

Senior Guide

2023-2024



"I Enjoy Coming to the Friendship Center because..."

Social connections are vital for healthy aging. The Putnam County Office for Senior Resources (OSR) hosts four Friendship Centers across Putnam County where seniors can meet, enjoy activities and a hot nutritious lunch. Hear what our seniors have to say:



"... of the socializing, exercising, lunch and having a place to be with friends."

"... great company and great food."

"...everyone is warm and friendly and the activities are great."

"... there are many fine people from all walks of life."

"... the food is good and the people are exceptional!"

"... good reason to get out of bed, get dressed to go see my friends and have fun people to talk to."

"... it saved my life. Getting up in the a.m. and having somewhere to go and something to do."

"... I enjoy talking to people my age."

"... I love seeing every smiling face and every kind greeting."

"... it's an excellent place to socialize and be part of a senior experience."

"... it's a pleasure to come here."

"... everyone working here are such lovely and helpful people. I wish more people would come in to enjoy themselves with us."



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From Putnam County Executive, Kevin M. Byrne



Dear neighbor,

I hope this letter finds you in good health and high spirits. Since taking office as your new County Executive in January, it has been both an honor and a privilege to serve you and our community. I want to express my sincere gratitude for the support and trust you have placed in me, and to share some of the initiatives we are working on to ensure a brighter future for all of us.

Putnam County is a truly special place, and our senior population is a cornerstone of our community. Our County experienced the highest senior growth rate in the state at an astounding 41%. Our seniors account for over a quarter of the entire population. Know that your well-being and quality of life are of the utmost importance. Coupled with the fact that Putnam County has been named the healthiest county in the state two years in a row, Putnam County continues to be an incredible place to live, work, raise a family, and retire in.

In light of the financial challenges many of us face from rampant inflation, I am committed to finding innovative ways to reduce the cost of living for all. By diligently examining every aspect of our county's operations, we are identifying areas where we can limit unnecessary expenses without compromising the services you rely on.

One department that is vital to our seniors' well-being is the Office for Senior Resources (OSR). OSR provides an incredible service to our valued senior population, offering a wide range of support programs, resources, and opportunities. From nutrition programs to transportation services, from health and wellness initiatives to social engagement activities, the OSR is a lifeline for many individuals and families. Our Friendship Centers in Carmel, Mahopac, Philipstown and Putnam Valley are facilities that we're extremely proud of. That's why we're prioritizing desperately needed renovations in our county facilities, including at the Koehler Center in Mahopac.

I want you to know that your voices matter to me, and I encourage you to share your thoughts, concerns, and suggestions with our office. Your feedback is invaluable as we strive to serve you better and create an environment where every senior in Putnam County can thrive.

In closing, please remember that my commitment to you and our community is unwavering. I will continue to work tirelessly to find innovative solutions, reduce costs, and enhance the services and support available to our seniors. Together, we will build a future that cherishes and celebrates the wisdom, experience, and contributions of our remarkable senior population.

Thank you once again for your continued trust and support. May you all be blessed with good health, joy, and prosperity.

Sincerely,

Kevin M. Byrne
Putnam County Executive



Introducing Deputy Director, Marlene Barrett

Putnam County Executive Kevin Byrne officially announced the hiring of Marlene Barrett as the new Deputy Director of the Putnam County Office for Senior Resources. Barrett, who has worked for OSR as a caseworker since 2011, will now be responsible for assisting in the management and oversight of the department's programs and services for seniors in Putnam County.

"Marlene has been an integral part of the OSR team for over a decade, and I am pleased to announce her well-deserved promotion to Deputy Director," said County Executive Byrne. "Her experience, dedication and compassion make her the ideal candidate for this role, and I have no doubt she will excel in this new position."

"I'm honored to serve the seniors of Putnam County in my new role," says Barrett. "I loved being a caseworker and recognize the importance of knowing our seniors and keeping their voices in mind as I look across all of our programs and services."

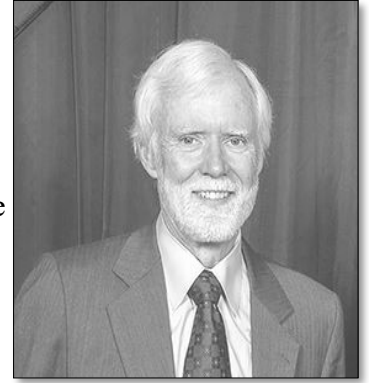
From Office for Senior Resources Director, Michael Cunningham

Dear friends,

For as far back as any of us here can remember, the Office for Senior Resources has been publishing our Senior Guide every year for the seniors of Putnam County. For those of us sensitive to the march of time, the Older Americans Act "accepts membership" into that age bracket at 60, perhaps a bit more user friendly than AARP who starts tagging us as seniors when we hit 50. So, some important information about the senior population of Putnam County. As of the 2020 Census, Putnam County's population is 97,668. Our senior count is an astonishing 26,348 or 27%. Putnam has not only the highest senior percentage in New York, but it also has the fastest growth rate in the state. Here are our age groups and generations by the numbers:

60 to 69 years	13,992
70 to 79 years	9,011
Over 80 years	3,345

	Birth Years	Putnam County
Silent Generation	1928 - 1945	4000+
Baby Boomers	1946 - 1964	22,000+



This brings me to the purpose of the annual Senior Guide. Typically, most seniors don't know, don't need to know, or don't want to know much about the Office for Senior Resources. But all bets are off when there is a major life change. Senior life is easier when we are healthy, financially stable, and are supported by a close and loving family. However, if illness strikes, we fall and have a serious injury, struggle financially to make ends meet on a fixed income, become a care giver to a loved one or neighbor, or we experience hunger or loneliness, then knowing that you can reach out to the Office for Senior Resources and having the Senior Guide handy can make a difference.

Some things to look for in this guide are:

Medicare Enrollment (starting on page 6) - We like to issue our guide before Medicare enrollment begins. As per popular culture, our Seniors can be broken down into 2 groups - the Silent Generation (those 78 and older) and the Baby Boomers or Boomers for short (those 60 to 77). Many Boomers are still working, drive, and active. Some may be retired or retiring and will face daunting decisions regarding Medicare plans this and every fall. On TV, those plans touted by celebrities may seem appealing; but when you call the 1-800 numbers, you will speak to a paid agent sponsored by a plan that might not be a best fit for you. Check out our HIICAP (Health Insurance Information Counseling and Assistance Program) counselor who will be familiar with all the plans and benefits available in Putnam County.

Friendship Centers (page 5) - The guide has information on our 4 centers and 2 adult day care programs here in Putnam. These centers are awesome and offer great lunches, a variety of exercise programs and other activities, and most importantly companionship. We are pleased to report that our membership is back up to pre-COVID levels and that our resumption of programs has been done safely with a positive upside for health benefits all around.

Senior Blast - Timely communication on our events and services is often a challenge and we are looking forward to launching a new service that will send email, text, and phone messages to our seniors and their families, Putnam SeniorCorps volunteers, and staff as well, with news alerts, weather alerts, activity and event schedule updates. Please sign up for the Senior Blast using the flyer inside this issue of the Senior Guide.

