

SeniorConnections



Building a Senior Community!

Volume 9, Issue 4
October 2010

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CDTC honors CSSC with Fred Field award



Ed Neary, center, accepts the award from John Poorman, CDTC Staff Director. Also pictured (L-R); are Carm Basile, CDTA Cohoes Mayor John MacDonald, Kelly Mateja, CSSC; and Mary Ivey, NYSDOT Regional Director.

The Capital District Transportation Committee has recognized Colonie Senior Service Centers with the 2010 Frederick G. Field Jr. Award as best representing Mr. Field's principles through planning and implementing mobility improvements for the region's senior and disabled community. "I am consistently impressed by the

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Award-winning Bright Horizons is 25!

Colonie Senior Service Centers is celebrating the 25th anniversary of Bright Horizons! The most important factor in this celebration is how fortunate we are to have been able to serve thousands of seniors and their families since 1985.

This award-winning program of Colonie Senior Service Centers opened the first Bright Horizons site at the Provincial House of the Sisters of St. Joseph of

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Umbrella welcomes new director

by Kelly Mateja, Programs & Services Director

Outgoing and caring describe the new director for Umbrella of Colonie, Lauren Harrington. "I always say that I like seniors so much, that I have two of my own!" Lauren laughs. Her parents are both in their mid-80's, living in their own home in the Adirondacks. "I



Lauren Harrington
Director, Umbrella of Colonie

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"Volunteers do not necessarily have the time; they just have the heart."

~Elizabeth Andrew



A plan for life.

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits,® Inc.

Award from page 1

leadership and innovation of Colonie Senior Service Centers concerning the many and varied transportation issues challenging not only our senior population but the disabled community as well,” said nominator Carm Basile, executive director of CDTA. He added, “CSSC has worked tirelessly to identify issues and find solutions.”

The award was accepted by CSSC Executive Director, Edward Neary at the CDTC meeting on September 2, 2010. At the ceremony Neary stated, “We are honored to accept this award, whose namesake was a founder of Colonie Senior Service Centers and an active Board member for 20 years.” He later noted, “Our organization owes a debt of gratitude to Fred for his vision, recognizing individuals or organizations with the Fred G. Field Transportation Award at our annual Founders’ Awards Dinner for their efforts to promote independence and self-reliance for seniors. For more information about the award go to www.colonieseniors.org/programs/transportation.asp

What will be your legacy? by Robert Lamar, Charter Member, Legacy Circle of Service

I initially became a charter member of the *Legacy Circle of Service* to lift up the work and lifelong commitment of my wife, Marion Lamar, the inspirational CSSC’s Health & Recreation Coordinator for 15 years. CSSC’s good work meant so much to her and became important to my family. I became directly involved myself as a board member, quickly becoming very involved in a personal way in outreach and development for this organization.

In addition to my personal interest, as a member of the Development Committee and many other local boards, I am acutely aware of the necessity to think farther ahead than the next fundraiser. CSSC is no longer a new organization; it has been around almost 30 years. This *Legacy Circle of Service Society* ensures future growth for its outreach and commitment on behalf of senior residents of our community, a population of seniors is a growing exponentially. This in an organization that is looked to as a model for other communities; an organization that has grown substantially, becoming increasingly effective over three decades. We must think ahead regarding our financial future and strength in order the serve future seniors and their families.



Over the years, I have learned there are two major aspects of running an organization. The first is day-to-day and year-to-year for operational and budgetary needs. And the other has to do with preparing for our future down the road, when many others will need to be served. I invite you to join me as a charter member of the *Legacy Circle of Service* and help assure CSSC will be here for seniors and their families long into the future. *For more information about the Legacy Circle of Service contact Leslie Ellis, at (518) 459-2857, ext. 305*

Executive Director’s Message

This is the time of year when we honor our founders and thank six members of our community with an award for caring about our senior citizens. Each one of our honorees this year, whether an individual, senior club, or corporation, has made a difference by choosing to be involved. Their connections to Colonie Senior Service Centers are varied, from running an exercise class like Shirley McHugh to serving meals at St. Ambrose Church, and Roger Dames efforts to keep senior drivers safe.



Ed Neary
Executive Director

We honor two companies for going above and beyond financial support and truly understanding how to work together with us. Citizens Bank not only supports fundraising events but helps us support a financial resource center, has donated funds from their foundation to help expand meal sites to the income challenged seniors in our community, and has provided low cost financing for senior housing. Coldwell Banker found a way to help our Umbrella handymen by providing a much larger and reliable group of contractors that could handle the bigger jobs which in turn helps our senior citizens. Our honoree for the Bright Horizons Award, Beth Smith-Boivin, demonstrates how Board members stay connected and committed to our mission long after their term is over by referring families to the Bright Horizons program that provides respite in a safe, supportive environment.

