

PUBLIC HEARING

Washington County Office for Aging and Disabilities Resource Center

October 20, 2022

Turn to page 20 for more information.

BULK RATE
US POSTAGE PAID
FREE PRESS
PO BOX 330
GRANVILLE, NY 12832
POSTAL PATRON

September 30, 2022

Community CONNECTIONS

Brought to you by Washington County Office for Aging & Disabilities Resource Center.... Home of NY Connects

Health Insurance Information, Counseling and Assistance (HIICAP)

Washington County Office for Aging and Disabilities Resource Center provides a wide array of innovative programs and services. Each month we are going to do our best to highlight what each program is.

This month, we would like to highlight our Health Insurance Information, Counseling and Assistance Program (HIICAP). HIICAP provides free, accurate and objective (non-biased) information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans. HIICAP helps people with Medicare, persons soon to be eligible for Medicare, and their representatives.

The Medicare Annual Election Period (AEP) begins each year on October 15th and runs until December 7th. During this time, a Medicare recipient can drop, pick-up, or switch their health plan options. Many Medicare recipients have questions about what plan they should pick that is best for their own personal needs and they want to know what their options are.

Our NY Connects Information Specialists are State

Letter from the Executive Director

certified as HIICAP counselors. Our HIICAP counselors will take time with each individual and educate them about their options in an objective manner, as well as, screening individuals for other programs like the Medicare Savings Program (MSP), Low Income Subsidy (LIS), and EPIC programs. In case you are not aware, MSP, LIS, and EPIP programs provide great discounts toward an eligible individual's prescription need.

To give you some background on the types of assistance our HIICAP counselors provide, please see the chart at the end of this article. This chart highlights some of the topics our counselors addressed with our consumers in 2021.

The answers to your questions are just a free phone call away. Please contact us at 518-746-2420 for more information.

For a full explanation of our additional programs

and services, we welcome you to check out our website located at <http://washingtoncountyny.gov/148/Office-for-Aging> and view our 2021 Annual Report. This Report details operations and highlights the impact aging and NY Connects services have on Washington County Communities.

Sincerely,
Gina Cantanucci-Mitchell
Executive Director

HIICAP Topics	# of People Served 1/1/2021—12/31/21
Medicare Information/Counseling	645
Medicaid (general info.)	565
Social Security Benefits	72
Private Health Insurance	41
Other Prescription Assistance	24
Veteran Benefits Assistance	4
Managed Health Care	1

September was Hispanic National Heritage Month

Demographics: This ethnic group includes any person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin, regardless of race. According to the 2019 U.S. Census Bureau population estimate, there are 60.5 million Hispanics living in the United States. This group represents 18.4 percent of the U.S. total population. In 2019, among Hispanic subgroups, Mexicans ranked as the largest at 61.4 percent. Following this group are: Puerto Ricans (9.6 percent), Central Americans (9.8 percent), South Americans (6.4 percent), and Cubans (3.9 percent). In 2019, states with the largest Hispanic populations were California, Texas, Florida, New York, Arizona, Illinois, New Jersey, Colorado, Georgia, New

Mexico. Another significant point is that in 2019, 30.8 percent of Hispanics were under the age 18 in comparison to 18.6 percent of non-Hispanic whites. <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=3&lvlid=64>

Hispanic refers to a person who is from, or a descendant of someone who is from, a Spanish-speaking country.

Latino/a or Latinx refers to a person who is from, or a descendant of someone who is from, a country in Latin America.

Disparities:

■ According to the Congressional Research Service, 24 percent of Hispanics 65+ live in poverty while 8% of White individ-

See HISPANIC, pg. 3



SAVE THE DATE

Washington County Office for Aging and Disabilities Resource Center

Health & Wellness

Fall Festival

Medicare Insurance Options
(Medicare Open Enrollment is October 15th to December 7th)

Friday, October 7, 2022

10:00am to 3:00 pm

Kingsbury Firehouse

Burgoyne Avenue - Hudson Falls, NY

• Demonstrations • Entertainment
• Various Local Vendors • and more

\$5.00 To-Go Meals

Pulled Pork, Coleslaw, Baked Beans and a Brownie



Updates can be found on our Facebook page
For More Information Please Call Our Office at: (518) 746-2420

Nominations for senior of the year

Nominations are due by November 18th 2022!! Please see the Nomination form included in this edition. If you nominated someone or yourself in previous years and you were not selected, we strongly encourage you to re-submit for next year! Please complete the form included in this edition or call Washington County's Office for Aging for a nomination form and once completed, return it to Washington County Office for Aging. Through an anonymous process, two individuals will be selected by the Washington County Office for Aging Advisory Council.

Conkling Center programs for October

October programs are in-person unless otherwise stated.

Email tgolden@theconklingcenter.org or call 518-793-1494 to pre-register

**Thursday's October 6th & 20th
10-11am**

Gentle Yoga Zoom w/ Maureen

Get your day off to a good start with breathing exercises, gentle yoga postures that can be done in a chair, and meditation.

**Tuesday's October 11th & 25th
11-11:30am**

Core Cardio Zoom w/ Felicia

Get your body moving at-your-pace for a 30-minute workout focusing on core strengthening and cardio. Felicia incorporates exercise bands and small weights with items you already have in your home.

**Exercise programs sponsored by Highmark Northeastern NY & Neighbors NY

**Thursday, October 13th
10am**

Chat with the Sheriff

Warren Co. Sheriff Jim LaFarr welcomes feedback, questions or concerns you may have.

**Thursday, October 13th
1pm**

Wall power!

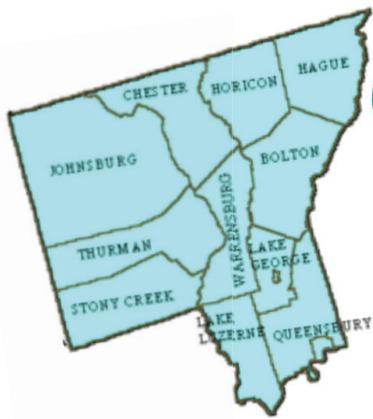
Quilts from the American Folk Art Museum at the Hyde. As an art form, quilts have deep roots in American life and experience. For more than three centuries, the artists, primarily women, have created highly individualized expressions in this medium that is both yielding and unforgiving, and challenges the maker to test the limits imposed by cutting and piecing bits of fabric.

**Thursday, October 27th
10am**

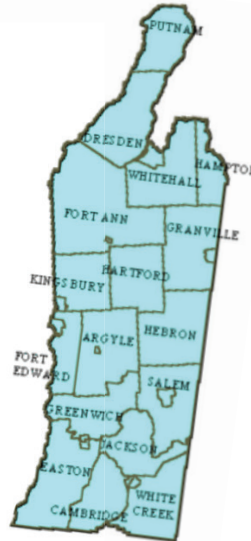
Care Patrol

See CONKLING, pg. 3

LEARN MORE ABOUT



LOSS Team



WHAT IS LOSS TEAM?

THE MISSION OF OUR LOCAL OUTREACH TO SUICIDE SURVIVORS (LOSS) TEAM IS TO REDUCE SUICIDE BEREAVEMENT DISTRESS OF THOSE IMMEDIATELY IMPACTED. BY PROVIDING COMPASSION, SUPPORT, AND RESOURCES THAT ARE AVAILABLE. THIS ALLOWS FOR THE PROMOTION OF HOPE FOR THE NEWLY BEREAVED, WHICH BEGINS THE HEALING PROCESS.

THIS TEAM IS...

Made up of mental health professionals and volunteers with lived experience of having someone close to them die by suicide.

All members have been through training to help those through the process of grieving and provide resources to help them and their families.

SCAN ME



FOR ADDITIONAL RESOURCES
CONTACT US (518)746-1527

214 MAIN STREET
SECOND FLOOR
HUDSON FALLS, NY 12839

Our Home Is Your Home

For One of Life's Most Important Services

Pre-planning can be provided at any one of our three locations or in the convenience of your own home.

Locally-owned for over 93 years, M.B. Kilmer Funeral Home strives to accommodate you with your individual wishes and needs.

And, helps make the service a celebration of a life lived.

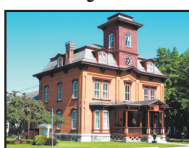
Need more information? We welcome you to contact us at any one of our three locations or visit us on our website:

kilmerfuneralhome.com | mbkilmer@kilmerfuneralhome.com

M. B. Kilmer Funeral Home
Locally owned for over 93 years



South Glens Falls
518-745-8116



Fort Edward
518-747-9266



Argyle
518-638-8216

BAIN'S SERVICE CENTER, INC.

5 Riley Hill Road, Salem, NY

A Complete Car Care Center

Quality Preowned Vehicles

www.bainautomotive.com



LOANER VEHICLES
AVAILABLE

518-854-3000

**24 HOUR
TOWING**

HOURS: MON-FRI 7:30AM-5:30PM • SAT 8AM-4PM

AAA MEMBERS!
**DISCOUNT
REWARDS
10% OFF
LABOR**
(MAXIMUM AMOUNT OF \$50.)

- TIRES • DETAILING • LUBE • OIL
- FILTER • BRAKES • SHOCKS
- ALIGNMENTS • TUNE-UPS
- AIR CONDITIONING
- NEW YORK STATE INSPECTIONS
- COMPUTER DIAGNOSTICS
- AUTOBODY
- FOREIGN/DOMESTIC



**36 MONTH • 36,000 MILES
COAST-TO-COAST
NATIONWIDE COVERAGE
24 HOUR ROADSIDE ASSISTANCE**

Hispanic

Continued from front page
 uals 65+ live in poverty.

■ While Hispanics experience lower overall rates of cancer and heart disease than White individuals, they have much higher rates of diabetes, depression, chronic kidney disease, and other ailments, as reported by the CDC.

■ The CDC also reports that rates of hypertension and smoking are higher for U.S.-born than foreign-born Hispanics.

■ Hispanics are three times as likely as Whites and nearly twice as likely as Blacks to be uninsured, according to the U.S. Department of Health and Human Services Office of Minority Health.

What can be done:

■ Language is a barrier, ensuring appropriate, trained, culturally competent staff or resources are available is critical.

■ Often, cultural considerations play a role in decisions. Beyond literal interpretation or translation, they way a message is conveyed is important.

Some examples of how medical professionals have handled this include:

■ Mental health often has stigma attached to it, and seeking care is not the norm for many minority communities. While patients may be reluctant to accept assistance for depression, your approach can make a difference. In a 2018 Commonwealth Fund report, one psychologist at a federally qualified health center advises providers to use language that normalizes behavior.

ioral health care. Says Dr. Jonathan Muther: "We just go in and say, 'I am part of your care team, your primary care provider is going to work with physical needs. I would like to work on other aspects of your health including your mood and stress. Can I ask questions we ask all of our patients?'"

■ Studies show that Hispanics are statistically less likely than White patients to have documented their end-of-life wishes. In some cases, their religious beliefs and distrust about physicians' motives may complicate conversations about palliative and end-of-life care. According to José Mayorga, a cultural mediator who works in hospitals (also quoted in the Commonwealth Fund report): "If a doctor is not careful and says, 'There is nothing else I can do,' patients may think the doctor's knowledge is at its limits and say,

'Let's find a second opinion.' But if a doctor explains that all efforts to save the patient were done, it will ease the process."

