
FROM THE DIRECTOR

.....ANGELA M. REARDON



**NOMINATIONS FOR OUTSTANDING SENIOR CITIZEN OF THE
YEAR AWARD
2018**

NOMINATIONS for the **OUTSTANDING SENIOR CITIZEN OF THE
YEAR AWARD** are now being accepted. The award will be given to an outstanding senior citizen in Seneca County on Senior Citizen’s Day – Friday, May 18, 2018.

Criteria for Nominations for Outstanding Senior Citizen of the Year:

1. Must be resident of Seneca County,
2. Must be at least 60 years of age, and
3. Must have unselfishly and without regard to recognition or award, donated of themselves, their skills and their time to benefit and impact upon all senior citizens in Seneca County. This may include such areas advocating on behalf of senior citizens, and/or extreme active involvement in senior citizen clubs and organizations, in order to benefit all senior citizens.

RESUMES are to address each of the above criteria, giving specific emphasis and detail to the services performed and involvement in clubs and organizations in order to benefit all senior citizens. **THE NAMES OF THOSE PERSONS NOMINATED FOR THE OUTSTANDING SENIOR CITIZEN OF THE YEAR AWARD SHOULD NOT APPEAR IN THE RESUME, BUT SHOULD BE CLEARLY WRITTEN ON A SEPARATE COVER PAGE.** It is permissible to submit the name of someone that has been nominated in the past but not chosen as Outstanding Senior Citizen of the Year. **Please nominate only one person per resume!**

Anyone Wishing to Submit a Resume Should Send it to:

Selection Committee – Outstanding Senior Citizen of the Year
Seneca County Office for the Aging
2465 Bonadent Drive, Suite 4

Waterloo NY 13165
(Confidential Resume)

**THE DEADLINE FOR SUBMITTING RESUMES IS MONDAY, APRIL 9, 2018
BY 5:00 P.M.!**

***THANK YOU FEBRUARY 2018 SERVITOR VOLUNTEERS..... Elsa Conley
and Irma Kraft.***

WE HAVE MOVED!!

On January 10, 2018, the Seneca County Office for the Aging and the Senior Center, Inc. relocated to the Seneca County Health and Senior Services Building, next door to the County Office Building.

Our new address is

**2465 Bonadent Drive, Suite 4
Waterloo, NY**

Our phone and fax lines remain the same.

The County's Public and Environmental Health Departments are located in this building as well. Stop in to see us!

CALLING ALL BRIDGE PLAYERS!

The Seneca Duplicate Bridge Club congratulates Director Angela Reardon and the Staff of the Seneca County Office for the Aging on their fantastic new digs! The OFA has been kind enough to share their space with our bridge club since the 1980's, and perhaps even before then. We are continuing to teach the game of bridge to those who want to learn how to play, and to help those who have played, but want to improve. Most Thursday nights at 6:00 PM we have our games and our teaching sessions at the new Office for the Aging location. "Even though it is a partnership game, we keep a floater around if anyone needs a partner."

We have members who regularly drive to the bridge game from Waterloo, Seneca Falls, Geneva, Lyons, North Rose, Wolcott and Fair Haven. Rides can be arranged for those who do not like to drive at night. Our start time of 6:00 PM allows us to usually be done by 9:00 PM and on our way home. There is a nominal \$3.00 fee which is always waived for new members until they get comfortable. Call Bill Port at (315) 690-8519 for more information, to reserve a spot in one of our classes, or to schedule a ride. For those who like puzzles, every single hand is a puzzle to be unraveled and solved. Bridge is a fantastic tool for those who want to keep their minds sharp!

AGING ADULTS AND GAMBLING

How are seniors vulnerable to gambling problems?

There are many reasons that seniors can be a higher risk for problem gambling. Casinos may entice retirees with free transportation, discounted or free meals, prizes and more. Many seniors struggle with limited financial resources and are looking for the “big win”. Gambling can become a way to experience thrills or to escape boredom, depression and loneliness. Seniors are the fastest growing population of gamblers with over half of casino visitors being over the age of 50.

When does recreational gambling become a problem?

For most gambling is a recreational activity that involves socializing and entertainment. For some, however, it becomes a compulsion. This compulsion can negatively affect all aspects of life; it is associated with high rates of bankruptcy, foreclosure, and divorce. Gambling addiction has the highest suicide rate of all addiction disorders.