Two more bits of good news:

In addition to the critical support our **Helping Hands** home health aide program provides to 75+ seniors and their families since we launched it in 2020, it has also received a national USAging Innovations Award. Its design has successfully helped tackle the workforce crisis in home health aides and can be easily replicated by other counties. On a local scale, we have been able revitalize an important program that struggled for years due to the aide shortage.

Last year we launched a new evidence-based fall prevention program called **Bingocize** and have now completed 6 classes for 84 participants. One class was challenged to enter a contest for the best YouTube video. Our 1-minute video won the contest (watch the video on our website <https://www.putnamcountyny.com/osr/> or on our Facebook page) and is now being used across the region to promote the benefits of Bingocize to new sponsors, coaches, and participants. Evidence-based classes offer a tremendous return on investment when you consider the medical and social costs of a broken hip and the subsequent emergency room treatment, short term hospitalization, and a stint in rehabilitation, as well as the impact on the quality of life for the patient and their caregivers.

Other exciting and important services are described in this latest issue of the Senior Guide, so please check it out. The tremendous investment in our senior programs made by Putnam County's citizens and taxpayers is in recognition of the invaluable resource that our seniors represent to our community, and it is an investment well made.

Sincerely,

Michael Cunningham, Director

Learn About Programs and Services from the Outreach Team

The Putnam County Office for Senior Resources has a team of Outreach Workers in each town that makes friendly phone calls and visits to inform seniors about the many programs and services available to them. Our main objective is to get seniors “out” of their homes and into our Nutrition Programs to socialize and make new friends!



Our newest members of the Outreach Team are Joann Torres (far left) and Courtney Donnelly..

Joann is the new Philipstown Outreach worker. Courtney has been in our Adult Day Services program in Putnam Valley and is the new Outreach worker for the town. Both Joann and Courtney are eager to meet new clients in their areas!

Jackie Ackerly in the Town of Southeast and supervisor Marie Vigada are also available to introduce you to the many services offered by the Office for Senior Resources.

If you or a loved one is in need of a little “outreaching,” please call 845-808-1700, ext. 47134

Happy Retirement, Pat Morgan!



On behalf of our entire staff at the Office for Senior Resources, we wish our Putnam Valley Outreach Worker, Pat Morgan, a very happy and healthy retirement!

Pat had been a dedicated, kind and caring employee for 25 years, and was in the Putnam Valley Outreach position for 12 years. She helped thousands of seniors in her community and will be greatly missed!

Pat, thank you so very much for your outstanding work and we wish you a wonderful retirement journey!

Home Energy Assistance Program (HEAP)

HEAP (Home Energy Assistance Program) is a federally funded program that helps low-income families pay for their energy bills. HEAP may be able to help eligible households if your source of heat is:

Electricity	Natural gas	Oil	Coal
Propane	Wood/wood pellets	Kerosene	Corn

You may be eligible for a regular HEAP benefit if :

- You and your household members are United States citizens or qualified aliens
- and-
- Your household’s gross monthly income is at or below the current HEAP income guideline for your household size. The guidelines can be found at otda.ny.gov/programs/heap -or-
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits -or-
- You receive Temporary Assistance -or-
- Your receive Code A Supplemental Security Income (SSI Living Alone)

When and how do you apply?

The Regular HEAP will reopen November 1st. You can apply for HEAP in person or request an application be mailed to you or apply online at myBenefits.ny.gov

For more information, please call 845-808-1700, ext. 47110.

Empower+ to Save Money

EmPower+ is a program that helps low and moderate-income households in NY save energy and money through property improvements. EmPower+ is open to homeowners and renters of 1-4 family buildings in New York State.

Just a few energy improvements can save you cash on your energy bills.

- **LOW COST/NO COST property upgrades**
- **LOWER energy costs**
- **GREATER comfort**

It’s easy to get started! Call Amanda Catale, Energy Advisor at 845-278-6738, ext 217 or 1-877-NYSMART to learn more and apply or

visit nyscrda.ny.gov/empower-apply and fill out an application today.



Beat the heat with HEAP!

If the heat affects your health you may be eligible for HEAP cooling assistance.

You may qualify for a HEAP cooling benefit if your household:

- Has a member with a documented medical condition worsened by heat
- Gross monthly income meets current HEAP guidelines
- Received a regular HEAP benefit greater than \$21 in the current program year or resides in government subsidized housing with heat included in your rent
- Did not receive a HEAP funded air conditioner within the past 5 years



Learn more about the HEAP Cooling Benefit at: otda.ny.gov/programs/heap/#cooling-assistance or 1-800-342-3009

Tips to get cool:

- Stay indoors in air conditioning
- Drink plenty of cool nonalcoholic and caffeine-free liquids
- Take a cool shower or bath

For more extreme heat advice, visit: www.health.ny.gov/extremeheat



No Cost Clean and Tune



Through the Home Energy Assistance Program, New Yorkers may be eligible to have their heating equipment cleaned and tuned at no cost.

Improved safety and efficiency
— which means —
Lower heating costs
— and greater —
Peace of mind



Your clean and tune may include a battery-powered carbon monoxide (CO) alarm to make sure your furnace and other fuel-burning appliances are not producing dangerous CO gas. For more information, visit otda.ny.gov/programs/heap/#tune-benefit.



Contact your local department of social services to apply: otda.ny.gov/programs/heap/contacts



Putnam County Earns 2023 USAgging Award for In-home Services

At the 2023 USAgging Annual Conference, Putnam County’s Office for Senior Resources was named an Aging *Achievement/Innovations* Award winner for its Unmet Needs “Helping Hands” program for homecare services. At-risk older adults suffer most from a chronic workplace shortage in home health aides, a shortage marked by low wages, lack of reliable transportation and high turnover.



Alice Tunney (l), Helping Hands client, and aide Kim Whyte

To address these issues, OSR revamped its Expanded In-home Services for the Elderly Program (EISEP), which provides personal care services for non-Medicaid eligible persons. The Unmet Needs “Helping Hands” program now supports more than 75 clients

with aides from 2 home healthcare agencies. Our program provides county vehicles for travel to multiple clients in a day and to take clients on essential errands, covers pay for travel time, and creates a supportive team environment with daily communication among aides, OSR caseworkers and their clients and caregivers.

The Unmet Needs “Helping Hands” program is for seniors who may be homebound or living alone with little formal or informal support. Aides visit an hour or two weekly to assist with essential personal care such as bathing or other activities of daily living important for a safe home environment.

“Our clients and their caregivers consistently praise the quality and caring of our aides. Just those one or two visits a week can be enough to let many of our clients continue to live independently at home,” says Marisa LaRusso, caseworker for the Helping Hands program. “There are many moving parts to the program, but the complexities are worth it when we see our seniors’ faces light up or we hear family members tell us how our aides make a difference.”

“Kim is a really nice person,” says Alice Tunney, a longtime client, speaking of her aide, Kim Whyte. “She’s helped me for a long time, with things like walking and getting outside. I wouldn’t be able to do as much without aides like her. They make a big difference in my life.”

“Many of my clients have no family or support nearby and it’s difficult or scary to just take a shower without worrying about falling,” says Bonnie Underkoffler, a Helping Hands aide. “I care about all my clients, so if I can help anyone safely enjoy their lives at home, like my 108-years-young client, Rosa (Anacreonte), or give their families a little break, then I’ve had a great day!”



