

THE SENIOR STARTER

SEPTEMBER 2022



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

Greetings!

Providing information and case assistance to our town seniors and caregivers is at the core of our services. We are always seeking resources to remain current with the changing times. Navigating and adapting to change is something my staff is well equipped at handling. Unfortunately, many people aren't as adaptable to handling change. Every day stressors, the pandemic and a multitude of factors have led many to feel helpless and hopeless. Our nation has seen an increase in substance abuse, increased mental health needs as well as suicides. It has put a strain on our healthcare system and our first responders. We are happy to share with you the newly implemented nationwide "988" **Suicide & Crisis Lifeline**. Read all about it in this month's edition.

World Suicide Prevention Day is September 10. Please take time to remember those affected by suicide and help raise awareness.

September is Falls Prevention month. Learn more in this month's newsletter about ways to prevent falls and stay safe.

We are happy to report that our monthly newsletter now features a section with our Town Supervisor, Peter Crummey.

Wishing you a safe and happy fall!

Sincerely,
Angelina
Angelina J. Searles
Director



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Newsletter Editor
Carrie Blanchard

Medicare's Annual Notice of Change

The Annual Notice of Change (ANOC), is the notice you receive from your Medicare Advantage or Part D plan in late September. It provides summary of any changes in your plan's costs & coverage that will take effect January 1 of the next year.

The ANOC is typically mailed with the plan's Evidence of Coverage, which is a more comprehensive list of the plan's costs and benefits for the upcoming year. You should review these notices to see if your plan will continue to meet your health care needs in the following year. If you are dissatisfied with any upcoming changes, you can make changes to your coverage during Medicare's Fall Open Enrollment which occurs October 15th – December 7th. It is important to review your ANOC to find out what you can expect to pay for services in 2023. Check to see if your doctors, hospital and pharmacies will still be in network for 2023.

Formulary changes can happen from year to year, meaning your drug may not be covered in 2023 even though it was covered in 2022. Make sure your drugs will still be covered next year. If you have not received an ANOC by the end of September, you should contact your plan to request it. This notice can be very helpful in determining whether you should make any changes to your coverage during Fall Open Enrollment. Reading your ANOC should also prevent any surprises about your coverage in the new year!

Source: Dear Marci, Medicare Rights Center

Matter of Balance Workshop

Do You Have Concerns about Falling?
Interested in Improving Balance, Flexibility and Strength?
Join us for a Matter of Balance, a FUN and interactive program designed to manage falls and increase activity levels for individuals 60 and over.

We are offering **two** Matter of Balance 8-week Workshops:
Wednesdays • Sept. 14th - Nov. 2nd • 1pm - 3pm

OR

Fridays • Sept. 16th - Nov. 4th • 1pm - 3pm

Christ the King Church

20 Sumter Ave Albany 12203

Registration is required to attend!
Call 518-372-5667, ext. 204 by 9/7/22.



StateWide's Medicare Corner

Let's Talk about Outpatient Mental Health Fraud

Outpatient mental health care can be an important benefit to a beneficiary. Medicare covers outpatient mental health services in settings such as a doctor's office or other health care provider's office, a hospital outpatient department, or a community mental health center. Medicare only covers visits when they are provided by a health care provider who accepts assignment.

What could Outpatient Mental Health Fraud look like?

- You are billed for psychiatric treatment services you did not receive
- Adult daycare services are billed as individual or group psychotherapy
- Call-in refills for mental health prescriptions are billed as psychiatric evaluations or complex office visits

It is important to know the certification or type of provider you are seeing for your mental health services. Mental health services provided by a medical assistant, massage therapist, or other unqualified individual should not be billed as though you were seen by a licensed mental health professional. In addition, be suspicious of offers such as money or gifts for your Medicare and/or Medicaid number, which is then used to bill for mental health services you did not or do not plan to receive. This would also be fraud and should be reported to your local Senior Medicare Patrol.

Prevention begins with each beneficiary. Stay vigilant and review your Medicare Summary Notice or Explanation of Benefits so you can detect any discrepancies. Report any findings to the NYS Senior Medicare Patrol and help in the fight against Medicare Fraud.

Call the NYS SMP Helpline at 800-333-4374

STATE 50th 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

**JOIN OUR EMAIL LIST BY
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BLANCHARDC@COLONIE.ORG**



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988 Suicide & Crisis Lifeline

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides **FREE** and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

988 Frequently Asked Questions

Why do we need 988?