We are proud to recognize these wonderful people for their efforts on our behalf, their concerns for our seniors and the pleasure of their friendship which we hope lasts forever.

CSSC expands Driver Fitness Center throughout County



KeyBank has announced that it is joining forces with Colonie Senior Service Centers to support its Driver Fitness Center. In another example of its continuing commitment to support the communities in which it does business, Key is donating \$1,500 to the program, which provides older adults with information, tools, and resources to drive safer, longer.

By 2015, the number of drivers in New York State over 60 is expected to increase 50 percent. Per mile traveled, fatal crash rates increase starting at age 75 and increase markedly after age 80. The Driver Fitness Center program was developed in collaboration with the NYS Office for the Aging and the Governor’s Traffic Safety Committee to counter this trend. The Driver Fitness Center is a one-stop-shop featuring a comprehensive library of information and referral sources that offer a range of solutions, options and resources from many different areas.

“KeyBank is committed to the communities where we do business,” said Jeff Stone, president, Capital Region, KeyBank N.A. “At a time when there are more aging drivers on the road than ever before, KeyBank is proud to support Colonie Senior Center Service Centers, which is helping to keep our roadways safe by providing this valuable service to the region’s elderly population.”

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Welcome from page 1

always tell my kids, if I can be half as good a parent as my parents, I've been successful. My folks are the nicest people walking the face of the earth!" But she claims to have met a large number of contenders since joining Umbrella of Colonie.

Lauren's background in marketing and sales gave her a lot of experience with products for mature adults, from her first job out of college selling radio ads for a big band radio station, to marketing hearing aids and pre-need cemetery property. But she grew up in a family retail business selling gifts and souvenirs. "My dad says I've been talking since I first opened my eyes, and he's convinced my kids it's true."

But once you get to know her, you realize she's a pretty good listener, too. "Everyone has a story; an interesting life to share. It's our job to teach the next generation to slow down and listen to the lessons the older generation has to share."

She and her husband, Doug, have three children. Her oldest daughter lives in Kauai, Hawaii. Her son is a Marine reservist, living at home right now after surprising the family with a big, energetic puppy. And her youngest daughter is in high school and just got her driver's permit.

Lauren worked in corporate communications and marketing for many years, but was it was unfulfilling. Originally, Lauren joined Umbrella of Colonie as a handyman, thinking it would be a great way to meet nice people, and it was. "Corporate America can

be a cold, unfriendly place. Any time I visited the Umbrella offices the building was full of happy, friendly people. When the opportunity came to become director of the Umbrella program, I was delighted to say yes. I love working with everyone at Colonie Senior Service Centers and I love helping our Umbrella members!"

25 Years from page 1

Carondelet for one member. For nearly 20 years we offered a standard caring & compassionate approach that was supportive and effective.

In 2003, we saw the need for different levels of care, opening a second site in 2004, and a third in 2007. Through the years we have learned that 'one size does not fit all,' responding to the needs of our caregivers and members by expanding Bright Horizons to include caregiver services like LiveCam, a Caregiver Resource Center, and additional support groups. Over the past six months we have remodeled all three sites, added new and more flexible programming for members, to give them several options to chose from throughout the day. We now serve more than 85 families.

We understand the challenges families face as family members age; and we understand the enormous demands of caregiving. That is why every day we help caregivers and their families find respite from the rigors of 24/7 caregiving. In short, we are their partners in caregiving.

For more information, or to visit a Bright Horizons site, call Ilene Cote @ 459-2857 x322 or visit www.brighthorizonssocialcenters.org

A Safe Home Is a Healthy Home

By Kirk Panneton, MD, medical director for senior services, CDPHP®

Our homes are our special corners of the world and provide great comfort to us, but there are a few things to keep in mind when it comes to making your house safe.

Start by making sure that a smoke alarm is installed on every floor of your house, and that you have a carbon monoxide detector near each occupied bedroom. These devices can save your life. Consider the recommendations below for additional safe steps.

Fire Safety in the Home: Fire in the home is a possible threat to everyone, and prevention is your best protection.

- Make sure to keep your furnace in good working order by having it checked once a year, and change filters regularly.
- Keep small stoves and heaters at a safe distance from flammable materials and furniture.
- Replace faulty electric cords quickly. It's best not to run cords under furniture or carpeting.
- Don't exceed the maximum wattage indicated on your light fixtures.
- Make sure all electrical outlets have covered plates.

Preventing Falls in the Home: Falls in the home can be minimized by taking the following precautions:

- Use a nonslip rubber mat in your bathtub or shower, and consider installing one or more grab bars.
- Keep your stairs clear of clutter, slippery rugs, and debris.
- Nonslip backings should be used under rugs and runners.
- Add additional lighting to areas that are dark or dim.



Being Prepared In Case of An Emergency: Knowing what to do and who to contact before an emergency happens can make all the difference in the outcome.