Rosa Anacreonte, Helping Hands client- Brewster

In addition to Helping Hands, Putnam County OSR manages a Consumer-Directed In-Home Services program under EISEP. The consumer or a designated person is responsible for selecting, hiring, supervising and terminating their aide(s). Family or friends may be chosen and hired to provide personal care in the home of their loved one.

There is currently a waitlist for the Helping Hands and Consumer-Directed programs. For more information, please call Marisa LaRusso or Donna Terman at 845-808-1700.



Aides Joseph Pinckney (l), Bonnie Underkoffler, Maria Melendez, Marisa LaRusso (caseworker), Aides Zoila Ilescas, Jeannett Puerto, Elena Pecchia, Rosa Giuliani, and Marlene Barrett (Deputy Director and former Helping Hands caseworker).

Companionship with Animatronic Pets

Do you miss daily companionship in your home? Maybe an animatronic pet can brighten your day! Adorable plush, “lifelike” robotic dogs, cats and even “walker squawker” birds from Joy for All make realistic sounds and motions and interact with you when you pet or hug them.

Studies find that social isolation has a direct impact on an individual’s health, translating into \$6.7 billion in additional associated Medicare spending per year, according to the AARP Public Policy Institute.

Miriam Hernandez’s home felt empty after Frank, her husband of 67 years, passed away in 2021. Her children and grandchildren stop by often, but now Miriam has Turco, an animatronic pup that brings back warm

memories of when she and Frank, an avid dog lover, used to have dogs of their own. “I put Turco in my lap and he helps relieve the pain,” says Miriam, “especially when he’s looking right at me! He responds when I talk to him and makes me smile.”



Miriam Hernandez and Turco

For more information about these plush friends, please call 845-808-1700.

Meet ElliQ!



How would you like a fun little sidekick for happier and healthier aging? Meet ElliQ! ElliQ is an AI-powered companion designed to support and accompany older

adults on the journey to age independently, while reducing loneliness and isolation.

No matter how much (or how little) experience you have with technology, ElliQ is simple and easy to use. Through voice command, on-screen instructions, and proactive suggestions, ElliQ interacts with you in a way that feels natural, effortless, and personalized.

Putnam County OSR has already placed ElliQs in several of our clients’ homes. Whether it’s to get the news, try a new exercise video or listen to one of ElliQ’s jokes, ElliQ can respond or proactively

Putnam NY Connects

Putnam NY Connects serves older individuals and individuals with disabilities of all ages, and their caregivers, with a link to community long term services and supports to help them remain in their homes as long as possible.

Putnam NY Connects can help you:

- Find care and support
- Remain independent
- Understand care options
- Find transportation
- Learn about supports in caregiving
- Get answers about Medicare
- Apply for Medicaid and other benefits

For more information, please call 845-808-1700, ext. 47110.



engage with you. Friends and family can also stay connected through video calls and messages or even set reminders for their loved ones.

To find out if ElliQ is right for you or your loved one, please call 845-808-1700.

Have fun with ElliQ!



Stay Healthy, Active and Social at Our Friendship Centers!

Did you know that keeping social connections helps you stay healthier longer, and that staying active keeps you mentally sharper as well? Whether you want a casual time chitchatting over coffee or popping in for an exercise class geared for seniors, one of our four Friendship Centers might be just the right fit for you!

Every center serves a hot, nutritious lunch and offers a variety of activities aimed to keep you active and connected with others. Nutrition education, nutrition and health counseling, blood pressure readings and talks by local physicians and pharmacists help keep you in-the-know healthwise. Plus transportation and shopping is offered for those who have no other transportation.

Activities (varies by site—call, visit or check online)

- | | | |
|---------------|-----------------|----------------|
| Art | Chair Yoga | Line Dancing |
| Billiards | Chair Zumba | Mahjong |
| Bingo | Coffee & Convo | Rummikub |
| Bingocize® | Exercise | Social Dancing |
| Brain Fitness | Fall Prevention | Tai Chi |
| Cards | Gardening | Wii Bowling |
| Ceramics | Knitting | Zumba |

Our Locations

- Carmel Friendship Center**
110 Old Route 6, Bldg 1
Carmel, NY 10512
845-808-1700
- William Koehler Memorial Senior Center**
180 Route 6
Mahopac, NY 10541
845-808-1738
- Friendship Center in Philipstown**
6 Butterfield Road
Cold Spring, NY 10516
845-808-1705
- Putnam County Friendship Center at Putnam Valley**
117 Town Park Lane
Putnam Valley, NY 10579
845-808-1730

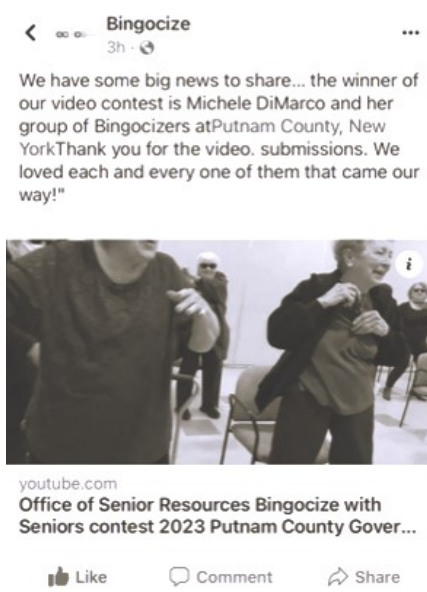
Hours: 9 a.m.– 2 p.m., Mon -Fri; closed holidays and in during inclement weather (check our website, www.putnamcountyny.com/osr or listen to WHUD 100.7)



We Won the Bingocize® Video Contest!



Bingocize combines bingo, exercise and education to help reduce falls. Everyone is loving it! The exercise is fun! We are learning ways to prevent falls, and we are playing Bingo!! Come join in the fun! Please call 845-808-1700 for information.



Shower Out with Assistance Program (SOAP)

A certified aide assists seniors who are unsteady in the shower, having trouble navigating the bathtub, or you are a caregiver struggling in helping your loved one with personal care needs. SOAP offers walk-in shower and laundry facilities at our senior centers in Mahopac and Putnam Valley. Need and eligibility is determined after an assessment by a case manager.

If you are interested in the program, please call us at 845-808-1700.



Social Model Adult Day Services Program

Our Social Model Adult Day Services (ADS), better known as “The Club,” located at the William Koehler Senior Center in Mahopac and the Putnam Valley Friendship Center on Town Park Lane are busier than ever these days. Designed to meet the needs of functionally impaired adults, our program offers music appreciation, fun exercise, sing-a-longs, arts and crafts, discussion groups in the Gazebo, and a delicious fresh lunch. These are just some of the enjoyable and stimulating activities “The Club” provides in a safe and supportive environment.

Keeping our club members actively engaged in the community provides caregivers with peace of mind and much needed and deserved time for themselves.

The program is open Monday through Friday 9:00am – 2:00pm.

Mahopac Adult Day Program 845-808-1737

Putnam Valley Adult Day Program 845-808-1733

Call for information about “The Club” and see why we are Putnam County OSR’s best kept secret!



