
FROM THE DIRECTOR

.....ANGELA M. REARDON

On Friday, May 6, 2016, the Seneca County Office for the Aging celebrated the 40th Annual Senior Citizen's Day with a luncheon to recognize Allen Covert of Waterloo, NY as the 2016 Outstanding Senior Citizen of the Year. The following resume was submitted nominating Mr. Covert:

"What makes America so great is that our Country was founded on the principals set forth in the Golden Rule: Do Unto Others As You Would Have Others Do Unto You. The gentleman that I am nominating for Senior Citizen of the Year embodies those very principals and ideals that make us proud to be Americans. He is a Vietnam Veteran who served four years in the United States Navy. Still today, he continues to honor and support his Country and fellow Veterans by volunteering his time and services to both the American Legion and the VFW. Friday nights he puts his culinary skills to good use cooking meals at the VFW in Waterloo. He is also active in assisting with the various groups' fund raising efforts throughout the year.

In addition, this gentleman is also an active member of the Legion Riders. The Legion Riders are a group who rides their motorcycles in support of our Country's Veterans and their families. The Legion Riders are often on hand to welcome home returning troops and can be seen

riding in mass at parades such as the Memorial Day Parade held each year here in Waterloo. This group also organizes fund raisers to raise funds and awareness for such worthwhile causes as children's hospitals, scholarships and wounded Veterans and their families.

Most of us grew up not only reciting the Golden Rule but believing in it as well. Now in light of what we see happening in the world around us, the wars, fighting and bombings it is sometimes difficult to see the good in the world. This is why the selection of the Senior Citizen of the Year is such an important responsibility. In a world troubled by so much unrest and hostility we need this important celebration to remind us of not only of what makes America so great, but who makes it so great! The American Poet Edwin Markham once said, "We have committed the Golden Rule to memory: let us now commit it to life." The gentleman I am nominating for Senior Citizen of the Year has committed the Golden Rule to life. He has devoted his life to helping others, senior citizens, veterans, their families and anyone in need of a helping hand or a kind word. It is both an honor and a privilege to nominate this gentleman for the 2016 Senior Citizen of the Year!"

THANK YOU APRIL 2016 SERVITOR VOLUNTEERS..... Janice Roloson, Irma Kraft, and Elsa Conley.

NEED HELP PAYING FOR MEDICARE?

Medicare Savings Programs (MSP's), also known as Medicare Buy-In programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles. There are three main Medicare Savings Programs: **Qualified Medicare Beneficiary (QMB)**, **Specified Low-Income Medicare Beneficiary (SLMB)** and **Qualifying Individual (QI) program**. Each program has different eligibility limits.

	<u>2016 New York Gross Monthly Income Limits</u>		<u>2016 New York Asset Limits</u>	
Program	Individuals	Couples	Individuals	Couples
QI	\$1,357	\$1,823	No limit	No limit
SLMB	\$1,208	\$1,622	No limit	No limit
QMB	\$1,010	\$1,355	No limit	No limit
Medicaid	\$845	\$1,229	\$14,850	\$21,750

Note: In New York State, the money you spend each month on health insurance premiums other than the Part B premium will not be counted. Specifically, the Part B premium (typically the \$104.90 or \$121.80 that you pay monthly or is deducted from your Social Security check) will count toward your total income. This is because once you have the MSP, the Part B premium will be paid by the state, not you. However, if you also pay for a Medigap or some other secondary insurance premium, you can deduct that amount from your monthly income to qualify for the MSP in NY. Sometimes a portion of your part D premium can also be deducted from your income.

If you meet the income limit in New York State, the Medicare Rights Center can help you apply for a Medicare Savings Program. Call 800-333-4114 for more information or to apply.

You can also contact your local Medicaid office (Department of Social Services) and ask for a copy of the application to mail in, or go to apply in person. If you enroll in a Medicare Savings Program, you will automatically get **Extra Help**, the federal program that helps pay most of your Medicare Part D drug plan costs.