Mental health is just as important as physical health. Now there is a three-digit number for mental health emergencies that's easy to remember!

988 helps to:

- Connect with people who are struggling with behavior health (mental health and/or substance use) concerns as soon as possible, 24/7.
- Reduce unnecessary use of law enforcement and other safety resources in crisis response
- Meet the growing need for crisis intervention where it's needed most
- Shift the mindset about people who struggle with their mental health

When will 988 be available?

988 launched nationwide on July 16th 2022

Who can contact 988?

988 is for everyone and it's more than a "suicide" line. Contact 988 if you are:

- Suicidal
- Experiencing a mental health or substance use-related crisis
- Experiencing any kind of emotional distress
- Worried about someone in distress

988 is for people of all ages, genders, sexes, ethnicities, races, religions, sexual orientations and socioeconomic status. If you are a Veteran or Spanish speaker 988 has dedicated lines for you.

What happens when I contact 988?

You will first be routed to a local Lifeline crisis center base on your area code. A trained crisis counselor will answer and listen to how your problem is affecting you. They then provide support and share resources if needed. If a local crisis center is unable to take the call, you will be automatically routed to a national backup crisis center. All contact with 988 is voluntary.

What is the difference between 988 and 911?

988 provides easy access to the National Suicide Prevention Lifeline network and related crisis resources. This is different from 911, where the focus is on dispatching Emergency Medical services, fire and police as needed. The goal of 988 is to meet the growing suicide and mental health-related crisis care needs.



Fall Prevention Awareness Month

Fall prevention is an important topic to consider as you get older. Physical changes and health conditions and sometimes the medications used to treat those conditions, make falls more likely as you age. In fact, falls are a leading cause of injury among older adults.

Still, fear of falling doesn't need to rule your life.

Instead, consider these six fall prevention strategies:

1. Make an appt with your health care provider.

Start by making an appointment with your health care provider. To assess your risk and discuss fall prevention strategies, your health care provider may want to talk about the following: your medications, any previous falls and your health conditions.

2. Keep Moving

Physical activity can go a long way toward fall prevention. With your health care provider's OK, consider activities such as walking, water workouts or tai chi. These activities reduce the risk of falls by improving strength, balance, coordination & flexibility.

3. Wear sensible shoes

Consider changing your footwear as part of your fall prevention plan. Wear properly fitting, sturdy, flat shoes with nonskid soles. Sensible shoes may also reduce joint pain.

4. Remove home hazards

Take a look around your home for potential fall hazards. To make your home safer:

- ◇ Remove boxes, newspapers and electrical cords from walkways
 - ◇ Move coffee tables and/or other small furniture from high-traffic areas
 - ◇ Secure loose rugs to floor or remove them from the home
 - ◇ Use non-slip mats in the bathtub or shower
- ### **5. Light up your living space**
- ◇ Keep your home brightly lit to avoid tripping on objects that are hard to see.
 - ◇ Place night lights in your bedroom, bathroom and hallways.
 - ◇ Place a lamp within reach of your bed in case you need to get up in the middle of the night.
 - ◇ Store flashlights in easy-to-find places in case of power outages.

6. Use assistive devices

Your health care provider might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- ◇ Handrails for both sides of stairways
- ◇ Non-slip treads for bare-wood steps
- ◇ Grab bars for shower/tub



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

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Supervisor Crummey's Colonie Connection

Welcome to September! As our Town Supervisor, I am pleased to submit this inaugural message in *The Senior Starter*.

As you may know, I am a lifelong resident of our Town and last year I was elected our Town Supervisor commencing my service on January 1, 2022. Although a new Supervisor, I began my service with our Town 42 years ago as an Albany Law School student, subsequently serving in a variety of capacities and most recently as our Town Justice for 21 years.

My focus is on public safety, Town infrastructure and our parks.

Our public safety includes police, emergency medical services and our volunteer fire service. My intention is to maintain the highest order of service.

As to our roadways, the Town, this year, has embarked on the most aggressive road repair program in our Town's history. I plan to continue this pace in the years ahead.

We have commenced the maintenance program of our many parks, a most recent example is our Latham Kiwanis Park on Route 2 adding 2 new pickleball courts and 2 new basketball courts which should be ready for use soon.

If you would like to receive updates regarding the Town and our work, please sign up for Colonie Stay Connected at <https://www.colonie.org/stayconnected/>. In addition, coming soon will be *The Colonie Connection*, the newest publication highlighting news and happenings of the Town.