Health Insurance Information, Counseling & Assistance Program (HIICAP)

Important Information from Lynn Hill, HIICAP Coordinator

New in 2023

Social Security Enrolls You In Original Medicare (Part A and Part B)

Medicare is health insurance for people age 65 or older. Certain people younger than age 65 can qualify for Medicare, including those with disabilities and those who have permanent kidney failure.

If you're eligible at age 65, your "Initial Enrollment Period" (IEP) begins three months before your 65th birthday, includes the month you turn age 65, and ends three months after that birthday.

If you enroll in this month of your IEP	Your Part B Medicare coverage starts
1 to 3 months before you reach age 65	The month you turn age 65
The month you reach age 65, or 1 to 3 months after you reach age 65	The 1st day of the month after you sign up

If you don't enroll in Medicare Part B during your initial enrollment period, you have another chance each year to sign up during a "General Enrollment Period" from January 1 through March 31.

Your coverage will begin the first of the following month you enroll.

If you choose not to enroll in Medicare Part B and then decide to do so later, you may have to pay a higher monthly premium for as long as you have Part B.

Most people become eligible for Medicare when they turn 65. ... If you are receiving Social Security retirement benefits or Railroad Retirement benefits, you should be automatically enrolled in both Medicare Part A and Part B.

If you are within three months of turning age 65 or older and not ready to start your monthly Social Security benefits, visit www.ssa.gov to apply online.

For more information contact Social Security @ 1-(800)-772-1213

MEDICARE COUNSELING IS AVAILABLE

- Visit www.medicare.gov where you can get a personalized comparison of costs and coverage.
- Call 1-800-MEDICARE (1-800-633-4227) TTY users should call 1-877-486-2048.
- Call the Medicare Rights Center 1-800-333-4114
- Call Lynn Hill, HIICAP Coordinator, Putnam County Office for Senior Resources at (845) 808-1700 ext. 47115

For current information on Medicare, Medicare Prescription Drug Coverage, Medicare Advantage or to get publications, call

1-800-MEDICARE (1-800-633-4227)

or log on to : www.medicare.gov



DISCLAIMER

HIICAP (Health Insurance Information Counseling and Assistance Program)

The information provided by the Health Insurance Information, Counseling and Assistance Program is intended for the sole purpose of educating consumers in regard to the choices available for their health insurance needs. Particular emphasis is placed on understanding original Medicare.

Nothing herein is intended nor should it be construed as an endorsement by the State of New York of any specific insurance product or insurer.

*New York State does not endorse nor recommend any specific insurance product or insurer; this program is solely intended to educate consumers about their choices.

"This project was supported, in part by grant number 90SAPG0105, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201."



**ARE YOU CONCERNED ABOUT AN ERROR OR POTENTIAL FRAUD?
CALL 1-877-678-4697**

MEDICARE'S "OPEN ENROLLMENT"

October 15th – December 7, 2023

This is the time of year all people with Medicare can make changes to their health and prescription drug plans, with new coverage to begin January 2024.

"MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD"

January 1 - March 31, 2024

If you're in a Medicare Advantage plan you can change to a different Medicare Advantage plan once or to Original Medicare with or without a Medicare Part D plan.

EPIC ANNUAL "SPECIAL ENROLLMENT PERIOD"

EPIC allows all their members to change their Medicare Part D plan one time a year.

"SPECIAL ENROLLMENT PERIODS"

You can make changes to your Medicare Advantage and Medicare prescription drug coverage when certain events happen in your life. These changes are called;

Special Enrollment Periods (SEP's).

For more information call 1-800-MEDICARE

MEDICARE AT A GLANCE

Medicare Part A

Medicare Part A helps cover inpatient care in hospitals. This includes critical access to hospitals and skilled nursing facilities (not custodial or long-term care). It also helps cover hospice care and home health care. You must meet certain conditions to get these benefits.

Most people automatically get Medicare Part A coverage without having to pay a monthly payment, called a premium. This is because they or a spouse paid Medicare taxes while working. If you don't automatically get premium-free Part A, you may be able to buy it.

Medicare Part B

Medicare Part B helps cover medical services like doctors' services, outpatient care, items medically necessary, and preventative services that Part A does not cover. Medicare Part B is optional however, if you don't sign up for Part B when eligible, you may have to pay a late enrollment penalty, generally for as long as you have Part B.

The standard Medicare Part B premium for 2023 is \$164.90. Some people may pay a higher premium, based on their income. If you must pay higher premiums, SSA will send you a letter with your premium amount(s) and the reason for their determination. If you have both Medicare Part B and a Medicare Part D plan, you'll pay higher premiums for each.

Medicare Prescription Drug Coverage (Part D)

Medicare offers prescription drug coverage to everyone with Medicare. If you decide not to join a Medicare drug plan when you're first eligible, and you don't have other "creditable" prescription drug coverage you'll likely pay a late enrollment penalty, which will be added to your monthly premium generally for as long as you have Medicare prescription drug coverage.



Medicare Advantage Plans (Part C)

Medicare Advantage Plans are health plan options, like HMO's and PPO's, also known as Medicare "Part C". They are approved by Medicare but are run by private companies. They provide all your Part A and Part B coverage and must cover medically-necessary services. They generally offer extra benefits, and many include Part D drug coverage. You may have to see doctors who belong to the plan or go to certain hospitals to get covered services.

Some Medicare Advantage Plans charge a monthly premium in addition to your Part B premium. Costs vary by plan and the services you use.

*** New in 2023 ***

As of January 2023, Part D covered insulin copays are capped at \$35 per month, with no deductible. You should contact your Part D plan for information about its exact costs and coverage rules for insulin.

Part D plans must include most commercially available vaccines on their formularies, including the vaccine for shingles (herpes zoster). The only exceptions are flu, pneumonia, hepatitis B, and COVID-19 vaccinations, which are covered by **Part B**.

As of January 2023, all Medicare-covered vaccines should be free to you. This means you should not owe any cost-sharing, such as a copayment, coinsurance, or deductible for your covered vaccines.

To avoid billing issues, it is usually best to make sure your health care provider or pharmacy administering the vaccine will bill your Part D plan. When you get a vaccine at your doctor's office, ask the provider to call your Part D plan first to find out if your provider can bill your Part D plan directly.

1-(800)-MEDICARE (1-800-633-4227)

MSPs and Medicaid in 2023

MSP and Medicaid income limits are higher and instead of three MSPs there are two: **QI and QMB**

Program	Individuals Income	Couples Income	Individuals Asset Limit	Couples Asset Limit
QI	\$2,280	\$3,077	No limit	No limit
QMB	\$1,697	\$2,288	No limit	No limit
Medicaid	\$1,697	\$2,288	\$28,133	\$37,902

If you are enrolled in an MSP or in the Medicaid Spend-down Program, you may receive additional benefits or your benefits may change in 2023. You do not need to do anything except respond to any requests for more information you may receive from Medicaid, including the request to recertify your MSP or Medicaid.

- Individuals currently enrolled in SLMB or QI should be eligible to receive QMB in 2023.
- Individuals enrolled in QMB may be eligible to receive Medicaid if they also meet the asset requirements.
- Individuals enrolled in the Medicaid spend-down may be eligible to receive Medicaid without a spend-down if their monthly income falls within the new limits.