If you decide to apply for a Medicare Savings Program, you will be asked to send an original, signed application and copies of these documents:

- *Social Security card
- *Proof of address where you live
- *Medicare card
- *Proof of income
- *Proof of date of birth

For more information, contact Kim Stevers, Seneca County OFA's HIICAP Coordinator at (315) 539-1769.

APPOINTMENTS ENCOURAGED

Nothing is more frustrating than driving all the way to our office for help with a problem only to find that the employees you need to see are busy assisting other customers. Given the number and complexity of issues we help with, we want you to meet with the employee best able to assist you.

Please remember to call ahead and make an appointment. This will guarantee that you will be able to meet with someone experienced in the topics you're asking about. It will also reduce your wait time and increase our ability to see everyone in a timely manner.

DID YOU KNOW?

From Liz Wiatrowski, Council on Alcoholism and Addictions of the Finger

Lakes.....*The Council on Alcoholism and Addictions of the Finger Lakes will*

once again be conducting a Senior Survey for all Seneca County residents. This

will help in identifying senior citizen needs in the County. The survey will start in

July or August of this year.

HEALTH CARE PROXYS, LIVING WILLS, DNR’S AND MOLST’S

Health Care Proxy

A Health Care Proxy is a legal document in New York State, which allows you to appoint someone to make health care decisions on your behalf if you lose the ability to make decisions for yourself.

New York State provides a standard form in the law. The standard form is widely used by attorneys, physicians and hospitals. The blank Health Care Proxy form from New York State, can be found on the internet at

https://www.health.ny.gov/professionals/patients/health_care_proxy/

There is an optional section on the form with blank lines for additional instructions. We have found that most new clients who come to our office either don’t have a Health Care Proxy or have one with the optional section for additional instructions left blank.

Under New York law, your Health Care Proxy agent does not have the authority to make health care decisions for you about artificial nutrition and hydration (nourishment and water provided by feeding tube and intravenous line) unless you have made your wishes known to your agent.

As a practical matter, most hospital and physicians will be very reluctant to follow an agent's instructions without the necessary proof of your wishes. Therefore, it is critical that you make your wishes known in this optional section of your Health Care Proxy.

Living Will

A Living Will is basically a statement of your medical treatment wishes if you become incapacitated and also typically includes your wishes regarding termination of life support. Unlike a Health Care Proxy, there is no standard form for a Living Will.

A Living Will is not a legal document specifically authorized by New York Statute. It does, however, provide evidence of your wishes that can be reviewed by a Court.

There are advantages and disadvantages to having a Legal Will. On the one hand, a Living Will provides guidance to your appointed Health Care Proxy agent. On the other hand, a Living Will can create possible ambiguity for others to use to

challenge decisions made by your Health Care Proxy agent. A Living Will needs to be interpreted and sometimes this can lead to conflict between family members and medical professionals.

Do Not Resuscitate Order (DNR)

A DNR is a legal document authorized by New York Statute that you can sign instructing medical professionals not to perform cardiopulmonary resuscitation (CPR) treatment to restart your heart or lungs when your heartbeat or breathing stops.

Medical Orders for Life-Sustaining Treatment (MOLST)

A MOLST form is authorized by New York State law and must be completed by a health care professional and signed by a New York State licensed physician to be valid. This is a form that outlines in great detail your medical treatment wishes including termination of life support. This form becomes part of your medical records. A MOLST form is typically used for immediate decisions about your current treatment. A Health Care Proxy and Living Will are typically used to cover your wishes for the future.

New York State has an excellent website outlining all of these advance directive options along with sample forms.

http://www.ag.ny.gov/sites/default/files/pdfs/publications/Planning_Your_Health_Care_in_Advance.pdf

Info taken from 2016 Koldin Report E-Newsletter

JUNE 2016 ACTIVITIES

Seneca County Senior Center, Inc.
1 DiPronio Drive, Waterloo, NY 13165

The following activities are each week at the Office for the Aging Nutrition Site located in the Seneca County Office Building, 1 DiPronio Drive, Waterloo, NY and at the Verona Village Nutrition Site in Ovid. Please call (315) 539-1780 for details.

