Gr Sweet Potato Broccoli Sugar Cookie D-Cookie Br/Milk | 15 Pineapple Juice Fish Rice Pilaf Summer Squash Tapioca Pudding D-Pudding Br/Milk | 16 Chef Salad Ham, Egg, Cheese Dinner Roll Brownie D-Cookie Milk |
| 19 Shredded Roast Beef/HB Roll Potato Salad Lettuce/Tomato Fresh Peach Milk | 20 Chicken/Biscuit Mashed Potato Green Beans Blueberries Milk | 21 Homemade Meatball Mac & Cheese Green Salad Ambrosia Br/Milk | 22 Baked Ham Boiled Potatoes Zucchini Red Grapes Br/Milk | 23 Spaghetti/Meat Sauce Tossed Salad Br. Stick Apple Milk |
| 26 Roast Pork Sand. Lettuce/Tomato Apple Waldorf Salad Watermelon Milk | 27 St Shells Vegetable Br. Stick Apple Milk | 28 BBQ Ribs Pasta Salad Dinner Roll IC/ Strawberries D-Strawberries Milk | 29 Cube Steak/Fajita Vegetables Rice Summer Squash Tapioca Pudding D-Pudding Br/Milk | 30 Meatloaf/Gr Baked Potato Br Sprout Spice Cake D-Cake Br/Milk |

JUST FOR GIGGLES

THE POTTY

A little three year old boy is sitting on the toilet. His mother thinks he has been in there too long, so she goes in to see what's up. The little boy is sitting on the toilet reading a book. But about every 15 seconds or so, he puts the book down, grips onto the toilet seat with his left hand and hits himself on top of his head with his right hand.

His mother says: "Billy, are you all right? You've been in here for a while."

Billy says: "I'm fine, mommy. I just haven't gone potty yet."

Mother says: "Ok, you can stay here a few more minutes, but, Billy, why are you hitting yourself on the head?"

Billy says: "works for ketchup."



To expand our services, donations are sincerely appreciated. No person will be denied because of their inability to donate. If interested in making a donation, please make checks payable to the Essex County Treasurer, and mail it to the Essex County Office for the Aging at PO Box 217, Elizabethtown, NY 12932.

**Important Phone Numbers
To Remember**

ACAP 873-3207

County Clerk 873-3600

Dept. of Social Services 873-3441

NY Connects 873-3815

Office for the Aging 873-3695

Public Health 873-3500

RSVP 546-3565

Transportation 873-3899

Veterans Office 873-3488