Social Security (Extra Help) With Medicare Prescription Drug Costs



Anyone with Medicare can get Medicare Prescription Drug coverage, (Medicare Part "D").

"Extra Help" is available for some people with limited income and resources. It will pay for all or most of the monthly premiums, annual deductibles and prescription co-payments related to a Medicare prescription drug plan. To find out if you're eligible, Social Security will need to know your income, the value of your savings, investments and real estate (other than your home). If you are married and living with your spouse, SSA will need this information for the both of you.

To Qualify for "Extra Help"

-Annual income must be limited to **\$22,116** for an individual or **\$29,280** for a married couple living together. Even if your annual income is higher, you still may be able to get help.

-Resources are limited to **\$16,660** for an individual or **\$33,240** for a married couple living together. Resources include bank accounts, stocks and bonds.

Social Security does not count your house, car, and any life insurance policy as resources.

After you apply, Social Security will review your application and send you a letter to let you know if you qualify for "Extra Help". Once you qualify, you can choose a Medicare prescription drug plan. If you do not select a plan, the Centers for Medicare & Medicaid Services (CMS) will do it for you.

To apply online visit:

www.socialsecurity.gov/extrahelp

or call SSA @ **1-800-772-1213 (TTY 1-800-325-0778)**

Medicare Savings Program (MSPs)

Are you an individual with a monthly income of less than **\$2,280** or a couple with a monthly income of less than **\$3,077**?

If approved for this benefit, the Medicare Savings Program will pay your Medicare Part B premium, which means that you will have extra money added to your Social Security check each month. You will receive extra help from Medicare which will reduce your co-pays to as low as **\$4.15** for generic & **\$10.35** for brand drugs that are covered by your Medicare Part D plan. In addition you will not be subject to a Medicare Part D plan deductible or the "Gap/Donut Hole".

MSPs

1. Qualifying Individual (QI)

- Pays for your Part B premium
- May receive up to three months retroactive reimbursement for Part B premiums (Note: only for premiums paid up to three months before your MSP effective date, and within the same year of that effective date)
- You cannot have both QI and Medicaid

2. Qualified Medicare Beneficiary (QMB)

- Pays for Medicare premiums
- Providers are prohibited from charging you for Medicare cost-sharing (deductibles, coinsurance, and copayments). This means you should not be billed for any Medicare-covered services you receive from Original Medicare providers or providers in your Medicare Advantage Plan's network
- You can have both QMB and Medicaid

If you are a NYS resident, 65 or older with an annual income of less than \$75,000 for single and \$100,000 for married, consider joining EPIC!

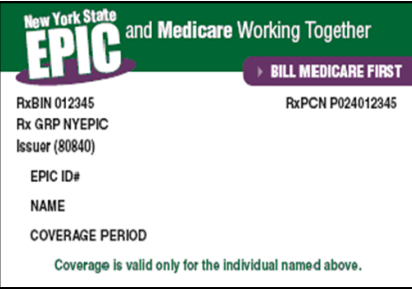
EPIC saves you money by supplementing your Medicare Part D plan.

- **Fee Plan** members pay an annual fee to EPIC based on their income. The EPIC co-payments range from \$3-\$20 based on the cost of the drug. Those with Full

Extra Help from Medicare have their EPIC fee waived.

- **Deductible Plan** members must meet an annual out-of-pocket deductible based on their income before paying EPIC co-payments for drugs.

EPIC also pays the Medicare Part D plan premiums, up to the amount of a basic plan, for members with annual income below \$23,000 if single or \$29,000 if married. Those with higher incomes must pay their Part D plan premiums however, their EPIC deductible is lowered by the annual cost of a Medicare Part D drug plan.



Medicare Preventive Services Checklist

Please visit www.Medicare.gov for more specific information on your covered preventive services.

Services	How Often?	Cost to Beneficiary
“Welcome to Medicare” Preventive Visit	Once within the first 12 months that you have Medicare Part B.	Medicare pays 100%
Annual Wellness Exam	Once every 12 months after your first full year of Medicare part B enrollment.	Medicare pays 100%
Alcohol Misuse Screening and Counseling	One screening per year. If doctor recommended, up to 4 face-to-face visits per year.	Medicare pays 100%
Abdominal Aortic Aneurysm Screening	One-time screening ultrasound.	Medicare pays 100%
Bone Mass Measurement	Once every 24 months for those at risk for osteoporosis or have other medical conditions.	Medicare pays 100%
Breast Cancer Screening (Mammogram)	Every 12 months for women age 40 and older. Medicare also covers one baseline mammogram for women between 35-39.	Medicare pays 100%
Cardiovascular Disease (Behavioral Therapy)	One visit per year.	Medicare pays 100%
Cardiovascular Disease Screening	Once every 5 years.	Medicare pays 100%
Cervical Cancer Screening (Pap Smear and Pelvic Exam)	Once every 24 months or every 12 months for those at risk.	Medicare pays 100%
Colorectal Cancer Screening	Frequency based on test for those age 50 and older. Ask your Doctor.	Medicare pays 100% for most tests
Coronavirus (COVID-19) Vaccine	Also covers COVID-19 tests, antibody tests, and monoclonal antibody treatments.	Medicare pays 100%
Depression Screening	One screening per year done in a primary care setting that can provide follow-up treatment and referrals.	Medicare pays 100%
Diabetes Prevention Program	Covers once per lifetime proven health behavior change program.	Medicare pays 100%
Diabetes Screening	One to two per year based on risk factors. Ask your Doctor.	Medicare pays 100%
Diabetes Self-Management Training	Education for those with diabetes—doctor must provide written order.	20% of Medicare approved amount (subject to deductible)
Flu Shot	Once per Flu Season.	Medicare pays 100%
Glaucoma Tests	Once every 12 months for those at risk.	20% of Medicare approved amount (subject to deductible)
Hepatitis B Virus (HBV) Screening	Yearly for high-risk individuals and those who are pregnant.	Medicare pays 100%
Hepatitis B Shot	Medium or High Risk of Hepatitis B.	Medicare pays 100%
Hepatitis C Screening	One-time for adults who do not meet the high risk definition, but were born from 1945 through 1965.	Medicare pays 100%
HIV Screening	Once every 12 months, or up to 3 times per year during pregnancy.	Medicare pays 100%
Lung Cancer Screening	Once every 12 months for ages between 55-77, current smoker or quit smoking within the last 15 years.	Medicare pays 100%
Medical Nutrition Therapy	Three hours per year for the first year for people with diabetes, renal disease or kidney transplant. Two hours per year after that.	Medicare pays 100%
Obesity Screening and Counseling	Counseling is covered for anyone found to have a body mass index (BMI) of 30 or more.	Medicare pays 100%
Pneumococcal Shot	Usually once in lifetime. A second shot is covered at least 11 months after the first shot.	Medicare pays 100%
Prostate Cancer Screening	Digital rectal exam and PSA test for men over age 50.	Rectal exam subject to 20% coinsurance. PSA blood test covered 100%
Sexually Transmitted Infection (STI) Screening/ Counseling	Once every 12 months. Up to two (2) individual counseling sessions each year for those at high risk.	Medicare pays 100%
Smoking and Tobacco Cessation Counseling	Up to 8 face-to-face visits per year for any person who uses tobacco.	Medicare pays 100%

Wisdom for Well-Being

The Benefits of Eating Plant-Based Foods

by Deirdre Ronca, CDN



Plant-forward eating encourages consumers to “get more plants on their plates.” We can do this by increasing our intake of fruits, vegetables, whole grains, beans, nuts, seeds and healthy oils. Plant-forward eating is simply a suggestion to make plants the focal point of our meals. Plant-forward eating has the potential to improve our health in the following ways:

1. Improve heart health. Evidence suggests that eating more fruits and vegetables increases our intake of antioxidants that may reduce the risk of cardiovascular disease. Plant foods are lower in cholesterol, too, further lessening the risk.