I would like to announce an exciting addition to *The Senior Starter*. Starting in October, nominations will be encouraged and accepted to **Celebrate a Senior** for our November edition and each month to follow. After reviewing entries, the Town of Colonie Senior Resources Department will choose an exceptional senior who has made a difference in their community and feature them in the newsletter. Please submit entries and a picture to blanchardc@colonie.org by October 15 for our very first Town of Colonie **Celebrate a Senior** segment.

It is an honor to serve as your Town Supervisor and I look forward to continuing to build on our accomplishments in the days and weeks ahead. Together we will work to build a better Colonie. If I can be of any assistance, my office stands ready to help.

Have nutrition questions? Check out your local Hannaford for help

Did you know Hannaford is committed to supporting your health and wellness goal? We offer FREE dietitian-provided nutrition education online and in many of our stores. Chat with a dietitian in-store as your shop or coordinate a time that works for you both to chat virtually.



Dietitian Services Include:

- Nutrition education for your school, work or community group.
- Healthy eating tips, recipes and ideas for healthier family meals.
- Advice for making the most of your pantry staples and shopping on a budget.
- Help understanding food labels and portion sizes
- Help with special dietary needs.

Find us online:

Now offering FREE online nutrition education. Sign up for an upcoming class at www.hannafordnutrition.eventbrite.com

Heart Healthy Eating

Tuesday, 9/6 @ 5pm OR Thursday, 9/22 @ 9am

Eating for an Active Lifestyle

Monday, 9/12 @ 2pm OR Wednesday, 9/28 @ 9am

Understanding Diabetes: Reducing Risk

Tuesday, 9/13 @ 5pm OR Monday, 9/26 @ 9am

Nutritious Meals on a Budget

Thursday, 9/15 @ 1pm OR Tuesday, 9/20 @ 3pm

Just have a nutrition question? Email a private message to our staff registered dietitian at dietitian@hannaford.com

GetSetUp

NYS Office for the Aging is pleased to offer older adults in New York FREE access to online classes through **GetSetUp**. Classes are designed for older adults by older adults, are interactive, easy to join and are offered day & night. Get help using digital devices and find support for physical, mental and social health with Tai Chi, Yoga, healthy cooking, meditation, book clubs, gardening, travel, and so much more!

The **GetSetUp** curriculum and community are designed to combat social isolation and promote independence through live, interactive classes and online connectivity with a community of more than 650,000 older adult learners. Additionally, all instructors are retired educators/professionals/technologists, promoting economic empowerment, healthy lifestyles, and a purpose driven life.

Instructors are trained to help older adults learn by doing, not just watching, and all learners are encouraged to become creators by leading their own interest groups. Technology solutions have grown dramatically over the past year and platforms such as **GetSetUp** will be part of the new normal.

GetSetUp is an online community of people who want to learn new skills, connect with others, and unlock new life experiences. Our safe, social, and interactive learning environment has been specifically designed for older adults. The platform helps older adults stay mentally and physically fit, creates economic opportunities through jobs and reskilling, and provides a community where people find meaning and purpose by helping each other and forming new connections.

Learn more at <https://www.getsetup.io/>.



Caregiver Support Groups & Educational Opportunities

WHY JOIN A SUPPORT GROUP?

Support groups are groups of people who get together regularly to talk about issues relating to Alzheimer's disease. Groups combine social, educational and support components and are facilitated by trained individuals. They are a safe, confidential supportive environment where you can find support, encouragement and wisdom from others with similar experiences. All support groups are free and open to the public, but pre-registration is recommended.

Beltrone Living Center

3rd Monday of the month | 9am

In-person: 6 Winners Circle, Albany 12205

Christ the King Church

1st & 3rd Thursday of the month | 1pm

In-person: 20 Sumter Ave., Guilderland 12203

Eddy Support Group at Shaker Pointe

1st Thursday of the month | 2:30 pm

In-person: Shaker Pointe, One Bell Tower Dr., Watervliet 12189

3rd Thursday of the month | 2:30 pm

Virtual - call Sandy for group details: 518.238.4167

Online educational opportunities

RSVP via the links below or by phone 518-675-7214

Understanding and Responding to Dementia-Related Behaviors

Monday, September 19 @ 1 pm

<https://bit.ly/3AhB4fH>

Understanding Alzheimer's & Dementia

Tuesday, September 27 @ 5:30 pm

<https://bit.ly/3Aeyo2z>

Administrative Office:

1003 New Loudon Road, Suite 201
Cohoes, NY 12047

ALZHEIMER'S ASSOCIATION®