

THE SENIOR STARTER

MAY 2023



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

Greetings!

This month we turn our focus on Mental Health Awareness. Included in this newsletter is an article on **loneliness** and how it impacts our overall well-being. Acknowledging this feeling and learning coping strategies is good for both your mental and physical health. There's research linking loneliness as a contributing risk factor for cognitive decline, dementia, and Alzheimer disease. Please consider embracing one or more of the strategies suggested to prevent loneliness and remember that our SRD staff is available to assist you with navigating through this process.

If your schedule permits, come join us on Monday, May 22nd at The Beltrone Living Center to participate in a Town Hall with Dara Kass, MD, Regional Director, Region 2; US Department of Health and Human Services, to learn of updates on several initiatives that impact New York's older adults. Additional details are included in our newsletter.

On Sunday, May 14, Mother's Day, we celebrate and honor motherhood. I am grateful to have 4 out of 5 of my adult children in the area and look forward to spending some time with them on this day. Wishing all mother's, a very Happy Mother's Day!

On May 29, 2023, Memorial Day, we remember and honor the courage and sacrifice of all the U.S. military personnel who have died while serving in the United States armed forces. Thank you to all who served and sacrificed on behalf of our democracy!

Sincerely,
Angelina
Angelina J. Searles
Director



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Newsletter Editor
Carrie Blanchard

Albany County Mental Health Resources

Crisis Intervention - Services available for people who are in danger of killing themselves in the present moment.

- Albany Cty. Mobile Crisis: 518-549-6500

Crisis Hotlines - For anyone who is feeling depressed and needs confidential emotional support or suicide risk assessment.

- National Suicide Prev. Lifeline: 1-800-273-8255

Survivor Support - Services for families & friends that have lost someone to suicide.

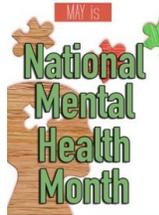
- American Foundation for Suicide Prevention: 518-899-0021

Counseling - Outpatient therapy provided by mental health professionals to address the person's mental health challenges.

- SUNY Psychological Svc. Center: 518-442-4900
- Capital District Behavioral Health: 518-785-7283

For more service providers, please visit:

www.albanycounty.com/home/showpublisheddocument/1200/636986398798770000



Monthly Veteran's Assistance

A representative from the NYS Department of Veterans' Services will be available to assist veterans with any questions or issues concerning eligibility for benefits, VA health care or any other veteran related concerns.

When: The 2nd Monday of each month

Time: 12-2pm

Location: Our office - 12 Metro Park Rd. Ste.#103, Albany, NY 12205

Appointments Required!

Call our office 518-459-5051, ext. 2 to schedule



StateWide's Medicare Corner

Pharmacy & Prescription Drug Fraud

Pharmacy and Prescription drug fraud is a consistent trend in Medicare. Criminals continue to exploit Medicare Part D due to the lucrative nature of prescription drug diversion and pharmacy scams. There are many types of prescription drug schemes, but pharmacy fraud primarily occurs when Medicare is billed for a medication that was not received or a beneficiary is intentionally given a different medication than what was prescribed. The SMP program educates Medicare beneficiaries on how to protect themselves from fraud and abuse and is the go-to when people suspect they've been billed incorrectly.

Report potential pharmacy fraud, prescription drug abuse, or errors if you see charges for:

- Prescription drugs (including refills) that were never picked up, delivered, or even prescribed.
- Prescription drugs (occasionally controlled substances such as opioids) that were prescribed by a health care provider you have never seen.
- Amounts beyond the quantity you were prescribed.
- A different prescription drug (often a more expensive drug) than the one you were originally prescribed.

Additional examples of pharmacy fraud are:

- A pharmacy intentionally provided you less medication than you were prescribed.
- A pharmacy issued you expired drugs

Prevention begins with each beneficiary. Stay vigilant and review your information so you can detect any discrepancies. Report any findings to the NY SMP and help in the fight against Medicare Fraud. They also provide educational presentations and can help with questions, concerns, or complaints about potential fraud or abuse. Call the NYS SMP Helpline and talk to Tiffany at 800-333-4374.

