

THE SENIOR STARTER

APRIL 2022

THE PLACE TO START FOR SERVICES
BY THE
TOWN OF COLONIE
SENIOR RESOURCES DEPARTMENT



Greetings!

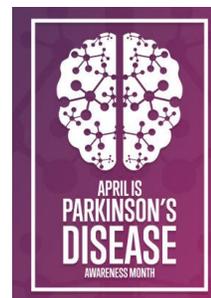
April serves as **Stress Awareness Month**, giving us an annual reminder to recognize and find ways to manage stress and anxiety. With the COVID-19 pandemic, struggling job market, and war in Ukraine, this has undoubtedly been one of the more stress-inducing times in recent years. There are many things we can do to help relieve the tensions of stress and anxiety. It is often recommended to start with reducing screen time, limiting alcohol and caffeine as well as tobacco. Seek to include regular exercise and a healthy diet. Consider spending time with friends and/or family. Turn on some soothing music or if you prefer, crank up the music and dance! Try deep breathing exercises. For those of you without a pet, try spending some time with a pet or volunteer with animals. Should you encounter extended periods of generalized anxiety or find that stress is interfering with your daily activities, please contact your health professional to discuss your situation.

Parkinson's Awareness is also observed this month. Parkinson's is a long-term central nervous system disorder that affects movement and often includes tremors. Symptoms typically occur slowly with a tremor in one hand, slow movement, stiffness and loss of balance. Many people also develop mental and behavioral changes, sleep problems, depression, fatigue and memory issues. The onset of the disease starts around age 60, but a small percentage of people develop "early-onset" disease, which occurs before the age of 50.

The Parkinson's Foundation is a great resource that provides information, resources and research toward a cure. Their web address is www.parkinson.org. If interested, there's a local support group whose mission is to provide moral support and fellowship to people with Parkinson's Disease, their families and caregivers - **Capital District Parkinson's Support Group**: www.cdparkinsons.org.

Stay well and safe!

Sincerely,
Angelina
Angelina J. Searles
Director



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SAVE THE DATE!!!
Friday, 6/17/22
Health & Wellness
Fair @ The Crossings

12 Metro Park Road, Suite 103
Albany, NY 12205
(518) 459-5051

Newsletter Editor
Carrie Blanchard

Field Memorial Fund

This grant allows income eligible seniors to purchase practical item(s) that brightens or enhances the individual's life. The grant amount per individual cannot exceed \$450 for the 2022 calendar year. In order to be eligible you must meet the following criteria:

Age 65 and/or disabled
Be a resident of Albany County
Eligible for SNAP or Medicaid

If you are eligible and are interested in receiving the grant or if you should have any questions, please call Carrie Blanchard, 518-459-3977. She will advise you of the process and send out the necessary paperwork that is required.

****Grant is available on first come, first service basis****

FUNDS ARE STILL AVAILABLE!!



It's Medicaid Awareness Month

If you live in NYS and have a limited income, you may be able to get assistance with your health care costs through a Medicare Savings Program (MSP) or Medicaid. MSP's are administered by NYS's Medicaid program and have benefits that help pay out of pocket Medicare costs for people with limited income and assets. Medicaid is medical coverage for certain people with limited income and assets.

There are four types of MSP's that provide varying levels of financial assistance and are based on your income:

- Qualifying Individual (QI)
- Specified Low Income Medicare Beneficiary (SLMB)
- Qualified Medicare Beneficiary (QMB)
- Medicaid (MA)

Refer to the chart below to see if you qualify

Program	Individual Income	Couples Income	Individual Assets	Couples Assets
QI	\$1,549	\$2,080	No limit	No limit
SLMB	\$1,379	\$1,851	No limit	No limit
QMB	\$1,153	\$1,546	No limit	No limit
MA	\$954	\$1,387	\$16,800	\$24,600

Contact us to learn more about Medicare Savings Programs and/or for assistance with applying!