Did you know:

■ The United States has no National language.

■ 71.1% of Hispanics speak a language other than English at home.

■ The Latino population is growing and is expected to reach 30% of the total US population by 2050.

To learn more:

<https://www.commonwealthfund.org/publications/2018/dec/focus-identifying-and-addressing-health-disparities-among-hispanics>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5044865/>

<https://www.cdc.gov/nchstp/healthdisparities/hispanics.html>

Conkling

Continued from page 2

Presenter Marisa Multari will help you navigate the complex transition to senior care. She will help you pick the right options for loved ones based on their needs, budget and location.

Tuesday, October 18th

2pm

Effective Communication

Strategies w/ Lindsay Stanislowsky

of the Alzheimer's Association. Finding ways to connect w/ loved ones losing their ability to use words when Alzheimer's or other Dementia progresses.

Thursday, October 27th

2pm

Card Making with Kristine

Keeping it casual and fun, Kristine will provide simple stamping techniques, pre-cut and scored project kits. Pre-paid fee \$12.00 Includes 3 finished cards and envelopes.

Washington County Office for the Aging and Disabilities Resource Center



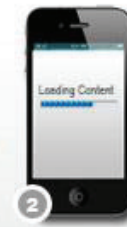
Check Us Out On The Web



www.co.washington.ny.us148/Office-for-the-aging



Scan QR Code
 Point your device at a QR code in order to scan it.



Decode QR Code
 The QR code is decoded and translated into a URL.



View Landing Page
 The URL is opened in a browser to display a mobile landing page.

BEEBE'S COLLISION

**A FULL SERVICE FACILITY
 A 3RD GENERATION BODY SHOP**

From Minor Scratches To Major Collisions

- Free Computerized Estimates
- Newest Technology & Equipment
- Expert Technicians with ASE Certifications

10% Off Senior Citizen Discount

71 Harrison Avenue, Hudson Falls, NY 12839
 (just off Burgoyne Avenue)
 (518) 746-1496 • www.beebescollision.com
beebeautobody@gmail.com

E-MAIL FOR FREE ESTIMATES

Get local help with your Medicare questions.



I'm **Kelly Buell**, a licensed sales agent in Upstate New York. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. **I know the ins and outs of Medicare**, and I'm ready to answer your questions and help you find a plan that fits your needs.

Take advantage of my knowledge and experience to:

- Take the confusion out of Medicare
- Get help comparing plans
- Receive one-on-one service
- Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

It's time to take advantage.



Kelly Buell
 Licensed Sales Agent
518-429-1030, TTY 711
goldensolutions@cheerful.com
www.goldensolutionsny.com

By calling this number, you agree to speak with an independent health insurance agent about Medicare Advantage products. Neither Medicare nor Medicaid has neither reviewed nor endorsed this information. This is an advertisement.



Fred's GRANVILLE PHARMACY

DON'T FORGET YOUR FLU SHOT!

- Accepts all major insurance plans and all Vermont plans
 - Essential oils, vitamins and herbal products
 - Immunizations administered by our caring staff
- Fast, Friendly and Individualized service customized to your needs
- Specialized packaging of prescriptions available for customers with multiple medications
 - Toys, gifts and greeting cards available

Low prices on prescriptions & over-the-counter products

Easy prescription transfers. Just give us a call! We will take care of the rest.

If we don't have it, we will order it for you!

Free Delivery within Village limits!!!

Great service and your satisfaction is our speciality!

79 Quaker Street, Granville, NY 12832 (in the Big Lots Plaza)
Phone: 518-642-FRED (3733) • Fax: 518-642-3737
Monday-Friday 9:00AM to 6PM • Saturday 9:00AM to 3PM

WASHINGTON COUNTY NUTRITION PROGRAM October 2022 MENU IS SUBJECT TO CHANGE***	<i>Meals must be eaten on the Day of delivery!! Should you need to reheat the meals microwave for 2-3 minutes OR place in a 350 degree oven for no longer than 10 minutes in an oven safe container.</i>	MEAL CONSISTS OF: Protein-2 oz minimum Vegetables-1/2 - 1 cup Fruit-1 cup Starch-1/2 cup 100% Whole Wheat Bread, butter, 1% milk served daily When gravy is provided, low sodium is always used	Cancellations and Restarts: (518)746-2357 Questions and Comments: (518)746-2420 1-800-848-3303 <i>For the safety of our Drivers please restrain your dog!!!</i>	Suggested Contribution is \$3.00 per meal. Visitors and guests under 60 yrs of age, \$5.00 per meal. The Nutrition Program is funded by participants' contributions, Washington Cty Board of Supervisors and NYS Office for the Aging.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ROSEMARY CHICKEN OVER MASHED POTATOES W/LS GRAVY YELLOW SWEET CORN WW DINNER ROLL IN TRAY FRESH PEACH 🍑 3	TONI'S MAC AND CHEESE BRUSSEL SPROUTS CAULIFLOWER STRAWBERRIES 🍓 & CREAM 4	EGG SALAD ON A CROISSANT MARINATED CUCUMBER THREE BEAN SALAD PEANUT BUTTER COOKIE PLUM 5	HOMESTYLE SALISBURY STEAK W/LS GRAVY FRESH MASHED SWEET POTATO STEAMED BROCCOLI FRESH FRUIT SALAD 6	CHEFS CHOICE Fall Festival Meal and Dessert 🍁🍊👤 7
COLUMBUS DAY! PROGRAM CLOSED. SEE YOU TOMORROW 10	AMERICAN GOULASH CAULIFLOWER WW DINNER ROLL IN TRAY FRESH MACINTOSH APPLE 11	SLICED HONEY ROASTED PORK CUBED FRESH SWEET POTATOES COLLARD GREENS 🥬 MANDARIN ORANGES 🍊 12	SOUTHERN BBQ CHICKEN LEG BAKED POTATO SUGAR SNAP PEAS WW DINNER ROLL GRAPES 🍇 13	CHEFS SALAD W/EGG, TURKEY & SWISS OVER FRESH GREENS COUNTRY STYLE TOMATOES VEGGIE MAC SALAD WW DINNER ROLL/FIG NEWTONS 14
HAPPY OCTOBER B-DAYS! 🥳 QUICHE LORRAINE BROCCOLI FLORETS WW DINNER ROLL IN TRAY KAREN'S BDAY SURPRISE! 17	STUFFED SHELLS ITALIAN GREEN BEANS STEAMED CARROTS FRESH ORANGE 🍊 18	LEMON FISH OVER GREEK STYLE BROWN RICE SUMMER SQUASH WW DINNER ROLL IN TRAY BERRIES & CREAM 19	SLOPPY JOE ON A WW BUN GREEN PEAS DICED POTATOES FRESH PEACH 🍑 20	CURRIED CHICKEN SALAD ON A CROISSANT W/LTO PINEAPPLE COLESLAW FRESH PLUM OATMEAL CHOCOLATE COOKIE 21
CLASSIC HOT DOG W/ MEATSAUCE ON A WW BUN YELLOW SWEET CORN CALIFORNIA BLEND VEGGIES FRESH BANANA 🍌 24	KATE'S HOMESTYLE MEATLOAF BAKED POTATO ASPARAGUS FRUIT MEDLEY 25	ITALIAN BAKED ZITI MADE W/ LEAN GROUND BEEF BROCCOLI FLORETS WW DINNER ROLL IN TRAY FRUITED JELLO 🍷 26	KAREN'S HOMESTYLE CHICKEN AND GRAVY OVER BISCUIT MIXED VEGGIES/WAXED BEANS FRESH MACINTOSH APPLE 🍏 27	TUNA SALAD BOAT ON A WW BUN COUNTRY STYLE TOMATOES BEETS FRESH MELON 🍈 28
HAPPY HALLOWEEN 🎃👻 PASTA BOLOGNESE W/BLOOD SAUCE WITCHES FINGERS (FS GREEN BEANS) WW DINNER ROLL IN TRAY PUMPKIN SQUARE 🍂 31			MEAL SITES: CAMBRIDGE: (518)677-8592 KINGSBURY: (518)747-9352 WHITEHALL: (518)499-2482	Please note: Our program is more liberal with diets on holidays and birthdays as is the position of the AND to improve quality of life. Should you have a concern please contact your RDN @ (518)488-8875



Washington County Office for Aging
Restaurant Dining Program
Overview and Participating Restaurants

What is the Restaurant Dining Program?

The Senior Dining Program is a partnership between the Washington County Office for the Aging and Local Restaurants which offers Senior Citizens a unique opportunity to remain connected to their family, community and home by allowing them to eat what they want, when they want in local area restaurants. This innovative program seeks to increase Senior Citizens' opportunities for socialization and community activity; ensures nutritional

How Does It Work?

Restaurants agree to provide a meal that meets 1/3 of the recommended Nutrition Requirements. A typical meal is 3 oz. Meat, 1/2 cup of starch, 1 cup vegetables, 1 slice of bread, dessert/fruit and milk.

Restaurants can specify days of participation.

Restaurants can limit menu choices.

Seniors will present a ticket to the wait staff prior to ordering. The ticket must be signed and dated by the senior presenting it and is good for a single meal. Tickets are available through the office for a recommended contribution of \$4.00. Gratuity is the responsibility of the senior.

Tickets may not be used by anyone under 60 or not registered.
Limited use of ONE ticket per day per registered participant.

The Auction Barn 4016 State Route 40 Argyle (518) 638-6003 Thurs-Sat 7am-8pm Sun 8am-Noon	Fort Ann Service Center 11300 State Route 149 Fort Ann (518) 639-8343 Mon-Fri 5am-9pm Sat & Sun 6am-9pm
Johnson's Cabin Grill State Route 40 Hartford (518) 632-9900 Tues-Sun Breakfast/Lunch/Dinner	Cabin Café 3157 State Rte 4 Hudson Falls (518) 409-4600 Tues-Sun 7am-2pm
Market 32 354 Broadway Fort Edward (518) 832-6236 Daily 8am-7pm Redeem at Food Service Cashier Only	Price Chopper 8648 NY 22 Granville (518) 642-9755 Daily 8am-8pm Redeem at Food Service Cashier Only
Sally's Hen House 3978 State Route 4 Hudson Falls (518) 746-0040 7 Days Breakfast & Lunch	China Wok 164 Broadway Whitehall (518) 499-0003 Mon-Fri 11am-3pm

Washington County's Office for Aging and Disabilities Resource Center

Services offered

- In-Home Personal Care Assistance for Non-Medicaid Individuals Over 60 and Medicaid individuals of all ages (to include, but not limited to, light housekeeping, escort to appointments, meal preparation, shopping, dressing, bathing, personal care and other instrumental activities of daily living)
- Consumer Directed Personal Care Assistance Program for non-Medicaid and Medicaid individuals.
- Caregiver Support Services (to include: in-home personal care assistance (as described above), companionship, support group, social adult day care, personal emergency response services, respite, etc.)