- Store emergency phone numbers near the telephone or have them on your speed dial.
- Make sure your address is clearly marked outside your home should emergency personnel need to find your house quickly.
- Have an evacuation plan for you and your family. Review that plan every so often so everyone knows where to go.
- If you live alone, consider investing in a personal emergency response system, such as a button or trigger worn on the body that can be activated if you need help.

Falling is NOT an inevitable result of aging

by Victoria E. Jones, Program & Services Development Director



The Center for Balance & Conditioning by HectorPT has a progressive program that combines a physical activity regimen, along with balance, strength training and flexibility components that have been *proven* to help **FIGHT BACK AGAINST FALLS!** This program was demonstrated recently to a group that included the Commissioner of the

New York State Department of Health, Dr. Richard F. Daines, and Michael Burgess, Director of the State Office for the Aging at a press conference to observe National Falls Prevention Awareness Day at the Beltrone Living Center.

The Center for Balance and Conditioning understands that for older adults, falls often lead to a loss of independence and reduced mobility. More often than not, falls also have enormous personal and economic costs. But falling is NOT an inevitable result of aging. With a commitment to practical lifestyle adjustments, along with a falls risk assessment of yourself and your home you can fight back against falls!

The Falls Risk & Conditioning Program consists of six components that can be accessed as a complete program or individually.

1. Screening - evaluation, results and recommended physical activity including enrollment in Balance Class.
2. Education and Orientation
3. Home Assessment and Evaluation
4. Targeted exercise program, including home program.
5. Re-evaluation and modification of exercises if needed.
6. Re-assessment, at 2-6 months as recommended, as well as a yearly check up including home re-assessment.

This innovative program is available to seniors and baby boomers throughout the Capital Region and the home assessment tool is integrated into our Umbrella of Colonie home maintenance program. In addition, many of our Healthy Aging and Wellness Programs, like OsteoBusters, T'ai Chi, Yoga, Arthritis Wellness and others, incorporate balance and conditioning elements into their curriculum. The Center for Balance & Conditioning at Beltrone is a innovative and unique collaboration of Colonie Senior Service Centers and HectorPT. To find out more about the Falls Risk & Conditioning Program contact Hector Jasen at 459-2857, ext. 318.



(L-R) Dr. Richard F. Daines, Commissioner of the NYS Dept. of Health; Michael Burgess, Director for the State Office for the Aging and CSSC Executive Director Edward Neary at a press conference on **National Falls Prevention Awareness Day**.

Before & After Umbrella of Colonie by Lauren Harrington, Umbrella of Colonie Director

People join Umbrella of Colonie for different reasons. But for many members, it's for help with projects around their home they can no longer tackle on their own. In some cases, projects have gone unattended for a very long time. By the time our Umbrella handymen get to work and finish the project, the change can be remarkable.

Such was the case with Dick W. who joined Umbrella because his family wanted him to find reliable handymen to help him keep up his home, especially since they lived far away. Because Dick had not been able to get around well for several years, the house and yard suffered. In reality, the property looked more like a jungle than a yard. That was until those weeds met Umbrella handyman Bob!

Bob assured Dick that all the property needed was a day or two of 'elbow grease.' After one day, Bob made such a difference in the yard that it looked like a different house. "I never even knew there was a garage back there," one of our van drivers said. "I've been driving Dick for almost a year, and never realized how nice his home was until now!"



Others have had similar experiences. Elinor O.'s husband passed away six years ago. He always washed the outside windows from a ladder while she washed the inside at the same time. "I always pointed out where he missed," smiling as she remembered. "The dirt was never on my side. The smudges were always his fault." But since his passing, she hasn't had anyone to help with window washing. "I couldn't ask the kids to spend a day cleaning my windows when they have their own houses to take care of." Umbrella assigned Ann, a handyman that *does* do windows. The windows had several years of dirt and tree pollen on them Ann washed the windows from the outside while Elinor did the inside, just like she did with her husband. "We laughed and visited the whole time, and I was so happy to see out of the back windows again," Elinor said.

Pat M., a widow for 20 years, was used to doing projects around the house by herself. As her arthritis worsened, it became too hard to get out and weed her prized flowerbeds. "On bad days, I would look at the overgrown beds and cry. Then handyman Mike came over and weeded while I watched from my window. I told him what I wanted done, and he didn't even complain that I bossed him around. It felt like I was doing some of the work," Pat said. "You just can't imagine how good it makes you feel to have these jobs finished. I love my flowers. I think Mike even made my blood pressure go down!" Sometimes, one day makes all the difference in the world.

Let Umbrella help you maintain your home with reliable, affordable handymen and women. Call Lauren Harrington at 459-7152 or visit www.colonieseniors.org/programs/umbrella_program.asp

Best kept secret in pension benefits for veterans

by Richard E. Rowlands, Esq.

