

MEALS AVAILABLE

The statewide Senior Nutrition Program, administered in community centers throughout the state, offers hot midday meals to people aged 60 and older. No one is refused because of the 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 to those eligible. In addition, eligible older adults may receive a booklet of \$5 coupons to buy fresh and unprocessed fruits and vegetables at farmer's markets during summer months. **For more information, contact your county Office for the Aging, call 800-342-9871, or visit www.aging.ny.gov/NYSOFA/localoffices.cfm.**



NY CONNECCTS

If you are committed, like so many others, to the prospect of aging in place, you may need help when challenges arise. However, many circumstances can prevent seniors from following this path. Regardless of your circumstances, the NY Connects Program can find solutions for you! The staff can provide accurate, unbiased information about long-term care services for people of all ages and income levels. Caring professionals are ready to help you plan for care while remaining as independent as possible. They can assist you in finding bathing or housekeeping help, home-delivered meals, transportation, therapies, applying for public benefits, and much more! **Call your local county's Office for the Aging and NY Connects can help you age in place!**



NY Connects
Your Link to Long Term
Services and Supports



AmeriCorps

RSVP/AMERICORPS SENIORS

Studies have shown that older adults with community involvement and purpose are healthier and happier. AmeriCorps Senior offers adults aged 55 and older the opportunity to contribute their talents and experience to fulfill every conceivable service needed in the community. These volunteers provide almost six million hours annually in conjunction with more than 3,750 community organizations. AmeriCorps projects are directed by local community needs and are supported by federal, state, and local funding. **If you are interested in joining AmeriCorps, please contact your local county's Office for the Aging.**

FILE OF LIFE

File of Life is a compact file containing all important medical information first responders may need in case of an emergency, including allergies, medication, emergency contacts, and more. File of Life is Recognized and Endorsed by Hospitals, EMTs, COAS, TRIADS, Municipal, Medical, Senior Citizen Organizations, Police, Sheriffs, and Fire Departments. **For more information, please contact your local county's Office for the Aging.**

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.**

EPIC

Elderly Pharmaceutical Insurance Coverage (EPIC) is a prescription program for income-eligible older adults 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 co-payments 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 older adults. For single individuals, the income limit for the Deductible Plan is \$75,000. For married individuals, the income limit is \$100,000. **For more information on enrolling in and using EPIC, visit health.ny.gov/health_care/epic or call 800-332-3742.**

Home Energy Assistance Program

New York State's Home Energy Assistance Program (HEAP) helps New Yorkers, including older adults, 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 and Disability Assistance at 800-342-3009. You can also log on to otda.ny.gov/programs/heap/**



A S S E M B L Y M A N

P H I L

PALMESANO

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105 East Steuben Street • Bath, NY 14810

(607) 776-4644

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Feel free to contact me with any state question or issue.

IMPORTANT INFORMATION AND PROGRAMS FOR SENIORS

VOLUNTEERS NEEDED

AARP Foundation Tax-Aide Shift Coordinator - Under the direction of the Local Coordinator, the Shift Coordinator (SCO) is responsible for coordinating and managing all phases of site operations at a specific site during an assigned period of time (Shift) acting for the Local Coordinator (LG).

Client Facilitator - The Client Facilitator (CF) works with the Local Coordinator/Shift Coordinator, performs check-in duties, provides an important first contact to the AARP Foundation Tax-Aide program for taxpayers, and manages taxpayers' initial activities.

Counselor - Counselors, under the direction of the Local Coordinator or Shift Coordinator, provide tax assistance and preparation services to taxpayers.

Electronic Return Originator - The Electronic Return Originator (ERO) works with the Local/Shift Coordinator (LG/SCO), the Technology Coordinator (TC), and the Counselors to electronically file federal and state tax returns with the IRS and state Department of Taxation and Finance via IRS-provided tax preparation software (TaxWise) and the software provider (GCH SFS).

Local Coordinator - The Local Coordinator (LG) implements program plans in one or more assigned geographic localities and ensures site compliance with AARP Foundation Tax-Aide program policies and IRS Quality Site Requirements.

For more information, contact Krystal Watkins at

KWatkins@StaubenCountyNY.gov or call 607-664-2248.

For more information on other counties, please contact your local office for the aging to see if any similar volunteer opportunities are available.

Find Help Through The Long-Term Care Ombudsman

Certified Ombudsmen are committed to advocating for older adults in long-term care and ensuring residents' rights, unmet needs, and complaints are handled and resolved effectively while maintaining resident and complaint confidentiality. If you know someone who lives in a long-term care facility and needs assistance with a concern, or if you would like to become a part of this very important program, **please call your county's Office for the Aging.**



MEDICARE OPEN ENROLLMENT

Until December 7, you can do the following:

- Switch from Original Medicare to a Medicare Advantage plan, or vice versa.
- Change from a Medicare Advantage plan without drug coverage to a Medicare Advantage plan with drug coverage, or vice versa.
- Enroll in a Medicare prescription drug plan.
- Jump from one Medicare drug plan to a different Medicare drug plan.
- Quit your Medicare prescription drug coverage.



This bulletin includes important information about healthcare, nutrition, and other helpful programs and important news for seniors in our community.

If you have questions about these initiatives or any other issue, please don't hesitate to call my office at (607) 776-9691.

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PHIL PALMESANO

NEWS FOR SENIORS!

2023 SENIORS BULLETIN

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New York State Assembly
 Albany, NY 12248

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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	800-342-9871
NYS Office for the Aging/Senior's Hotline	844-474-6321
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' Services	518-474-6114

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
Yates County Office for the Aging	315-536-5515



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