- Health Insurance Information, Counseling, and Assistance (HIICAP)
- Adult Protective Services (Guardianship, Representative Payee and Investigations)
- Home Delivered Meals
- Senior Dining Site Program
- Nutrition Counseling by a Registered Dietitian
- Nutrition Education
- Restaurant Dining Program
- Transportation
- Personal Emergency Response Services (Medical Alert)
- Legal Assistance
- Social Adult Day Care Services
- Senior Center Recreation and Education

- Services for the Blind and Visually Impaired
- Emergency Planning
- In-Home Contact & Support (Telephone Reassurance/Friendly Calling)
- Evidenced Based Programs- Savvy Caregiver and Tai Chi
- Farmer's Market Coupons
- Community Connections Newspaper
- Senior Events (i.e. Picnic, High School Plays, Health & Wellness Expo, Senior of the Year Program, etc.)
- NY Connects Services (Options Counseling and Information and Assistance for Long Term Care planning)



We offer Language Translation Services for those who speak a language other than English, Interpretation Services, and also TTY/TDD services.

We welcome opportunities to speak with groups and appreciate invitations to share our information at events.

Call us to schedule!

Weather emergencies and meal deliveries/dining sites

Just a reminder that if severe weather conditions or other types of disasters occur, the Office for Aging and Disability Resource Center may need to cancel both meal site dining and home delivered meals services. Please seek out any of following radio and television stations or our NEW Facebook Page for information regarding cancellations:

- The Daily Gazette
- Post Star
- The Times Union
- Time Warner Cable News
- WFLY - Fly 92
- WGNA - Country 107.7
- WGY - 810
- WNYT TV
- WRGB TV
- WRVE - The River
- WTEN TV
- WYJB - B-95.5
- WXXA TV
- Facebook page

WITCHCRAFT



BODY & PAINT

Over 40 Years Experience in Collision & Paint Industry
 Frame Straightening & Unibody Repair
 Foreign and Domestic • Auto Glass Work
 Insurance Estimates • All Work Guaranteed
 Call for Convenient Appointment
 Hours: Mon.-Fri. 8:30-5:00 - Sat: by appt. only
Green with water-based paint!
518-692-7774
 Dave English
 Turn off Route 29 • Corliss Ave. & John St. Ext.,
 Greenwich, NY

Washington County
BEST
 WINNER

OVER 40 YEARS IN BUSINESS!



Subscribe!

NYVT Media offers both print and e-edition subscriptions to The Granville Sentinel and The Whitehall Times.
 To order your subscription:
www.nyvtmedia.com/subscriptions

October Nutrition News

Kristin Stewart RDN, CDN



Try this nutrient dense recipe created in my kitchen by myself and my two girls. When I make this everyone always goes back for seconds!

SHEET PAN OVEN ROASTED VEGGIES
 4 cups broccoli or favorite veggie
 2 peppers chopped, your choice
 1 red onion, chopped
 3 cups of cubed butternut squash or sweet potato
 3 Tablespoons olive oil
 2 teaspoons of Italian seasoning
 Salt and pepper to taste!!
 Preheat oven to 425 degrees, combine all ingredients together in a bowl and then spread out on a parchment paper lined sheet pan, bake for 20 minutes until veggies are fork tender, tossing it a couple times during baking. Serve as is or drizzle a small amount of balsamic vinegar on top!! Enjoy.

Kristin Stewart
 Cell: 518-488-8875
 Email: stewartjkk@gmail.com

For more information about this topic or any other nutrition related questions or concerns please contact me using the information above. Check OFA's FB page and website for updated information throughout the month!

- It is October, the air is cooler and everyone seems to be focused on Halloween and Pumpkins. So when you think of October you likely think of the color Orange, but there is another color that should come to mind when you think of October and that is PINK!
- October is breast cancer awareness month. When it comes to cancer we unfortunately can not control everything that puts us at risk like heredity, but we CAN control our diet and exercise. These are two areas that can help reduce the risk of developing any type of cancer. Check out the following tips to help reduce your risk!
- Screen-this is the number one tool to help prevent and/or detect early disease. Screening saves lives so if you have not scheduled your yearly mammogram, do it in October, it'll be easy to remember each year!
- Evaluate your diet. It is not always about the number on the scale. If you feel like you could gain or lose weight then that can also be a part of your goal, but what is most important is balance. Ask yourself, "am I getting all of what my body needs in my diet or do I need to improve the way I eat by incorporating more nutrient dense foods???"
- Are you getting enough physical activity? Physical activity is the time we spend moving. So start moving more, any amount of time counts. Go for a brisk walk, vacuum the house, climb the stairs or join a friend at a fitness class (this is a stress reliever too!)
- Avoid stress as much as possible. I know just as well as anyone else avoiding all stressors is impossible, but finding ways to manage stress helps. Eating well, sleeping well and participating in things that bring you joy, all help reduce stress levels.



WASHINGTON COUNTY OFFICE
FOR THE AGING
NUTRITION PROGRAM

OCTOBER 2022 "POP UP" EVENTS

OPEN TO ALL OLDER ADULTS AGE 60 AND OLDER

All "Pop Up" Events Require a Reservation at Least 24 Hours in Advance
Please call Stacey at 518-746-2286 to reserve your spot.

October 5th

12:00 PM

at the Bottskill Baptist Church
32 Church Street, Greenwich

October 11th

12:00pm

at the Fort Ann Town Library
36 George Street, Fort Ann

October 19th

2:00pm

at the Bancroft Public Library
181 South Main Street, Salem

If you would like to be notified via email of any future Office for the Aging "Pop Up" Events please send a request to stacey.barcomb@dfa.state.ny.us to be added to our mailing list.

We try to accommodate walk-ins on the day of the event. We cannot guarantee a meal as the number of meals available are determined by the reservation list.

Discounted recreation opportunities through DEC.

www.dec.ny.gov/outdoor/83411.html

Your Good Health Is What Drives Us

Hudson Headwaters Mobile Health offers:

- Primary Care: preventive care, screenings and immunizations
- Pediatric and Adolescent Medicine
- Women's Health: Gynecology



Walk-ins welcome!

Now in Salem and Whitehall
Make an appointment: **HHN.org**



HUDSON HEADWATERS
HEALTH NETWORK



Washington County Cooperative Insurance Company has been protecting farms and homes in Washington and surrounding counties since 1858. We are a local company based in Greenwich with agents in Washington, Saratoga and Rensselaer Counties. After insuring farms and rural properties for over 160 years, we attribute our success and longevity to:

- A QUALITY Product
- PERSONAL Service
- TIMELY Claims Settlements
- KNOWLEDGEABLE Staff
- COMPETITIVE Rates

Please give us a call and we will arrange to have an agent review your insurance needs and quote you a price.

WASHINGTON COUNTY COOPERATIVE Insurance Company
40 Main Street, Greenwich, NY 12834
Please call 692-2881 • www.wccic.com

October Calendar

Thurs. Oct. 6	TENTATIVE	Fire Prevention presentation and fire drill
Fri. Oct. 7	10 am – 3 pm	Community Health and Wellness Fall Festival at Kingsbury Firehouse
Mon. Oct. 10		SENIOR CENTER IS CLOSED FOR COLUMBUS DAY
Tues. Oct. 11	9 am – 11 am	United Health Care with Kelly Buell
Thurs. Oct. 13	9:30 -10 am	Well Care Cider & Donut Truck (Amy Garrand, Well Care/Fidelis Care)
Wed. Oct. 19	4 pm – 7 pm	ARCC Business Expo at Queensbury Hotel – Senior Center Table Event
Wed. Oct. 19	12:30 pm	Lunch Tour at Adirondack Bar and Grill
Tues. Oct. 25	1 – 3 pm	United Health Care with Kelly Buell
Tues. Oct. 25	1:30–3:30 pm	Paint With Patrice
Wed. Oct. 26		National Senior Health and Fitness Day
Thurs. Oct. 27	10 am – noon	CDPHP seminar with Mary Jo Murray
Fri. Oct. 28	Noon	Halloween Pizza Party

Dates and times may be subject to change: check our Facebook page for updates or call ahead to confirm.

STANDING EVENTS

Each Weekday	Noon	Washington County Nutrition Program
Mon – Friday	Daily	Board games and card games
Monday	9:00 am	Silver Sneakers Classic by Dale LaPoint
First Monday	10:30 am	Shopping
Mon. & Wed	9:30 am	Bingo
Tues. & Thurs.	9:00 am	OsteoBusters by Marcia McCormack
Tuesday	10:30 am	Ukulele Club/Orchestra - Lessons by Max McDonnell
Third Tuesday	11:30 am	Nutrition program - Kristin Stewart (Nutrition Geek)
First Wed	10:30 am	Shopping trip to Freihofer's Baking Co. in Queensbury
Wednesday	9 am - 11 am	Pickleball Moran-Derby Park (info Meleah Vanier 518 229-3299)
Wednesday	9:00 am	Silver Sneakers Chair Yoga by Dale LaPoint
Wednesday	10:00 am	Walking at Moran-Derby Park
Third Wed.	11:30 am	Lunch Tour
Thursday	10-10:30	Cardio Drumming
Thursday	10-11:30	Knitting with Sharon Karwoski
1 st & 3 rd Fri	10:30 am	Crafting Hour with Sue Donovan
Friday	9:00 am	Silver Sneakers Circuit by Dale LaPoint
Friday	9 am -11 am	Pickleball at Moran-Derby Park (Meleah Vanier at 518 229-3299)
Friday	10:15 am	Pool League (See Helen or Nancy for more info)

PLAN AHEAD – SAVE THE DATES:

National Game and Puzzle Week (game and puzzle social) 11/22-23/2022
 Christmas/Holiday Sing-along with the Ukulele Orchestra 12/15–16/2022
 Senior Center Christmas Holiday Luncheon 12/8/2022

SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.

78 Oak Street, Hudson Falls, NY 12839

Tel: 518-747-9352 / Website: www.seniorcenterkfe.com

Email: maxmcdonnell@yahoo.com / Facebook: @seniorcenterkingsburyfortedward

F&D Auto Sales & 24/7 TOWING

- Inspections • Tires • Brakes
- Front End Service
- Tune-ups • Alignments

MOTORCYCLE INSPECTIONS

518-695-3187

AAA Frank Brownell
24-HR TOW SERVICE
21 County Route 77
Greenwich, NY



LIVE on Facebook under Washington County, NY Office for Aging and Disabilities Resource Center
Please 'Like Us' and 'Share'

We Need Your Support!

Because needs are always greater than the resources available to meet them, the Washington County Aging and Disabilities Office encourages financial contributions.

Name _____

Address _____

I designate my contribution of \$ _____ for:

- | | |
|--|---|
| <input type="checkbox"/> Use where most needed | <input type="checkbox"/> Informational & Referral |
| <input type="checkbox"/> In-home Services | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Legal Services | <input type="checkbox"/> Senior Center Activities |
| <input type="checkbox"/> Home Delivered Meals | <input type="checkbox"/> Community Connections |
| <input type="checkbox"/> Caregiver Resources | |

All donations are greatly appreciated. All contributions are tax deductible to the extent of the law.

Clip and return this coupon with your donation.

Please send to Washington County, 383 Broadway, Fort Edward, NY 12828

Thank You!

