

NATIONAL NUTRITION MONTH

Every March, the Academy of Nutrition and Dietetics conducts a campaign focused on the importance of making informed food choices, developing sound eating habits, and promoting physical activity. As part of nutrition month, Registered Dietitian Nutritionist Day is also observed. This is to bring awareness to the work of RDs who provide food and nutrition services.

Every NYS County Office For The Aging has a nutrition program, so there is access to a Registered Dietitian in each county. An important component of the nutrition program through the Office For The Aging is to bring nutrition education and one-on-one nutrition counseling to those who need guidance in healthy eating. Issues or concerns might involve a new diagnosis of high blood pressure or diabetes. The RD can meet with the individual to discuss suggestions for dietary changes, along with any other recommendations, such as an increase or change in physical activity.

Nutrition education topics including eating better on a budget, growing vegetables, avoiding dehydration,

vitamins, magnesium deficiency, and much more. There are always new things to learn about diet and how it impacts our overall health.

To learn more about the specific focus for 2021 and to access printable materials and recipes along with health and fitness information, go to <https://www.eatright.org/>.

For More Information Or To Schedule An Appointment With A Registered Dietitian, Contact Your County Office For The Aging:

**Chemung County Department Of Aging
And Long Term Care: (607) 737-5520**

**Schuyler County Office For The Aging
And NY Connects: (607) 535-7108**

Seneca County Office For The Aging: (315) 539- 1765

Steuben County Office For The Aging: (607) 664-2298

Pro Action Yates Office For The Aging: (315) 536-5515

MEALS AVAILABLE

The statewide Senior Nutrition Program, administered in community centers throughout the state, offers hot midday meals to people age 60 and older. No one is refused because of inability to pay. If you can't get to a nutrition site on your own, ask your local Office For The Aging about transportation options. Home delivered meals may also be available. You can visit www.mealsonwheelsamerica.org for more information on delivery in your area. In addition, eligible seniors may receive a booklet of \$4 coupons to buy fresh and unprocessed fruits and vegetables at farmers' markets. **For more information, contact your county Office For The Aging, call 800-342-9871 or visit www.aging.ny.gov/NYSOFA/localoffices.cfm.**

EPIC

Elderly Pharmaceutical Insurance Coverage (EPIC) is a prescription program for income-eligible seniors 65 and older that provides secondary coverage for Medicare Part D-covered drugs purchased after any Part D deductible is met. It also covers many Medicare Part D-excluded drugs, like prescribed vitamins and cold and cough medications. EPIC copayments range from \$3 to \$20 based on the cost of the drug. EPIC also provides premium assistance for Medicare Part D plans to income-eligible seniors. For single individuals, the income limit for the Deductible Plan is \$75,000. For married individuals, the income limit for the Deductible Plan is \$100,000. **For more information on enrolling in and using EPIC, visit health.ny.gov/health_care/epic or call the toll-free EPIC hotline at 800-332-3742; TTY: 800-290-9138.**

HOME ENERGY

ASSISTANCE PROGRAM

New York State's Home Energy Assistance Program (HEAP) helps New Yorkers, including seniors, afford their home heating costs. Eligibility is based on household size and annual income. **For more information, call your local Office For The Aging or the New York State Office Of Temporary Disability Services at 1-800-342-3009. You can also log on to otda.ny.gov/programs/heap/.**

LIFELINE

Lifeline is a federal program that offers a monthly discount to qualified low-income customers. If you qualify for the Lifeline discount, you can save at least \$9.25 per month on your Verizon Wireless monthly bill. **Visit www.verizonwireless.com/solutions-and-services/lifeline for an application and more information.**

FOOD STAMPS

The Food Stamp Program - known federally as the Supplemental Nutrition Assistance Program (SNAP) - encourages those on fixed incomes to maintain healthy nutritional practices. Recipients get an electronic benefit card, similar to a debit or credit card, to use for purchases in authorized stores and farmers' markets. **To find out how to obtain SNAP benefits, call your local social services office.**



ASSEMBLYMAN
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IMPORTANT PHONE NUMBERS

AARP	888-687-2277
Alzheimer’s Association	800-272-3900
Arthritis Foundation	800-283-7800
Elderly Pharmaceutical Insurance Coverage (EPIC)	800-332-3742
Insurance Programs and Complaints	800-342-3736
Medicare and Medicaid Claims	800-633-4227
National Caregiving Foundation	800-930-1357
National Institute on Aging.....	800-222-2225
NY Connects	866-221-7324
NYS Office for the Aging/Senior’s Hotline	800-342-9871
Social Security Administration	800-772-1213
Health Insurance Counseling (HIICAP)	800-701-0501
Association of Mature American Citizens	888-262-2006
NYS Division of Veterans Affairs	888-838-7697
Important Local Numbers:	
Chemung County Office for the Aging.....	607-737-5520
Schuyler County Office for the Aging	607-535-7108
Seneca County Office for the Aging.....	315-539-1765
Steuben County Office for the Aging	607-664-2298
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News for Seniors!

2020 SENIORS BULLETIN

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This bulletin includes important information about healthcare, nutrition, and other helpful programs and important news for seniors in our community. If you have any questions about any of these initiatives or any other issue, please don't hesitate to call my office at (607) 776-9691.

