
FROM THE DIRECTOR

.....ANGELA M. REARDON

On Friday, May 5, 2017, the Seneca County Office for the Aging celebrated the 41st Annual Senior Citizen’s Day with a luncheon to recognize Diane Hay of Waterloo, NY as the 2017 Outstanding Senior Citizen of the Year. The following resume was submitted nominating Mrs. Hay:

“The person that I would like to nominate for Outstanding Senior Citizen of the Year is without a doubt the most caring and loving person I know. This woman is an active member of the Waterloo Fire Department Auxiliary as well as the Catholic Daughters. In addition to cleaning the Catholic Church in her community, she also generously donates her time as a sub to help serve at the free breakfast offered once a week at the church.

She constantly thinks of others in her community, county, and across the globe as she works tirelessly to help make this world a better place for all. She is a woman who is always ready to lend a helping hand where needed. Whether it be volunteering for the Meals on Wheels program to ensure seniors receive a nutritious meal, donating money for food drive for the House of Concern, or simply taking the time to brighten someone’s day in the nursing home. She is currently the co-chair of the Lady Lakers golf league and co-chair of the Waterloo 1967, 50th class reunion. She writes “Thinking of You” letters to servicemen, encourages and participates with individuals at our local ARC, does bell ringing for the Salvation Army, and hands out water and awards to runners in the Cubby Chase 5K.

Among all of these things, she also volunteers to help the Waterloo Varsity Baseball team concession stand, participates in the Relay for Life, volunteers for the Nicaragua Project, and most recently has become a Pathway volunteer. Indeed her caring and compassion knows no bounds. Therefore, it is an honor to nominate this woman for Outstanding Senior Citizen of the Year.

Please join me in congratulating Diane on this much deserved award!

***THANK YOU APRIL 2017 SERVITOR VOLUNTEERS.....** Floyd Gardepe, Lauren Cole, Joan Davis, Janice Roloson, Michele Bonacci, and Irma Kraft.*

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.

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 Living 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



Take Charge of your Health with

Living Healthy Workshops

If you or someone you know has ongoing health concerns, this FREE series of evidence-based workshops are for YOU.

With This Program, You Can:

- *Learn techniques to manage symptoms like frustration, fatigue, pain and limitations
- *Improve problem-solving and decision-making skills
- *Start eating and exercising to improve your health
- *Create an action plan for a healthier life
- *Have the support of others like you!

Developed by Stanford University of Medicine to help anyone living with long-term health conditions manage their symptoms and improve their health.

This program is provided for you at no cost!

Contact **Marylois** for more information:

315-539-1765

Or go online at

<https://compass.qtacny.org/find-a-workshop>

Location:

SENECA COUNTY OFFICE OF THE AGING

1 DiPronio Dr., Waterloo, NY

Dates:

Thursday~June 1,8,15,22,29,July 6.

Cost:

No cost; \$20 for book (optional)

Time:

2:00-4:30

RSVP:

Please call to be sure there is space



FREE LINE DANCING INSTRUCTION

The Senior Center, Inc. provides FREE line Dancing Classes!

Come join the EASY MONDAY class from 10:15 AM – 11:00 AM

Additional classes are available on TUESDAY and THURSDAY

from 10:30 am – 11:30 am

For more information contact Denise or Chris at (315) 539-1620

TAXPAYER SCAMS

The New York State Division of Consumer Protection is alerting New York taxpayers to be vigilant against scams targeting not only during tax season, but also year round.

While taxpayer scams can take on a variety of forms, the following are examples of scams to look for:

***Phone calls from individuals posing as officials from the Internal Revenue Service (IRS).**

In most cases, a victim of this scam will be instructed by the caller to promptly submit payment for money owed to the IRS through a pre-loaded debit card or wire transfer. If the victim is hesitant, the scammer may threaten police arrest or license revocation. The scammer may also send bogus IRS e-mails or have others call pretending to be from the DMV or local police. For this scam, the actual phone number of the IRS, DMV and local police may register on the caller ID

screen through a technique call “spoofing”. The caller may already know your name and be able to recite the last four digits of your social security number.

The New York State Division of Consumer Protection warns consumers to be wary of phone calls requesting money or personal information. To prevent falling victim to this type of scam, please take note of the following tips:

*Keep in mind that the IRS will typically first initiate contact with a taxpayer concerning a tax issue via mail. **The IRS does not request personal or financial information through email** and will not ask for credit card numbers over the phone.

*Call the IRS at 1-800-829-1040 if you think you owe taxes or need help with a payment issue.

*Hang up the phone immediately if someone claiming to be from the IRS unexpectedly calls and threatens police arrest, deportation or license revocation.

*Report anything suspicious to the Treasury Inspector General for Tax Administration at 1-800-366-4484 and the Federal Trade Commission (FTC). Please visit the FTC website at www.ftccomplaintsassistant.gov and add “IRS Telephone Scams” to the comments of your complaint.

***Scam artist fraudulently posing as tax preparers.**

Scammers may make false claims on others’ tax returns, or even steal their refund. They will often attempt to take advantage of those who might not otherwise have to file tax returns, such as the elderly or low-income household. Working with a phony or dishonest tax preparer also poses the threat of identity theft. If you choose to file your tax return using a tax preparer, take precautions to protect your refund and prevent identity theft by keeping the following tips in mind:

*Work only with those you have researched thoroughly. Avoid preparers who claim they can obtain larger refunds than other preparers can, as well as those who base their fee on a percentage of your refund

*Make sure your tax preparer is willing to sign your return and provide the IRS Preparer Tax Identification Number (PTIN). The preparer must also provide you with a copy of the return.

*Look over your return carefully- you are legally responsible for what's on it. Similarly, never sign a blank return.

*If you suspect a return prepare filed or altered a return without your consent, report it to the IRS by downloading Form 14157 and Form 14157-A on the IRS website. You can order them by mail at 800-TAX-FORM (800-829-3676).

To report fraudulent activity by a tax prepare with contact the NYS Tax Department's Office of Professional Responsibility at (518) 530-HELP (option #2) or file a tax prepare complaint online.

For more information regarding scam prevention and mitigation, please contact the New York Department of State, Division of Consumer Protection at (518) 474-8583.

Info taken from the Department of State Division of Consumer Protection

JUNE 2017 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 1:00 PM- 3:00 PM ART CLASS
Waterloo 10:15 AM - 11:00 AM LINE DANCING
Waterloo 11:30 – 11:45 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

WEDNESDAY: Ovid 8:00 AM – 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 AM ADULT COLORING GROUP
Waterloo 11:30 – 11:45 AM WELLNESS/FITNESS

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
Waterloo 11:30 AM – 12 NOON DISCUSSION GROUP

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 – 11:45 MOVIE
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.....Weatherization Coordinator
Amanda Faiola-Mikkelsen.....Aging Services Specialist
Katelyn Mander.....Typist
Leeann Dutcher- Teufel.....Aging Services Aide
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.....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.



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 _____