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



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STATE 50th WIDE
ANNIVERSARY
1973-2023

New York StateWide Senior Action Council, Inc
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www.nysenior.org

5 Ways to Celebrate Older Americans Month

Who are older adults? Over 55? Over 65? The “old-old” over 90? Everyone has special qualities. Some are physically able and can take charge of their own physical, social, mental, and financial wellness. Others need help. No matter what the age, and no matter what month it is, here are some ideas for how to “Make Your Mark” by maintaining your own wellness and helping others who may need your help.

Happy Older American’s Month!

1. Stay in touch with friends and loved ones, or even reconnect with people you haven’t seen in years, through social media platforms like Facebook, Twitter, and Instagram.
2. Host dinner or a game night with friends.
3. Write a letter to a friend and reminisce about one of your favorite memories of them. Ask them to write back and share their own favorite memory.
4. Keep up to date with current events and stay connected to neighbors by reading local newspapers and community bulletins
5. Enjoy artwork from around the world. Thousands of museums and galleries have partnered with Google Arts & Culture to display their collections through virtual tours.

<https://healthyaging.net/aging-information/16-ways-to-celebrate-may-is-older-americans-month/>



CSSC Monthly Food Distribution

As an agency, CSSC continues to support local residents as a good neighbor. Our monthly food distribution day helps those in need. Join us on **Tuesday, May 9th from 11:30am - 12:30pm @ The Beltrone Living Center.** The number of participants continues to grow. We ask for your patience and kindness extended to all involved.

Please bring your own reusable grocery bag for your items! Questions about this program, please call 518-459-2857.



Regional Food Bank
OF NORTHEASTERN NEW YORK

Changes in EPIC Drug Coverage

The New York State EPIC Program will discontinue coverage of drugs manufactured by GlaxoSmithKline LLC (GSK) for claims submitted with a date-of-service that is on or after July 1, 2023, because the manufacturer has withdrawn from EPIC Manufacturers Rebate Program. NYS legislation requires manufacturer participation in the rebate program for EPIC to cover its products.

Advair Diskus	Beconase AQ	Flovent Diskus	Lamictal	Valtrex
Advair HFA	Breo Ellipta	Flovent HFA	Lamictal XR	Ventolin HFA
Anoro Ellipta	Coreg	Imitrex	Nucala	Wellbutrin SR
Arnuity Ellipta	Coreg CR	Incruse Ellipta	Serevent Diskus	
Avodart	Epivir HBV	Jalyn	Trelegy Ellipta	

Some of the medications on this list are available in generic form, so you could substitute a generic version and your Part D and EPIC will continue to help pay the cost of the medications. You can also speak with your physician to see if there are alternative medications available to you. If you choose to continue using the medication listed, you will pay the full out-of-pocket Medicare Part D cost of GSK products.

Our caseworkers are certified NYS Health Insurance Counselors and can speak with you about any questions you may have regarding this change; please give us a call at 518-459-5051, ext. 2.



Albany Guardian Society Classes

Monday, May 8 • 1:30-3pm

Tai Chi Flow

Tuesday, May 9 • 1:30-3pm

Finding More Joy....presented by Benita Zahn

Tuesday, May 16 • 1:30-3pm

What is the “Cloud”?

Wednesday, May 17 • 10-11:30am

Balance & Falls: Strategies and Exercises to Prevent Falling

Wednesday, May 24 • 1:30-3pm

What is Hoopla? (free digital media service)

Registration is required! Visit here to register:

[https://](https://albanvguardiansociety.org/events/)

albanvguardiansociety.org/

[events/](https://albanvguardiansociety.org/events/)



Senior Clubs of Colonie

Senior Clubs of Colonie Summer Picnic

Co-Chairs: Linda Koenigsreuter & Marilyn Cataldo

Wednesday, August 2, 2023

10am - 4pm

Shaker Road Firehouse Pavilion

146 Old Niskayuna Rd. - Loudonville

Lunch will be served from 12-2:30pm and includes:
Hotdogs, Hamburgers, Cheeseburgers, Grilled Chicken,
Sausage & Peppers, Coleslaw, Pasta Salad & cookies.

Cold drinks will be available all day long!

All this for \$20! See your club rep to purchase your ticket!