Two locations to better serve you



James M. Gariepy, Funeral Director

GARIEPY FUNERAL HOMES

www.GariepyFuneralHomes.com

19 East Broadway
Salem, NY 12865
518-854-3555

73 West Main Street
Cambridge, NY 12816
518-677-3234

Advertise in the next edition!

Email advertising@nyvtmedia.com for more information



National Suicide Prevention Lifeline 1-800-273-8255	Veterans Crisis Line 1-800-273-8255 – Text line: 838255
National Eating Disorder Association 1-800-931-2237	SAMHSA Substance Abuse & Mental Health Svc Administration National Help Line 1-800-662-HELP (4357)
Child Help National*Child Abuse Helpline 1-800-4-A-CHILD (800-422-4453)	SAMHSA Disaster Distress Helpline 1-800-985-5990 – Text “Talkwithus” to 66746
National Domestic Violence Hotline 1-800-799-SAFE (7233) * Text “LOVEIS” to 22522	Hope & Healing Recovery Community Center 518-798-4221
RAINN Rape Abuse & Incest National Network 1-800-656-HOPE (4673)	OASAS Hope Line Chemical & Gambling Addiction Help Line 1-877-8-HOPENY (877-846-7369) – Text “HopeNY”
LGBT National Hotline 1-888-843-4564	National Runaway Safe line 1-800-Runaway (786-2929)

BE STRONG ENOUGH TO STAND ALONE ♥ SMART ENOUGH TO KNOW WHEN YOU NEED HELP ♥ & BRAVE ENOUGH TO ASK FOR IT ♥

Do you know a Washington County resident 60 years of age or older who has performed admirable community service and civic achievement who deserves commendable recognition, here is your opportunity to honor them!

Complete and submit this nomination form along with a summary of the individual’s noteworthy history and send it to our office. If you need assistance completing the form, please call our office and someone will be able to assist you. We will be accepting nomination forms from now until November 18th, 2022!

*Thank you,
Gina Cantanucci-Mitchell*

2023 New York State Office for Aging’s Older New Yorkers Day Nomination Form

Washington County Office for Aging and Disabilities Resource Center
is accepting nominations NOW!

Take time to nominate an older adult with commendable civic service!

Nominee _____
 Address _____

 Phone # _____



Along with this nomination form, it is important for you to submit a detailed summary of the accomplishments which highlights why the nominee deserves to receive recognition. You are welcome to attach as many separate pages to this form as needed to capture an individual’s accomplishments. Voting takes place by the members of the Washington County OFA Advisory Council and votes are based on the summary you provide that shares the individuals accomplishments. The information you offer will determine whether or not your individual receives the award from New York State!

Nominator _____
 Phone # _____

Please submit your nomination(s) to:

Washington County ADRC
 Attn: Mindy Dudley
 383 Broadway
 Fort Edward, NY 12828



For more information please contact us at (518) 746-2420.



NY Connects is a trusted place where you can get the information and assistance you need to make informed decisions for the care you need. Long-term care can include many services that will help people of all ages remain independent in their daily lives. Finding those services can be confusing. A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Washington County Office for Aging and Disabilities Resource Center, Home of NY Connects, at 800-848-3303, to discuss needed services.

Need a unique gift?

Having trouble finding a gift for someone? Why not give the gift of a delicious meal at one of our local Washington County restaurants?

If you know of a family member, neighbor or close friend that is a Washington County resident, 60 years of age or older, that enjoys eating out at local restaurants, the Washington County Restaurant Dining program may be your answer! Dining Tickets are available year-round at the Office for Aging. The tickets are a suggested contribution of \$4.00 each.

For more details, please call Office for Aging at 518-746-2420.

Caregiver and Adult Support Groups:

Conferences, Forums, Seminars, Virtual Support, Webinars, Workshops and More



Bereavement counseling for anyone experiencing the death of a loved one

<http://hospicegriefservices.com>



LGBTQ+ Caregiver Support Group

<http://www.lifespan-roch.org>



Community Wellness and Support Groups

Phone: (518) 580-2450

www.saratogahospital.org/classes



Community Services and Healthy Living

Phone: (518) 926-1000

www.glensfallshospital.org/services



To register contact:
Kristen Osterhoudt

Phone: (518) 832-4992

Kflem004@plattsburgh.edu



24/7 Help Line: 800-272-3900

Free Educational Material and Support Group information

alz.org/northeasternny

Local Contact: Sierra Snoddy

Phone: (518) 675-7214

Email: ssnoddy@alz.org



Phone: (518) 465-7581

www.herzoglaw.com



Phone: (518) 792-3537

Fax: (518) 792-0979

71 Glenwood Avenue
Queensbury, NY 12804



Brendan Norton- call or text
(518) 281-8389

Email: family@preventioncouncil.org

www.facebook.com/BrendanNortonFamilySupportNavigator/



aarp.org/caregiving

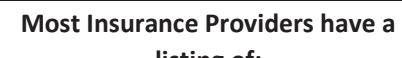


Join from Anywhere!!
Registration is Required

Registration email:

kharvish@theconklincenter.org

Or Call: (518) 793-1494



Local Support Groups, Educational Material, and Local Resources.

Or contact your local NYConnects Office

Washington County NYConnects

Phone: (518) 746-2420

About the New York State Office of the Aging

The mission of the New York State Office for the Aging (NYSOFA) is to help older New Yorkers be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs, and services that support and empower older adults and their families, in partnership with the network of public and private organizations that serve them.



The first state aging services mobile app in the nation

1. Visit your app store
2. Search "NYS Aging"
3. Download it for free

Stay connected to the New York State Office for the Aging!
Download the NYSOFA mobile app for iOS or Android; visit the NYSOFA Facebook page; follow @NYSAGING on Twitter; or visit www.aging.ny.gov.



BCI Benefit Consultants Insurance Group, LLC

"A Policy of Service"

Looking to make changes to your...

MEDICARE & SENIOR HEALTH PLAN

Call to discuss enrollment opportunities at any time!

The Annual Enrollment Period (AEP) is just around the corner, October 15th - December 7th. You have the opportunity to shop, review, and change your plan!

Are you...

- Looking to lower monthly cost
- Confused about your options
- Losing Coverage
- Unhappy with your current plan
- Shopping for other options

Call BCI Group, LLC, we are here to HELP!

Located in Washington County and dedicated to serving you.

- One on one Consultation, In-home visits
- Broad Portfolio of products offered through most insurers
- HMO, PPO, Medicare Supplement, Private Fee for Service, Prescription Drug Plans
- Benefit Education & Review by selecting a health plan that meets YOUR individual needs and budget
- Provider Network Assessment
- Prescription Drug Formulary Review
- Enrollment Assistance

Specializing in Group, Individual and Senior Health Plans

73 Notre Dame Street • Hudson Falls, NY 12839
518-338-3500 • www.bcig1.com



Craig Fawcett
cfawcett@bcig1.com



Hannah Strong
hfawcett@bcig1.com



Jamie Clute
jfreeman@bcig1.com

STATE OF NEW YORK PUBLIC SERVICE COMMISSION

CASE 22-E-0317 - Proceeding on Motion of the Commission as to the Rates, Charges, Rules and Regulations of New York State Electric & Gas Corporation for Electric Service.

CASE 22-G-0318 - Proceeding on Motion of the Commission as to the Rates, Charges, Rules and Regulations of New York State Electric & Gas Corporation for Gas Service.

CASE 22-E-0319 - Proceeding on Motion of the Commission as to the Rates, Charges, Rules and Regulations of Rochester Gas and Electric Corporation for Electric Service.

CASE 22-G-0320 - Proceeding on Motion of the Commission as to the Rates, Charges, Rules and Regulations of Rochester Gas and Electric Corporation for Gas Service.

NOTICE INVITING PUBLIC COMMENT AND ANNOUNCING PUBLIC STATEMENT HEARINGS

(Issued August 19, 2022)

PLEASE TAKE NOTICE that public comment is invited concerning proposed changes in the electric and gas delivery rates and practices of New York State Electric & Gas Corporation (NYSEG) and Rochester Gas and Electric Corporation (RG&E) (collectively, the Companies).

The Companies filed amendments to their electric and gas tariff schedules on May 26, 2022, proposing to increase their annual electric and gas delivery revenues effective May 1, 2023. NYSEG proposes to increase its electric delivery revenues by approximately \$274 million (a 31% percent increase in base delivery revenues or a 16.8% increase in total (revenues), and its natural gas delivery revenues by approximately \$43.4 million (a 19% increase in base delivery revenues or a 9.8% increase in total revenues).

RG&E proposes to increase its electric delivery revenues by approximately \$93.8 million (a 19% percent increase in base delivery revenues or an 11.3% increase in total revenues), and its natural gas delivery revenues by approximately \$37.7 million (a 20.9% increase in base delivery revenues or a 9.7% increase in total revenues).

The actual bill impacts of these proposed changes on each customer class will vary based upon revenue allocation and rate design.

Proposed elements and programs in the rate filings include: (1) Customer Experience Improvements, which will allow for increased AMI functionality and mobile/digital interface options for customers; (2) Emergency Response Improvements, including increased access to outside resources and an automated system to contact life support equipment customers; (3) Climate

Action and Innovation, including items such as additional charge ports for EVs, an Electric Heat Make Ready program, a Low-Income Clean Generation program, energy storage projects, a pilot program for geothermal district energy with the City of Ithaca, and a Hydrogen Blending Pilot; (4) Operations and Reliability, including replacement of aging infrastructure and additional full-time equivalents to improve reliability metrics, and reaching and maintaining a five-year vegetation management cycle; and (5) Gas Operations, which includes leak-prone pipe replacement and other gas safety initiatives.

The Companies' pre-filed testimony and exhibits in these proceedings may be reviewed online at the Department of Public Service website, www.dps.ny.gov, by searching under Case 22-E-0317 or 22-G-0318 (NYSEG) and 22-E-0219 or 22-G-0320 (RG&E)

Under New York State law, the Public Service Commission (Commission) must consider a utility's proposal and may adopt or reject it, in whole or in part, or modify it. In doing so, the Commission will consider changes proposed by the participating parties and the public.

Administrative Law Judges (ALJs) are presiding over the gathering of public comments and all evidence relating to the proposal. Public statement hearings will be held over three days to obtain comments from the public concerning the Companies' proposals.

PLEASE TAKE FURTHER NOTICE that virtual public statement hearings will be held before ALJs Erika Bergen and Lindsey N. Overton, as follows:

DATE: Thursday, September 15, 2022

TIME: 1:00 p.m.

Event Number: 2330 808 3155

Password: Sept15-lpm

Phone Access: 518-549-0500

Access Code: 2330 808 3155

TIME: 5:00 p.m.

Event Number: 2331 091 8534

Password: Sept15-5pm

Phone Access: 518-549-0500

Access Code: 2331 091 8534

DATE: Wednesday, September 28, 2022

TIME: 1:00 p.m.

Event Number: 2338 191 2115

Password: Sept28-lpm

Phone Access: 518-549-0500

Access Code: 2338 191 2115

TIME: 5:00 p.m.