**JOIN OUR EMAIL LIST BY
EMAILING CARRIE AT
BLANCHARDC@COLONIE.ORG**



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Be aware of calls from individuals claiming to be affiliated with your health insurance company, or with a different health insurance company, offering you better coverage. If you receive a phone call of this nature, make sure you ask the caller for their name, phone number, and what insurance company they are a licensed representative of. Then hang up the phone and contact NYS Medicare Fraud Hotline to report the scam: **1-800-633-4227**

For example, right now in Albany & Schenectady Counties, **Wellcare by Fidelis** beneficiaries might receive a phone call from someone claiming to be a licensed rep. of **Wellcare by Fidelis**. They are disenrolling beneficiaries from their current insurance plan and signing them up for an entirely different health insurance provider without the beneficiary knowingly consenting to these changes. Beneficiaries might also receive phone calls from places called Novalon Care and Vital Decisions, claiming to be affiliated with Wellcare by Fidelis.

THIS IS A SCAM! Hang up and report it.

Here are some tips to remember:

- **Always protect your Medicare Number and Social Security Number**
- **Medicare will NEVER call you or visit you at your home to sell you anything**

Each Caseworker at the Senior Resources Department is a licensed health insurance counselor who can offer free, clear, accurate and unbiased counseling and information. We are able to help you find the most cost-effective Medicare health care coverage for your situation!

Just call us at 518-459-5051 to schedule an appointment!

Caring for the Caregiver

The Caregiver Journey – know how to take care of YOU

Join us for a FREE 6-week program designed to help recognize your own needs as you care for others. This is an educational workshop that will leave you with the resources, techniques and action plans to help you on your caregiver journey.

When: Thursdays, April 7 - May 12; 10am – 12pm.

Where: Guilderland Senior Center
141 Bavarian Way, Altamont NY 12009
Please call 518-372-5667, ext. 205 to register
Seating is limited!

Topics

- I'm a Caregiver. Now what?
- Respite: What is it and do I need it?
- Fall Prevention and Staying Safe at Home
- How do I care for me when I am caring for someone else?
- Caregiving can be stressful – How do I manage it?
- Having difficult conversations



Caregiver Chat

Remember to care for yourself...While caring for a loved one!

- ◆ A safe place to discuss stresses, challenges, and the rewards of caregiving
- ◆ Learn about resources in your community that could help lessen stress
- ◆ Develop a support system to lean on

The support group is an open group that caregivers can join at any time but registration is required!

2nd Tuesday of the month
2-3:30pm
Christ the King Church
20 Sumter Ave., Albany, NY 12203

For more information, please call 518-372-566, ext 205
Respite Services may be available

Contributions will be accepted

For more information, please visit our website
www.cseniorservices.org



Albany Guardian Society Classes

Friday, April 8 • 1:30-2:30pm

How to Use Trusts in Your Estate Plan

Friday, April 15 • 1:30-2:30pm

Staying Fit with Arthritis

Tuesday, April 19 • 9:30-10:30am

Superfoods and Antioxidants

Thursday, April 21 • 9:30-10:30am

Housing for Senior Adults: Live where you want to live

Friday, April 22 • 1:30-2:30pm

Heart Healthy Eating on a Budget

Monday, April 25 • 1:30-2:30pm

Tai Chi Flow for Strength & Balance

Tuesday, April 26 • 9:30-10:30am

Food is Medicine

Questions? Call 518-434-2140

Registration is required!

Visit here for a full class listing or to register:

<https://albanyguardiansociety.org/events/>



Alzheimer's Association

Spring Caregiver Connection Series

RSVP via the links below, by calling the 24/7 Help-line at 800-272-3900 or by contacting Sierra Snoddy at 518-675-7214.

