

# THE SENIOR STARTER

NOVEMBER 2022



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

## Greetings!

What a beautiful fall it's been thus far! The weather has been nearly perfect and the fall foliage is spectacular. With Thanksgiving taking place in a few weeks what better time to learn how to foster gratitude. While we may not have the power to change all our life circumstances, we can change the focus of our mind and heart.

Learning to make gratitude a daily practice in our lives can lead to increased happiness and even improve our health. According to Harvard Health, "Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships." It costs nothing and offers up health benefits, so to me it sounds like a win-win!

Our office has been fielding phone calls about the negotiations between CDPHP and St. Peter's Health Partners. If you have received a letter and are concerned, please give our office a call as our staff is able to help you navigate your Medicare related health insurance questions.

Annual Equinox Thanksgiving Day Community Dinner Hotline: 518-434-0131  
Or email: [tdayhotline@equinoxinc.org](mailto:tdayhotline@equinoxinc.org)

## Important Dates to remember:

**Nov 11<sup>th</sup> Veterans Day** – Freebies and Discounts for 2022

<https://news.va.gov/109711/veterans-day-discounts-free-meals/>

**November 24<sup>th</sup>** - Thanksgiving

Sincerely,  
*Angelina*

Angelina J. Searles  
Director



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*"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." – William Arthur Ward*

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

Newsletter Editor  
Carrie Blanchard

## Home Energy Assistance Program (HEAP)

### 2022-2023 Income Guidelines

Household Size	Gross Monthly Income
1	\$2,852
2	\$3,730
3	\$4,608
4	\$5,485

### Application Assistance Dates for all HEAP Benefits:

December 14, 2022

January 11, 2023

February 8, 2023

March 8, 2023

10am -12pm

Town of Colonie Senior Resources Dept.  
12 Metro Park Rd. Ste. #103  
Colonie, NY 12205

**APPOINTMENTS NECESSARY - PLEASE CALL TO SCHEDULE**

518-459-5051, ext. 2

### HEAP Benefits Available for Application include:

- ⇒ Regular Benefit
- ⇒ Emergency Benefit *\*not available till 1/3/2023\**
- ⇒ Heating Equipment Repair/Replacement:  
*assists with cost to repair/replace furnace, boiler or other direct heating equipment.*
- ⇒ Clean & Tune: *cleaning of furnace/chimney*

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



### STAFF CONTACT INFORMATION

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Sue Conlon, Caseworker  
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Racheal Dames, Caseworker  
damesr@colonie.org  
518-459-5764

## Repair Coaches Needed

### Save the date!

The Library, in collaboration with the Town of Colonie Department of Planning & Economic Development, will be hosting a Repair Café at the Library on April 22, 2023 from 12-4pm.

A Repair Café is a FREE community event aimed at teaching fix-it skills and reducing waste. Participants bring their broken but beloved items and together with volunteer repair coaches, they get fixed.

Are you handy? Like to fix things? We can't make this event a success without you!

To apply to be a coach, fill out our application by November 15 at [libr.info/repair23](http://libr.info/repair23)



## StateWide's Medicare Corner

### Enrollment Fraud

Watch out for scams during the Medicare Annual Enrollment Period!

**Open Enrollment is from October 15 - December 7**

As you look for your best health coverage options, don't forget to keep an eye open for fraudsters! Open Enrollment can quickly become an "Open Season" for scammers.

### Watch out for people who:

- Claim they work with Medicare, are an "official Medicare agent" or "represent Medicare". There are no Medicare representatives and Medicare will never cold-call you.
- Say you **MUST** join a Medicare prescription plan (also known as Part D). It is voluntary to join a Medicare prescription drug plan.
- Ask for personal information, such as your Medicare number, Social Security number and/or bank information.
- Threaten or pressure you to enroll in their plan. You will not lose your benefits and have the entire Open Enrollment Period to make a decision.
- Offer you gifts to enroll in their plan - it's illegal!

**If you suspect your Medicare number or Social Security number has been compromised, think you've been enrolled in a plan without your permission, or if you have any questions about Medicare fraud and how to detect and prevent it, contact your NYS Senior Medicare Patrol.**

**Call 800-333-4374**

The NYS Senior Medicare Patrol program educates beneficiaries on how to protect themselves from fraud and abuse and is the go-to when people suspect they've been victim of a scam.