2. Maintain a healthy body weight. Reducing the risk of obesity-related health issues like diabetes and certain cancers.

3. Improve brain health by lowering blood pressure and cholesterol levels that can impact the circulatory system’s ability to maintain a healthy blood flow. In addition, nuts and seeds provide plant-based omega-3 fatty acids that can protect against Alzheimer’s disease, heart disease and stroke.

4. Reduce food budget. Eating staples such as beans and rice and

swapping out more expensive cuts of meat can reduce food costs.

5. Environmental concerns. Food production of plant foods is better for our planet due to fewer pollutants being released into the atmosphere than animal food source production.

Plant sources of protein include legumes, nuts and seeds. Evidence suggests that replacing as little as 3 percent of our daily calories from animal protein (such as one serving of red meat or eggs) with a plant protein (like nuts or beans) can lower a participant’s risk of early death by 10 percent.

Plant-forward eating is not the same as veganism or vegetarianism. It is simply a style of cooking and eating that emphasizes plant foods but is not strictly limited to them. With all of the possible health benefits available, why not try swapping out one meat protein entrée with a plant protein per week to start. See if your body doesn’t thank you for it!

For more information about healthy eating, please call Deirdre Ronca, CDN, at the Putnam County OSR Nutrition Office, 845-808-1700, ext. 47117.



10 Reasons Why Mobility is Important for Seniors



1. Better mental health Staying active significantly improves fitness and mood and helps in stress management. In addition, studies show that regular exercise among seniors can boost cognitive functions such as memory, hand-eye coordination, and strategic thinking.

2. Better cardiovascular health Senior mobility directly translates to a more active lifestyle and the ability to exercise regularly. The link between regular exercise and better cardiovascular health is unmistakable. Certain aerobic exercises such as swimming, yoga, or walking are highly recommended for seniors as they improve heart health without straining joints and muscles.

3. Weight control Statistics show that 41.9% of men aged 65-74 years and 45.9% of women aged 65-74 are obese. Research suggests a strong link between weight gain and mobility, where the two affect each other. Obesity in old age greatly reduces independent mobility where fat infiltrates and inflames the muscular-skeletal structure and deteriorates it. Regular exercises control this inflammation and burn fat cells, leading to a healthier weight.

4. Increased social opportunities Another reason why mobility is important for seniors is their social health. Seniors with mobility issues tend to go out less and risk being

socially isolated. On the other hand, those who remain active and have a regular fitness routine venture out to socialize and participate in various activities. Being part of workshops, classes, and other social activities helps seniors interact with other individuals, gives them something to look forward to, and incentivizes regular exercise.

5. Improved resistance to injury Mobility reduces the risk of injury. This is one of the most important benefits of mobility. According to the WHO, falls among seniors are directly related to mobility problems in the elderly. Regular exercises that include balance exercises for seniors can help prevent these falls. Being able to move the limbs and joints freely and confidently leads to better balance, coordination, and steadier movements, thereby reducing the risk of injury. Staying active also increases strength and muscle mass, buffering a senior’s body against injury.

6. Improved flexibility Healthy joints mean better flexibility which is essential in performing most daily tasks with ease. More movement increases circulation around the joints, which ‘warms up’ tendons and synovial fluid to hydrate the joints in preparation for movement. Flexibility and mobility go hand in hand; therefore, warming up and regular flexibility exercises are essential for improving and preserving mobility and vice versa.

7. Mobility supports self-care and independence When moving around is easy, self-care and independence become possible. Seniors can go to the bathroom, cook, dress up, brush their hair, or get from one place to the other on their own, therefore, enjoying independent living.

8. Enhance Balance Mobility problems in the

elderly limit the full range of motion in their limbs. This has a domino effect on muscle strengthening as well as balance and coordination. Regular activity enhances balance by strengthening every muscle group in the body, especially the core. Balance training focuses on slow, systematic movements that work on each muscle group. Senior mobility can improve balance through a training regimen. Those with mobility issues can also benefit from incorporating assistive mobility devices into their training programs.

9. Mobility helps to regain confidence Studies by the American Psychological Association (APA) show a decline of self-esteem as people age, owing to the decline in health and mobility. On the other hand, increased mobility opens up the possibilities of seniors getting around and performing tasks independently. Not having to depend on others for basic tasks is a liberating feeling that fosters better self-esteem, confidence and enables them to age in place.

10. Encourage regular exercise Increased mobility inevitably leads to an active lifestyle that includes regular exercise. When movement is easy and comfortable, the idea of exercise doesn’t seem like a huge challenge. Seniors can enjoy hiking, swimming, or golfing, which in turn release those stress-busting endorphins. The key is to start somewhere, and a fun balance training program is a good place to begin.



Meet our Volunteer Senior of the Year



This year's Senior of the Year, Barbara Hitchcock, was born at Peekskill Hospital on April 16, 1941, and is a lifelong resident of New York State. She spent her earlier years in Peekskill until moving to Mahopac with her husband Albert in 1969. Together they had two children, Albert and Catherine, and settled nicely into the Mahopac community with their children attending Mahopac schools. Barbara and husband were avid members of Putnam Fish and Game, where she began volunteering by organizing annual Christmas parties, egg hunts for the children, and various events for member families. Over the years, Barbara has been blessed with five grandchildren, Jessie, Gina, Barbara Ashley, Ava and Bryan, and three great-grandchildren.

Barbara's professional career spanned 31 years as a nurse's aide. She loved being able to assist those in need during very critical times in their lives. Her joy of helping others has carried over into her senior volunteering as well. For 17 years, Barbara was a Bible Study assistant at the Hope and Life Church of Carmel where she made the annual books used by the children for bible study.

Shortly after Barbara's husband passed away in 1997, she began volunteering at Putnam Hospital Center. Her volunteering skillset was used in various areas of the hospital, including the ambulatory surgery reception desk and main lobby reception. Barbara has also been a long-time member of the Putnam Hospital Auxiliary Board. As a member of this board, she is one of the organizers of the annual Putnam Hospital Center Kids' Day!

By 2008, Barbara joined the Retired Senior Volunteer Program which is known today as Putnam SeniorCorps. She began at the Eagle Eye Thrift Shop and currently continues volunteering at the main lobby reception desk and wherever needed at the Putnam Hospital Center. Since Barbara joined our team, she has volunteered an amazing 15,000+ hours over the years for Putnam County.