Many veterans are not aware of non-service connected pension benefits available to them, commonly known as the “Home Bound Pension” and “Aid and Attendance Benefit.” This pension is available to many veterans or their spouses who need a caregiver, are over 65 years of age, homebound or in assisted living. These benefits can be used for long-term care costs for a veteran and/or his or her spouse, and can be even paid to a caregiver child. Speaking with an experienced elder law attorney, accredited with the Veterans Administration, is very important in this process. An elder law attorney can:

- Explain what care options are available in the local community for both the veteran and the spouse
- Review your VA, Medicare and Medicaid options as they apply to your specific circumstances
- Calculate the actual dollar benefit and/or cost of any helpful idea that is discussed
- Analyze any income tax, estate tax or gift tax issues
- Draft important estate planning documents such as powers of attorney, health care proxies, wills and trusts
- Review of your personal, financial and family resources and create an asset protection plan
- Analyze financial suitability of any asset (preservation)
- Analyze both positives and negatives of all planning options

Richard E. Rowlands, Esq., is the Partner of the Trusts and Estates practice at Tully Rinckey PLLC, a full service law firm located in Albany, New York. For more information about his estate planning and elder law practice, please visit www.albanyestatelawyer.com or contact him at 518-218-7100 or via e-mail at rowlands@tullylegal.com.

KeyBank from page 3 “We are pleased that KeyBank has chosen to support this community effort to help our seniors, not only in Colonie but throughout the region,” said Ed Neary, CSSC executive director. “As families come to grips with older driver issues, there will be a Driver Fitness Center in their community ready to be of assistance thanks to the generous support of KeyBank.”

The Driver Fitness Center concept was rolled out at the Beltrone Living Center in 2009. Since then, CSSC has launched new Driver Fitness Centers in Colonie at Sheehy Manor and Bishop Broderick Apartments. In other areas of Albany County, CSSC has set up Driver Fitness Centers in Guilderland, Berne and the Hilltowns, Ravena, and Watervliet. Coming on board soon will be the Jewish Community Center and Senior Services of Albany, in addition to three other locations in development.

At the Driver Fitness Center, drivers and their families learn the warning signs of an unsafe driver and receive information about safe driving classes through Hudson Valley AAA and AARP. Drivers can also learn how medical conditions such as diabetes, cataracts, arthritis and dementia can affect driving and how to continue driving safely with those physical challenges by working with a doctor or finding a car with features that best suit their physical driving needs.

For information about the Driver Fitness Center please call at 459-2857, ext. 326. or visit www.colonieseniors.org/driver_fitness_center.asp

Board Profile ~ Russell A. Ward

When Russ Ward first became involved in Colonie Senior Service Centers' board in 1995, it was a busy time at Colonie Senior Service Centers. We were still located at Fiddlers Lane School, developing both the Beltrone Living Center and Sheehy Manor, as well our other programs, when former Board member Carol Biegen, a work colleague and friend of Russ's wife Marjorie, invited him to join the Board because of his background as a Sociology Professor and researcher in the field of aging.



Russ Ward
Board Member

From his perspective, Russ naturally thinks about the “sociology of aging” when considering the most important aspects of Colonie Senior Service Centers. In other words, “the graying of the suburbs,” and what kinds of support in the form of programs and resources are in place to meet current and future needs of seniors. In his teaching he uses Colonie Senior Service Centers as a model because of the wide range of programs and services we offer: adult day care, transportation, housing, health & wellness and dining. The Umbrella of Colonie program is becoming critical because it targets homeowners and the ability of folks to age-in-place. And adult day care is an essential component to support seniors and their caregiving families.

Russ adds, “Aging and family issues are complex. They include various stages of aging related to marital and intergenerational relationships; implications of gender, race and ethnicity; program and policy issues that include Medicare, Social Security, family caregiving issues; and more.”

His work in aging does not end in the classroom. Russ describes a recent favorite anecdote about his mother. With the help of Russ and other family, she has recently finished compiling, self-publishing, and distributing a book of sermons from her second husband, who was a Methodist minister. Based on this success, and because she is approaching her 95th birthday, Russ suggested this might be a good time to write her own memoirs. Russ said, “It has now become a family affair with myself acting as editor, my brother handling the graphics (photos dating back to her parents) and publishing end, and my stepsister adding her creative input throughout.” He adds, “We children have now supplemented all her stories with our own memories and it is now known as the ‘The Momoirs.’ It’s really become a great family project, we’ve had a lot of fun doing this together.” Russ suggested this could be a new program from CSSC. Care to teach the class, Russ?