Effective Communication Strategies

Monday - April 11, 12noon

<https://bit.ly/3N8ZWdV>

10 Warning Signs of Alzheimer's

Thursday, April 14, 3pm

<https://bit.ly/3wqa8cj>

Recognizing and Coping with Caregiver Stress

Tuesday - April 19, 10am

<https://bit.ly/3qKAnXp>

Plan Ahead, Let's Talk about Transitions

Partnership with Eddy Alzheimer's Services

Tuesday - April 26, 1pm

<https://bit.ly/3qmw3u>



**alzheimer's
association®**

Senior Clubs of Colonie Updates

Thunder Road Seniors: Thunder Road Seniors Club is fortunate enough to have the space and people to offer lessons geared to your specific needs on any device you might have, like a laptop, tablet (iPad), or cell phone (iPhone). We schedule a one-to-one meeting with you at your convenience to address your specific concern, or we can set up a classroom setting. We also offer sessions on streaming movies and TV shows, shopping online, using internet sites like the Social Security site and such. All you have to do is tell us what you want to learn.

Whether you need lessons or want to give lessons, email us at thunderroadseniors@gmail.com or call Thunder Road Seniors at 518-554-8588 and leave a message. We monitor our phone even from home so someone will get back to you within a day.



Did you know April 2 is World Autism Awareness Day?



Every April, Autism Speaks celebrates World Autism Month and this year marks the 15th year. It is a day to raise awareness and acceptance of people living with Autism.

For most of us, we may have heard of “Autism” but we may not know what it is. Autism, or Autism Spectrum Disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. They may have trouble with eye contact, expressing emotions, repetitive body movements and maybe sensitive to sights & sounds.

Autism Facts

- Autism spectrum disorder now affects 1 in 68 children. Boys are nearly 5 times more likely than girls to be diagnosed with ASD.
- Autism spectrum disorder is one of the fastest-growing developmental disorders in the United States. ASD is more common than childhood cancer, diabetes and AIDS combined.
- Children and adults with autism spectrum disorder often care deeply but lack the ability to spontaneously develop empathic and socially connected typical behavior. Individuals with ASD often want to socially interact but lack the ability to spontaneously develop effective social interaction skills.
- Autism spectrum disorder costs a family \$60,000 a year on average. The cost of lifelong care can be reduced by 2/3 with early diagnosis and intervention. According to a recent study funded by Autism Speaks, the lifetime costs of autism average \$1.4 million to \$2.4 million.
- It is widely speculated that Albert Einstein, Isaac Newton, Andy Warhol and Bill Gates are on the autism spectrum.

I can share facts and figures about Autism all day. But instead, let's hear it from Carrie Blanchard our Town of Colonie Senior Recourse Specialist II, who shares her story about her son Brayden who was diagnosed with Autism when he was 4 years old. “My son Brayden is 13 years old and is in 8th grade at Shaker Middle School.” Brayden is your typical 13-year-old boy who enjoys playing video games, playing outside, likes watching NASCAR and going to the firehouse with his dad.

Carrie shared that she noticed Brayden displaying symptoms of autism when he was 2 years old. She was referred to the Albany County Early Intervention program by our daycare provider. Carrie said “The evaluation process can seem daunting but it's worth your time and effort to ensure your child get the hold and services they need”. She shared Brayden needed serval services therapies to help him communicate and interact with others (speech, OT (occupational therapy), special education services and counseling). Based on his needs she enrolled him a special education preschool where he could receive all of his services in one place. Currently he is receiving all of these services in school as well counseling and medication management from outside providers.

Autism is a serious developmental disorder impairs the ability to communicate and interact with others. Autism became Autism Spectrum Disorder (ASD) as there isn't “one size fits all” model but rather a spectrum of symptoms and severity.

Carrie's advice to any parents with a new diagnosis to always trust your gut instincts, as no one else knows your child better than you! Carrie shares there will be hard days that will defeat you but there will also be amazing days that will inspire you to keep fighting for your child.

For many of us who may not know anyone with Autism her advice is to “Ask questions instead of passing judgement and just be kind”!

We thank Carrie for sharing her story with us and her efforts to spread awareness around Autism!