Below are some questions to help you determine if you or a loved one might have a problem with gambling.

- Are you or a loved one haunted by bill collectors?
- Do you or a loved one gamble to escape worry, boredom or trouble?
- Do thoughts of gambling disrupt your sleep?
- Do you or a loved one ever gamble longer than originally planned?
- Do arguments, disappointments or frustration cause you or a loved one to gamble?
- Do you or a loved one celebrate good times with gambling?
- Have you ever had self-destructive thoughts because of problems resulting from gambling?

- Have you or a loved one lost time from work or school due to gambling?
- Do you hide the rent/mortgage or food money because your spouse, partner or other family member gambles it away?
- Do you or a loved one borrow money to finance gambling or to pay back gambling debts?
- Does your spouse, partner or other loved one promise faithfully that she or he will stop gambling, yet continues to gamble?
- Have you noticed a personality change in a loved one as his or her gambling has progressed?
- Is your loved one away from home or unavailable to the family for long periods of time due to gambling?

Where is help offered?

To find help contact the Seneca Addictions and Counseling Program in Waterloo (315) 539-1985 or contact the New York State Hope line. Offering help and hope 24 hours a day, 365 days a year, this telephone helpline offers support, information and referrals for anyone in NYS 1-877-8-HOPENY (1-877-846-7369).

10 THINGS TO KNOW ABOUT YOUR NEW MEDICARE CARD

Medicare is mailing new Medicare cards starting in April 2018. Here are 10 things to know about your new Medicare card:

1. **Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
2. **Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
3. **Guard your card:** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.

4. **Your Medicare Number is unique:** Your card has a new number instead of your Social Security Number. This new number is unique to you.
5. **Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
6. **Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
7. **Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
8. **You can find your number:** If you forget your new card, your doctor or other health care provider may be able to look up your Medicare number online.
9. **Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare- you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
10. **Help is available:** If you don't get your new Medicare card by APRIL 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2948

Info from CMS January 2018

CAN YOU SPARE AN HOUR A WEEK-

To help families in Seneca County?

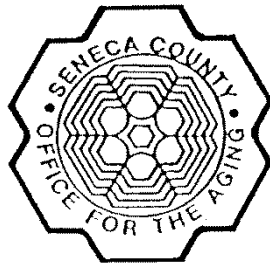
It can be as simple as sitting and talking. Hospice volunteers enhance the quality of life for patients at home or in an area nursing home.

Learn more about ways you can serve as a Hospice Volunteer.

Sign up for our next Hospice Volunteer Training this spring. Breakfast and lunch will be served.

Call Erin at 315-332-4020 or email: erin.stagnitto@lifetiimecare.org to pre-register or if you have questions about being a hospice volunteer.

BONE BUILDERS CLASSES OFFERED



Bone Builders is an osteoporosis prevention exercise class using a combination of weight bearing, balance, and stretching exercises. Classes include standing and sitting exercises using hand and ankle weights for resistance training.

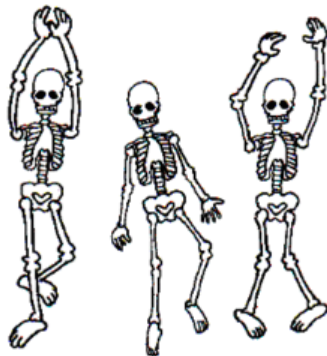
Join us on MONDAY AND FRIDAY 10-11 AM

**at the
Seneca County Office for the Aging
2465 Bonadent Drive, Suite 4
Waterloo, NY 13165**

CLASSES BEGIN ON MARCH 5, 2018

The Class is led by Marylois Schott, Certified Instructor

Call (315) 539-1765 to sign up



ARE YOU STRUGGLING TO BALANCE LIFE WHILE CARING FOR A LOVED ONE?

Powerful Tools for Caregivers-

A research-based program

YOU are not alone!

This six week educational program which focuses on the needs of the caregiver, is for individuals who are caring for an older friend or family member living with long-term conditions. The class provides you with the life skills and confidence to better care for yourself while caring for others. Care partners develop a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family members and healthcare providers, communicate more effectively in challenging situations, deal with difficult feelings, and make tough caregiving decisions. Class participants also receive a copy of *The Caregiver Handbook*, developed specifically for the class. This is a **free** class for anyone caring for a friend or family member with a chronic illness.