When Russ stepped up as Chair of the SUNY Sociology Department he took a break from the CSSC Board. Throughout, he has remained active on the Colonie Senior Network, an organization that serves to advise the town and town board on senior issues. He has now returned to the Board and we are grateful for his service. Russ, and wife Marjorie, live in Latham. They have a son, Matt, a percussionist living in Queens, and two young grandchildren. They enjoy traveling, music, and baking (Marjorie does the baking, Russ does the sampling!). **Welcome back!**



On August 8, 2010, we celebrated the 10th Anniversary of the Beltrone Living Center with a lovely garden party to dedicate Beltrone's 10th Anniversary Garden. Many old friends joined us to celebrate one of the most successful senior communities in the Capital Region. Top left (l-r) Helen Wallace Fitzgerald, former Board Member, Kathleen Caulfield, former Executive Director, Fred Field, former Board Member and former Colonie Town Supervisor, and Mary F. Finley former senior dining director and original Beltrone Living Center leasing director. Top right residents Wid Ransdell, Doris Abeles, Marianne Dworsky, and Gwen Graham toast the anniversary. At left residents and friends Carolyn Carson, Sophie Boutin, Wilda Carson, Karin Schnittger and Barbara Mohan enjoy the garden.

Colonie Senior Service Centers, Inc.

SC 10/10

Yes, I want to support programs and services for seniors and their families in my community!

- PRESIDENT'S FORUM \$5,000 - \$10,000 • AMBASSADOR'S FORUM \$1,000 - \$4,999 • BENEFACTOR'S FORUM \$500 - \$999 •
- CIRCLE SOCIETY \$250 - \$499 • ASSOCIATE'S SOCIETY \$100 - \$249 • PATH PAVER \$100 • FRIEND \$1 - \$99 •



Name _____

Address _____

Telephone: _____ Email: _____

Please allocate my gift for the program where it is most needed _____ or to one of the following:

- | | | |
|---|---|--|
| <input type="checkbox"/> Bright Horizons Senior Centers | <input type="checkbox"/> Senior Dining Program | <input type="checkbox"/> Umbrella of Colonie |
| <input type="checkbox"/> Health & Wellness Programs | <input type="checkbox"/> Transportation Service | <input type="checkbox"/> Senior Housing Services |

I am donating \$ _____

___ Enclosed is my check made payable to CSSC, Inc.

___ I work for a company that will match my gift. *Please enclose the matching gift form available from your company's personnel office.*

___ Please charge my ___ Visa ___ MasterCard Card # _____ Exp. Date _____

Signature (for credit cards only)

I would like to make this gift (Check One) ___ In Memory of * ___ In Honor of* _____

*Please send a gift acknowledgement card to: Name: _____

Address _____ City _____ St _____ Zip _____

___ Please contact me on a confidential basis to discuss a Legacy gift that will benefit both me and Colonie Senior Service Centers.

Thank You!

Please mail donations to: Colonie Senior Service Centers, Inc., Six Winners Circle, Colonie, New York 12205

All donations are tax deductible to the extent of the law. CSSC, Inc. is a 501(c)3 not-for-profit corporation established in 1981.

Winter Driving (Are you ready?) by Roger Dames, Coordinator, Driver Fitness Center

The summer has left us and the leaves are rapidly falling off the trees. Winter is on the way. And it can bring with it some of the most adverse weather conditions, especially in the northeast. Some of the worst winter driving conditions can occur here, bar none. Preparations become necessary no matter what your age or driving skill, but past experience shows that seniors are the highest risk group. Take care of the following preparations before the snow flies!

- Your car battery is the lifeline and heart of your car's electrical system. To ensure proper working order have it checked for corrosion and oxidation; these require immediate attention.
- Traction makes your vehicle move and stop. Your tires are the only contact your vehicle makes with the road surface. This means proper inflation and tread depth is critical.
- Engine coolant is designed to keep your engine from freezing and provides optimal heat for the interior. Make sure it is full, clean and about a 50 % mixture.
- Plan your errands and consolidate trips. Each trip you make only increases your chance of a collision. Clean the snow *completely* off your vehicle.
- Allow double or triple the time and space for stopping.
- NEVER start your vehicle in a closed garage.
- Lastly, as a senior, you need to recognize that your reflexes and visual acuity should be monitored and checked frequently.

If you have any questions please contact me at the Driver Fitness Center at 459-2857, ext. 326 or visit www.colonieseniors.org/driver_fitness_center.asp



On Wednesday, September 1, 2010 the senior citizen community of Colonie hosted **Remembering Those Who Keep Us Safe** at the Beltrone Living Center to honor the men and women first responders of Colonie. Represented at the event were the Colonie Police, Fire & EMS along with Village of Colonie Officials and the Albany County Sheriff's office. The military forces were represented by retired Lt. Col. Bob Domenici. Pictured center (l-r) are Chief Steven Heider, Albany County Sheriff Jim Campbell, Town Supervisor Paula Mahan, CSSC Executive Director Ed Neary, and Mayor of the Village of Colonie, Frank Leak.