Event Number: 2336 194 4067

Password: Sept28-5pm

Phone Access: 518-549-0500

Access Code: 2336 194 4067

DATE: Tuesday, October 18, 2022

TIME: 1:00 p.m.

Event Number: 2349 583 6026

Password: Oct18-lpm

Phone Access: 518-549-0500

Access Code: 2349 583 6026

TIME: 5:00 p.m.

Event Number: 2346 895 0569

Password: Oct18-5pm

Phone Access: 518-549-0500

Access Code: 2346 895 0569

Those wishing to comment on any aspect of these proceedings will have the opportunity to make a statement on the record at the virtual public statement hearings. **Any person wishing to provide a public statement must pre-register the day before the relevant hearing.**

To pre-register electronically :

Participants who would like to provide a statement at any hearing, and will log in to the hearing electronically, must pre-register to do so by visiting www.webex.com by **4:30 p.m. on the day before the hearing.** From the Webex homepage, registrants should click "Join" at the top right-hand corner of the screen, enter the appropriate event number listed above, and provide all requested information.

To attend and make a statement electronically: When logging in to a hearing on the appropriate date and time, participants should visit www.webex.com, click "Join" at the top right-hand corner of the screen, and enter the appropriate event number for the hearing.

To pre-register by phone: Any participant who is not able to log in to a hearing electronically may participate by phone. Call-in participants wishing to make a statement at the hearings must register to do so by 4:30 p.m. on the

day before the hearing by calling 1-800-342-3330, where they should follow prompts to the appropriate hearing and provide the following information: first and last name, address, and phone number.

To attend and make a statement by phone: On the appropriate day and time of the hearing, dial (518) 549-0500 and enter the relevant access code listed above to join the hearing.

The ALJs will call on each person who has registered to speak and will continue each hearing until everyone wishing to speak has been heard or other reasonable arrangements have been made to include their comments in the record. Time limits may be set for each speaker as necessary to afford all attendees an opportunity to be heard. It is recommended that lengthy comments be submitted in writing and summarized for oral presentation. A verbatim transcript of the hearings will be made for inclusion in the record of these cases.

To listen to the hearings: Pre-registration is not required to listen to a public statement hearing, and any person wishing to listen without making a comment may do so online or by phone. The hearings will be livestreamed on the Department of Public Service's YouTube channel on the dates and times listed above. To access the YouTube channel, visit the Department's website, www.dps.gov, and click on the YouTube icon at the bottom of the homepage. In addition, any person without internet access may listen to the hearings by phone by calling (518)549-0500 and entering the applicable access code.

Persons with disabilities requiring special accommodations should call the Department of Public Service's Human Resources Management Office at (518)474-2520 as soon as possible. TDD users may request a sign language interpreter by placing a call through the New York Relay Service at 711 Individuals with difficulty understanding or reading English are encouraged to call the Department at 1-800-342-3377 for free language assistance services regarding this notice.

Other Ways to Comment:

For those who cannot attend or prefer not to speak at

a public statement hearing, there are several other ways to provide your comments to the Commission. Comments should refer to "Cases 22-E-00317 and 22-G-0318 - NYSEG" and/or "Cases 22-E-0319 and 22-G-0320 - RG&E."

Although comments will be accepted throughout the pendency of these proceedings, they are requested by March 31, 2023.

Internet or Mail: Go to www.dps.ny.gov, click on "Search" and enter case number 22-E-0317, 22-G-0318, 22-E-0319 or 22-G-0320 in the "Search by Case Number" field, and then click on "Post Comments" located at the top right of the page.

Alternatively, comments may be mailed to the Hon. Michelle L. Phillips, Secretary, Public Service Commission, Three Empire State Plaza, Albany, New York 12223-1350. All written comments will become part of the record considered by the Commission and may be accessed on the Department of Public Service website by searching the case number, as described above, and clicking on the "Public Comments" tab.

Toll-Free Opinion Line: Individuals may choose to submit comments by calling the Commission's Opinion Line at 1-800-335-2120. This number is set up to receive in-state calls 24-hours a day. These calls are not transcribed verbatim, but a summary is provided to the Commission.

(SIGNED)

MICHELLE L. PHILLIPS

Secretary



Washington County Sheriff's Office

"A Minute with Sheriff Murphy"

Did you know?

We continue to provide a "Community First" approach as we serve the communities within Washington County. Some of our community programming includes:

- Senior Citizen Outreach/Presentations
- Project Lifesaver
- Yellow Dot Program
- Naloxone Training
- SafeChild ID Cards
- K9 Presentations / Bicycle Safety Rodeos
- Public Overdose Response Dashboard
- Social Media
 - Facebook (WashCoSheriff)
 - Instagram (WashCoSheriff)
 - YouTube Channel (Washington County Sheriff's Office (NY))

**For more information contact
Lieutenant Kristen Hardy at 518-746-2494.**

Washington County Community Connections Mailing Request

Please help us keep our mailing list for Community Connections updated by making the necessary changes if needed.

- Add to Mailing List
- Remove From Mailing List
- Change My Information On Mailing List

Please Print

Name: _____

Address: _____

via

Address: _____

Please Return to:
Washington County Office for Aging and Disabilities Resource Center
383 Broadway
Fort Edward, NY 12828

FREE DELIVERY!

WE HAVE WHAT YOU NEED!

- Medication Organization
- Personalized Medicine
- Compounding
- Pet Corner

Providing Hometown Customer Service Since 1896



McCann's Pharmacy & Adirondack Compounding

166 Main Street, Hudson Falls, NY 12839

P: 518-747-4732 | F: 518-747-6667

www.mccannspharmacy.com

Monday-Friday: 9AM - 7 PM

Saturday: 9 AM - 3 PM | Sunday: CLOSED



- GOLF • FOOD • COLD BEER
- OUTDOOR PARTY VENUE RENTAL
- GIFT CERTIFICATES
- CLUB MEMBERSHIPS
- DISCOUNTS FOR VETERANS/SENIORS



OPEN 7 DAYS A WEEK • 7AM UNTIL 7PM

3737 NY-196, Fort Ann, NY 12827

518 632 9632

<https://hartfordgreens.com/>



COLORED SLATE CAPITAL OF THE WORLD
Granville Sentinel

BIRTHPLACE OF THE U.S. NAVY

Whitehall Times

FreePress

LAKES REGION
FreePress

To subscribe: nyvtmedia.com/subscribe

Stay informed with the **MOST COMPLETE** coverage of Washington County and the Lakes Region for only **\$1/week**




Medicare's Open Enrollment Period

Medicare's Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. You can make as many changes as you need to your Medicare coverage during Open Enrollment. The last change you make will take effect on January 1. Take action during Open Enrollment to ensure your coverage will meet your needs in 2023.

Know the changes you can make during Medicare's Open Enrollment

The changes you can make include:

- Joining a new Medicare Advantage Plan or Part D prescription drug plan
- Switching from Original Medicare to a Medicare Advantage Plan
- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

 **Call 1-800-MEDICARE (800-633-4227) to make changes by phone or visit Medicare.gov to compare options and enroll in some plans online.**

Note: If you leave a Medicare Advantage Plan to join Original Medicare, you may also be able to purchase a Medigap policy. Medigap policies help with out-of-pocket costs and only work with Original Medicare. Contact your State Health Insurance Assistance Program (SHIP) to learn about your state-specific Medigap rights and options. (SHIP contact information is on the last page.)

Review your coverage for 2023

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will still be covered and your providers and pharmacies will still be in network.

- If you have **Original Medicare**, visit Medicare.gov or read the 2023 *Medicare & You* handbook to learn about Medicare's benefits for the upcoming year. The handbook is available in different languages.
- If you have a **Medicare Advantage Plan or a stand-alone Part D plan**, read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).
 - Explore other plans in your area. You may find a cheaper plan that meets your healthcare and prescription drug needs. Research shows you can lower your costs by shopping around.
 - Medicare Advantage Plans have significant flexibility in the supplemental benefits they are allowed to offer their members, including whether some benefits are offered to all members or just some members. This includes the ability to offer benefits to some members that are not directly considered medical care, like nutrition services. This means that there are many factors to consider when comparing Medicare Advantage Plan options.



September 2022 Medicare Minute

Things to consider when choosing a new plan

Always read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC). Will you be impacted by any changes in coverage for 2023 compared to 2022?

Ask yourself the following questions before choosing a **Part D drug plan**:

- Does the plan cover all the medications I take?
- Does the plan have restrictions on my drugs?
 - **Prior authorization** means that you must get approval from your Part D plan before the plan will pay for the drug.
 - **Step therapy** means that your plan requires you to try a cheaper version of your drug before it will cover the more expensive one.
 - **Quantity limits** restrict how much of a drug you can get per prescription fill.
- How much will I pay for monthly premiums and the annual deductible?
- How much will I pay at the pharmacy (copay/coinsurance) for each drug I take?
- Is my pharmacy in the plans' preferred network?
- Can I fill my prescriptions by mail order?
- What is the plan's star rating?
- If I have retiree coverage, will the Medicare drug plan work with this coverage?



Ask yourself the following questions before choosing a **Medicare Advantage Plan**:

- How much are the premiums, deductible, and coinsurance/copay amounts?
- What is the annual maximum out-of-pocket cost for the plan?
- What service area does the plan cover?
- Are my doctors and hospitals in the plan's network?
- What are the rules I must follow to access health care services and my drugs?
- Does the plan cover additional health care benefits that are not covered by Original Medicare?
- What is the plan's star rating?
- Will this plan affect any additional coverage I may have?

September 2022 Medicare Minute



Medicare's Open Enrollment Period

Know how to change your coverage

If you decide to change your Medicare coverage, you can do so by:

- Calling 1-800-MEDICARE to make changes over the phone
- Going to www.medicare.gov to make changes online
- Calling a plan directly to enroll (after getting all information in writing)



Tip: You may find it helpful to use **Medicare's Plan Finder tool**, which gives you a list of Medicare Advantage Plans and Part D plans, the drugs they cover, and their estimated costs for the year. You can access Plan Finder by going online to www.medicare.gov/plan-compare or calling 1-800-MEDICARE.

Protect yourself from marketing violations and enrollment fraud

Medicare has rules about how plans can and cannot communicate with you to market their insurance products. Plans are allowed to send you mail and emails but are not allowed to call or visit you in person without your permission. Here are some red flags to watch out for:

- Anyone who tries to pressure you to join their plan
- Anyone who claims they represent or are calling on behalf of Medicare
- Anyone who claims you are missing out on entitled plan benefits
- Anyone threatening that you will lose your Medicare benefits unless you sign up for a certain plan

If you see any of these red flags or feel you may be experiencing Medicare fraud, errors, or abuse, you can contact your Senior Medicare Patrol (SMP). SMPs can teach you how to spot and protect yourself from potential Medicare fraud.



September 2022 Medicare Minute

Who to contact for more information

State Health Insurance Assistance Program (SHIP): Contact your SHIP if you have questions about notices you receive or for help reviewing your options on the Plan Finder at Medicare.gov. When you contact your local SHIP, a certified counselor will give you one-on-one guidance based on your unique situation and needs.