CLASSES MEET WEEKLY

AT: The Seneca County Office for the Aging

2465 Bonadent Drive, Suite 4

Waterloo, NY 13165

WHEN: Fridays 1-2:30 PM

April 20, 27th

May 4, 11, 18 & 25

Pre-registration required. Space is limited.

To register or learn more, call Mara at 585-244-8400 X 239

Or register online at <https://www.lifespan-roch.org/new-events/>

Sponsored by Lifespan's Finger Lakes Caregiver Institute and the Seneca County Office for the Aging.

Funded by the NYS Department of Health.

VOLUNTEERS NEEDED : To Advocate, Educate and Empower

New York Long-Term Care Ombudsman Program at Lifespan is in need of volunteers to join a team of advocates for residents residing in nursing homes and adult care communities in the **Seneca County Region**.

With just a few volunteer hours each week, you can help ensure quality of care and quality of life for nursing and adult home residents. As you build trusting relationships, you will have the opportunity to preserve resident's rights and safeguard their dignity.

MAKE A DIFFERENCE FOR OLDER ADULTS IN OUR COMMUNITY BY BECOMING AN OMBUDSMAN.

We are accepting applications for our **April 25, 26, 27, 30 and May 1, 2018 New York State Mandated Certification Training**.

For more information about the application process, dates, times and location of training, please contact the Ombudsman Program at **585-287-6378 or 1-866-454-5110 Ext. 178 or email dfrink@lifespan-roch.org**

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Liz Wiatrowski, Education Coordinator, Council on Alcoholism and Addiction Dependencies will be at the

Verona Village Nutrition Site (2276 County House Road, Ovid NY)

on **April 4, 2018**

and

Waterloo Nutrition Site (2465 Bonadent Drive, Suite 4, Waterloo, NY)

on **April 6, 2018**

From 11:30 – 12 noon to give an update on **“CURRENT ISSUES”**
If you plan to stay for lunch, please make a reservation at the site you wish to attend

Ovid (607) 869-2275
Waterloo (315) 539-1765

APRIL 2018 ACTIVITIES
Seneca County Senior Center, Inc.

The following activities are each week at the Office for the Aging Nutrition Site located in the Health and Senior Services Building, **2465 Bonadent Drive, Suite 4 Waterloo, NY** and at the Verona Village Nutrition Site in Ovid. Please call (315) 539-1780 for details.

MONDAY: Waterloo 10:00 AM – 11:00 AM BONE BUILDERS
Waterloo 10:00 AM – 12:00 PM BILLIARDS
Waterloo 11:30 AM – 11:45AM WELLNESS/FITNESS
Waterloo 1:00 PM – 3:00 PM ART CLASS

TUESDAY: Waterloo 10:00 AM – 12:00 PM BILLIARDS
Waterloo 10:30 AM – 11:30 AM EUCHRE
Waterloo 10:00 AM - 11:00 AM MUSIC
Waterloo 11:00 AM – 11:30 AM SING ALONG/NAME THAT TUNE/MUSIC TRIVIA

WEDNESDAY: Ovid 8:00AM – 9:00 AM COFFEE HOUR
Waterloo 10:00 AM – 12:00 PM BILLIARDS
Waterloo 10:30 AM – 11:30 PM ADULT COLORING
Waterloo 10:30 AM – 11:30 AM BLOOD PRESSURE
Waterloo 11:30 AM – 11:45 AM WELLNESS/FITNESS

THURSDAY: Waterloo 10:00 AM – 12:00 PM BILLIARDS
Waterloo 11:00 AM- 12:00 AM COFFEE HOUR
Waterloo 11:30 AM- 12:00 NOON DISCUSSION

FRIDAY: Waterloo 10:00 AM – 11:00 AM BONE BUILDERS
Waterloo 10:00 AM – 12:00 PM BILLIARDS
Waterloo 11:00 AM – 11:45 AM BINGO

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
Amanda Faiola- Mikkelsen.....Aging Services Specialist
Ariana Mastrangelo.....Typist
Leeanne Dutcher-Tuefel.....Aging Services Aide-HIICAP Coordinator
Scott Burlison.....Sr. Weatherization Coordinator
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
Paul Shumway.....Food Service Helper (Sub)
Adam Hampshire.....Weatherization Energy Auditor
Bill Murray..... Weatherization Aides

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 _____