Resource Connection

Your Town of Colonie Department of Senior Resources

Phone: 459-5051

Department of Senior Resources Staff:

Carrie Blanchard—Specialist

Christine Cary – Director

Debbie Heider – Case Worker

Susan Kaiser, R.N. – Town Nurse

Florence Muzio – Typist (p/t)

Angelina Searles – Case Worker

Robin Zoller – Administrative Aide

EPIC Changes Begin October 1, 2010 - Affects Members with Medicare Part D Coverage

NYS law has been changed to require EPIC members in Medicare Part D plans to maximize their Part D plan as their primary drug coverage. Beginning October 1, 2010, EPIC will only provide secondary coverage for drug claims that are approved by members' Part D drug plans. This means that EPIC will continue to help members pay their Medicare Part D deductibles, co-payments and coverage gap (donut hole) claims for drugs that are on their Part D plan drug list (formulary). EPIC will allow an exception and pay drug claims denied by members' Part D plans if a Medicare Part D coverage determination and two levels of appeals have been denied and documentation has been received by EPIC.

Starting October 1st, if a member submits a prescription for a drug that is not covered by their Part D plan, EPIC will deny the claim and the pharmacy will be required to contact the doctor. If the doctor chooses to change the prescription to a drug covered by the member's Part D plan, EPIC will provide secondary coverage. If the doctor chooses not to change the drug to one covered by the member's Part D plan, the doctor must contact EPIC to request temporary coverage while appeals are underway and EPIC will provide up to a 90-day supply of the drug. This will allow members access to their drugs while the appeals are processed and evaluated by their Part D plans. If the pharmacist cannot reach the doctor, EPIC will allow them to dispense an emergency 3-day supply of the drug.

EPIC members will receive a letter explaining the changes and the steps they may need to take to comply with the new requirements and continue to receive their drugs. They should call the EPIC Helpline at 1-800-332-3742 with any questions or they can contact their local Office for the Aging to talk with a counselor.

Heating Assistance Program available to eligible Town residents

The Home Energy Assistance Program (HEAP) provides financial assistance with heating costs to low income residents. The monthly gross income cannot exceed \$2,219 for individuals and \$2,784 for couples. If you receive Food Stamps you will receive an automatic benefit and do not need to apply.

Assistance applying for HEAP will also available through the Senior Resources Department at the Beltrone Living Center on Friday, November 12th and Friday, December 10th from 1:30 to 3:30p.m. Applications will be accepted for both senior and non-senior town residents. Appointments are requested.

Medicare Open Enrollment time is here again

The open enrollment period to enroll or change Medicare Choice plans and Medicare drug plans will take place from Monday, November 15TH through Friday, December 31st, 2010. Our case workers are recognized NYS health insurance counselors and can help seniors navigate the many options available. We ask that you provide a list of your medications and a copy of your Medicare card prior to your appointment.

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Pick up the phone and give us a call at 459-5051, you will always get one of our knowledgeable staff members ready to assist you.

Dear Friends,

It seems I just wrote to you anticipating the wonderful summer months ahead and already they have passed. For me personally the summer months went by quickly as I cared for a family member with a very serious illness. As a family we rallied around our ill loved one and did everything possible for her to survive her illness. She is improving day by day and recovering in my home with every opportunity to live a full life free from the serious illness that could have easily taken her from us. I share this personal story because through my caregiving journey I learned a great deal and discovered an even greater appreciation for what family caregivers endure on a daily basis.



Christine Cary

What I did learn for myself is what I tell caregivers regularly as I counsel them with their unmet caregiving needs.... take care of yourself! I found that walking everyday was a mental, emotional and physical release for me. Staying in the moment and trying not to worry or change things I could not control, though not always easy, was critical to remember and practice. I am not good at asking others for help, but I did when necessary and realized that folks really do mean it when they say what can I do to help. Most importantly, I learned to embrace each day that you have with your family because each day together is truly a gift and life can change quickly.

Senior Resources is the place to start when you are faced with the challenges of caregiving and are not sure where to start to get help for a loved one. Our case workers helped me and will provide you with the time and support you need to navigate your loved one's care needs in a confidential manner. Please do not hesitate to get the help you need so that you can continue to be there for the one you love.

Sincerely,

Chris

Christine M. Cary, Director

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New York Bridge Plan

Recently Governor Patterson released information regarding a new temporary statewide insurance option for uninsured legal residents who have medical conditions. The new plan called the NY Bridge Plan is New York's version of the Pre-Existing Condition Insurance Plan that was created under federal health care reform.