Senior Medicare Patrol (SMP): Contact your SMP if you experience potential Medicare fraud, errors, or abuse. SMPs can help you prevent, detect, and report such experiences.

1-800-MEDICARE: Contact Medicare if you want to change your coverage during Open Enrollment. Medicare will send you a new *Medicare & You* handbook in the mail each fall, containing information specific to your region. If you do not receive your copy, contact Medicare to request another one.

Medicare Advantage Plan/Part D plan: Contact a plan directly if you have questions about its benefits, coverage, or costs. If you do not receive your ANOC or EOC, contact your plan to request copies.

Local SHIP contact information	Local SMP contact information
SHIP toll-free: 1-800-701-0501	SMP toll-free: 100-701-0501
SHIP email: OfficeForTheAging@washingtoncountynyny.gov	SMP email: OfficeForTheAging@washingtoncountynyny.gov
SHIP website: www.washingtoncountynyny.gov/148/Office-for-Aging	SMP website: www.washingtoncountynyny.gov/148/Office-for-Aging
To find a SHIP in another state: Call 877-839-2675 (and say "Medicare" when prompted) or visit www.shiphelp.org	To find an SMP in another state: Call 877-808-2468 or visit www.smpresource.org
SHIP National Technical Assistance Center: 877-839-2675 www.shiphelp.org info@shiphelp.org SMP National Resource Center: 877-808-2468 www.smpresource.org info@smpresource.org © 2022 Medicare Rights Center www.medicareinteractive.org The Medicare Rights Center is the author of portions of the content in these materials but is not responsible for any content not authored by the Medicare Rights Center. This document was supported, in part, by grant numbers 90SATC0002 and 90MPRC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.	

September 2022 Medicare Minute

MEDICARE RIGHTS CENTER

Getting Medicare right

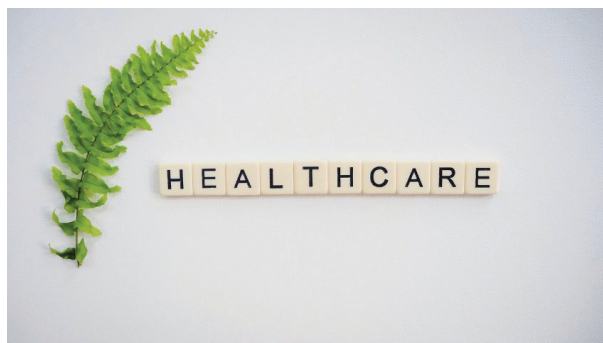
- [Our Work](#)
- [Learn Medicare](#)
- [Get Involved](#)
- [The Latest](#)
- [About Us](#)

Search

[Medicare Watch](#)

Biden Administration Proposals Would Expand Access to Vital Health Care Services

- By Julie Carter
- September 8, 2022



This week, Medicare Rights [submitted comments](#) in response to a [proposed rule](#) that would extend Medicare coverage of dental and behavioral health services. If finalized, these policies would broaden the current availability of “[medically necessary](#)” dental coverage and expand the number of Medicare mental health and substance use disorder providers.

Currently, CMS interprets Medicare law as not allowing the program to pay for comprehensive dental care, leaving millions of older adults and people with disabilities without this vital coverage. While some Medicare Advantage plans cover dental, this coverage tends to be extremely limited. All Medicare beneficiaries can face high out-of-pocket costs when they need serious oral health care.

Medicare Part B pays for some dental services under very narrow circumstances when that service is integral to medically necessary services needed to treat a beneficiary’s primary medical condition. In coalition, [we have argued](#) that CMS has more authority to cover a wider scope of medically necessary care than it has previously asserted. This proposed rule is the result of CMS reconsidering its previous position and determining it was too narrowly framed. If finalized, the new framing would allow Medicare to pay for dental services under various clinical scenarios, including surgical procedures, transplants, cancer treatments, diabetes and other chronic disease management, immunosuppression, heart disease treatments, and other circumstances. We applaud this decision and believe that a broadened definition would help mitigate some of the current issues beneficiaries have in accessing needed care.

In addition, the proposed rule would expand behavioral health provider availability by allowing marriage and family therapists, licensed professional counselors, addiction counselors, and certified peer recovery specialists to provide behavioral health services under more circumstances. This is a small step toward mitigating an extreme shortage in mental health and substance use disorder providers. Expanding this workforce by enabling these providers to work to the full extent of their scope of practice is essential to meet the needs of Medicare beneficiaries.

While we will continue to advocate for Congressional action on [comprehensive dental coverage](#) and [greater access to mental health and substance use disorder treatments](#), these proposals by CMS would help Medicare beneficiaries access the care they need.

JUSTICE IN AGING

FIGHTING SENIOR POVERTY THROUGH LAW

FACT SHEET

How Medicare Prescription Drug Reforms in the Inflation Reduction Act Help Low-Income Older Adults

AUGUST 2022

Congress passed the [Inflation Reduction Act of 2022](#) (IRA), which includes sweeping Medicare prescription drug reforms and changes to the Part D program to protect people with Medicare from high out-of-pocket costs. This fact sheet provides a summary of the IRA’s health provisions that will bring cost savings to low-income older adults.

Expands the Medicare Part D Extra Help Program

- **In 2024, eligibility for the full Part D low-income subsidy (“Extra Help”) will be expanded to people with income below 150% of the federal poverty level** (\$20,385 for a single person in 2022). The partial subsidy will be eliminated.
- People with incomes between 135% and 150% FPL who previously qualified for the partial subsidy will now have the full subsidy with lower co-pays and no deductible.
- Asset limits for the full subsidy will continue to apply.

This expansion efficiently targets help to those who have the hardest time paying for needed medications, particularly [older adults of color who make up a disproportionate share of Medicare beneficiaries with income below 150% FPL](#). It will provide substantial additional financial support to the more than 400,000 low-income people who currently have only partial subsidies. It will also simplify the Extra Help program and streamline eligibility, reducing barriers to enrollment for thousands more people who are eligible but not enrolled.

Caps Medicare Part D Out-of-Pocket Costs

- **All people with Medicare Part D coverage will have their out-of-pocket prescription drug costs limited to \$2,000 per year.** This out-of-pocket cap begins in 2025 and applies to people enrolled in both stand-alone prescription drug plans (PDPs) and Medicare Advantage drug plans (MA-PDs).
 - In 2024, cost sharing will be eliminated in the Part D catastrophic phase, effectively capping out-of-pocket costs at the catastrophic threshold.
 - In 2025, a new monthly cost-sharing cap policy will allow people to choose to spread their out-of-pocket costs throughout the year. This option will also be available to people with Extra Help.

- In 2023, **insulin costs for people with Medicare will be capped at \$35 per month** with no deductible.
- For plan years 2024 - 2029, annual premium growth for Part D coverage will be limited to 6%.

These out-of-pocket limits will greatly help people with chronic conditions who face high drug costs and older adults living on fixed incomes by providing more predictability and protection from catastrophic costs.

Expands No-Cost Coverage of Vaccines for People with Medicare

- **In 2023, people with Medicare will be able to receive all recommended vaccines without cost-sharing.** The IRA aligns vaccine coverage under Part B and Part D and eliminates cost-sharing and deductibles for vaccines covered under Part D, such as shingles.
- The IRA also improves access to vaccines for adults with Medicaid by requiring coverage of all recommended vaccines, including administration, with no cost sharing and enhancing federal reimbursement to states.

Lowers Prescription Drug Prices

- For the first time since the Part D program was established, the **Medicare program will be required to negotiate the prices of certain high-cost prescription drugs** covered under either Part D or Part B. Though negotiated prices will be phased in, the requirement will yield savings for people with Medicare, the Medicare program itself, and consumers across the health system.
- The IRA also **requires prescription drug manufacturers to pay rebates** to the government if they raise the price of a drug covered by either Part D or Part B above the inflation rate. This inflationary rebate rule, which will be applied in 2023, is similar to existing rebates in the Medicaid program and its aim is to discourage pharmaceutical companies from making large price hikes.

Extends Enhanced Premium Assistance to People with Marketplace Coverage

- The IRA extends the enhanced premium tax credits for Affordable Care Act Marketplace coverage for 3 years (through 2025), saving money for older adults not yet eligible for Medicare.
- These enhanced premium tax credits, passed as part of the American Rescue Plan in December 2020, have cut premiums by more than half for many enrollees. [With the subsidies, over 80% of Marketplace enrollees ages 55-64 are eligible for a plan with a monthly premium of \\$50 or less.](#)

Resources

- [Legal Basics: Medicare Part D](#), Justice in Aging
- [2022 Part D Extra Help Eligibility and Coverage](#), National Council on Aging
- [Part D Basics](#), Medicare Rights Center
- [Understanding the Health Provisions in the Inflation Reduction Act](#), Kaiser Family Foundation

10/21/22
VIRTUAL CONFERENCE

DIGITAL AGE OF VULNERABILITY: BETTER SOCIAL MEDIA & MENTAL HEALTH

Why is the brain so vulnerable, addicted even, to social media? What solutions can we employ to improve our mental health, media literacy, and engage in the virtual world more safely? Join us to explore the research behind how social media can hijack our minds and best-practices to help establish healthy boundaries around tech usage, whether for yourself, your children, or your school community.



Pre-conference screening of *The Social Dilemma*



Full-day, virtual conference



Keynote Dr. Anna Lembke (annalembke.com)



Grounded in peer-reviewed research & practical solutions

REGISTER:

SUNYACC.EDU/SOCIALMEDIA-MENTALHEALTH-CONF

Cost to attend this full-day, virtual conference is \$15 with one-third of proceeds to benefit the Council for Prevention. Students free to attend.

STATE UNIVERSITY OF NEW YORK
PLATTSBURGH

SUNYADIRONDACK
A State University of New York Community College

Schedule of Events*: *Eastern Daylight Time

THURSDAY, OCTOBER 20, 2022		
7:00p.m. - 9:00 p.m.		
The Social Dilemma Documentary Viewing & Q&A Discussion		
FRIDAY, OCTOBER 21, 2022		
8:30 a.m. - 9:00 a.m.		
WELCOME		
9:00 a.m. - 10:00 a.m.		
Media Literacy and the Internet Kate Austin-Avon	From Digital Citizenship Concepts to Digital Wellness Practices Christine MacPherson & Laurie Guyon	Raising Resilient Youth Taylor Edgar & Colleen Lemza
10:00 a.m. - 11:00 a.m.		
A Deep Dive Into Social Media's Impact on Mental Health MaryEllen Dance	Emotion Hacking on Social Media: What You Need to Know and What You Can Do About It Michelle Ouellette	How Do We Change? Susan McManus
11:00 a.m. - 12:00 p.m.		
KEYNOTE: DR. ANNA LEMBKE		
12:00 p.m. - 12:30 p.m.		
BREAK		
12:30 p.m. - 1:30 p.m.		
Social Media and Mental Health in LGBTQ+ Youth Dr. Kevin Martin	Using Tech for Good Laurie Guyon	
1:30 p.m. - 2:30 p.m.		
The Art of Unplugging: How Forest Bathing Can Promote Mental Wellness Krista Rivera	Wilderness Therapy: Nature-Based Interventions Dr. Kerri Erin Zappala-Piemme	
2:30 p.m. - 3:00 p.m.		
CLOSING PLENARY		

A chapter of  **The Arc** New York

Accredited by  **CQL** The Council on Quality and Leadership


WARREN • WASHINGTON • ALBANY
ARC
 A RESPECTFUL COMMITMENT
 Connecting Special People With Opportunity!