TOWN OF COLONIE

Office of the Supervisor

Memorial Town Hall

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Equal Opportunity Employer

Peter G. Crummey
Town Supervisor



Supervisor Crummey's Colonie Connection

With the passing of April showers, it's time for May flowers! May is commonly thought to have been named after Maia, the Greek goddess of spring and growth. However, the Roman poet Ovid theorized that it was named after the Latin word "maiores," meaning "elders," because it precedes the month of June, named after the Latin word "iuniores," meaning "youth."

This month, there are many exciting events in our Town. The Farmers Market at our Crossings Park returns for its 16th season on May 20th, and will be held every Saturday through September 30th. The Farmers' Market Nutrition Program provides vouchers to persons 60 years of age and over for the purchase of fresh fruits & veggies at farmers' markets. To find out if you qualify for this program, contact the Town Senior Resources Office.

Additionally, the Colonie Town Pool will open on May 26th, and remain open on the weekends through June 16th, when it will remain open daily through Labor Day. Moreover, sign-ups for the Town Library's summer reading program, themed "All Together Now," will kick off on June 27th, with crafting, music, and more!

I would like to congratulate our *Celebrate a Senior* Honoree Doris Morgan. Doris's dedication to education, as well as her active role in the community, is inspiring. Her accomplishments, such as helping establish the Loudonville Christian School, have a lasting positive impact on the lives of others.

Don't forget to submit nominations, including a photograph, to blanchardc@colonie.org by May 15 for our next Town of Colonie *Celebrate a Senior* segment.

As always, I am here if you have any questions, please don't hesitate to call my office.



Celebrate a Senior Spotlight

In 1954, Doris and Paul Morgan looked at the new houses being developed in the *Town of Colonie* and decided that a ranch style home near the end of a dead-end street would be a great first home for starting their family. The area continued to offer amenities and services close by for Doris and her husband and it was a wonderful community to raise their children: Valerie, Paul Curtis (Reverend), George Scott and Alyson. Their first home remained their only home.

Doris and Paul were among the very first members of the *Loudonville Community Church*. They were Born Again Christians living their lives for Jesus Christ. Their family played a very active role in their church community. In the early 1960s, the Supreme Court of the US had sided with Madalyn O'Hair, stating that prayer in public school was unconstitutional. It was then that Doris and Paul, along with three other couples, started the Loudonville Christian School for grades 1-4 with two teachers and two classrooms.

Doris maintained their family's home and daily needs while she managed an array of side jobs. Her friend, Virginia Morgan, had her own house full of children and taught Doris how to sew while Doris was pregnant with their third child, George Scott. Over the years, Doris performed needed tailoring, alterations and made custom pieces for customers in addition to her husband, children and other family members.

In the 1970s, Doris and Paul began a monthly, Protestant publication called *The Believer*. They had 5000 copies printed monthly and Paul delivered these to the area churches. In their first publication, Doris placed an advertisement to single adults over age 35 and unexpectedly received over 90 replies!

This resulted in monthly meetings for area singles and future wedding invitations for her and Paul. Doris had that flare for hosting social events and also applied this skill to running her own catering service for years. For over twenty years, Doris volunteered on a weekly basis with the Daughters of Sarah where she taught the New and Old Testaments.

In 2010, Paul, passed away. They had been married to one another for 58 years. It was then that Doris became more involved in the senior services offered in the area. Doris used to drive her friend to appointments with the TOC SRD. This is where she met Angelina Searles who introduced Doris to so many wonderful services, events and classes in the town she already loved. Doris took a writing course and put together a compilation of stories for her family to treasure, titled *All the Stories My Father Told Me*. (Her father grew up in Columbia County on a farm in Livingston. He was one of twelve children in the Schneider family and had many stories to share with his only child.)

It is services such as Senior Resources and continued learning that make it possible to reinforce to those we love that blessings are more important than money.



Seniors in the Community Showcase

Marjory (Clark) Case a Colonie local, a talented poetry writer, short story creator, photographer and hobbyist historian is known to our newsletter for her poems from her collection she shared in our December 2022 issue. Marje has been kind enough to share with us again a comical story she has written about her late husband, Norman and one of his many unique endeavors! Marje and Norman's wedding anniversary was celebrated in the month of April, a time for Marje to reminisce about their loving history of how she and Norman met. Knowing each other for over 3 decades before finally "tying the knot", Marje still shares stories of Norman with sparkles in her eyes and expressing how much time they spent laughing together. Below is a story about him she would like to share, hoping to remind everyone to take "time to laugh a lot!"