When asked what advice Barbara would give about volunteering, she said, "You must get out and move! You need to keep busy to live a healthy, productive life. And money isn't everything...it's more the joy I get from helping others. It makes me feel great!"

Barbara personifies the meaning of volunteering, doing good without wanting recognition or praise. She is an amazing volunteer, and we are lucky to have her as part of our Putnam SeniorCorps family!

Computer Learning Center for Seniors

Come join us to learn about or brush up on your cell phone, laptop or tablet skills!

- First Tuesday of each month, 11:00 a.m., Carmel Friendship Center, Bldg 1, 110 Old Route 6, Carmel
- Every Friday, 10:30 a.m., William Koehler Memorial Senior Center, 180 Route 6, Mahopac



Putnam SeniorCorps Needs Volunteers

PUTNAM SeniorCorps volunteers lead more active and dynamic lives. One of the greatest gifts you can give is your time!

There are many PUTNAM SeniorCorps volunteer opportunities, including:

- **Activity Leaders** – lead seniors in exercises, crafts, art, music, games, piano playing, etc.
- **Computer Learning Center for Seniors** – volunteers who are willing to share their computer knowledge with others at all our Friendship Center locations
- **Demand Response Medical Transportation** – drive seniors and veterans to medical appointments
- **Food Pantries** – help with food distribution and collection
- **Friendship Center Greeters** – front desk kiosk sign-ins for lunch and activities
- **Library Aide** – volunteers to assist at local libraries and book barns
- **Literacy & ESL Teachers** – volunteers help people with limited reading or language skills
- **School Aide** – reading tutors in elementary schools
- **Tax Aide** – volunteers are trained to provide income tax assistance for elderly
- **Thrift Stores** – collect & distribute clothing, display donated items for sale, and or be a cashier

Putnam SeniorCorps invites adults 60 and older to use their life experiences and skills to volunteer and assist others close to home in a wide variety of community organizations.

Volunteers are matched with assignments of their own choosing. The program provides orientation, training, and transportation. Volunteers lead more active, healthy, dynamic lives, full of the excitement of participation while serving your community.

To get more information and to find out how to join, please call Irene Pawliczko, Volunteer Coordinator, at 845-808-1734

Revocable or Irrevocable Trust?

While Trusts are suitable instruments for many different types of Estate Planning objectives, there is a general difference in the reasons why Revocable Trusts and Irrevocable Trusts are typically used. Revocable Living Trusts are typically used to avoid Probate and Irrevocable Trusts are typically used to protect assets.

Probate is the process of proving and authenticating a Will and having an Executor duly appointed to represent the Estate as it's fiduciary. Court filing fees can reach as high as \$1,250.00 and most Executors will retain the services of an attorney to handle a Probate matter. The administration of an Estate can involve selling real estate, dealing with creditors, accounting to the beneficiaries and ultimately disbursing the proceeds to the beneficiaries. The same tasks are typically undertaken by a Trustee of a Revocable Living Trust; however, these tasks will take place outside of a Court proceeding. The primary benefit of a Revocable Living Trust

(and avoiding Probate) is saving time and money and having a more streamlined process of handling an Estate. Revocable Living Trusts are not used for Asset Protection.

An Irrevocable Trust is typically used to protect assets in the event that there is a possibility of the Grantor going into a nursing home. An added benefit is that assets placed in an Irrevocable Trust will also avoid Probate, but the primary reason to use an Irrevocable Trust is to protect assets. Nursing homes in this part of New York are now charging about \$515.00 per day, which can deplete a person's life savings rather quickly. When assets are placed into an Irrevocable Trust and the Grantor is able to stay out of a nursing home during a five-year lookback period, those assets are no longer considered the Grantor's assets in the context of Medicaid eligibility. When someone reaches retirement age and is thinking about protecting assets, the family home is an ideal asset to place into an Irrevocable Trust. It is usually the family's

greatest asset and the Grantor can remain in the home. If structured properly, nothing changes except a wall of protection has been built around the home. Other assets can be added at any time as the Grantor gets older.

To place assets into either a Revocable Living Trust or an Irrevocable Trust, it is simply a matter of changing title to those assets from one's individual name to the name of the Trust. Real Estate would require a new deed to be filed, and bank accounts or investment accounts would need to have the title of the account changed.

If you have questions about which type of trust is best for you to protect your family, you should consult with a knowledgeable elder law and estate planning attorney. You may contact the Office for Senior Resources to schedule an appointment with our elder care attorney, Jim Meyer, from Meyer & Spencer, PC.





Caregiver's Corner

"Taking care of yourself doesn't mean me first, it means me, too."

L.R. Krost



Take Care of Yourself—and Your Loved One—with Laughter

I'm always on the lookout for information I can share to help caregivers get through difficult situations. Here's an article excerpt from "Laughter: Medicine for the Heart," by Jane E. Maxwell, a registered nurse, hospice volunteer and author of *Lifelines for Caregivers*.

"Laughter is like a breath of fresh air that we desperately need. This seemingly simple act affects most of your body systems. Laughter strengthens the immune system by stimulating your body to increase production of immunoglobulin. It improves your heart rate and circulation by boosting the oxygen supply to your brain. Laughter controls pain by decreasing muscle tension, distracting attention, and increasing the production of endorphins, natural pain killers. Laughter is like giving yourself an internal massage as it stimulates and soothes. It truly is medicine for the heart.

Sometimes when we feel inept, like a duck out of water, in our efforts to care for our loved ones, the healthiest way to respond is to laugh at our own imperfections. We are human and at

times say the wrong thing, spill soup down the front of the patient's shirt, or mess up at the most inopportune moment. But if we can't laugh, all we do is cry...."

I selected this article because I truly feel that laughter can get you through a tough time. I encourage Caregivers to watch a funny movie / sitcom, or listen to music that brings you back to good times with your loved one. It's a way of feeling a little more connected when you can see that sparkle in your loved ones eyes! Laughter can fade away tensions and make pain feel a little better.

Participating in a support group is another way to validate your feelings and emotions through the caregiving journey. "What happens in the group, stays in the group", and only another caregiver can understand and empathize the way you are feeling. The camaraderie within the groups is warm and friendly with a lot of laughter and helpful suggestions on how to help yourself and your loved one navigate through their caregiving journey.

Please consider attending a Caregivers Support Group. You will leave feeling lighter, empowered with information and part of a special, caring community!

Caregivers Support Groups

The Putnam County Office for Senior Resources offers several Caregivers Support Groups every month.

All support groups at any location are open to Caregivers on a walk-in basis.

- Carmel Friendship Center, 11:45 a.m. the first Thursday of every month. Located at 110 Old Rt. 6, Bldg. #1, Carmel.
- Putnam Valley Friendship Center, 11:45 a.m. the second Tuesday of every month. Located at 117 Town Park Lane, Putnam Valley.
- Wm. Koehler Memorial Senior Center, 11:45 a.m. the fourth Thursday of every month. Located at 180 Rt. 6, Mahopac.
- Friendship Center in Philipstown. Located at 6 Butterfield Rd, Cold Spring. For day/time, please call Marie Vigada, 845-808-1700, ext. 47134

The dates may change so please check our website: www.putnamcountyny.com/osr

Come and meet new friends who understand the challenges, as well as the joys, of caring for a family member.