**STATE 50<sup>th</sup> WIDE**  
ANNIVERSARY  
1972-2022

**New York StateWide Senior Action Council, Inc**  
275 State Street, Albany, NY 12210 • 800-333-4374 • Fax 518-436-7642  
[www.nysenior.org](http://www.nysenior.org)



## Scam Alert!

**IG Warning: Offers to Increase Your Social Security Benefit Are from Criminals**

*Criminals Continue to Impersonate Government Agencies*

**DO NOT CLICK**  
<https://1gov-ssapp.com/system-ssa-logout>

That unexpected offer from the Social Security Administration (SSA) to activate a benefit increase is from a criminal and not the real SSA. Do not share personal or financial information. Do not click on links or respond. Report suspected scams to [oig.ssa.gov/report](http://oig.ssa.gov/report). Criminals continue to impersonate SSA and other government agencies in an attempt to obtain personal information, money, or download malware onto phones.

Recent reports indicate that criminals are trying to trick people into sharing personal and financial information over the phone or through deceptive text and email messages that lure recipients to a fake SSA website. Criminals falsely advise recipients to apply to receive Social Security benefits or extra money, such as a cost-of-living adjustment, or to set up an online account. “Scammers are relentless in their attempts to lure you to their fake websites or to get you to respond in to their fictitious offers. I urge members of the public to ignore unexpected messages and unsolicited offers. This simple step will help protect you from a scam,” said Inspector General Gail S. Ennis. “Also, be alert for unusual business practices and contact Social Security directly with questions or concerns. Never click on the link.”

### How a government imposter scam works

Recognizing the signs of a scam can help you avoid falling victim to one. These scams primarily use telephone to contact you, but scammers may also use email, text message, social media, or U.S. mail.

Scammers *pretend* to be from an agency or organization you know to gain your trust. Scammers say there is a *problem or a prize*. Scammers *pressure* you to act immediately. Scammers tell you to *pay* in a specific way.

### Tips to protect yourself:

1. Do not take immediate action!
2. Do not transfer your money! Do not buy that gift card!
3. Be skeptical
4. Be cautious
5. Do not click on links or attachments

### For more information on scams

Visit the [ftc.gov/scam](http://ftc.gov/scam) to read about common scams. Scammers frequently change their approach with new tactics and messages to trick people.



## National Family Caregivers Month

November is National Family Caregivers Month and the theme this year is “Caregiving Around the Clock.” Caregiving for a loved one, family member or friend can be a rewarding experience but it often takes a toll on the caregiver. If you are a caregiver, remember to take time to care for yourself. If not, you’ll find yourself tired, weary and/or sick, which is not good for either of you. There are services available to help you navigate the caregiving process, as well as provide support to you as a caregiver. A great place to start is by calling our office, as its core to our mission to educate and assist seniors and their caregivers. *\*Funded in part by Albany County Department for Aging*

## Local Caregiver Support Services

**Alzheimer’s Association - NENY Chapter:** Serves the Capital Region to North Country. They offer virtual education programs, virtual caregiver support groups and virtual social programs. To reach a local dementia specialist, call 518-867-4999. The Alzheimer’s Association Helpline 800-272-3900 is available 24/7, 365 days a year.

### Catholic Charities Senior & Caregiver Support Services:

Offers respite services, support services and support groups throughout the 14 counties of the diocese. Contact them at 518-372-5667.

### Eddy Alzheimer’s Services:

Provides caregiver assessments, education, support groups, respite, care teams, Memory Mixer and Support for Individuals living alone with Alzheimer’s disease and related dementias. If you’re caring for someone with Alzheimer’s disease or a related dementia, contact this free service at 518-238-4164 to access assistance.



# Senior Clubs of Colonie

## Christ Our Light Seniors

Pres. Sal D'Amore, 518-458-1648

**Business Meeting:** First Monday @ 12:30pm

## Colonie Senior Citizens Club

Pres. Kathy Ingalls, 518-482-5049

**Business Meeting:** First Wednesday @ 10am

## Lisha Kill Seniors Citizens Club

Pres. Shirley Hamm, 518-869-3020

**Business Meeting:** Second Tuesday @ 9:30am

## Menands Senior Citizens Club

Pres. Diane Leonard, 518-465-3771

**Business Meeting:** Fourth Thursday @ 10:30am

## Towers of Colonie Silver Streakers

Pres. Ralph Della Rocca, 518-542-1807

**Business Meeting:** First Monday @ 1pm

## Thunder Road Seniors

Pres. Edward Johnson, 518-554-8588

**Business Meeting:** First Tuesday @ 1pm



Peter G. Crummey  
Town Supervisor

## TOWN OF COLONIE

### Office of the Supervisor

Memorial Town Hall  
534 New Loudon Road  
Latham, New York 12110

Phone (518) 783-2728 Fax (518) 782-2360

[www.colonie.org/supervisor](http://www.colonie.org/supervisor)