The NY Bridge Plan will provide health insurance coverage at a lower price than other options currently available in the individual market; premiums in our area will \$362/month. The NY Bridge plan covers a broad range of services, including primary and specialty care, in/out patient hospital care, prescription drugs, as well as assistance from nurses and case workers to help members manage chronic conditions and maintain overall health. Coverage for a pre-existing condition begins right away, with no waiting period. Eligibility is not based on income. Eligibility requirements include: must be a legal U.S. resident and a NYS resident, have a pre-existing medical conditions and not have had health care coverage for the last six months.

Applications are available now and enrollment is on a first-come, first served basis (a wait list will be established.) Coverage will be effective October 1, 2010 through January 2014. For more information on the NY Bridge Plan including an application and brochure visit www.healthcarereform.ny.gov.

The Calendar Connection . . .

Your link to events & activities for Seniors in our community.

3 AARP Driver Improvement Classes this Fall Save on your insurance! 1) Wednesday, October 13 from 9:00am-3:00pm; 2) Wednesday & Thursday, November 3 & 4 5:30-8:30pm each evening; 3) Saturday, December 4 from 9:00am-3:00pm; all classes at the Beltrone Living Center. Call 459-2857 ext. 303 for information. Taught by Roger Dames, Driver Fitness Center Coordinator. Space is limited.

Fall Movie Festival - Movies are in the lounge at the Beltrone Living Center at 1PM. Free and open to the public. Guest presenter is Leonard Zapala, Librarian, Menands Public Library. Thursday October 21: In the Good Old Summertime (1949); Thursday, November 18: You've Got Mail (1998).

Volunteer Meetings: Wednesday, October 27 at 3pm - RSVP & Oasis - volunteering & lifelong learning. Friday, November 19 at 10am - Winter Driving with Roger Dames. Wednesday, December 22 - Holiday Lunch Meeting at 12 noon. Please RSVP to 459-2857 ext.305

Monday, November 8, 2010 11:30 am CSSC and MVP Health Care host the **Annual Veterans Luncheon** at the Beltrone Living Center. Members of the Joseph E. Zaloga American Legion Post 1520 will recognize attending Veterans. Menu: Lasagna. Entertainment: Tri-County Banjo Band. **Free for Veterans (RSVP required)**. For non-veteran seniors aged 60+, the suggested contribution is \$5. Reservations must be made in advance by calling 459-2857, ext. 303 before 12:00 p.m. on Thursday, November 4, 2010.

Thanks for Giving - Bright Horizons celebration of Caregiving for caregivers and their families. Thursday, November 18 at 3pm at the Beltrone Living Center. Call 459-2857, ext. 322 for information.

Beltrone Pool League - Looking for players to join. Also looking for substitutes. You don't have to be a great pool player . . . We just have fun playing pool. Interested? Call Jerry Allen at 482-1265.

CSSC, Inc. is a duly authorized 501(c)3 not-for-profit corporation. Our programs are made possible, in part, with funding from the Albany County Department of Aging, the NYS Department for the Aging, the Town of Colonie, & the U.S. Administration on Aging.

DINING ROOM ON WHEELS

Senior Dining Programs

Sponsored by Colonie Senior Service Centers

Lunch served at Noon at these locations:

- Bishop Broderick Apts.: Tue. thru Thu.
- Carondelet Commons: 3rd Thu.
- Colonie Community Center: Wednesdays
- Colonie Memorial Town Hall: 2nd Fri.
- Guilderland Town Hall: Tues.
- St. Ambrose Church: 2nd Thu.
- St. Basil's Russian Orthodox Church: 3rd Fri.
- Sheehy Manor: Thu.
- The Beltrone Living Center: Mon. - Fri.

Senior Luncheons

Monday, October 4: Corned Beef

An Afternoon with Sinatra

Entertainment sponsored by CDPHP

Monday, November 8: Lasagne

Tri-County Banjo Band

Monday, December 6: Menu TBD

Peter Yakel

Entertainment sponsored by MVP Health Care

Senior Dinners

Monday, October 25: Chicken Paprika

Oktoberfest - Donny Elvis

Entertainment sponsored by CDPHP

Monday, November 22: Turkey Dinner

Donald Hymen

Monday, December 20: Menu TBD

Bell Choir

Special Luncheons are served at Noon & Dinners at 5 pm at the Beltrone Living Center. Participant contribution is \$5 per person (includes \$3 for the meal & \$2 for entertainment). Reservations for all dining programs must be made in advance.

Reservations: 459-2857 ext. 303

By NOON of the previous business day.

This program is made possible, in part, with funding from the Albany County Department of Aging, the NYS Department for the Aging, the Town of Colonie, & the U.S. Administration on Aging.

7 Senior Clubs in Colonie

Colonie Senior Citizens Club, Inc. Marian Tribley, President (453-6230) The club meets at the Beltrone Living Center, 6 Winners Circle, Albany, Monday through Friday. The club also meets at Sheehy Manor on the 2nd Wednesday of each month from 9am to Noon.