For more information, please call Marie Vigada, 845-808-1700, ext. 47134

Tips and Techniques for Dealing with Stress

by Dr. Rita Nachen Gugel in *Today's Caregiver*

Change is an expected part of our daily lives today. Dealing with it so that YOU control IT rather than visa versa is an important and positive force in controlling you life. Try a few of these tips:

1. **Accept what you cannot change.** Change what you can if it bothers you. But if you can't change it, learn to live with it.
2. **Face up to your problems.** Sort them out, and see which ones are real and which are simply imagined. Deal with them as they are, and not what you think they are.
3. **Deal with one problem at a time.** Prioritize and deal with them in the order of their importance to you.
4. **Be flexible.** Give in once and a while. If you do, others will too.
5. **Don't hold all of your worries inside yourself—talk it out.** Talk to someone! A burden shared is much less of a burden.
6. **Work off stress.** Physical outlets for stress help your body to fight off many of the negative results of stress.
7. **Get enough rest/relaxation/sleep.** Give your body a chance to recover from day to day. Lack of sleep will only make matters worse for you.
8. **Avoid "self medication."** Sugar, alcohol and nicotine may all feel good, but they make matters worse from the inside. They add to your body's physical stresses, thereby making dealing with external stresses much harder.
9. **"Take time to smell the roses."** Have some fun and relax.
10. **Think about and do something for others.** A random act of kindness makes people feel better about themselves.
11. **Be the "captain of your ship."** If you are not happy with your life, think about what's wrong or missing, and then plan the necessary actions to change it to coincide with your needs and desires for your life.
12. **Work on your relationships with those who share your life.** Don't hold back your feelings. Share them with your family and friends. It can help decrease tensions.

Comprehensive Support for Caregivers

Access free training and resources to help you build skills and confidence to provide care at home.

New York's new online Caregiver Portal is designed for families. Articles, videos, tip sheets, and professional-level training offers something for everyone. Our learning portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



"The caregiver portal was my first support system when caring for my mother with dementia.

There is so much helpful information in one place and I learned so much about providing care."

Laura W, portal user caring for her mother

More than 4.1 million people in New York State provide unpaid care, and many are at risk for burnout. Visit newyork-caregivers.com for free education and support.



NewYork-Caregivers.com



DO PEOPLE OFTEN TURN TO YOU FOR HELP ?

If so, you're probably an Archangel.

Caregivers are Archangels, and caring for others can be really intense. Nearly 1 in 4 of us are in the red. Are you?

Use your cell phone camera to scan the QR code on this flier and get your Intensity Score in **two minutes** or less. You will also get access to a list of resources that are out there ready to support you.



Learn about what it means to be an Archangel and why it's so important to identify what's driving your intensity at: www.archangels.me

Putnam County Office for Senior Resources: How to reach us:

Call us at 845-808-1700	Extension	Visit us in person
Adult Day Services (ADS)	Ext. 47121	Carmel Friendship Center 110 Old Route 6, Bldg 1 Carmel, NY 10512 845-808-1700
Caregivers Resource Center	Ext. 47134	William Koehler Memorial Senior Center 180 Route 6 Mahopac, NY 10541 845-808-1738
Health Insurance Information Counseling & Assistance Program (HIICAP)	Ext. 47115	Friendship Center in Philipstown 6 Butterfield Rd Cold Spring, NY 10516 845-808-1705
Home Energy Assistance Program (HEAP)	Ext. 47110	Putnam County Friendship Center at Putnam Valley 117 Town Park Lane Putnam Valley, NY 10579 845-808-1730
In-home Services (Expanded In-home Services for the Elderly Program [EISEP]—Consumer Directed or Helping Hands non-consumer-directed)	Ext 47163, 47111	
Medical Transportation	Ext. 47104	
Nutritional Programs & Services	Ext. 47117	
NY Connects	Ext. 47110	
Outreach Services	Ext. 47134	
Putnam SeniorCorps	845-808-1734	
Transportation to Nutrition Center	Ext. 47130	

Visit us online

www.putnamcountyny.com/osr



www.facebook.com/putnamcountygov

In this guide:

- Letter from the County Executive ..2
- Letter from the Director.....2
- New deputy director2
- Outreach.....3
- Home energy assistance3
- In-home services.....4
- Animatronic pets.....4
- Putnam NY Connects.....4
- ElliQ.....4
- Friendship Centers5
- Adult day services.....5
- Health insurance information6 - 8
- Nutrition and wellness9
- Senior of the Year10
- SeniorCorps volunteer program....10
- Revocable or irrevocable trusts10
- Caregivers Corner.....11
- Phone numbers and locations12
- Medical transportation.....12
- Friends of the Senior Citizens of Putnam County12

Medical Transportation

The Office for Senior Resources Medical Transportation Program provides limited medical transportation to and from doctor and hospital appointments for seniors who have no other means of transportation and who otherwise cannot obtain needed medical care. Travel area is Putnam County and nearby within Dutchess, Westchester and Fairfield counties.



This service is available to Putnam County residents over the age of 60 years old and not on Medicaid programs. You must be able to get out of your home on your own and into and out of a car without assistance.

This is a door-to-door service. A volunteer driver will pick you up in a County car at your home, take you to your appointment, wait, and then bring you back to your residence.

We require a 7- to 10-day notice. Appointments are filled on a first come, first-served basis, so please be aware that slots may fill up even with the advance notice. We advise you to reach out as soon as—and even before—you make your medical appointment.

Our medical transportation vehicles are provided through a generous bequeathment by Jane Lobdell.



If you would like to **volunteer** to be a Medical Transportation driver and help your fellow seniors and veterans, please reach out to Irene Pawliczko, Putnam SeniorCorps, 845-808-1734.

For more information, please call 845-808-1700, ext. 47104.

Thank you, "Friends!"

The Friends of the Senior Citizens of Putnam County help accomplish OSR's mission by raising funds for purchases that help address the needs of our seniors.

Recently, the "Friends" purchased two 2022 Ford Escapes to help more of our case management staff outreach into the community more frequently. With this additional transportation, OSR can assist more seniors at their homes as well as encourage even more to come to our Friendship Centers, a place where seniors can make new friends, enjoy a healthy lunch and join in on a variety of activities such as exercise or crafts. Reaching more seniors and their families and caregivers enables OSR to educate and help them apply for benefits and services that help maintain dignity and independence.

A very heartfelt THANK YOU to our "Friends" for helping the Office for Senior Resources assist the seniors in Putnam County.

Friends of the Senior Citizens of Putnam County, Inc. is looking for new Board Members

"Friends" is a not-for-profit 501(c)(3) organization that assists the Putnam County Office for Senior Resources with special purchases to enhance the lives of seniors. Funds are raised through fundraising venues, donations and our famous Bargain Shelf located at the Carmel Friendship Center.

An interview and appointment by the Board is required.

If you are interested in learning about this gratifying volunteer position, please call Marie Vigada at 845-808-1700, ext. 47134.

The Friends of the Senior Citizens of Putnam County extend a very special **THANK YOU** to **JONATHAN GALENTE and the ANNE ANASTASI FOUNDATION.** We would not be able to share the vital information in this Senior Guide without their extremely generous contribution!