An Amazing Story

What would you expect if you were seated in a high school study hall, where most of the students were boys? They were there for a variety of reasons, with many having been late arriving at school that morning, as it was with Norman.

An elderly teacher is monitoring the room, but she spends most of the time with her head bent over grading papers. Occasionally she raises her head to scan the room. What she doesn't notice is the number of boys is decreasing. Norman is paying attention though. It's hot in the room, the windows are open, and row by row the boys are jumping out the windows. The distance of the drop from the window is eight to ten feet.

Over the span of an hour, Norman slowly moves over row-by-row to get in position. The teacher has just taken her look around the room, and bent her head again. Out the window he goes. He clears the bushes that grow beside the school, but does hit someone. The man slowly manages to stand. Norman is looking at the red, angry face of the Assistant Principal. Norman runs!

Did his father disown him? No, he enrolled Norman in Manlius Military Academy. He was in the Class of 1948, and by the Fall of '48 he enlisted in the Army Air Force. After he graduated from Syracuse University with a degree in accounting, his path led him to an interesting place as an investigative accountant of white-collar crime.

Who would have guessed his life would have had such an impact? From NYS Special Investigations trials, to the NYS Police, to the Organized Crime Task Force as an Investigative Accountant - with time enough to have a family and time to laugh a lot!



How Loneliness Affects Our Brain Health

From that craving for a reassuring hug, a helping hand when you need it most, or someone to talk to after a long day...we all likely know how painful pangs of loneliness can feel.

According to the American Psychological Association (APA)'s definition, loneliness is the discomfort or uneasiness of being or perceiving oneself to be alone. The emotional distress we feel when our innate need for intimacy and companionship goes unmet.

And while passing, transient loneliness is a feeling we'll all likely encounter at some point or another, when loneliness is chronic or severe, the long-term effects can be very detrimental to health.

Here are four major ways loneliness can lead to changes in the brain that affect our thinking, perception and well-being:

1. **Loneliness Can Cause 'Cravings' for Companionship as Strong as Hunger or Thirst.** Loneliness is not just an adverse state, it is a signal that something is lacking and that we need to act.
2. **Loneliness May Make Us More Hostile and Pessimistic:** Feeling lonely may make us more likely to focus on the negative in a situation. Because lonely people often do not have anyone looking out for them, they end up being hypervigilant to potential threats. Research has shown that lonelier people tended to be more likely to feel hurt by loved ones, withdraw from their relationships, and even act with "cynical hostility".
3. **Feeling Lonely May Make Us Less Likely to Trust Others:** When we are lonely, we are more alert to potential threats around us; this may lead to higher levels of distrust in others.
4. **Loneliness May Contribute to Cognitive Decline:** We need to socialize to keep our brains stimulated. Social interaction in and of itself is a primary reward for social animals. It activates reward centers in our brains; it is an interaction that is not meant to fulfill other goals—it is truly just an enjoyable act.

<https://www.everydayhealth.com/emotional-health/how-does-loneliness-affect-the-brain/>

EVERYDAY  HEALTH

Town Hall with Dara Kass, MD

Regional Director, Region 2;
*US Department of Health and Human
Services Serving: NY, NJ, PR, USVI &
Tribal Nations*



MONDAY, MAY 22, 2023 at 10:00 AM

About:

Join us for an engaging Town Hall with HHS Regional Director Dr. Dara Kass who will update us on the initiatives that impact New York's elders including:

- Medicare Savings under the Inflation Reduction Act
- Importance of Up-to-Date Vaccinations
- Mental Health Support/988
- Updates on Medicare Benefits

Share your comments related to Medicare, Medicaid, Health, Human and Senior Services. Don't miss out on this opportunity to engage in this informative discussion.

Location:

The Beltrone Living Center

- 6 Winners Circle, Albany, NY 12205
- Lakeview Room
- Light refreshments will be served

For More Information and to RSVP:

- Call 800-333-4374
- Email: info@nysenior.org
- RSVP Deadline: May 18, 2023



Medicaid
Medicaid Matters New York
Matters

STATE WIDE
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