MONDAY: Waterloo 10:00 AM – 12 NOON BILLIARDS
Waterloo 9:00 AM – 3:00 PM WALKING
Waterloo 11:00 AM – 11:45 AM THEATER GROUP
Waterloo 1:00 PM- 3:00 PM ART CLASS
Waterloo 11:30 – 11:50 AM WELLNESS/FITNESS

TUESDAY: Waterloo 10:00 AM – 12 NOON BILLIARDS
Waterloo 9:00 AM – 3:00 PM WALKING
Waterloo 10:30 AM – 11:30 AM LINE DANCING
Waterloo 12:45 PM- 2:45 PM EUCHRE

WEDNESDAY: Ovid 8:00AM – 9:00 AM COFFEE HOUR
Waterloo 10:00 AM – 12 NOON BILLIARDS
Waterloo 9:00 AM – 3:00 PM WALKING
Waterloo 11:00 AM – 11:30 PM ADULT COLORING GROUP
Waterloo 11:30 – 11:45 AM WELLNESS/FITNESS

1ST AND 3RD WEDNESDAYS: Ovid 12: 45 PM– 2:00 PM BINGO

THURSDAY: Waterloo 10:00 AM – 12 NOON BILLIARDS
Waterloo 9:00 AM – 3:00 PM WALKING
Waterloo 10:30 AM – 11:30 AM LINE DANCING

1ST AND LAST THURSDAYS: Waterloo 12:45- 1:45 PM BINGO

FRIDAY: Waterloo 10:00 AM- 12 NOON BILLIARDS
Waterloo 9:00 AM – 3:00 PM WALKING
Waterloo 11:00 AM – 12 NOON COFFEE HOUR
Waterloo 11:00 – 11:30 AM DISCUSSION GROUP
Waterloo 11:30 AM -12:00 NOON TRIVIA
Waterloo 11:45 AM – WORD OF THE WEEK

OFFICE FOR THE AGING STAFF

Angela M. Reardon.....Director
Kimberly Pfeiffer.....Coordinator of Services
Debra DiLallo..... Nutrition Services Coordinator
Jamie Damoth.....Meals on Wheels Coordinator
Tom McArdle.....Aging Services Aide
Bob DeYoung.....Senior Weatherization Coordinator
Mary Kelleher.....Aging Services Specialist
Katherine DeVay.....Senior Account Clerk
Amanda Faiola.....Typist
Kimberly Stevers..... Aging Services Aide-HIICAP
Lisa Lindon.....Weatherization Referral Associate
Christina Ganzon..... Registered Dietitian
Kathy Kopsa.....Cook
Cynthia Doolittle, Susan Kastenhuber.....Kitchen Personnel
Barbara Strawway, Marian Gable,
Elinor Goslicki.....Nutrition Site Managers
Michelle Langley, Mark Crawford, Harold Bush ,
David Ramsey,.....Food Transporters
Scott Burluson.....Weatherization Energy Auditor
Bill Murray, Joe Derleth.....Weatherization Aide

CHANGE OF ADDRESS

If you will be having a change of address, please remember to let our office know.

Also, if you are temporarily away from your home, contact us as well. The Office

for the Aging pays **.49** cents for each returned SERVITOR. If your copy is

returned to our office, you will be taken off our mailing list until you notify us of

your new address or that you have returned home.

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If you would like to receive the SENECA SENIOR SERVITOR, or if you would like to have it sent to a friend or neighbor, please fill out the following form. Please be sure to include the TOWNSHIP and BOX NUMBER, if you are on a rural route. The suggested contribution is \$2.00 per year.

NAME: _____

ADDRESS: _____

TOWNSHIP _____