Hart Social Center, Inc. Richard Williams, President (869-0720) The club meets at the Beltrone Living Center, 6 Winners Circle, Albany Thursdays.

Lisha Kill Senior Citizens Club, Inc. Betty Cook, President (372-9282) The club meets at the Colonie Community Center, 1653 Central Avenue, Albany Wednesdays at 9 a.m.

Menands Senior Citizens Club Diane Leonard, President (465-3771) The club meets at Bethany Church, 21½ North Lyon Avenue, Menands Thursdays from 10 a.m. to 4 p.m.

Christ our Light Senior Club Joan Kurtzner, President (458-1013) The club meets at 1 Maria Drive, Loudonville Mondays from 10 a.m. to 3 p.m.

Towers of Colonie Silver Streakers, Inc. Terry Miller, President (869-6872) The club meets at 420 Sand Creek Road, Albany on the 1st Monday at 1 p.m. (Coffee hour Noon - 1 p.m.)

Village of Colonie - H. B. Kuhn Senior Citizen Center Jill Stulmaker, President (456-4427) The club meets at 2 Thunder Road, Albany, Monday through Friday.

Seven Club Picnic Enjoyed by All

The 6th Annual Seven Club Picnic on August 17th at the Polish-American Citizen Club was a huge success. Over 250 seniors from all seven clubs attended and shared an enjoyable day with new and old friends from the various clubs. Raffles and prizes were plentiful with many folks leaving with prizes. The weather could not have been more beautiful. And the food was delicious and plentiful. Once again we can thank Arnold Hamm and the picnic committee for an job very well done! We all look forward to being together again next year.



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CSC Club meets at Sheehy Manor

The Colonie Senior Citizens Club also meets on the 2nd Wednesday of the month in the Community Room at Sheehy Manor off Delatour Road in Latham from 9am to Noon. There will be a Bake Sale there on November 10. Stop in for a cup of coffee, a game of cards or just enjoy the company. For information contact Aimee (4782-2350) or Marian (453-6230).

Silver Streakers Turkey Raffle

The Towers of Colonie Silver Streakers will hold their annual Turkey Raffle on Saturday, November 20 from 10:30am to 2:00pm in the Towers of Colonie Community Room. The Grand Prize is a 20 lb. turkey with all the fixins'. First thru tenth prize is a 12 lb. turkey. Tickets are \$1 for one; \$5 for ten; \$10 for twenty. Call 464-9728 for information.

Extra Helpings Program

The Regional Food Bank offers Extra Helpings, a community food buying club. You can purchase nutritious foods at lower-than-retail costs. There is no age or income limit. For just \$21 you will receive a variety of meats and fresh produce. Plus there are additional specials each month. Call 785-1351 for order and pick up dates. All are welcome to join and save!

*Colonie Senior
Service Centers, Inc.*

**Six Winners Circle
Albany, NY 12205**

*Administrative offices are located in the
Ralph E. & Elsie K. Douy Senior
Center at the Beltrone Living Center*

Phone: (518) 459-2857

Fax: (518) 459-6448

Transportation (518) 459-6064

Umbrella of Colonie: (518) 459-7152

info@colonieseniors.org

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Building a Senior Community

SENIORConnections is published quarterly by **CSSC, Inc.** to keep seniors in Colonie and neighboring communities informed of the many resources available to them through the Colonie Senior Network.

Editor: *Victoria E. Jones.*

Contributors: *The Town of Colonie Senior Resources Dept. & Colonie's Senior Clubs.*

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Colonie Senior Service Centers' 9th Annual
Founders' Awards Dinner

Monday, October 18, 2010

in the Lakeview Room at the Beltrone Living Center

2010 FOUNDERS' AWARDS RECIPIENTS

The Fred G. Field Transportation Award
ROGER DAMES
DRIVER FITNESS CENTER

The Ann Marie Sheehy Bright Horizons Award
ELIZABETH SMITH-BOIVIN, DIRECTOR
ANNE B. & LEON J. GOLDBERG ALZHEIMER'S RESEARCH CENTER
ALZHEIMER'S CENTER OF ALBANY MEDICAL CENTER

The Marion T. Lamar Health & Recreation Award
SHIRLEY MCHUGH, VOLUNTEER LEADER
OSTEOBUSTERS EXERCISE & WELLNESS PROGRAM

The Jan Susan Medved Senior Dining Award
YOUNG AT HEART SENIOR CLUB
ST. AMBROSE R.C. CHURCH

The Joseph R. Simon Senior Housing Award
KENNETH RAYMOND & R. JAMES LONG
COLDWELL BANKER CONCIERGE SERVICE

The Mary E. Brizzell "Building a Senior Community" Award
CITIZENS BANK
JAMES GASPO, STATE PRESIDENT

2010 FOUNDERS' AWARDS SPONSORS

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