*Equal Opportunity Employer*



## Supervisor Crummey's Colonie Connection

*November is the perfect time of the year for reflection and thankfulness. It comes with commemoration, celebration and interaction with our family and friends!*

On Veteran's Day, we honor those who have served and currently serve to preserve our safety and freedom. Thanksgiving offers us a wonderful opportunity to remind ourselves of the many reasons to be grateful for the blessings in our lives. I feel blessed each and every day that I am able to serve the Town of Colonie over the past 42 years.

I am pleased to report that, as of last week 1,380 or roughly ¼ of our streetlights have been converted to LED lights and work will continue through the winter. Also, the Town is getting prepared for the winter months by putting plans in place for our snow removal.

Now, I would like to congratulate **Joann Johnson** as our very first *Celebrate a Senior* Honoree. After reviewing various nominations, the Town of Colonie Senior Resources Department chose Joann for her enthusiasm and eager to please her clients as a Home Health Aide. Her altruistic nature has awarded her this special honor and I applaud her for all of her efforts and dedication.

Please submit nominations, including a photograph, to [blanchardc@colonie.org](mailto:blanchardc@colonie.org) by November 15 for our next Town of Colonie *Celebrate a Senior* segment.

As always, I am here if you need any assistance, please don't hesitate to call my office. We will continue to work together to build a better Colonie.





## Celebrate a Senior Spotlight



As our first “*Celebrate a Senior*” nomination, Senior Resources would like to happily recognize Joann Johnson as our November honoree. Joann has been a long-term resident of Colonie and she is being acknowledged for her outstanding role as a Caregiver. Joann works as a home health aide for Home Instead Senior Care. She has been with Home Instead for 5 years and thoroughly enjoys the work and clients she assists. Joann was recruited to Home Instead by a colleague who recognized Joann’s exceptional kindness and willingness to help others. Joann puts forth an extra effort to make every client she works with feel special and treated with respect and dignity. Joann shares, her favorite thing about the work she does is making her clients happy and making them laugh. She shares, “If I can make them happy, they make me happy”. Joann goes above and beyond the duties of her job, making sure to truly get to know her clients and include their hobbies and interests into her day-to-day work with them.

When Joann visits Senior Resources, she always greets us with a bright smile and upbeat personality. Joann can light up a room with her laugh and infectious good sense of humor. In her spare time, Joann loves spending time with her siblings, son, granddaughter, grandson and beloved Yellow-English Lab, Dozer. Joann loves to spend time in her yard gardening and growing vegetables. She also loves going thrift store bargaining with her sisters, with the goal of making someone else’s donation a new and improved treasure. We would like to thank Joann for her years of service as a Caregiver and to thank her for giving back to people in need.

## Veteran’s Assistance & Services

### **Albany County Veteran’s Bureau**

162 Washington Ave.

Albany, NY 12210

518-447-7710

Director: Ken Secor

<https://www.albanycounty.com/departments/veterans-service-bureau>

We provide information and services to veterans living in Albany County, assisting veterans and their dependents in filing claims, obtaining important documents, and determining eligibility for the benefits and services they have a legal right to.

### **Veterans Crisis Line**

Connects Service members and Veterans in crisis, as well as their family members and friends, with qualified responders through a confidential toll-free hotline, online chat, or text-messaging service. This is a free service and available 24/7 by dialing 988 then PRESS 1 or <https://www.veteranscrisisline.net/>

### **Samuel Stratton VA Medical Center - Albany**

The health center offers a number of services to support caregivers and the Veteran. If you are a caregiver for a Veteran, connect with a support coordinator at 518-626-6020 or email [vhaalnslacaregiver@va.gov](mailto:vhaalnslacaregiver@va.gov). The Caregiver Support Line is available if you need support outside of the Albany region, have questions about caregiver support services nationwide, or just need someone to listen at 855-260-3274.