WE ARE HIRING!

DISCOVER THE REWARDS WORKING IN DIRECT SUPPORT

Current Positions available:

- Direct Support Professional - FT, PT, Per Diem
- DSP-Registered Apprentice - FT, PT, Per Diem
- RN and LPN - FT

Varying Management and Administrative positions

DO YOU want FREE TUITION to attend SUNY ADK? YOU CAN at WWAARC! Apply today to be a Direct Support Professional -Registered Apprentice!

HOW TO APPLY:
A WWAARC completed application is required. Applications can be submitted on our website at www.WWAARC.org or contact ApplyatWWA@caparcny.org.
Visit our website for a complete list of openings.



Dedicated Equal Opportunity Employer
Committed to Diversity, Equity and Inclusion.



THE TECHNOLOGY THAT CONNECTS US ALSO CONTROLS US



WATCH NOW | NETFLIX

thesocialdilemma.com

PRE-CONFERENCE MOVIE SCREENING

We tweet, we like, and we share— but what are the consequences of our growing dependence on social media? As digital platforms increasingly become a lifeline to stay connected, Silicon Valley insiders reveal in this documentary-drama hybrid how social media is reprogramming civilization by exposing what's hiding on the other side of your screen.

Join us remotely the evening of 10/20 to watch the film and engage in a post-viewing Q&A discussion.

VIEW TRAILER: B.LINK/NETFLIXTRAILERGLOBAL



COVID-19 Consumer Tip Sheet

Tips for Protecting Yourself and Medicare

Scams related to the coronavirus, also known as COVID-19, are rapidly increasing as the public health emergency develops. Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID-19.

Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or Medicare numbers.

Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the COVID-19 vaccine to prey on unsuspecting beneficiaries. Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines and treatments.

COVID-19 Vaccine Schemes

- You will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- Medicare will not contact you to confirm your Medicare number/personal information over the phone.
- Medicare has not issued a COVID-19 Medicare card and anyone contacting you about this is attempting to steal your information.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.
- You cannot buy a vaccine card, make your own, or fill in blank vaccination record cards with false information. It is considered an unauthorized use of an official government agency's logo/ seal. This is a crime.

COVID-19 Testing Schemes

- Be cautious of any COVID-19 testing site that requires your financial or medical information in order to receive a free test.
- Be mindful of advertisements for COVID-19 testing or treatments on social media platforms. If you make an appointment for a COVID-19 test online, make sure the location is an approved testing site.
 - We encourage the public to check official government websites for a list of approved COVID-19 testing sites.
- Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits in exchange for your personal or medical information. Make sure to purchase FDA approved COVID-19 test kits from legitimate providers.



What Does Medicare Cover in Relation to COVID-19?

- Medicare Part B (Medical Insurance) covers COVID-19 tests when ordered by your doctor or health care provider on or after February 4, 2020.
- The administration of the COVID-19 vaccine will be billed through Original Medicare, even if you are on a Medicare Advantage plan. The vaccine is free to everyone.
- Medicare covers all medically necessary hospitalizations, including extra days in the hospital for patients who had to stay longer under COVID-19 quarantine.
- Medicare also expanded coverage of telehealth services to enable beneficiaries to access a wider range of services from their providers without having to travel to a facility.
 - This includes access to doctors, nurse practitioners, clinical psychologists, and licensed clinical social workers.
 - During this emergency, there are also more options for the ways your providers can talk with you under this provision.

What Can You Do to Stop COVID-19 Fraud?

- Do not give out your Medicare number to anyone other than your doctor, health care provider, or other trusted representative.
- Protect your Medicare number and treat your Medicare card like a credit card. Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don't click on links from sources you don't know, which could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer are up to date.
- Don't post on social media that you are getting tested for or receiving a vaccination for COVID-19. Posting content that includes your date of birth, health care details, or other personally identifiable information can put you at risk as these details can be used to steal your identity.
- Be cautious when purchasing medical supplies from unverified sources, including online advertisements and email/phone solicitations.
- Be cautious of COVID-19 survey scams that offer money or gifts in exchange for personal, medical, or financial information.
- Do your homework before making a donation to a charity or crowdfunding site due to a public health emergency. Be particularly wary of any charities requesting donations by cash, by gift card, or wire transfer.

How Your Senior Medicare Patrol (SMP) Can Help

Your local SMP is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. SMPs and their trained volunteers help educate and empower Medicare beneficiaries in the fight against health care fraud.

Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues.

It also can provide information and educational presentations.

To locate your state Senior Medicare Patrol (SMP): Visit www.smpresource.org or call 1-877-808-2468.

Supported by a grant (No. 90MPCRC0001) from the Administration for Community Living (ACL), U.S. Department of Health and Human Services (DHHS).



Healthy Insights

INFORMED • ENGAGED • EMPOWERED

August 2022



Fall Prevention

As you age, the risk of serious falls and injuries rises. A fall could alter your quality of life significantly, leading to broken bones, head injury, and sometimes even death. The Centers for Disease Control and Prevention reports that about 36 million falls occur each year in older adults. Taking steps to prevent falls can ensure that you don't become one of those statistics.

Don't Stop Moving

Staying active gives you a better chance of avoiding injury. You can remain active by planning an exercise routine, which could consist of anything from swimming, doing yoga/Pilates, walking briskly around the neighborhood, or lifting light weights. If working out alone isn't your style, try group classes at your local gym or community/senior center. Exercising frequently keeps your bones strong and your tendons and ligaments flexible. Strive to stay active for at least 150 minutes per week. Consult your doctor for advice and guidance on creating an exercise plan.

Get Enough Rest

Make sure to get enough rest, as this will decrease the likelihood of a fall. To get good sleep, create a consistent bedtime schedule. You should follow a routine of relaxing activities before you head to bed. Stay away from electronic devices before you sleep; opt for a

calming book or audiobook, a guided meditation, or soothing music instead.

Create a Solid Foundation

The most important part of your body to focus on when preventing falls is your feet. With a good foundation, you will be able to walk with confidence knowing that you've decreased your chances of a bad fall. Invest in a good pair of rubber-soled, lace-up shoes that have a low heel. Be sure to always wear shoes, especially when you're walking on stairs and slippery floors.

Fall-Proof Your Space

Look around your home for any potential tripping hazards. Is there any clutter on the floor that can be stored away? Are there any loose wires that could be placed by the wall? Walk around your home and note anything that could cause a fall. Store away small area rugs. Tape cables and wires onto the corner of the wall. Keep your house clean and tidy by throwing away or recycling waste or packaging. Often, trips are a result of bad lighting in the living space, so make sure that your home is well lit.

Prevent Slips

Wet or icy surfaces could also contribute to falls. If a liquid spill has occurred in the home, be sure to clean it up as quickly as possible to the best of your ability. If you're unable to clean up the spill right away, place a towel over the area to soak it up. If your driveway, front door, or entrance is especially icy in the winter, always make sure to spread salt or sand to make it less slippery.

Get Tested

Have your hearing and eyesight tested frequently to make sure that there are no changes in your senses. Changes in these functions could put you at greater risk for a fall. If you get new eyeglasses or contact lenses, be sure to take the time to adapt to them. Make sure your hearing aid fits properly to your ear. Always wear your glasses, contacts, or hearing aid when walking around the house.

Use Assistive Devices

Assistive devices could help prevent dangerous falls. Using canes and walkers can help you navigate unknown areas and uneven terrain. Be sure to consult your doctor or physical therapist about the best device option for you.

Pay Attention to Your Medication

Make sure you take all your prescribed medications and review your medications with your provider at each visit. Some medicines could increase your chances of falling due to side effects such as dizziness or sleepiness. If your medications carry this risk, discuss with your

doctor whether there might be a safer alternative or if you can try a lower dose. Never make a change to your medicines without speaking with your doctor first.

Notify Your Doctor

Always make sure to tell your doctor about a fall so they can help you set up a prevention plan that is tailored to your needs. Keeping your doctor in the loop can alert them to new medical problems that may be developing.

Sources

<https://www.nia.nih.gov/health/prevent-falls-and-fractures>

<https://newsinhealth.nih.gov/2019/09/preventing-falls#:~:text=Your%20plan%20for%20preventing%20falls,only%20because%20of%20their%20age.>

<https://www.cdc.gov/injury/features/older-adult-falls/index.html#:~:text=About%2036%20million%20falls%20are,bones%20or%20a%20head%20injury.>

<https://www.cdc.gov/steady/pdf/steady-factsheet-med-slinkedtofalls-508.pdf>

IPRO Healthy Insights is authored by Dr. Clare Bradley, IPRO's Senior Vice President/Chief Medical Officer, a nationally recognized public health advocate.

IPRO is a non-profit organization that works with government agencies, providers and patients to measure and improve healthcare for all. For over 35 years we've made creative use of clinical expertise, emerging technology and data solutions to make the healthcare system work better.



IPRO Healthy Insights
1979 Marcus Avenue
Lake Success, NY 11042
(516) 209-5403
<https://ipro.org>



Tai Chi for Arthritis & Falls Prevention



What is Tai Chi?

Tai Chi is an ancient Chinese practice of slow, continuous, whole body movements, strung together in a “form.” Like dance, the movements are learned and followed one after another, in a specific order.

Mondays & Wednesdays

October 3rd– November 23rd

(No Class Monday, October 10th)

9:30am-10:30am

Fort Ann

Volunteer Fire Department

11289 NY-149, Fort Ann, NY 12827

Registration Required

To Register or Ask Questions call:

Washington County Public Health (518)

746-2400 ext 3478

Please leave your name and a phone number where you can be reached for a call back for registration confirmation.

About Tai Chi for Arthritis Classes:

- ◆ Classes are Free
- ◆ Participants will be spaced out, but will have to wear a mask.
- ◆ Classes are taught by a Certified Tai Chi Instructor.
- ◆ Classes are held 2 times a week, for 8 weeks. The form is learned in order, so it is important to come to as many classes as possible.
- ◆ You will be given handouts to support what is covered in class, to help with your practice at home.
- ◆ Classes are tailored to your abilities, all ability levels are welcome!

Great for Beginners!
Step-by -Step instruction
makes it EASY to learn!

What are the Benefits?

- Increase strength, balance, posture, flexibility, sense of wellbeing
- Reduce risks of falls
- Improved mind, body and spirit
- Reduce stress and joint pain

This program is offered as part of the NYS Department of Health Older Adult Fall Prevention Program. Classes are brought to you by Washington County Public Health, Washington County Aging & Disability Resource Center and our location hosts.

WASHINGTON COUNTY

VOLUNTARY REGISTRATION FOR SPECIAL POPULATIONS EMERGENCY RESPONSE

DO YOU HAVE A SPECIAL NEED IN CASE OF AN EMERGENCY?

Pursuant to NYS Executive Law §23-a, the Washington County Office for the Aging and Emergency Services are compiling a VOLUNTARY registry of persons who would need assistance during evacuations and sheltering because of physical or mental disabling condition. This information will be used to make various response agencies aware of those with special needs.

Information provided WILL BE KEPT CONFIDENTIAL to the extent allowed by law. Registrations will remain in the system for one year, after which the registration will have to be renewed by simply notifying Washington County CARES of any changes in status and their desire to remain in the database

(Please Print)

Name _____ Date of Birth _____

Home Phone# () _____ Cell Phone# () _____

911 Location Address (No PO BOX) _____ APT # _____

Town or Village _____ Zip _____ Church Aff. _____

Please fill out if you go out of state for a period of time or go to workshops/facilities. This will prevent sending someone to rescue you when you are not at home. Time during such situations is valuable.

(Please Print)

State / Workshop / Facility etc. _____

Starting Hour _____ Ending Hour _____

Starting Date _____ Ending Date _____

Please fill out local contact person information below. This could be a family member, neighbor, caregiver etc..

Local Contact Person

Name _____ Relationship _____

Home Phone # _____ Work Phone # _____ Cell Phone # _____

Please check all disability/equipment information that pertains to you below.

Blind Hearing Impaired Physical Developmental Medical

Speech Impaired Dialysis Wheelchair Oxygen Service Animal

Other (please indicate) _____

Check Box If you are NON-Ambulatory Check Box If you currently have any type of medical alert service

I hereby consent to have my name placed in the Washington County emergency registry of person's with disabling conditions. The undersigned understands that registration does not guarantee that Washington County, or any other agency, will provide assistance. In accordance with state law, Washington County is not liable for any claim based upon the good faith failure to exercise or performance or the good faith failure to exercise or perform a function or duty on the part of any officer or employee in carrying out a local disaster preparedness plan. By my signature hereon, I waive any and all claims against Washington County arising from use of this registry pursuant to law. I further understand that Washington County will rely upon the information given by me in this registration and agree to provide updated information as soon as it becomes available. I hereby consent and pre-authorize emergency response personnel to enter my home during search and rescue operations if necessary to assure my safety and welfare during an emergency or natural disaster.

Signature _____ Date _____

**Please return to: Washington County Office for the Aging
Aging & Disabilities Resource Center
383 Broadway
Fort Edward, NY 12828**

Submitting Agency: Self Spouse
 Public Health Veterans Social Services
 Office for Aging Other _____
please indicate

What is Foster Care?

How do I become a foster parent?

- You must be at least 21 years of age
- Be in reasonably sound physical and mental health
- Be financially sound enough to provide a stable home
- Provide a child with a bed and place to store their belongings in your home
- Attend Group Preparation and Selection for Foster Parenting trainings which uses the Model Approach to Partnerships in Parenting
- Successfully pass a background check through the State of New York
- Work in conjunction with DSS staff for the safety and permanency of a child in need of a home
- Complete documentation to become certified
- Renew certification yearly



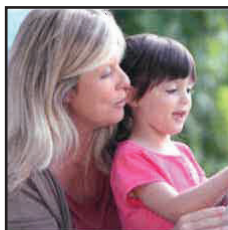
Please contact Naomi Palmer, HOPE Caseworker at (518) 746-2300 Ext. 3380

Characteristics found in Successful Foster Parents

- Are tolerant and open minded
- Are flexible, supportive and encouraging
- Can understand a child's feelings
- Are able to work as a team
- Have good communication skills but also are a good listener
- Are patient
- Have both the physical room and emotional room for a child in need
- Are able to accept the temporary nature of the child's placement
- Have a very healthy sense of humor

Strengths as related to the Twelve Skills for Successful Fostering and Adopting

1. Know your own family
2. Communicate effectively
3. Know the children
4. Build on strengths; meet needs
5. Work in partnership
6. Be loss and attachment experts
7. Manage behaviors
8. Build connections
9. Build self-esteem
10. Assure health and safety
11. Assess impact
12. Make an informed decision



What does a foster parent do?

- Provides a safe and nurturing home to children
- Transports children to visits and appointments
- Ensures that children attend an educational program and follow the child's academic progress
- Ensures the child takes prescribed medication
- Advocates for the child at school and home
- Attends any trainings that may benefit the foster child

Now's the time!!!

Become a Foster Parent. Take the time to make a difference in a child's life.

Tammy L. DeLorme, Commissioner
Tracy Hudson, Director of HOPE
Michele Smith, Supervisor of HOPE
Jason Ward, Supervisor Foster Care

Washington County Department of Social Services
383 Broadway Fort Edward NY 12828 • Main Number 518-746-2300
Foster Care HOPE Caseworker (518) 746-2300 ext. 3380



WASHINGTON COUNTY DEPARTMENT OF SOCIAL SERVICES

MULTIPLE FULL-TIME POSITIONS

- Starting Salary \$43,784
- Excellent Benefit Package
- NYS Retirement

WE ARE HIRING!

SOCIAL SERVICE EXAMINERS

SCAN QR Code
for More Information or
to Fill Out an Application



JOIN OUR TEAM NOW!

www.washingtoncountyny.gov



Office for
the Aging

New York
Caregiving Portal

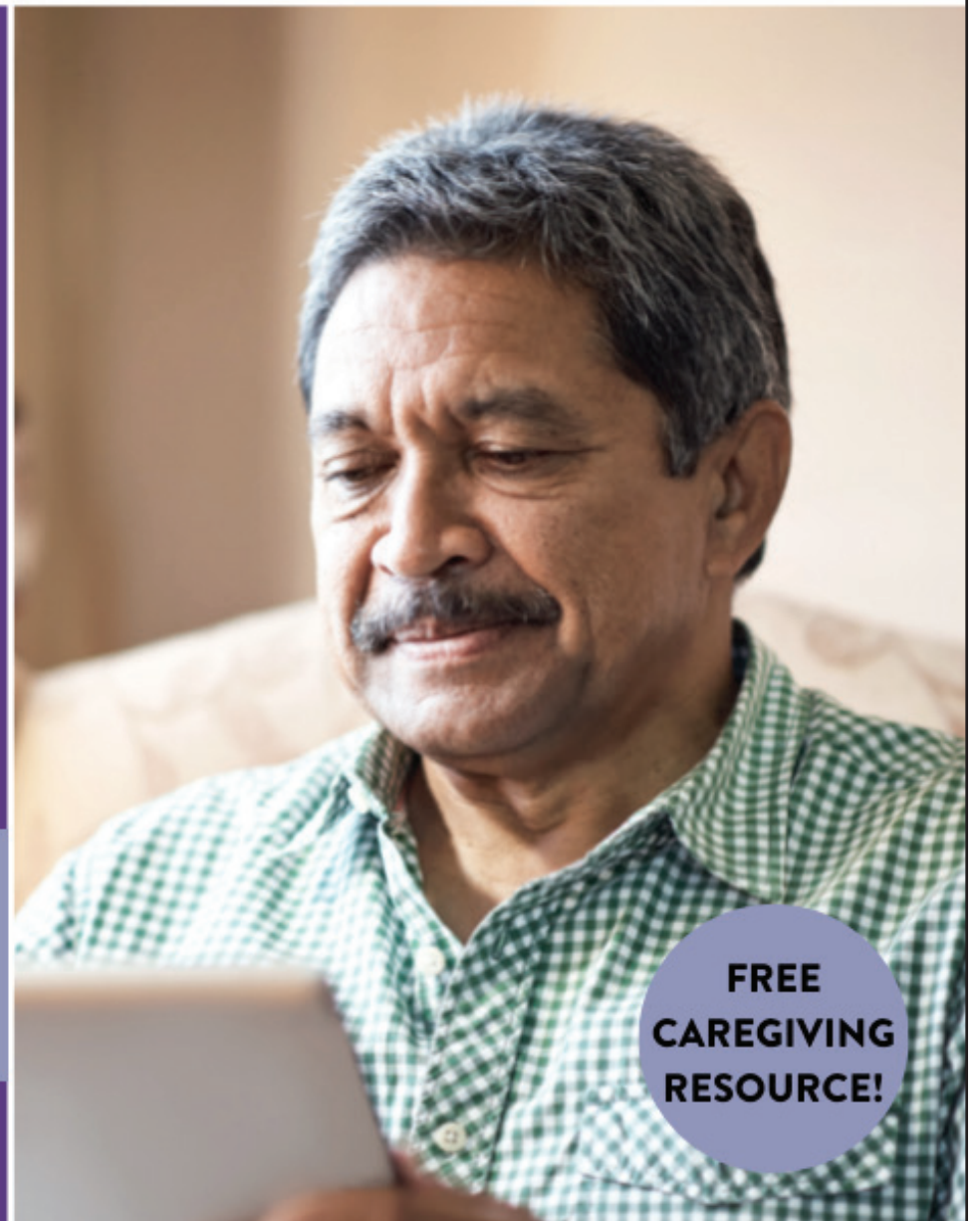
Powered by Trualta

Provided in Partnership with the
**Association on Aging
in New York**

Caring for your
loved one but don't
feel like you're doing
all you can?

Start here.

Sign up for FREE today!
NewYork-Caregivers.com



**FREE
CAREGIVING
RESOURCE!**



Washington County

Office for Aging and Disabilities Resource Center



NY Connects
Your Link to Long Term
Services and Supports

Public Hearing

What is a Public Hearing?

Each year Washington County Office for Aging and Disabilities Resource Center holds a Public Hearing. The primary purpose of the public hearing is to obtain public testimony and/or comment before significant decisions are made for the development of the Annual Plan for services and programs.

What does the Office for the Aging do with all the comments provided?

Public testimonials and comments gathered throughout the Public Hearing period will be taken into consideration when the Annual Plan for programs and services is being developed. In previous years, public comments and testimonials were used to advocate for additional funding for in-home services.

How do I know what is in the Annual Plan for services and programs?

The Office for Aging provides to the public an abstract (aka summary) of the proposed service plan prior to the public hearing. The abstract/summary is available at the Office for Aging, the Whitehall Meal Site located at the American Legion Post 83, the Kingsbury/Fort Edward Senior Center, and at the Cambridge Senior Center. Information is also shared on the agencies website at: <https://www.washingtoncountyny.gov/148/Office-for-Aging>

October 20, 2022

*at the
Washington County Council of Seniors Luncheon
at 10:30am
American Legion Post 574
72 Pearl Street Hudson Falls, NY*

What if I can't attend the Public Hearing? You can submit comments for an additional two weeks after the Public Hearing by:

- Mail or drop off to:
Washington County Office for Aging and Disabilities Resource Center 383 Broadway, Fort Edward, NY 12828
- Calling our office at (518) 746-2565
- Email— OfficeForTheAging@washingtoncountyny.gov

Pre-Reservations are required if you stay for lunch. Please call (518) 746-2286 by Wednesday, October 5, 2022 to make a reservation. Suggested contribution for lunch is \$5.00

Contact our office by October 13, 2022 if you require a reasonable accommodation to participate in this event and/or to discuss your accessibility needs. This location is wheelchair accessible.

FREE ADMITTANCE TO ATTEND THE PUBLIC HEARING
For more information please call (518) 746-2565